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21 DAYS OF PRAYER & FASTING

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Dear Reader,

I invite you to join Whitney and me on a 21 day journey. Since the beginning of our church, we have set our hearts to be a people of prayer. Before we had even our first Worship Gathering, we would begin each year by praying and fasting for three weeks. Praying in January is much like praying in the morning to establish the will of God for the entire day. When we put God first in our lives, in our families, in our finances – in everything – I believe that He will bless and multiply those areas. If we will seek God and give Him our first and best at the beginning of the year, He will honor that sacrifice and bless our entire year!

Many times people act first and then want God to bail them out of that situation, but **prayer should be our first response, not our last resort.** Understanding the need for prayer is not enough. In order for it to become a part of our life, it needs to become something that we look forward to doing. I'm convinced that most people don't enjoy prayer because they have never really been taught **how** to pray.

That's where this Personal Prayer Guide can help. Using several prayer models from the Bible and having some guides to make prayer more personal, **this booklet is designed to bring joy into your time with God.** When you discover the beauty of daily conversation with Him, you'll experience the presence of God that will change your life. Once you learn how to pray, prayer can become a part of everyday life.

If you sense that God has more for your life, take the first step and believe Him for great things. Start the year off right and discover the rewards of putting God first! I look forward to hearing about what God will do in our lives as we seek Him together. Make prayer a regular part of your life and see how He will supernaturally opens doors for you.

The best is yet to come,

A handwritten signature in black ink, appearing to read 'M. L. H.', written in a cursive style.

Pastor Mitch





lifestyle  
**prayer**

# LIFESTYLE PRAYER

How do we make prayer a part of our everyday life? We can learn from three things that Jesus did...

*Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed (Mark 1:35).*

- A CERTAIN TIME

Jesus got up very early in the morning to spend time with His Heavenly Father. In order for prayer to work, we should do the same. Make a daily appointment with God and keep it.

- A CERTAIN PLACE

Jesus had a prayer place. Your prayer place needs to be an undistracted environment where you can pray out loud and perhaps have some worship music playing in the background.

- A CERTAIN PLAN

Go into your prayer time with a plan. If it changes that's fine. When Jesus taught His disciples how to pray, He gave His disciples a prayer outline. We call it the Lord's Prayer. This outline along with several other tools are available in this booklet.

the lord's  
**prayer**

# THE LORD'S PRAYER

*One day Jesus was praying in a certain place. When He finished, one of his disciples said to him, "Lord, teach us to pray..." (Luke 11:1).*

*"Our Father in heaven, hallowed be your name, your kingdom come, your will be done on earth as it is in heaven. Give us today our daily bread. Forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one, for yours is the kingdom and the power and the glory forever"*  
*(Matthew 6:9-13).*

## "Our Father in heaven..."

### 1. CONNECT WITH GOD RELATIONALLY

*You have not received a spirit that makes you fearful slaves. Instead, you received God's Spirit when he adopted you as his own children. Now we call him, "Abba, Father"*  
*(Romans 8:15 NLT).*

God loves for us to call Him our Father. Establish your intimate relationship with Him and thank Him for the relationship you have with Him.

## "...Hallowed be Your Name..."

### 2. WORSHIP HIS NAME

*God's name is a place of protection—the righteous can run there and be safe (Proverbs 18:10 MSG).*

What are His Names?

Righteousness - He makes me clean  
Sanctifier - He has called me and set me apart  
Healer - He heals all my diseases  
Banner of Victory - He has defeated my enemy  
Shepherd - He speaks to me and leads me  
Peace - He is my peace in every storm  
Provider - He supplies all of my needs

### 4 Pray First

“...Your Kingdom come, Your will be done on earth as it is in heaven...”

### **3. PRAY HIS AGENDA FIRST**

*He will always give you all you need from day to day if you will make the Kingdom of God your primary concern (Luke 12:31 TLB).*

God's priorities:

Saving the Lost

Guiding those in authority – parental, spiritual, governmental, workplace

His will in us

“...Give us this day our daily bread...”

### **4. DEPEND ON HIM FOR EVERYTHING**

*I look up to the mountains—does my help come from there? My help comes from the Lord, who made heaven and earth! (Psalm 121:1-2 NLT).*

Ask God for what you want and need and then trust Him for the answer.

“...Forgive us our debts as we forgive our debtors...”

### **5. GET YOUR HEART RIGHT WITH GOD AND PEOPLE**

*If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness (1 John 1:9).*

Ask God to check your heart and motives. Receive His forgiveness for any area that He brings to mind.

Forgive anyone who has offended you in any way. You can even forgive people in advance.

“...And do not lead us into temptation but deliver us from the evil one...”

## **6. ENGAGE IN SPIRITUAL WARFARE**

*For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms (Ephesians 6:12).*

Take your stand against the enemy and fight the good fight of faith. Every lie that the enemy has told you should be replaced with the truth of God's Word.

“...For yours is the Kingdom and the Power and the Glory forever.”

## **7. EXPRESS FAITH IN GOD'S ABILITY**

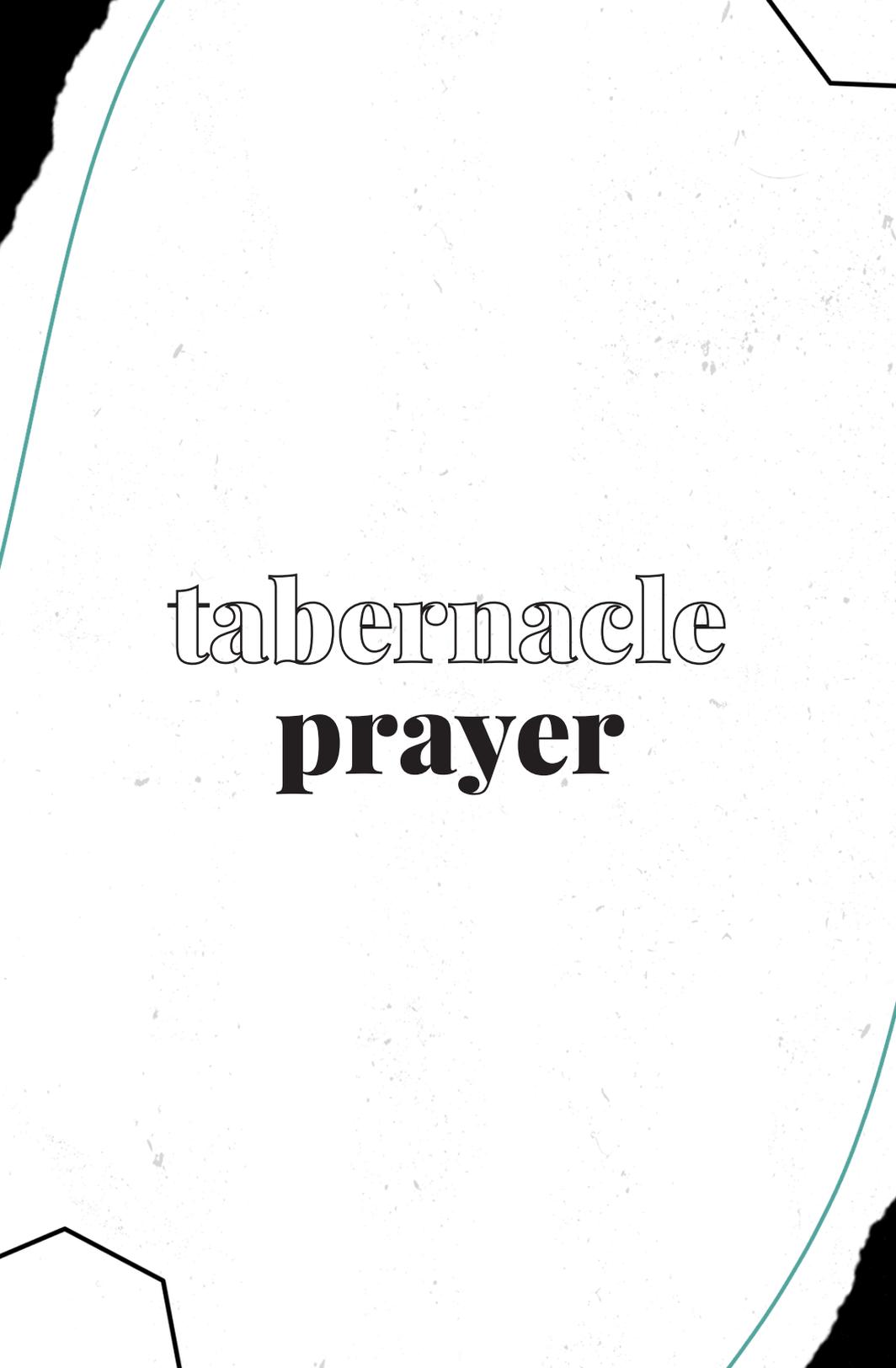
*“Ah, Sovereign LORD, you have made the heavens and the earth by your great power and outstretched arm. Nothing is too hard for you” (Jeremiah 32:17).*

End your prayer time by reminding yourself of God's ability. Return to praise and make your faith declarations.

“Yours is the Kingdom” - all rule belongs to You

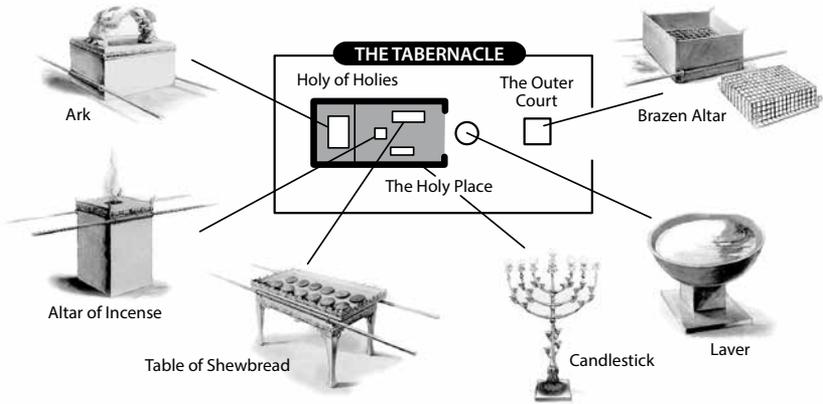
“Yours is the Power” - all mightiness flows from You

“Yours is the Glory” - Your victory shall be complete



tabernacle  
**prayer**

# TABERNACLE PRAYER



The Tabernacle was the dwelling place of God where He met His people. As they entered the Tabernacle, they passed through seven stations as a protocol to God's presence. Today, these same steps can help us to connect with God and lead us through important elements of prayer.

## 1. THE OUTER COURT - THANKSGIVING AND PRAISE

*Enter his gates with thanksgiving and his courts with praise;  
give thanks to him and praise his name (Psalm 100:4).*

As the people of God entered the Tabernacle, they came in with thanksgiving on their lips. Thanking God for all the blessings in your life is a great way to begin. Every day, think of a fresh reason why you love and appreciate God.

## 2. THE BRAZEN ALTAR - THE CROSS OF JESUS

*Praise the LORD, my soul, and forget not all his benefits— who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle's (Psalm 103:2-5).*

In the Old Testament, everyone who had committed sin had to bring animal sacrifices. Jesus paid for all your sins once and for all. You simply need to receive the benefits of what Jesus did for you.

Salvation - God forgives all my sin  
Healing - God heals all my diseases  
Redemption - God rescues me from every attack  
Transformation - God puts His love in me  
Provision - God provides everything I need

## 3. THE LAVER - CLEANSING AND PREPARING

*Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship (Romans 12:1).*

The next step in the Tabernacle was a bowl of water where people could wash. Checking your hearts and motives and then surrendering your life to God is an important part of daily prayer. Here are some ways to keep your heart right with God.

Repent from any known sin.

Offer your body to God.

Your tongue - to speak good and not evil  
Your eyes - to see God and the needs of others  
Your ears - to be sensitive to His voice  
Your hands - to do good to others  
Your feet - to walk in God's ways

Offer your mind to God (Philippians 4:8; Romans 12:2).

Ask God to give you the fruit of the Spirit (Galatians 5:22-23).

#### **4. THE CANDLESTICK - THE HOLY SPIRIT**

*The Spirit of the LORD will rest on him— the Spirit of wisdom and of understanding, the Spirit of counsel and of might, the Spirit of the knowledge and fear of the LORD (Isaiah 11:2).*

The next piece of furniture in the Tabernacle was a seven-branched golden candlestick. The fire represents the Holy Spirit. Every day you should invite the presence of the Holy Spirit into your life.

The Spirit of the Lord  
The Spirit of Wisdom  
The Spirit of Understanding  
The Spirit of Counsel  
The Spirit of Might  
The Spirit of Knowledge  
The Fear of the Lord

*You should also ask God to give you spiritual gifts (1 Corinthians 12:8-10).*

#### **5. THE TABLE OF SHEWBREAD - THE WORD OF GOD**

*Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful (Joshua 1:8).*

A table with twelve loaves of bread represents the importance of reading God's Word for daily sustenance. With this in mind, here are ways to nourish your soul:

Read God's Word.  
Claim His many great promises.  
Ask for fresh revelation of the Word.  
Take time to read and meditate on the Word.  
Get a Word for the day.

## 6. THE ALTAR OF INCENSE - WORSHIP

*The name of the LORD is a strong tower; the righteous run to it and are safe (Proverbs 18:10).*

A small altar of burning incense stood at the entrance to the Holy of Holies, where God's presence dwelt. This altar represents worship. The people of God literally entered God's presence worshipping the Names of God, including:

God is My Righteousness - Jeremiah 23:6

God is My Sanctifier - Leviticus 20:7-8

God is My Healer - Exodus 15:26

God is My Provider - Genesis 22:14

God is My Banner of Victory - Exodus 17:15

God is My Peace - Judges 6:24

God is My Shepherd - Psalm 23:1

God is Always There - Ezekiel 48:35

## 7. THE ARK OF THE COVENANT - INTERCESSION

*I urge, then, first of all, that requests, prayers, intercession and thanksgiving be made for everyone—for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. This is good, and pleases God our Savior, who wants all men to be saved and to come to a knowledge of the truth (1 Timothy 2:1-4).*

The final place in the Tabernacle was the place where God's presence dwelt. It was there that the priest interceded on behalf of the people. In the New Testament, you and I are all called priests and instructed to intercede for others.

Those in authority - spiritual, civil, family, and workplace

My family

My church - pastor, small group, members, and vision/mission

My city, nation, and world

My needs





**prayer and**  
scripture  
**devotional**

# PRAYER AND SCRIPTURE DEVOTIONAL

This is a great prayer outline mixed with Scripture readings. Simply walk through the outline while you look up the passages of Scripture.

## **1. THANKSGIVING AND PRAISE - PRESENT YOURSELF TO GOD (MARK 12:30)**

Think of a fresh reason to thank Him (Psalm 100:4, 118:24).

Present your body in worship (Romans 12:1; Psalm 63-3,4) by:

- Kneeling before Him as your Lord
- Lifting your hands to Him as your Source
- Standing in praise before Him as your King
- Clapping your hands with rejoicing
- Dancing with joy as a child
- Bowing your head in humility

Sing a new song to Him (Psalm 96:1,2; Colossians 3:16).

Invite Holy Spirit assisted praise (Jude 20; 1 Corinthians 14:15).

## **2. CONFESSION AND CLEANSING - PRESENT YOUR HEART TO GOD (PROVERBS 4:23)**

Ask God to search your heart (Psalm 139:23,24) for:

- Sin - receive cleansing and righteousness
- Selfishness - receive holiness and sanctification
- Stress - receive life and power
- Sickness - receive healing and strength

Remember the danger of self-deception (Jeremiah 17:9; 1 John 1:6-10).

Set a monitor on your mouth and heart (Psalm 19:14, 49:3).

Ask God to help you keep His purposes and goals in view (Psalm 90:12; Philippians 3:13-14).

### **3. ORDER AND OBEDIENCE - PRESENT YOUR DAY TO GOD (PSALM 37:5)**

Present the day's details (Psalm 37:4,5, 31:14,15; Deuteronomy 33:25):

Choose the fear of the Lord.  
Commit your works to God.

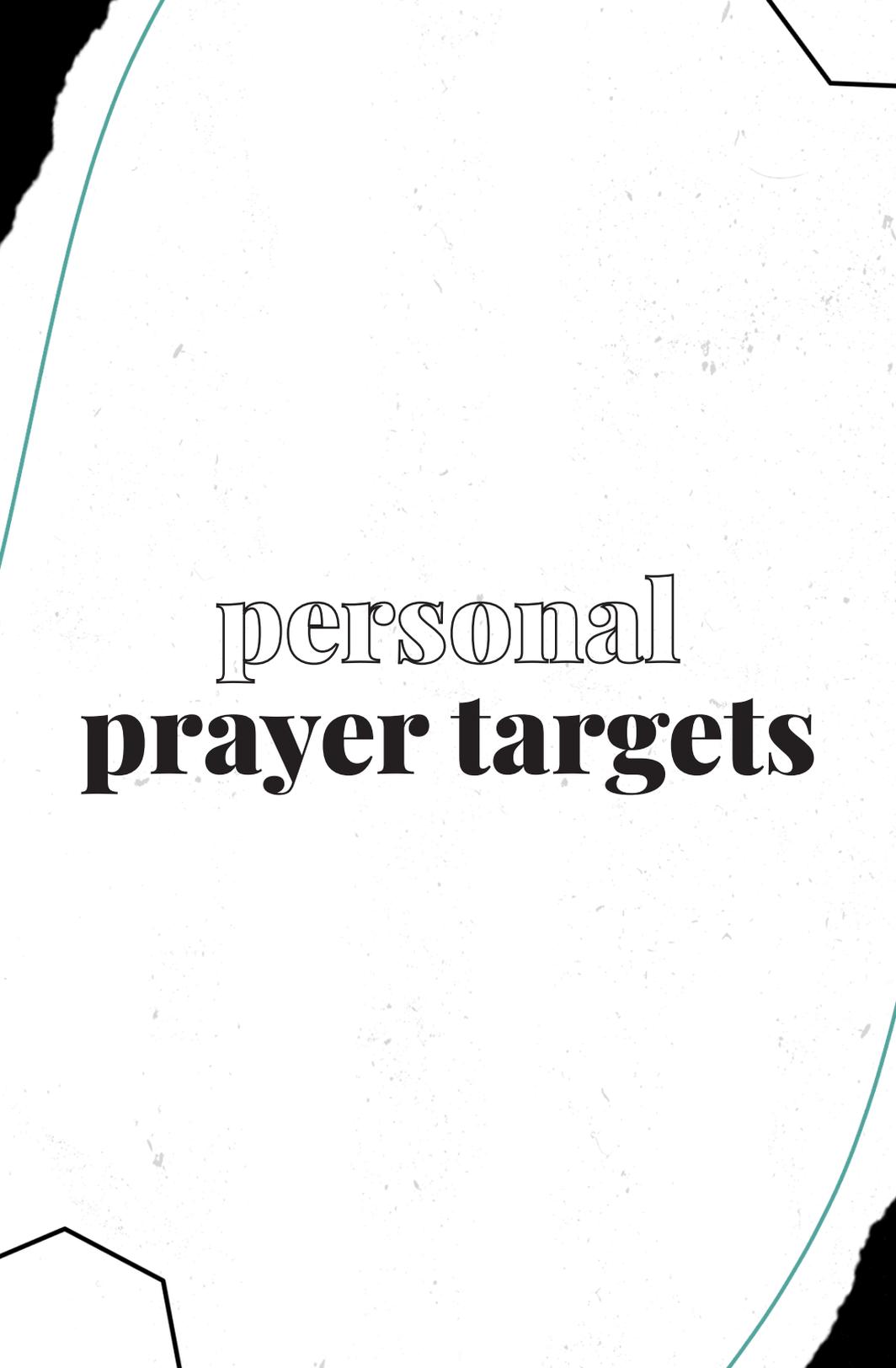
Indicate your dependence upon God (Proverbs 3:5-7; Psalm 131:1-3).

Request specific direction for actions and decisions (Psalm 25:4,5; Isaiah 30:21).

Choose to obey God's explicit instructions (Matthew 6:11, 7:7-8).

In the Word of God  
By choosing to do His will





personal  
**prayer targets**

# PERSONAL PRAYER TARGETS

*I urge, then, first of all, that requests, prayers, intercession and thanksgiving be made for everyone—for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. This is good, and pleases God our Savior, who wants all men to be saved and to come to a knowledge of the truth (1 Timothy 2:1-4).*

Pray for those in authority and those under your authority.

## MY GOVERNMENT

President \_\_\_\_\_

National leaders \_\_\_\_\_

\_\_\_\_\_

State leaders \_\_\_\_\_

\_\_\_\_\_

City leaders \_\_\_\_\_

\_\_\_\_\_

## MY FAMILY

Spouse \_\_\_\_\_

Children \_\_\_\_\_

\_\_\_\_\_

Parents \_\_\_\_\_

Siblings \_\_\_\_\_

\_\_\_\_\_

Extended family \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## **MY CHURCH**

Pastor \_\_\_\_\_

Small group leader \_\_\_\_\_

Small group members \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## **MY LIFE**

Employer \_\_\_\_\_

Co-workers \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Employees \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Teachers/Professors \_\_\_\_\_

\_\_\_\_\_



## **1. PRAY THAT THE FATHER WOULD DRAW THEM TO JESUS**

*No one can come to me unless the Father who sent me draws him (John 6:44).*

## **2. BIND THE SPIRIT THAT BLINDS THEIR MINDS**

*The god of this age has blinded the minds of unbelievers, so that they cannot see the light of the gospel of the glory of Christ, who is the image of God (2 Corinthians 4:4).*

## **3. LOOSE THE SPIRIT OF ADOPTION (SONSHIP)**

*For you did not receive a spirit that makes you a slave again to fear, but you received the Spirit of sonship. And by him we cry, "Abba, Father" (Romans 8:15).*

## **4. PRAY THAT OTHER BELIEVERS WILL CROSS THEIR PATHS AND ENTER INTO POSITIVE RELATIONSHIPS WITH THEM**

*Ask the Lord of the harvest, therefore, to send out workers into his harvest field (Matthew 9:38).*

## **5. LOOSE THE SPIRIT OF WISDOM AND REVELATION ON THEM SO THEY MAY KNOW GOD BETTER**

*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 (Ephesians 1:17).*













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