

21 DAYS OF PRAYER & FASTING



GUIDED READING & PRAYER

DESCRIPTION OF THE FAST

FASTING

In addition to a daily time of prayer, we invite you to join us in fasting during the next 21 days! Fasting is simply abstaining from something in order to focus that time on God. We ask that you partner with us during the 21 days, as we corporately pray and fast and adhere our hearts to God's. As we do this, we are believing for miracles and answers to prayer.

When fasting, you should approach it individually as it looks different for everyone. Please choose what is a safe and healthy choice for you and consult your physician if you have a medical condition that could be affected by fasting.

TYPES OF FASTS

Liquid Fast – Fast solid foods

Daniel Fast – Eat Fruits and Vegetables

7 Day Fast – Fast all or specific foods for 7 days

Sun-up – Sun-down Fast – Liquids only from sunup to sundown

Lunch Fast – Fast lunch each day

Daily Fast – Fast one day a week

Social Media Fast – Fast social media

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PRAYER FOCUS & SCRIPTURE

DAY 1: JANUARY 16TH

Pray for Elevate Life (Pray for our pastors and leaders, those who attend (in person or online), our servant leaders, teams, and ministry areas)

SCRIPTURES

Matthew 16:18b - ...and on this rock I will build my church, and the gates of hell shall not prevail against it.

Psalms 127:1 (NKJV) - Unless the Lord builds the house, they labor in vain who build it;

DAY 2: JANUARY 17TH

Pray for your family

SCRIPTURES

Nehemiah 4:13-14 NLT 13 So I placed armed guards behind the lowest parts of the wall in the exposed areas. I stationed the people to stand guard by families, armed with swords, spears, and bows. 14 Then as I looked over the situation, I called together the nobles and the rest of the people and said to them, "Don't be afraid of the enemy! Remember the Lord, who is great and glorious, and fight for your brothers, your sons, your daughters, your wives, and your homes!"

Luke 10:5 NASB Whatever house you enter, first say, "Peace be to this house."

DAY 3: JANUARY 18TH

Pray for Honor (To honor God and others)

SCRIPTURES

Hebrews 13:8 - Pray for us, for our conscience is clear and we want to live honorably in everything we do.

1 Peter 2:17 - Honor all people. Love the brotherhood. Fear God. Honor the king.

Romans 12:10 - Be kindly affectionate to one another with brotherly love, in honor giving preference to one another;

DAY 4: JANUARY 19TH

Pray for a desire to be your best (To be Christ-like)

SCRIPTURES

Psalms 139:23-24 (NLT) - 23 Search me, O God, and know my heart; test me and know my anxious thoughts. 24 Point out anything in me that offends you and lead me along the path of everlasting life.

2 Corinthians 5:17 (NKJV) - Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new.

Philippians 1:6 (NKJV) - being confident of this very thing, that He who has begun a good work in you will complete it until the day of Jesus Christ;

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DAY 5: JANUARY 20TH

Pray to be a grateful and generous person (in time, talent and treasure)

SCRIPTURES

Proverbs 3:9 (NKJV) – Honor the Lord with your possessions, and with the first fruits of all your increase;

3 John 1:2 (NKJV) – Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.

DAY 6: JANUARY 21ST

Pray to develop deep relationships at ELC

SCRIPTURES

Colossians 2:2 – I want them to be encouraged and knit together by strong ties of love. I want them to have complete confidence that they understand God’s mysterious plan, which is Christ himself.

1 Corinthians 1:10 (AMP) – But I urge you, believers, by the name of our Lord Jesus Christ, that all of you be in full agreement in what you say, and that there be no divisions or factions among you, but that you be perfectly united in your way of thinking and in your judgment [about matters of the faith].

DAY 7: JANUARY 22ND

Pray for this next generation

SCRIPTURES

Psalms 145:4 (ESV) – One generation shall commend your works to another and shall declare your mighty acts.

DAY 8: JANUARY 23RD

That people will have a desire for discipleship

SCRIPTURES

Psalms 51:10-12 – “Create in me a pure heart, O God, and renew a steadfast spirit within me. Do not cast me from your presence or take your Holy Spirit from me. Restore to me the joy of my salvation and grant me a willing spirit, to sustain me.

Ephesians 3:16-17 – 16 I pray that from his glorious, unlimited resources he will empower you with inner strength through his Spirit. **17** Then Christ will make his home in your hearts as you trust in him. Your roots will grow down into God’s love and keep you strong.

John 17:6 (Jesus prays for His Disciples) – Father, I have manifested who you really are and I have revealed you to the men and women that you gave to me.

They were yours, and you gave them to me, and they have fastened Your Word firmly to their hearts.

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DAY 9: JANUARY 24TH

Pray for people to have a hunger for God.

SCRIPTURES

Matthew 6:33 (AMP) - But first and most importantly seek (aim at, strive after) His kingdom and His righteousness [His way of doing and being right—the attitude and character of God], and all these things will be given to you also.

Psalms 9:10: Those who know your name trust in You, for You, Lord, have never forsaken those who seek You.

Jeremiah 29:13: You will seek me and find me when you seek me with all your heart.

DAY 10: JANUARY 25TH

Pray for people to get connected at ELC

SCRIPTURES

Hebrews 10:25 - not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.

DAY 11: JANUARY 26TH

Pray that people will establish a Kingdom mindset of advancing God's Kingdom

SCRIPTURES

Colossians 3:2: Set your minds on things above, not on earthly things.

DAY 12: JANUARY 27TH

Pray for people to have a heart to serve

SCRIPTURES

Philippians 2:3-5 - 3 Don't be selfish; don't try to impress others. Be humble, thinking of others as better than yourselves. 4 Don't look out only for your own interests, but take an interest in others, too. 5 You must have the same attitude that Christ Jesus had.

Colossians 3:12 Since God chose you to be the holy people he loves, you must clothe yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience.

James 3:13 If you are wise and understand God's ways, prove it by living an honorable life, doing good works with the humility that comes from wisdom.

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DAY 13: JANUARY 28TH

Pray for our nation (The President and Vice-President, the leaders, and the citizens)

SCRIPTURES

1 Timothy 2:1-2 - I urge you, first of all, to pray for all people. Ask God to help them; intercede on their behalf and give thanks for them. **2** Pray this way for kings and all who are in authority so that we can live peaceful and quiet lives marked by godliness and dignity.

2 Chronicles 7:14 - Then if my people who are called by my name will humble themselves and pray and seek my face and turn from their wicked ways, I will hear from heaven and will forgive their sins and restore their land.

DAY 14: JANUARY 29TH

Pray for the Right People, in the right place, at the right time, so the right things will happen

SCRIPTURES

Ecclesiastes 4:9-12 - **9** Two people are better off than one, for they can help each other succeed. **10** If one person falls, the other can reach out and help. But someone who falls alone is in real trouble. **11** Likewise, two people lying close together can keep each other warm. But how can one be warm alone? **12** A person standing alone can be attacked and defeated, but two can stand back-to-back and conquer. Three are even better, for a triple-braided cord is not easily broken.

DAY 15: JANUARY 30TH

Pray to increase in personal growth and development

SCRIPTURES

Ephesians 4:14-17 - Then we will no longer be immature like children. We won't be tossed and blown about by every wind of new teaching. We will not be influenced when people try to trick us with lies so clever, they sound like the truth. Instead, we will speak the truth in love, growing in every way more and more like Christ, who is the head of his body, the church. He makes the whole body fit together perfectly. As each part does its own special work, it helps the other parts grow, so that the whole body is healthy and growing and full of love."

DAY 16: JANUARY 31ST

Pray for God's peace in your life

SCRIPTURES

Ephesians 4:14-17 - Then we will no longer be immature like children. We won't be tossed and blown about by every wind of new teaching. We will not be influenced when people try to trick us with lies so clever, they sound like the truth. Instead, we will speak the truth in love, growing in every way more and more like Christ, who is the head of his body, the church. He makes the whole body fit together perfectly. As each part does its own special work, it helps the other parts grow, so that the whole body is healthy and growing and full of love."

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DAY 17: FEBRUARY 1ST

Pray for wisdom and revelation from God in your daily life

SCRIPTURES

Ephesians 1:17-18: I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better. I pray also that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in the saints, and the incomparably great power for us who believe.

DAY 18: FEBRUARY 2ND

Pray for God's plan in your life (to fulfill your destiny)

SCRIPTURES

Psalms 37:23: The Lord makes firm the steps of the one who delights in him.

Proverbs 16:9 – We can make our plans, but the Lord determines our steps.

DAY 19: FEBRUARY 3RD

Pray for healing and restoration in your life

SCRIPTURES

Proverbs 4:20-22 (NLT) – 20 My child, pay attention to what I say. Listen carefully to my words. 21 Don't lose sight of them. Let them penetrate deep into your heart, 22 for they bring life to those who find them, and healing to their whole body.

Isaiah 53:5 (NLT) – 5 But he was pierced for our rebellion, crushed for our sins. He was beaten so we could be whole. He was whipped so we could be healed.

Psalms 23:3 – He restores my soul; He leads me in the paths of righteousness for His name's sake.

DAY 20: FEBRUARY 4TH

Pray for the lost and hurting to be drawn to God

SCRIPTURES

John 3:16-17 16 "For this is how God loved the world: He gave his one and only Son, so that everyone who believes in him will not perish but have eternal life. 17 God sent his Son into the world not to judge the world, but to save the world through him.

Matthew 18:12-14 12 "If a man has a hundred sheep and one of them wanders away, what will he do? Won't he leave the ninety-nine others on the hills and go out to search for the one that is lost? 13 And if he finds it, I tell you the truth, he will rejoice over it more than over the ninety-nine that didn't wander away! 14 In the same way, it is not my heavenly Father's will that even one of these little ones should perish.

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DAY 21: FEBRUARY 5TH

Pray to demonstrate God's love to others on a daily basis

SCRIPTURES

1 Corinthians 13:4 - Love is patient, love is kind. It does not envy, it does not boast, it is not proud.

John 15:12 - This is my commandment: Love each other in the same way I have loved you.

1 Peter 4:8 - Most important of all, continue to show deep love for each other, for love covers a multitude of sins.
