Welcome to 21 Days of Prayer and Fasting, designed to set you up to experience a spiritual breakthrough in 2019. During this time, those participating will be seeking God’s heart for our lives, our church, and our world. May this be a season when we see a fresh move of God in our midst, with His power and His glory being made evident to all. Fasting, a spiritual discipline rooted in Scripture, ignites a spiritual hunger for more of God in your life. As you fast, you choose to go without something good in order to focus more intently on something better. You assume a spirit of humility and submission before God, inviting His Holy Spirit to take you deeper in your relationship with Him. When combined with prayer and repentance or other spiritual activities, fasting can position you for tremendous growth! Though fasting typically includes going without food—whether all food for the duration or only selected foods or meals—it may involve going without something else instead. For example, you might choose to fast from social media, television, coffee, or anything else that you enjoy. Rather than devoting time and energy to those pursuits, you choose instead to focus on the things of God and experience more of Him. To participate in this 21-day fast, begin by prayerfully selecting the food or activity that you will fast. Determine what lifestyle adjustments you will need to make, then use this journal to guide you through these 21 days. Invite the Holy Spirit to work in your life, making you more and more like Jesus each day.

A 21 Days of Prayer and Fasting journal is also available for purchase. The journal includes:

- This prayer and fasting guide.
- Options for families.
- Daily Scripture passages.
- Suggested prayers for each day.
- Space to record your prayers and insights.

For helpful resources or to download the journal in a printable format, go to kingschurch.cc/21days.

**Week One (January 7-13)**

**Monday:** As Christians have done throughout the centuries, choose to use these 21 Days of Prayer and Fasting as a way to seek God’s heart and to experience spiritual breakthrough. Through humble prayer, tell God what you will be fasting and identify the area of your life where you most need Him to step in. Write down your most needed breakthroughs and submit them to God.

**Tuesday:** Jesus did not want His followers to draw attention to their fasting by bemoaning or boasting about how they were performing a spiritual act. Instead, He instructed them to not make it obvious that they were fasting. Read Matthew 6:16-18, then consider why Jesus would give such direction.

**Wednesday:** Take a walk or drive through your community, praying for the people in the homes you pass. Ask the Holy Spirit to direct your prayers and be responsive to His leadings. Seek God’s heart and divine insight as you pray. Recognize the deep compassion He has for the people of your community, and invite Him to instil that same heart within you.

**Thursday:** As God develops a heart of compassion within you, ask Him to lay 3 specific people on your heart that you can influence for Him this year. Identify ways you can help them encounter God and/or grow in faith.

**Friday:** Memorize Philippians 4:6. What causes you to become anxious? Through prayer, ask God to replace anxiety with hopefulness, peace, and joy.

**Saturday:** Practice generosity. Choose at least three items in your home that you will give to someone else or donate to charity. Select items that are in good condition, not ones that have outlived their usefulness. Give up those items for the benefit of others. By removing the clutter, create more room for God in your life.

**Sunday:** When the Early Christians fasted, they broke their fast every Sunday in celebration of the day of the week when Jesus rose from the grave. It was a day to feast, not fast. We continue this tradition today. Glorify God and celebrate the fact that Jesus is risen! Enjoy a meal with friends and family, pausing to thank Him for His many blessings.
Week Two (January 14-20)

**Monday:** Call someone who could use a word of encouragement and speak words of life to him or her. Pray for a fresh sense of God’s presence in his or her life.

**Tuesday:** Memorize Romans 8:37-39. What does it mean to be “more than” a conqueror? How does an understanding of the powerful, unfailing love of God affect the way you view your present troubles?

**Wednesday:** Consider the gifts and abilities God has given you, then identify at least one practical way you can show God’s love by using your gifts and abilities to serve others today.

**Thursday:** What has God been revealing to you so far through these 21 days? Are there actions, thoughts, or attitudes for which you need to seek forgiveness? Ask God to reveal areas of sin in your life, confess them, and ask Him to forgive you. If you have harmed others, seek reconciliation.

**Friday:** Read or listen through the Gospel of Mark in a single sitting. For digital options, use your Bible app or visit bible.com or biblegateway.com. Recommended versions include the NIV, NLT, or ESV.

**Saturday:** Perform an act of kindness for someone else as an expression of God’s love. For example, you could provide free babysitting for a single parent, shovel your neighbour’s driveway, pay for someone’s gas, or prepare a meal for someone who is lonely, sick, or overwhelmed. With no expectation of reciprocity, selflessly seek to bless another.

**Sunday:** In keeping with tradition, we break our fast every Sunday in celebration of the day of the Resurrection. Spend time in God’s presence today, worshipping Him and expressing your adoration for Him.

Week Three (January 21-27)

**Monday:** The chaos of life can prevent us from hearing from God and experiencing His presence. Set aside your busyness for 30 minutes in order to get alone and spend that time in still silence, meditating upon Him and receiving whatever He wants to reveal to you.

**Tuesday:** Memorize Psalm 145:13. What promises of God provide you with strength and encouragement? Peruse your Bible or search online to identify divine promises that speak to you and your life circumstances. View your circumstances through the lens of these promises.

**Wednesday:** Bring glory to Jesus by offering praise for who He is and what He has done in your life. Identify three ways you are different because of the presence of Jesus, then share them with someone else.

**Thursday:** God designed us to live in community with one another, encouraging and spurring one another on in our spiritual walks. Pray today for each member of your Group and those who God has placed around you in Christian community.

**Friday:** Since being released in 1979, the “Jesus Film” has been translated into more than 1600 languages and viewed by an estimated 3 billion people. Perhaps the most watched movie in history, it is widely used by missionaries to introduce the story of Jesus to people in remote regions around the world. Visit jesusfilm.org or download the JesusFilm app to watch this depiction of the life of Christ, then pray for missionaries who continue to spread His message globally. Ask God to use them to draw people to Himself.

**Saturday:** Write down your story. Describe what life was like before encountering Jesus, how you came to know Him, and how your life is different now because of Him. See if you can clearly tell your story in two minutes or less. Then pray that God will give you the boldness to seize opportunities to share your story with others.

**Sunday:** As you break this 21-day fast, invest 20-30 minutes in reflecting on your experiences. What has Jesus been revealing to you about Himself, yourself, or others? For what experiences are you most grateful? What new step is He now calling you to take?