



21 Days of Prayer and Fasting

# Getting Started

January 09 – January 30, 2022

Since the beginning of **LIBERTY CHURCH** in 1984, we have been known as a House of Prayer and have set our hearts to be known as a people of prayer. We invite you to join us as we invite the Kingdom of Heaven to come into every situation and circumstance; whether good or bad, let's pray Thy Kingdom... Come! Many times we act first and then want God to bail us out of that situation, but **prayer should be our first response, and not our last resort.**

Understanding the necessity of prayer is not enough though; in order for it to become a part of our life, it needs to become something we look forward to doing. I'm convinced most people don't enjoy prayer because they have never been taught how to pray. And that's where I'm believing this simple prayer journal can help. Using several prayer models out of 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.

So...        Before the day begins  
              Before you go to bed  
              Before you go to work or school  
              Before you send that text  
              Before you eat, drive or travel  
              When good things happen  
              Before bad things happen  
              In every situation ----- **PRAY FIRST!**

Because prayer changes everything... welcome to the journey. Let's see what God has for us!

If you sense God has more for your life, **21 Days of Prayer** is a great place to start believing Him for all that He has for you. As you practice seeking Him first, He will move on your behalf like never before. You will start to see the power of prayer impact your relationships, work, family, and every area of your life.

### **1. Find a time and place to pray everyday**

Could be 20 minutes or longer in a specific room, in a chair or on the floor, etc. It's up to you ~ set the scene and make an appointment to meet with God daily.

*"You do not have, because you do not ask God. When you ask, you do not receive, because you ask with wrong motives, that you may spend what you get on your pleasures."*  
James 4:2-3

### **2. Make it a heart thing not a food thing.**

*"Even now," declares the LORD, "return to me with all your heart, with fasting and weeping and mourning." Rend your heart and not your garments. Return to the LORD your God...*  
Joel 2:12-13

### **3. Decide what type of fast to do**

What can you give up for 21 days that would create a deeper hunger for time with God? Choose to move away from it and get closer to Him.

*"When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show men they are fasting. I tell you the truth, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to men*

*that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.”*

*Matthew 6:16-18*

#### **4. Put to death the flesh**

*“For if you live according to the sinful nature, you will die; but if by the Spirit you put to death the misdeeds of the body, you will live...”*

*Romans 8:13*

#### **5. Know your objectives and expect results**

What is your overall goal? What are you praying for, specifically?  
Expect God to speak clearly to you.

*“Then your light will break forth like the dawn, and your healing will quickly appear; then your righteousness will go before you, and the glory of the LORD will be your rear guard. Then you will call, and the LORD will answer; you will cry for help, and he will say: Here am I...”* Isaiah 58:8-9

## **PRAYER GUIDE**

The reason most of us don't pray—or enjoy it when we do—is because we've never really learned how. We believe these three weeks will help you connect with God in a real and impactful way. Once you choose a time and place to pray, use this guide as a starting point for your conversations with God.

- **For God to speak and move greatly by His Spirit in our hearts over the next 21 days.**
- **For COVID-19 to weaken and die**
- **For financial provision for our Kids Building Project**
- **For kids and students to grow in their relationship with a God who loves them so very much.**
- **For marriages and families to grow, heal, and become stronger.**
- **For the Sunday service teams, including Children, Music, Production, Connections, and Safety.**
- **For God's people to walk boldly in their purpose; with NO FEAR!**
- **For Celebrate Recovery that walks with others through life's hurts, habits and hang-ups.**
- **For our Food Pantry and local outreach efforts as they continue to serve the people in our community.**
- **For the upcoming 2022 Summer Camps and the opportunities they provide to bring the love of Jesus to students in our community.**
- **For newcomers at LC, and that they will feel welcomed and experience the love of Jesus in a tangible way.**
- **For those who are financially struggling, or are unemployed/under-employed.**
- **Give thanks for the many lives changed at LC for the past 36 years.**

- For our church staff and the many volunteers that sacrifice time and energy to serve.
- For God to raise your awareness of how He can use you to advance His Kingdom.

During these 21 Days of Prayer we will have gatherings each **Saturday @ 9am (January 15, 22, 29)** for worship and corporate prayer. Please make plans to join us in person or online for those as we are expecting God to show up in a beautiful way.

Over the next 21 days we hope that the Lord will use this time in a significant way in your life. This is a time to clear out the distractions of life, focus your heart, and seek the Lord together as a church. Each day contains a **daily Scripture reading, reflection, questions for personal prayer, and corporate prayer points** for you to use during this 21-day period. Our hope is that these daily readings will assist you in focusing your heart each day.

Here are some ways to make the best use of your prayer guide:

### **Read**

Each day will begin with a short reading of Scripture. Above all else in this booklet, this is the most important part. Begin each day by hearing from the Word that God has spoken to us. His Word is a lamp to our feet and a light unto our path; allow it to direct your steps each day.

### **Reflection**

After reading each passage on your own, you will find a short reflection on what you have just read. Spend time going over each reflection and continue to think through what the Scripture is teaching you and how God wants to use that truth in your current life situations.

## Questions for Personal Prayer

Each day you will find a few questions listed to prompt personal prayer in response to the Scripture reading from that day. During this time of personal reflection, begin to pray over anything the Lord may prompt in your heart each day.

## Corporate Prayer Points

The last section you will see each day is an area for corporate prayers. This section is here to corporately align our prayers as a church family. Some of these needs are Liberty specific, while others are prayers for people and places outside of Liberty. Pray over anything that God calls to your mind as you read through the corporate prayer list each day and write down any additional thoughts and/or prayers on the lines provided.

## THE LORD'S PRAYER

The Lord's Prayer is often recited in churches or at religious events, but there's so much more to this prayer. Jesus provided this model as an outline to teach us how to pray in a way that connects us to God and empowers us to accomplish great things through Him. This model takes us through each part of The Lord's Prayer, showing us how to pray the way Jesus instructed.

*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 this day our daily bread.*

*And forgive us our debts, as we forgive our debtors. And do not lead us into temptation, but deliver us from the evil one. For Yours is the Kingdom and the power and the glory forever. Amen.”*

**Matthew**

**6:9-13 NKJV**

## **CONNECT WITH GOD RELATIONALLY**

*“Our Father in Heaven”*

God isn't interested in us practicing religion; instead, He desires a relationship with us. God has adopted us as His children and loves for us to call Him our Father. Starting our prayer time acknowledging our relationship with God is powerful for us and delights Him as well.

*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**

Proclaim your intimate relationship with God, addressing Him lovingly as your Father and thanking Him that you are His child.

**PRAYER:** *“Father, I come to You in prayer today thankful that I am Your child. I know I am a sinner, but You have forgiven me and adopted me as Your own, and I am so grateful to call you my Father. Thank you for loving me. I love you.”*

## WORSHIP HIS NAME

*“Hallowed Be Your Name”*

God loves when we worship Him, and there is power in His Name. Here is a list of some of His Names to help us worship Him specifically and personally:

**God is Righteousness** – *He makes us clean*

**God is Sanctifier** – *He has called us and set us apart*

**God is Healer** – *He heals all our diseases*

**God is Banner of Victory** – *He defeated our enemies*

**God is Shepherd** – *He speaks to us and leads us*

**God is Peace** – *He is our peace in every storm*

**God is Provider** – *He supplies all of our needs*

*The name of the Lord is a strong tower; the righteous man runs into it and is safe.*

**Proverbs 18:10 ESV**

Speak God’s Names out loud. When we proclaim who He is, we not only worship Him, but we also remind ourselves how powerful and great our God is.

**PRAYER:** *“God, I am in awe of You. Your Name is a strong tower, a place of protection and safety for me. I praise You as my Healer, my Shepherd, and my Banner of Victory. You are my Peace, my Provider, my Righteousness, and my Sanctifier. Your Name is great, and I worship You.”*

## PRAY HIS AGENDA FIRST

*“Your Kingdom come. Your will be done on earth as it is in Heaven”*

Part of being a child of God is caring about what He cares about. We know His will is perfect, and we acknowledge His wisdom and sovereignty when we 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**

Spend time focusing on what God is focused on. His priorities include:

- Saving the lost
- Wisdom and guidance for those in authority – *parental, spiritual, governmental, work-related*
- Accomplishing His purpose in our lives

**PRAYER:** *“God, I recognize there is no better plan on earth than Yours, and I pray for Your will to be done in my life (name the areas of your life where you need more of God’s presence today) and in our world. This world is lost and needs You desperately, and I pray for every person to know You as their personal Lord and Savior.*

*I pray for the leaders in my life (pray specifically over parents, spiritual leaders, government leaders, employers, and any other leaders in your life), that you would give them supernatural wisdom and discernment as they lead. Give them a revelation of Your will and Your purpose for them. And I give my life to You again today; have Your way in my life! Anything*

*You want to do in me or through me, I will do. I ask today for wisdom and clarity as you show me my next steps.”*

## **DEPEND ON HIM FOR EVERYTHING**

*“Give us this day our daily bread”*

God promises to supply all our needs, and He wants us to come to Him with our problems, needs, and desires and to trust Him to provide.

*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 need today. It may help to write down the concerns weighing on your mind or the desires of your heart. You can bring them to God, and trust Him enough to hand them over to Him fully. It may help to open your hands before God to physically show your surrender to Him. Problems can either be ours or God’s; they can’t be both.

**PRAYER:** *“Father, I acknowledge that everything I need today will come from You. You made the heavens and the earth; You are more than capable of handling any situation I’m dealing with, so I give it to You completely (specifically talk to God about what is on your mind and heart right now and give it to Him). I look to you to help me, sustain me, and give me Your peace. Remind me of Your hope and power today. Thank You in advance for taking care of my needs.”*

## FORGIVE AND BE FORGIVEN

*“Forgive us our debts, as we forgive our debtors”*

God has offered us complete forgiveness, and we can receive it at any time. When we turn away from our sins and receive His forgiveness, our hearts are more prepared to forgive others as well.

*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 life and show you areas where you might need to ask for forgiveness from Him. Then, it is your turn to forgive those who have offended you. We can even choose to forgive people in advance. Ask God to forgive you and to help you forgive others.

**PRAYER:** *“God, thank You so much for offering me the gift of forgiveness. Show me any areas in my life that I need to bring before You in order to receive forgiveness and healing. I confess that I have been struggling with sin (talk to God about any areas of sin in your life), and I know that You want me to be clean again. Please forgive me for my sin. Thank You for showing me unfailing grace. As You have so freely forgiven me, I also want to freely forgive others. Please help me let go of all of my offenses. I release to You those who have hurt me, and I trust You to handle those situations according to Your perfect will.”*

## ENGAGE IN SPIRITUAL WARFARE

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

Spiritual warfare can seem difficult to understand, but the Bible makes it very clear that we have an enemy who is trying to steal from us, kill us, and destroy us.

As we pray, we take our stand against the enemy and fight from a place of victory through Jesus as we're empowered by His Holy Spirit. There is power in God's Word, and every lie the enemy has told us can be replaced with God's truth.

*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**

By recognizing that the enemy wants to destroy you, you can shed light on his lies and claim God's truth over your life. Ask God to show you any lies you're believing or areas of warfare happening in your life. Ask Him to expose the enemy and to help you understand and receive His truth. Simply speaking the Name of Jesus has great power in the spiritual realm. The Bible tells us in James 4:7 that if we resist the devil, he will flee from us. Through prayer, we can resist him and walk forward in freedom.

**PRAYER:** *“God, I recognize that my struggles today aren't against the people or circumstances around me, but against the enemy. Please help me to see how the enemy is lying to me. Help me to recognize his lies, take*

*them captive, and make all of my thoughts obedient to the truth of Your Word (list out any specific areas God shows you where you have believed a lie that needs to be replaced with His truth). While the enemy wants to destroy me, I know that You came to give me life to the fullest. I speak the name of Jesus over my life and declare that no weapon formed against me will prosper. I don't have to fear the enemy because the One who is in me is greater than the one who is in the world."*

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

*"For yours is the Kingdom and the power and the glory forever."*

God is more than able to move in every situation, and ending our prayer time claiming His authority and power focuses our minds on the truth and hope of who He is and what He can do.

*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**

Remind yourself of God's limitless power and then return to praising Him and declaring your faith in Him:

- **"Yours is the Kingdom"** – *all authority belongs to You*
- **"Yours is the Power"** – *all mightiness flows from You*
- **"Yours is the Glory"** – *Your victory will be complete*

**PRAYER:** *“Father God, nothing is too hard for You! Through Your great power, all things are possible. All authority is Yours, all might is Yours, and I know that Your victory will be complete. You are amazing, and I worship You. I praise You for Your power and presence in my life. You are my God, and You are worthy of all praise.”*

## **THE ARMOR OF GOD PRAYER**

### **Ephesians 6:11-18**

“Put on the full armor of God so that you can take your stand against the devil’s schemes. 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. Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God. And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints. “

## **First—Put on the Armor of God**

### **The Helmet of Salvation**

- Thank you, Lord, for my salvation. I receive it in a new and fresh way from You, and I declare that nothing can separate me now from the love of Christ and the place I shall ever have in Your kingdom.

### **The Breastplate of Righteousness**

- And yes, Lord, I wear Your righteousness today against all condemnation and corruption. Fit me with Your holiness and purity — defend me from all assaults against my heart.

### **The Belt of Truth**

- Lord, I put on the belt of truth. I choose a lifestyle of honesty and integrity. Show me the truths I so desperately need today. Expose the lies that I am not even aware that I believe.

### **The Shoes of the Gospel of Peace**

- I do choose to live for the gospel at any moment. Show me where You are working and lead me to it. Do not let me become slack in my walk.

### **The Shield of Faith**

- Jesus, I lift the confidence that You are good against every lie and every assault of the enemy. You have good in store for me. Nothing is coming today that can overcome me because You are with me.

## **The Sword of the Spirit**

- Holy Spirit, show me specifically today the truths of the Word of God that I will need to counter the snares of the enemy. Bring them to mind throughout the day.

## **Then—Pray**

- Finally, Holy Spirit, I agree to walk in step with You in everything—in all prayer as my spirit communes with You throughout the day.

## **FASTING GUIDE**

Because we live such busy lives, it's easy to get disconnected from God as we grow attached to other things. Fasting is God's solution for strengthening our connection to Him by disconnecting from the distractions of the world.

It is a spiritual discipline that teaches us to become fully dependent on God. Fasting is also one of the most powerful ways that God speaks and moves in our lives.

What can you give up for 21 days to grow closer to God?

Below are a few examples and ideas for a 21 day fast.

- Social Media
- TV/Netflix
- Coffee/Soda
- Eating out
- Video Games
- \* Daniel Fast
- \* Junk Food
- \* Casual Spending
- \* Excessive Mobile Use
- \* Bread/Sweets

## **Fasting formulas:**

1. Juice fast (limits headaches and tiredness)
2. Fast one meal a day (pray at lunch instead of eating)
3. Fast from sun up to sun down (eat dinner with the family)
4. Fast a specific food (like meats, sweets, and bread)
5. Fast a specific activity (TV, social media, or negative talk)

## **Fasting features:**

1. Make prayer the context for fasting.
2. Meditate on the Scriptures regularly.
3. Protect yourself from “worldly” influences.
4. Submit your attitude to the influence of Christ.
5. Let your body rest whenever possible.
6. Fast with a friend for accountability.