



You are invited to be a part of
21 Days of Prayer, Fasting & The Psalms for 2022
Beginning, Monday, Jan. 10 - Sunday, Jan. 30, 2022

**** Do this as you are able! ****

Introduction to Fasting and Prayer

We are inviting you to pray and fast for spiritual breakthrough in peoples lives, our church and in other churches, and in our community! We are also asking you to pray for the church throughout the world in difficult places. During this time, we are also inviting you to read some of the Psalms. Take time everyday for 10-15 minutes to pray. Also, we are asking you to participate in a partial fast (holding back from eating a food or drink) or an intermittent fasting pattern. Then, as you can, read from the Psalms daily. We have included a reading guide so we can be reading the same things together as a church. Prayer and fasting leads to spiritual transformation and can bring about revival in your life!

What Can we Pray and what Psalm can I read?:

See the inside of this page for some suggestions on what to pray for and to see a guide to help you read some of the Psalms. You can read any or all of the Psalms listed for each day. The guide is here to help you!

Some Suggestions for What to Pray:

- Praise God for who He is and for His Son Jesus.
- Pray for your family, friendships and relationship circles and for God to use you this year to love and share Jesus with them.
- Pray for those who are sick, struggling or those who have experienced loss.
- Pray for relational healing, for changes in all people, to turn away from sin and self, and toward Jesus.
- Ask God to lead you and His Church by the Holy Spirit.
- Ask God to show you opportunities to share God's love in our community.
- Pray for personal spiritual growth: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. See Galatians 5:22.
- Pray for our church, Crossroads Church of Long Island, and for churches around the world.
- Pray for God's mission to advance on Long Island and throughout the world.
- Visit IMB.org or Voice of the Martyrs and pray for people and communities at risk around the world.
- Pray for church being started throughout North America and Canada.
- Pray for spiritual revival on Long Island.
- Pray and ask the Lord to show you what He wants you to pray for.

Day	The big idea	Bible passage
1	Blessing	Psalms 67, 72, 84, 128
2	Calling to God	Psalms 4, 5, 22
3	Confidence	Psalms 27, 36, 71, 125
4	Deeds of God	Psalms 9, 18, 118
5	Doubt	Psalms 42, 73, 77
6	Faithfulness of God	Psalms 105, 119: 137–144, 146
7	Fear	Psalms 37, 49, 91
8	Glory of God	Psalms 19, 24, 29
9	God is a helper	Psalms 54, 115, 119:169–176
10	Identity	Psalms 8, 139
11	Justice of God	Psalms 7, 26, 82
12	Meditation	Psalms 119:9–16, 41–48
13	Mercy	Psalms 13, 28, 86
14	Music	Psalms 6, 149, 150
15	Nature	Psalms 50, 104, 147, 148
16	Peace	Psalms 23, 133, 119:161–168
17	Power of God	Psalms 68, 93, 135
18	Praise	Psalms 65, 98, 138
19	Prayer	Psalms 17, 20, 102
20	Protection	Psalms 59, 62, 124
21	Safety in God	Psalms 11, 16, 142, 46
EXTRA VERSES	Rejoicing	Psalms 30, 47, 97
	Righteousness	Psalms 1, 15, 112
	Salvation	Psalms 3, 14, 121
	Sin and repentance	Psalms 25, 32, 38, 51
	Thanksgiving	Psalms 75, 106, 136
	Trust	Psalms 31, 40, 56
	Victory	Psalms 21, 76, 144
	Wisdom	Psalms 90, 107, 111
	Worship	Psalms 33, 34, 145