

# 21 Days of Prayer & Fasting 2022

## Prayer Guide

### Day 1 Monday Jan 10 - Thanksgiving and Praise

The beginning of this fasting journey starts with the proper posture. Give thanks and praise because God is good. He will see you through this fast and He will take you deeper than ever before. He will answer prayer in the deep and He will speak to the deepest places of your heart.

Psalm 100:1-5

*Shout with joy to the Lord, all the earth! Worship the Lord with gladness. Come before Him, singing with joy. Acknowledge that the Lord is God! He made us, and we are His. We are His people, the sheep of His pasture. Enter His gates with thanksgiving; go into His courts with praise. Give thanks to Him and praise His name. For the Lord is good. His unfailing love continues forever, and His faithfulness continues to each generation.*

Take the time on this first day to ask for God to speak directly to you during this fast. He is faithful, He wants to direct you on the path you should go.

Prayer Point ideas:

- Clarity on how to handle a situation
- Personal spiritual growth or momentum
- Deeper relationship with God and ability to hear His voice
- Greater knowledge of Scripture
- Greater wisdom from the Holy Spirit
- Help during this fast to be faithful to the commitment

### Day 2 Tuesday Jan 11 - Release it all to Him

Lift every struggle, every worry and every shame to the Lord. Lift every good gift, and every blessing He has given back to Him. Give it all to Him (your whole life) and allow Him to do a new work in you.

Ephesians 3:14-21

*When I think of all this, I fall to my knees and pray to the Father, the Creator of everything in heaven and on earth. I pray that from His glorious, unlimited resources He will empower you with inner strength through his Spirit. 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. And may you have the power to understand, as all God's people should, how wide, how long, how high, and how deep His love is. May you experience the love of Christ, though it is too great to understand fully. Then you will be made complete with all the fullness of life and power that comes from God. Now all glory to God, who is able, through His mighty power at work within us, to accomplish infinitely more than we might ask or think. Glory to Him in the church and in Christ Jesus through all generations forever and ever! Amen.*

He is capable of doing ANYTHING and EVERYTHING! Trust in Him!

Remember what you asked for on Day 1 and remember to give thanks as He reveals His answers to you.

### **Day 3 Wednesday Jan 12 - Search my Heart Oh God!**

Ask that the Lord would show you the areas that He wants to work on in you. This is a powerful prayer to pray. Believe He will show you, then make the changes by the strength He gives.

*Psalm 139:23,24*

*Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends You and lead me along the path of everlasting life.*

Allow God to say whatever He wants to say. Get real with Him and He will get very real with you.

Remember what you asked for on Day 1 and remember to give thanks as He reveals His answers to you.

### **Day 4 Thursday Jan 13 - Pray for Revival in your Own Heart**

Ask that the Holy Spirit would guard you against complacency, distraction and apathy. Ask that God would light a fire in your spirit for His Kingdom. Ask that your reading of the Word, your time in prayer and your day-to-day tasks would all be ignited by the presence of the Holy Spirit.

*Psalm 85:6*

*Won't you revive us again, so your people can rejoice in you?*

Remember what you asked for on Day 1 and remember to give thanks as He reveals His answers to you.

### **Day 5 Friday Jan 14 - Pray and ask for the Gifts of the Holy Spirit**

God is the giver of good gifts. He gives gifts to us so that He may be glorified and that many would come to know him through His Spirit alive in us. Ask Him today for the gifts of the Holy Spirit and ask for the wisdom to use them according to His will.

*Luke 11:13*

*Give us each day our daily bread.*

Remember what you asked for on day 1 and remember to give thanks as He reveals His answers to you.

### **Day 6 Saturday Jan 15 - Pray and Ask for the Fruit of the Holy Spirit**

We are meant to have ALL of the fruit of the Spirit. Read the scripture today. Ponder it and ask the Lord to show you any area He can work on in you.

*Galatians 5:22-23*

*But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things!*

Remember what you asked for on day 1 and remember to give thanks as He reveals His answers to you.

### **Day 7 Sunday Jan 16 - Return to Praise**

Today is a day of celebration for us! God is so good! As you prepare your hearts for church today, remember all of the amazing ways that God has taken care of you over the years. Even when times are tough, our God will never leave us. Praise Him because He is faithful.

*Psalms 31:3-5*

*You are my rock and my fortress. For the honor of your name, lead me out of this danger. Pull me from the trap my enemies set for me, for I find protection in you alone. I entrust my spirit into your hand. Rescue me, Lord, for you are a faithful God.*

Remember what you asked for on day 1 and remember to give thanks as He reveals His answers to you.

### **Day 8 Monday Jan 17 - Pray for Bethel Community**

Pray today for your church community. That we would fulfil our call to be a beacon of light in Ottawa. To be the salt where God has placed us. That we would make His name known to all those around us.

Some things you can ask for: An Increase in God's Presence. An Increase in God's blessing. An Increase in His Wisdom in our hearts. A deep prayer for revival and for salvation to come to His house.

*Matthew 5:13-15*

*You are my rock and my fortress. For the honour of Your name, lead me out of this danger. Pull me from the trap my enemies set for me, for I find protection in You alone. I entrust my spirit into Your hand. Rescue me, Lord, for You are a faithful God.*

Remember what you asked for on day 1 and remember to give thanks as He reveals His answers to you.

### **Day 9 Tuesday Jan 18 - Prayer for Bethel Leadership**

Bethel Leadership needs your prayer. All of the pastors, board members, ministry leads and those who are serving the church community need to be filled with the Holy Spirit to do the work God has called us to do.

*1 Tim 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. 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.*

Remember what you asked for on day 1 and remember to give thanks as He reveals His answers to you.

### **Day 10 - Wednesday Jan 19 - Pray for a deep Desire for Prayer at Bethel**

Prayer is how God gets things done here on earth. We are able to partner with Him as we offer up our requests and our petitions. He hears our prayers and answers them according to His will. A church that prays will be an unstoppable force.

*John 14:13-14*

*You can ask for anything in My name, and I will do it, so that the Son can bring glory to the Father. Yes, ask me for anything in My name, and I will do it!*

Remember what you asked for on day 1 and remember to give thanks as He reveals His answers to you.

### **Day 11- Thursday Jan 20 - Pray for a deep Heart of Praise and Worship at Bethel**

Everyone worships something! Pray that we would offer ourselves as living worship to Him to be used however He wishes. Ask today that Bethel's worship would be untethered from the shackles of day-to-day worries, and that a new sense of trust, joy and wonder would be expressed as we sing out our praises to our God.

*Romans 12:1*

*And so, dear brothers and sisters, I plead with you to give your bodies to God because of all He has done for you. Let them be a living and holy sacrifice-the kind He will find acceptable. This is truly the way to worship Him.*

Remember what you asked for on day 1 and remember to give thanks as He reveals His answers to you.

### **Day 12 - Friday Jan 21 - Pray for the Families of Bethel**

Pray for the families of Bethel in all of their forms. Pray for the Marriages. Pray for the single parents. Pray for the blended families. Pray that God would be the centre and the focus of everything and that each family would love each other well as they serve the Lord.

*1 Cor. 13:13*

*Three things will last forever-faith, hope, and love-and the greatest of these is love.*

Remember what you asked for on day 1 and remember to give thanks as He reveals His answers to you.

### **Day 13 Saturday Jan 22 - Pray for the Next Generations**

Pray for our children, for our Youth and for our Young Adults. They will be the church moving forward. Pray that God would give them a deep desire for truth, for His presence and for His Word. Pray that they would stand firm in the knowledge and wisdom of Jesus and that they would live in the miraculous everyday as they pursue Him.

*Psalm 78:4*

*We will not hide these truths from our children; we will tell the next generation about the glorious deeds of the Lord, about His power and His mighty wonders.*

Remember what you asked for on day 1 and remember to give thanks as He reveals His answers to you.

### **Day 14 Sunday Jan 23 - Return to Thanksgiving and Praise**

It's Sunday! The day we come together to celebrate. We bring our hearts back to a posture of deep thanksgiving and praise. Give Him the glory! Thank Him! Praise Him! He is devoted to you!

*Psalm 106:1*

*Praise the Lord ! Give thanks to the Lord, for He is good! His faithful love endures forever.*

Remember what you asked for on day 1 and remember to give thanks as He reveals His answers to you.

### **Day 15 Monday Jan 24 - A prayer for Your Communities**

Pray that mercy and justice would prevail. Pray for healing. Pray for peace. Pray for tolerance and understanding. Pray for love to win and pray that the church would love its community well. Pray for those in your neighbourhoods, your schools, your workplaces, any community God has placed you in. Pray that He would be known.

*Ecclesiastes 4:9-12*

*Two people are better off than one, for they can help each other succeed. If one person falls, the other can reach out and help. But someone who falls alone is in real trouble. Likewise, two people lying close together can keep each other warm. But how can one be warm alone? 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.*

Remember what you asked for on day 1 and remember to give thanks as He reveals His answers to you.

### **Day 16 Tuesday Jan 25 - A prayer of blessing for your enemy**

This can be a hard one and it takes a deep humility before the God. We are called to love everyone including those we don't see eye to eye with. Not everyone is your "enemy", but all of us have people we find more difficult than others. This morning, lift up any of those people you struggle with. Whether they have made themselves your enemy, they are someone you need to forgive, or they are simply someone you struggle with. Ask God to bless them today. Forgive them if you need to do so.

*Matthew 5:44*

*But I say, love your enemies! Pray for those who persecute you!*

Remember what you asked for on day 1 and remember to give thanks as He reveals His answers to you.

### **Day 17 Wednesday Jan 26 - A prayer for those who are struggling**

This life is not just about me and what I want or need. Scripture tells us that we are the ones to help those who are struggling. The first place we can help is by lifting them up in prayer. Ask God to bless, to heal, to strengthen and encourage. Then take time to ask God if there is anyone you can bless today who might need you.

*Romans 15:1*

*We who are strong must be considerate of those who are sensitive about things like this. We must not just please ourselves.*

Remember what you asked for on day 1 and remember to give thanks as He reveals His answers to you.

### **Day 18 Thursday Jan 27 - A prayer for Revival in Ottawa**

Give us revived hearts oh Lord. Help each one of us to love You more, to seek Your presence, to hear Your voice and to know Your Word. Give us courage to serve You with everything we have in us!

*Isaiah 57:15*

*The high and lofty one who lives in eternity, the Holy One, says this: "I live in the high and holy place with those whose spirits are contrite and humble. I restore the crushed spirit of the humble and revive the courage of those with repentant hearts."*

Remember what you asked for on day 1 and remember to give thanks as He reveals His answers to you.

### **Day 19 Friday Jan 28 - A prayer for those who do not know Jesus**

Lift up those who are not pointed toward Jesus. Pray for salvation. Name them by name and believe for them that the Holy Spirit will speak to them today.

*Acts 4:12*

*There is salvation in no one else! God has given no other name under heaven by which we must be saved.*

Remember what you asked for on day 1 and remember to give thanks as He reveals His answers to you.

### **Day 20 Saturday Jan 29 - A prayer for His Kingdom to come**

We need Jesus desperately. In a world of confusion, anger and injustice we need the Prince of Peace and God of justice to rule. Pray today as we have been instructed to do that God's Kingdom would come and that God would rule over the hearts and minds of this world.

*Matthew 24:13-14*

*But the one who endures to the end will be saved. And the Good News about the Kingdom will be preached throughout the whole world, so that all nations will hear it; and then the end will come.*

Remember what you asked for on day 1 and remember to give thanks as He reveals His answers to you.

### **Day 21 Sunday Jan 30 - Return to Thanksgiving and Praise**

Let's finish this 21 days strong! God has been so faithful during this time. We know He has spoken to you and that He has been faithful through this journey. However, the journey does not end here. Remain committed. It all starts right now. It all starts with hearts that are filled with Praise and Thanksgiving to our Lord who is faithful. Now get yourself to church and join your community in Praise and Worship to the Father, the Son and the Holy Spirit.

*Philippians 2:9-11*

*Therefore, God elevated Him to the place of highest honour and gave Him the name above all other names, that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue declare that Jesus Christ is Lord, to the glory of God the Father.*

*John 4:24*

*For God is Spirit, so those who worship Him must worship in spirit and in truth.*

Remember what you asked for on day 1 and remember to give thanks as He reveals His answers to you.