



DAYS OF PRAYER AND FASTING

Welcome to 21 Days of Prayer and Fasting. During this time leading up to Easter, our church family will be seeking God's heart for our lives, our church, and our world. While this is a wildly different season than any of us could have expected. Despite that, we're hoping and praying that this may also be a season when we see a fresh move of God in our midst, with His goodness and His glory being made evident to everyone.

Fasting, a spiritual discipline rooted in Scripture, ignites a spiritual hunger for more of God in our lives. As you fast, you choose to go without something good in order to focus more intently on something better. You assume a spirit of humility and submission before God, inviting His Holy Spirit to take you deeper in your relationship with Him. When combined with prayer and repentance or other spiritual activities, fasting can position you for tremendous growth!

Though fasting typically includes going without food—whether all food for the duration or only selected foods or meals—it may involve going without something else instead. For example, you might choose to fast from social media, television, coffee, or anything else that you enjoy. Rather than devoting time and energy to those pursuits, you choose instead to focus on the things of God and experience more of Him.

To participate in this 21-day fast, begin by prayerfully selecting the food or activity that you will fast. Determine what lifestyle adjustments you will need to make, then use this journal to guide you through these 21 days. Invite the Holy Spirit to work in your life, making you more and more like Jesus each day.

WEEK ONE (MARCH 23-29)

Monday: As Christians have done throughout the centuries, choose to use these 21 Days of Prayer and Fasting as a way to seek God's heart and to experience spiritual breakthrough. Through humble prayer, tell God what you will be fasting and identify the area of your life where you most need Him to step in. Write down your most needed breakthroughs and submit them to God. **Read John 1.**

Tuesday: People often find themselves pretending to be something they are not. They may appear to have it all together outwardly, but inwardly, they may be battling with personal problems and temptations. But God does not look upon your appearance; He looks at the heart. What, if anything, would you like to lay bare before Him? **Read John 2.**

Wednesday: On your next walk or grocery run, consider your community, praying for the people in the homes you pass. Ask the Holy Spirit to direct your prayers. Seek God's heart and divine insight as you pray. Recognize the deep compassion He has for the people of your community, and invite Him to instill that same heart within you. **Read John 3.**

Thursday: As God develops a heart of compassion within you, ask Him to lay 3 specific people on your heart that you can influence for Him this year. Identify ways you can help them encounter God and/or grow in faith. **Read John 4.**

Friday: What causes you to become anxious? Whatever it is, God is bigger and He invites you to bring your worries to Him. Through prayer, ask God to replace anxiety with hopefulness, peace, and joy. Know this may be a marathon, not a sprint. Not every day is perfect, but God's love is. **Read John 5.**

Saturday: Practice generosity. Choose at least three items in your home that you will give to someone else or donate to charity. Select items that are in good condition, not ones that have outlived their usefulness. Give up those items for the benefit of others. By removing the clutter, create more room for God in your life. **Read John 6.**

Sunday: When the Early Christians fasted, they broke their fast every Sunday in celebration of the day of the week when Jesus rose from the grave. It was a day to feast, not fast. We continue this tradition today. Glorify God and celebrate the fact that Jesus is risen! Enjoy a meal with friends and family (maybe over video chat), pausing to thank Him for His many blessings. **Read John 7.**



WEEK TWO (MARCH 30-APRIL 5)

Monday: Call someone who could use a word of encouragement and speak words of life to him or her. Pray for a fresh sense of God's presence in his or her life. **Read John 8.**

Tuesday: Jesus described Himself as the "Light of the World". In what ways is He the Light? How has He brought light to your life? Write this down. Note to share it with someone. **Read John 9.**

Wednesday: Consider the gifts and abilities God has given you, then identify at least one practical way you can show God's love by using your gifts and abilities to serve others today. **Read John 10.**

Thursday: What has God been revealing to you so far through these 21 days? Are there actions, thoughts, or attitudes for which you need to seek forgiveness? Ask God to reveal areas of sin in your life, confess them, and ask Him to forgive you. If you have harmed others, seek reconciliation. **Read John 11.**

Friday: Jesus set a standard of grace and forgiveness, not legalism and condemnation. Is there someone you need to offer grace and forgiveness to today? **Read John 12.**

Saturday: Perform an act of kindness for someone else as an expression of God's love. For example, (if reasonable) you could prepare and drop off a meal for someone who may be lonely or overwhelmed. With no expectation of reciprocity, selflessly seek to bless another. **Read John 13.**

Sunday: In keeping with tradition, we break our fast every Sunday in celebration of the day of the Resurrection. Spend time in God's presence today, worshipping Him and expressing your adoration for Him. **Read John 14.**

WEEK THREE (APRIL 6-12)

Monday: The chaos of life can prevent us from hearing from God and experiencing His presence. Set aside your busyness for 30 minutes in order to get alone and spend that time in still silence, meditating upon Him and receiving whatever He wants to reveal to you. **Read John 15.**

Tuesday: Jesus said, "If you remain in me and my words remain in you, ask whatever you wish, and it will be done for you" (John 15:7). This was not an invitation to act selfishly, but rather to experience the power of God working in and through you, according to His will and for His glory. What would you like to ask of Him today? **Read John 16.**

Wednesday: Bring glory to Jesus by offering praise for who He is and what He has done in your life. Identify three ways you are different because of the presence of Jesus, then share them with someone else. **Read John 17.**

Thursday: God designed us to live in community with one another, encouraging and spurring one another on in our spiritual walks. These days, we've found ourselves separated more physically. Pray today for each member of your Group and those who God has placed around you in your community of faith. **Read John 18.**

Friday: With an estimated 3 billion viewers, the "Jesus Film" is perhaps the most watched movie in history. Missionaries in remote regions continue to use this tool to spread the message around the globe. Visit jesusfilm.org or download the JesusFilm app to watch this depiction of the life, death, and Resurrection of Jesus, then pray that Jesus will continue to use it to draw people to Himself. **Read John 19.**

Saturday: Write down your story. Describe what life was like before encountering Jesus, how you came to know Him, and how your life is different now because of Him. See if you can clearly tell your story in two minutes or less. Then pray that God will give you the boldness to seize opportunities to share your story with others. **Read John 20.**

Sunday: Celebrate the Resurrection of Jesus today! As you break this 21-day fast, invest 20-30 minutes in reflecting on your experiences. What has Jesus been revealing to you about Himself, yourself, or others? For what experiences are you most grateful? What new step is He now calling you to take? **Read John 21.**

