

TWENTY ONE DAYS OF

# PRAYER & FASTING

JANUARY 7-28, 2024





# TYPES OF FASTS

## **Soul Fast**

This fast is a great option if you do not have much experience fasting food, have health issues that prevent you from fasting food, or if you wish to refocus certain areas of your life that are out of balance. For example, you might choose to stop using social media or watching television for the duration of the fast and then carefully bring that element back into your life in healthy doses at the conclusion of the fast.

## **Partial Fast**

This fast is sometimes called the “Jewish Fast” and involves abstaining from eating any type of food in the morning and afternoon. This can either correlate to specific times of the day, such as 6:00 am to 3:00 pm, or from sunup to sundown. Many people choose to eliminate just one meal per day and spend that time in prayer.

## **Selective Fast**

This type of fast involves removing certain elements from your diet. One example of a selective fast is the Daniel Fast. Another example is when people choose to eliminate pop, candy and/or junk food from their diets for their fast.

## **Complete Fast**

In this type of fast, you drink only liquids/juices/water. It is not recommended to fast in this manner if you have never fasted previously.

During a time of fasting our aim is to seek the Lord more intentionally and surrender ourselves to Him...allowing Him to speak and move in mighty ways. Don't worry about doing it “wrong”, we can never go wrong seeking our God.



# TIPS ON FASTING

1. Don't fast when you are sick, traveling, pregnant or nursing. People with diabetes, gout, liver disease, kidney disease, ulcers, hypoglycemia, cancer, and blood diseases should not fast from food.
2. Stay hydrated. Always drink plenty of water and fluids
3. Don't attempt prolonged fast without guidance. Check with your doctor before attempting extended periods of fasting.
4. Start small by fasting from one meal a day.
5. Begin a fast after supper. Fast until supper the next day.
6. Don't break your fast with a huge meal. Eat small portions of food. The longer you fast, the more you need to break the fast gently.
7. Be sure to carry mouth wash with you if you're going to be around people. Breath will smell fiercely when fasting meals.

## RLC 21 DAYS OF PRAYER & FASTING

*Jesus tells His followers that some things are only accomplished through prayer and fasting (Mark 9:29). Our lives are changed when we do what's necessary to get on God's agenda and in sync with His heart, not only for us, but also for those that He has called us to love and serve. God wants us to know Him intimately so that we can love Him deeply and turn that love for God into a love for neighbor. We believe that in this season, just like every other season of life, God withholds no good thing from us, His children (Psalm 84:11). Our response to the gift of His love is to bend our knees and stretch out arms to receive what He has for us and what He alone can give: life to the full (John 10:10). We invite you to join us for 30 days of prayer and fasting to seek God and His will.*

*Provided below is a daily focus and prayer prompt if you would like to use them. Let each prompt and reading be a springboard for God to speak to you and for you to intercede for yourself, your family, our church, and nation. We anticipate God moving in each life and throughout our church body corporately during this unified time of prayer and fasting as we set our hearts and minds on Him.*



# DAY 1: JANUARY 7TH

## Song Suggestion

Communion - Steffany Gretzinger & Brandon Lake

## Focus

SEEKING HIS FORGIVENESS

## Scriptures

Psalm 86:5, 1 John 1:9, Matthew 6:12, Psalm 103:10-14, Psalm 139:23, Psalm 51, Hebrews 9:13-14

## Prayer Prompt

Lord, I know you are forgiving and good, and that you are faithful and just to forgive my sins. Lord, in light of your love and forgiveness, search my heart and show me areas that displease you. Forgive me for hurting or dishonoring you, and for putting my own interests before yours. Show me today, Lord, those in my life to whom I need to extend forgiveness and grace, because by holding on to resentment I limit your power of forgiveness in my own life. Forgive us as a people for wandering from an unwavering faith and dependence on you. I want my life to be pure before you. Wash me and I will be whiter than snow. Only your blood can take away the guilt of my sins, but it does so completely. Create in me a clean heart and renew a right spirit within me. It is so hard to walk in this world and remain pure and with a right spirit, but you have given your Holy Spirit to come alongside and help me on this journey. Lord, thank you for continuously cleansing me - Lord I can come to you daily and be washed anew. Help me to never be double-minded and give me a desire to live in purity with you all my days.

## Thoughts

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## DAY 2: JANUARY 8TH

## Song Suggestion

## Empty Words - Lindy Cofer

## Focus

## KNOWING GOD AND REMAINING FAITHFUL

## Scriptures

John 17:3, John 14:17, Philippians 3:8-11, Hebrews 10:36, Hebrews 12:1, Psalm 119:30, Psalm 103:17-18, 1 Corinthians 15:58, 1 Corinthians 16:13

## Prayer Prompt

Lord, I want to know you and walk in your ways. Your character is revealed throughout your Word; help me O Lord, to reflect those same characteristics as I become more like you. I want to know and understand your heart, to feel your heartbeat for others. Show me ways in my own life to slow down and just be with you, because it's only in being with you that I can accurately reflect your love to this world... my world, my family, my neighbors. Lord, help me remain in you and stay faithful to the cross! As trials come, strengthen me that I am not drawn away or waver in my faith. Help me to cling to you -- to be steadfast, immovable, with my feet firmly planted on you as my solid foundation. Help me to endure to the end and receive the reward you have laid up for me. Lord, as darkness intensifies around your people, help us to not lose sight of what it means to trust in you.

## Thoughts

[illegible]



## DAY 3: JANUARY 9TH

## Song Suggestion

## Jesus is the Lord - Antioch Music

## Focus

## TRUTH OF GOD'S WORD

## Scriptures

John 17: 6,17-20, John 8:32, John 14:17, Ephesians 4:15, 2 John 1:3

## Prayer Prompt

Lord, sanctify me by the truth of your Word. Help me to understand, embrace, and declare Your truth. Help me thirst for it -- absorbing and discerning the Word of Truth. It is by knowing truth that I, and others, can be set free. Help me to speak truth in love to a society that desperately needs your Word above all else. Help us, as your people, live in truth and love, thus bringing honor and glory to your Great Name. As we seek to multiply, let us stand firm on your Word and give us opportunities to declare the truth in love to those who need it.

## Thoughts

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## DAY 4: JANUARY 10TH

## Song Suggestion

## Now Here - Red Rocks Worship

## Focus

## WALK IN GRACE

## Scriptures

**James 4:6, Exodus 34:6, Titus 2:11-12**

## Prayer Prompt

Lord, thank you for revealing your grace to me – your undeserved favor. You did not have to choose me, but you did, and for that I am truly grateful. Thank you for the grace you have extended to my family, and that you will continue to pursue those I intercede for with your gracious gift of salvation. Lord, help me to reflect that same grace to others in my life. Help me to be quick to respond to others in your grace. Lord, I ask that you release more grace into our society, and that we as people would learn to be more gracious with each other. I submit my responses to you and ask that you be Lord over my responses, as you have and remain to be, Lord over the grace given to me.

## Thoughts

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## DAY 5: JANUARY 11TH

## Song Suggestion

## Wouldn't It Be Like You - Bryan & Katie Torwalt

## Focus

## LIVE HUMBLY

## Scriptures

Matthew 11:29, Luke 14:11, James 6:10, Micah 6:8, James 4:6-7&10, 2 Chronicles 7:14

## Prayer Prompt

Lord, I ask for your humility to be alive in me and that I may resemble Christ in the gentleness that only comes from you. Teach me what it means to humble myself before you and to walk humbly with you, my God. Your Word says that you oppose the proud but give grace to the humble. Lord, reveal to my heart any pride in me and truly give me a humble heart before you. Let me consider others before myself; let me value others, serve others as unto you. Lord, I repent for the sin of arrogance for myself, and for my nation, that we may receive a greater measure of your grace. Come and heal our land. Remind me that on my best days I am pointing people to you and making a name for myself is only a distraction to your glory.

## Thoughts

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## DAY 6: JANUARY 12TH

## Song Suggestion

## Trust in God - Elevation Worship

## Focus

## SEEKING HIS WISDOM

## Scriptures

Proverbs 1:7, Proverbs 2:6, Proverbs 9:9, 1 Corinthians 1:30, James 1:5, James 3:17

## Prayer Prompt

Lord, thank you that YOU are the source of all wisdom, and that wisdom begins with you. Lord, your Word says if I need wisdom, I can ask you and that you will give it. There are so many ways I need wisdom to manage my daily life, my actions, and my attitudes. Help me seek your wisdom and to respond in wisdom in every situation that I would honor you with my choices. Lord, I also pray for all our leaders, that they would seek you for wisdom and that you would lead them in your ways. As our church continues to multiply in campuses, I pray that you would point us in the right direction and open doors for us to walk in your ways.

## Thoughts

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## DAY 7: JANUARY 13TH

## Song Suggestion

## Nothing Left to Prove - Israel Houghton & Maverick City

## Focus

## SUBMISSION TO HIS WORD

## Scriptures

2 Timothy 3:16-17, Psalm 119:105, James 1:22, Matthew 6:11, Matthew 4:4

## Prayer Prompt

Lord, thank you for your word that is a lamp to my feet and a light for my path. Your Word is profitable to me for instruction and correction. Speak to me through your word, highlighting what I need for each day. Your word is my daily bread. Help me Lord to be a doer of your word and not just hear it, but actually put its principles into practice. Lord, your ways are higher than my ways and sometimes even beyond my understanding, but Lord you can open my eyes so that I will comprehend your word. May your words always be the guide for my life and the answer to each situation I face.

## Thoughts

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## DAY 8: JANUARY 14TH

## Song Suggestion

## Sound Mind - Bryan & Katie Torwalt

## Focus

## A PEACEFUL MIND AND ATTITUDE

## Scriptures

**Philippians 4:6-8, 2 Corinthians 10:5, Isaiah 26:3, Romans 8:6, John 14:27**

## Prayer Prompt

Lord, still my mind and help me remember all you have done. Keep my thoughts fixed on you where there is life, peace, and joy. Your peace transcends all understanding and will stand as a guard over my heart and mind. I lay my thoughts before you to have your way with them. Fill me with your peace as a fruit of the spirit-filled life. Fill my home with your peace so that all who enter will feel you. I submit my attitude to you and ask that you help me have the mind of Christ in all things. I want to honor you not only with my actions, but with my thoughts. Keep my mind fixed on you and your Word as I walk through life each day.

## Thoughts

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## DAY 9: JANUARY 15TH

## Song Suggestion

## My Hallelujah/Praise Before My Breakthrough - Tribl & Maverick City

## Focus

## FILLED WITH JOY

## Scriptures

John 17:13, Romans 14:17-18, James 1:2, 1 Peter 1:8, Philippians 4:4

## Prayer Prompt

Lord, help me remain full of the joy of the Lord – it is my strength! I fix my eyes on you, focusing forward so that I do not become weary in well doing, but retain a joyous heart. Lord you truly do refresh my soul. Let my joy be rooted in your work on the cross and not in my circumstances. Your word indicates that we can even find joy in our trials, because we know they are working for our good, towards maturity. Fill me afresh today with the joy of the Lord! Allow my life to overflow with the joy you have given to me so that a lost world will feel the fullness of your love through my life.

## Thoughts

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# DAY 10: JANUARY 16TH

## Song Suggestion

Never Lost - Tribl & Maverick City

## Focus

PROVISION OF NEEDS AND HEALING

## Scriptures

Philippians 4:19, Matthew 6:8, Matthew 6:33, Romans 8:32, Hebrews 4:16, Jeremiah 30:17, Mark 9:23, Mark 10:27, James 5:14-16

## Prayer Prompt

Lord, you are my provider; I trust in you. If you will take care of the birds of the air, why wouldn't you take care of my needs? You have been faithful to provide for me and my family, help me to remember all those times, and to not doubt you. Lord, help me to differentiate between what I need and what I want, and to know that you withhold no good thing from your children. I thank you that you are in control and are meeting all of my needs according to your riches in glory. I know that your death on the cross provided for my healing. You took stripes on your body so that I could be made whole. Lord, I believe that all things are possible, that you love me, and that you are working all things for my good. I am asking you to restore me to health, physically, emotionally, and spiritually so that I may serve you all my days and with all my strength. Please touch the ones I love as well. Like the paralytic's friends dropped him through the roof where you were speaking, so I present their needs to you and ask for your divine intervention in their lives for their healing. Lord, you did it for him, do it in the lives of my loved ones as well.

## Thoughts

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## DAY 11: JANUARY 17TH

## Song Suggestion

## Glory, Honor, Power - Influence Music

## Focus

## THANKFULNESS

## Scriptures

Psalm 103:2, 1 Chronicles 16:34, 1 Thessalonians 5:16-18

## Prayer Prompt

Lord, you are good, you have been good, you will be good—you are a good, good Father. Thank you, Lord for our many blessings. For the breath in our lungs, for salvation, for people to love, for a world to witness to, YOU are worthy to be praised. I have nothing to give you that is not already yours, so I give you, my worship. You deserve all glory, honor, and power. Thank you for seeing me, in all my frailty and weaknesses, and even while in that state, choosing ME to be a conduit of your praise, love, grace, and a mirrored reflection of your Son. Thank you, Jesus. YOU alone are worthy, and I thank you.

## Thoughts

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# DAY 12: JANUARY 18TH

## Song Suggestion

Make Room - The Church Will Sing & Elyssa Smith

## Focus

GENEROSITY

## Scriptures

2 Corinthians 9:6-7, Luke 6:38, Matthew 10:42, Matthew 22:36-40,  
Matthew 16:24-25, John 13:35, Ephesians 4:2, Hebrews 6:10, John 13:35

## Prayer Prompt

Help me Lord to have your heart of generosity. Open my eyes to the needs around me and respond accordingly, cheerfully. My life and possessions are all for your glory. Help me to always give as freely as you have given to me. Your greatest commandment requires me to love God with all my heart, soul, mind, and strength, and to love my neighbor as I love myself. Lord, help me to love well in all three areas of my life. Help me to love with everything I have. Lord, show me creative ways to show love to my family, to my neighbors, and to those in my circle of influence. Remind me that we are your body, and we represent you. How we speak of and to one another matters not only to you, but to the world around us. Lord, help me not to speak ill of a brother or sister in Christ, as they are part of your Body, your Bride. I ask that you help me keep a heart of generosity to others, to your church, in how I see people, and in how I respond in each area of my life.

## Thoughts

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## DAY 13: JANUARY 19TH

## Song Suggestion

## Simple Kingdom - Cody Carnes & The Torwalt

## Focus

## WALK IN UNITY

## Scriptures

John 17:11, 21-23, John 15:4, Ephesians 2:19-22, 1 Corinthians 1:10

## Prayer Prompt

Lord, thank you for unifying my heart with yours, for grafting me into the vine with my brothers and sisters in Christ. Help me to continuously submit to your Son, His ways, and His heart above all else. Help us as your body to model the truth that unity among the saints is achievable, absolutely necessary and so worthwhile. May the lost around us be drawn to you by the love they witness among your people. Help us effectively walk in unity so that your name is honored. I know that we are better together, and you created us for community and unity with your Son, help me intentionally walk out my faith with those around me and in my church. I want to walk step in step with your Spirit and with those you've called me to serve alongside. As my church plants campuses and we release family members to other campuses, I ask that you keep our body united as one.

## Thoughts

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## DAY 14: JANUARY 20TH

## Song Suggestion

# I Need You - GateWay Worship

## Focus

## RESPONDING IN LOVE

## Scriptures

Ephesians 4:15, Proverbs 15:1, Psalm 19:14, Proverbs 18:4, James 1:19, Ecclesiastes 3:7

## Prayer Prompt

Lord, during this season where souls are easily offended, help me to guard my words and respond with truth and grace, in your love. Help me be slow to speak, quick to listen, and to discern when to speak and when to be silent. Lord, help me season my words with love and the truth of your gospel above all else. Let the words of my mouth bring life. Thank you for the ability to control what comes out of my mouth. Help me to use your Word as a bit that keeps my words in line with your Word, your thoughts and your heart. I believe people matter to you, that you died for them and gave your very best for them, so in response they will matter to me. Help me love as you love in all my ways.

## Thoughts

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## DAY 15: JANUARY 21ST

## Song Suggestion

## Look to the Lamb - Jesus Culture

## Focus

# SALVATION FOR THE LOST

## Scriptures

Acts 4:12, Romans 5:8, Revelations 3:20, 1 John 1:9, 2 Corinthians 5:17

## Prayer Prompt

Dear Jesus, thank you for being our gate for salvation. I pray for my lost relatives/friends, that your Holy Spirit would draw them unto you and that you will connect them to others that will show them your love. Break the chains that bind them and set them free. Lord, help us as your people to lift up Jesus all over our communities, Ohio and throughout the world. Sensitize us through the power of the Holy Spirit to boldly proclaim your gospel message.

## Thoughts

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## DAY 16: JANUARY 22ND

## Song Suggestion

## Fresh Wind - Hillsong Worship

## Focus

## BAPTISM OF THE HOLY SPIRIT

## Scriptures

Acts 1:8, Acts 4:31, Romans 8:26

## Prayer Prompt

Lord, I want all of you. I want to experience you in your fullness. Help me to be open to receive all that you have for me. Lord, baptize me afresh with your Holy Spirit and with fire, that I would boldly proclaim your word and your love to this world. Fill me with your Holy Spirit so that I may walk in the power promised in your Word. You are welcome to have every part of my heart, mind, soul, and strength. I want you in every hidden and seen place of my life. Here I am, Lord, have your way in me.

## Thoughts

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## DAY 17: JANUARY 23RD

## Song Suggestion

## Bless Him Some More - Free Worship

## Focus

## LIVE BOLDY

## Scriptures

Hebrews 13:6, Joshua 1:9, Acts 1:8, Acts 4:31, 2 Timothy 1:7

## Prayer Prompt

Lord, help me respond to the empowerment of the Holy Spirit to live boldly for you. I pray that intimidation nor timidity would keep me from boldly declaring your truth in love. Remind me that being set apart is not a punishment but a reward. I want to live a life that responds to your Spirit so that others may know your power and love. Help me shine your light brightly in a world full of darkness. Give me opportunities every day to declare your truth in love to those who need You in their lives.

## Thoughts

[illegible]



## DAY 18: JANUARY 24TH

## Song Suggestion

## Reign Above It All - Bethel Music

## Focus

# MISSIONARIES AROUND THE WORLD

## Scriptures

Psalm 121:8, Colossians 4:3-4, Philippians 4:19, Jeremiah 24:7, Romans 10:14, Matthew 28:19, Luke 10:2

## Prayer Prompt

Lord, I pray for your missionaries around the globe. Watch over their coming and going. Open doors for their message to go forth, so that they may proclaim the mystery of Christ effectively. God, I ask you to meet all their needs according to your riches in glory. Help us as your people to fulfill your great commission--let us raise up, let us send, let us go, let us give, let us pray--so that all may hear. I am willing. Here I am, send me. If it is your will for me to go, open the doors so that I may step through and give me the resolve to answer the call as you speak.

## Thoughts

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## DAY 19: JANUARY 25TH

## Song Suggestion

Isaiah Song - Maverick City Music

## Focus

## POVERTY AND INJUSTICE

## Scriptures

Proverbs 31:8-9, 1 John 3:17, Deuteronomy 15:11

## Prayer Prompt

Lord, thank you that you walk with families struggling against poverty and injustice, and you call me to do the same. Lord, your heart is grieved by each injustice; you are near to the downtrodden. God, I ask that you stir my heart and use me as a vessel of honor to the vulnerable. Give me wisdom to create solutions and help me empower people living in poverty to survive and thrive. Help me to answer your call to act justly, love mercy, and walk humbly with you. Remind me to stand with the hurting and carry them alongside me as I seek your provision with them. You have called me to action, and I answer this call.

## Thoughts

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# DAY 20: JANUARY 26TH

## Song Suggestion

Lift You High - Housefires

## Focus

GOVERNMENT OFFICIALS AND SPIRITUAL LEADERSHIP

## Scriptures

Romans 13: 1-7, 1 Timothy 2:1-2, Acts 5:29, Matthew 28:18-20, Act 2:42, Proverbs 27:17, 1 Corinthians 11:1

## Prayer Prompt

Lord, we know that all authority comes from you. I ask for you to help our leaders and government officials to seek your guidance first as they seek to serve our country. For those who do not publicly follow Christ Jesus, Lord draw them to you; teach them your ways. Surround them with godly counsel and encouragement as they lead. Give them your wisdom in dealing with the difficult situations our country now faces. We pray for a renewal of your Spirit in America and for our leadership to bow their hearts, minds, agendas, and resources before you as they lead. You are Lord over all the nations, and we pray you will be glorified in all things. I lift up the spiritual leaders in my life – my pastors and their families. Lord, protect, provide, give them strength, direction, encouragement, people to come alongside them, that their every need would be met. Also, Lord, use me to raise up new leaders who will invest their lives for Your Kingdom.

## Thoughts

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## DAY 21: JANUARY 27TH

## Song Suggestion

## Gold - Jesus Culture

## Focus

## SEEKING HIS PRESENCE

## Scriptures

**Proverbs 8:17, Jeremiah 29:13, Psalm 139:7-10, Habakkuk 3:2 John 14:12**

## Prayer Prompt

Lord, thank you for never holding back your presence from me. I thank you for being with me wherever I go, and whether my feelings sense you or not. I ask today that you help me to be more intentional about recognizing your presence with me at home and work. Fill my home with your presence and let your Spirit go with me into all arenas of life -- that others would come to know you through me. I ask for renewal in our church and revival in our cities. Pour out your Spirit on your sons and daughters. You have moved in mighty ways in the past and done great things. I believe your power never changes and that what you've done before you can do in our day. I pray for even greater things to happen in and through your church, so that the lost are saved, the sick are healed, and dry bones will live again.

## Thoughts

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