



# 21 DAYS

twenty one  
days of prayer  
and fasting

twenty one  
days of prayer  
and fasting

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# OF PRAYER





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# Welcome to Pray First!

We are so excited about what God is going to do in your life during the next 21 days. We say this often, but at City First, we believe that “prayer moves the hand of God.” Prayer brings Heaven’s influence into earthly situations. Prayer always works in us!

Many times, we act first and then want God to help out our situation; however, prayer should be our first response, not our last resort.

Understanding the necessity of prayer is not enough. In order for it to become part of our life, it needs to become something we actually do. I’m convinced most people don’t enjoy prayer because they have never been taught how to pray. Some may have tried praying in the past, but became discouraged when they didn’t see immediate results. Either way, prayer is a powerful part of a Christ-follower’s faith walk and it is our goal to see you excel in this discipline.

That’s where this simple prayer journal can help. By 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. Once you learn how to pray, prayer can become a part of everyday life.



And then...

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 bad things happen —

Before bad things happen —

In every situation — **PRAY FIRST!**

Prayer changes everything!

A stylized, handwritten signature in black ink, likely belonging to Jeremy & Jen, the Senior Pastors of City First Church. The signature is fluid and cursive, with a long horizontal stroke extending to the right.

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Jeremy & Jen

Senior Pastors, City First Church

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# HOW TO USE THIS BOOK

We don't have to follow a specific formula to talk with God, but practicing different ways to pray can help us find deeper purpose and connection to Him through our prayer time.

This book is designed to give you several prayer models that will help you expand your knowledge of God's Word and experience the power of His presence in your everyday life.

To get started, simply follow along with the prayer model each day. You can even spend a few days on the same model as you become more comfortable. As you pray, focus on the process the model reveals, giving yourself time to pray intentionally. If your mind wanders, use the model to restore your focus.

The goal of using this guide is not to add pressure or overwhelm you. The goal is simply to get comfortable with different Biblical models of prayer and for your prayer life to become more natural, effective, and enjoyable.

To make your prayer time even more meaningful, you can write notes and prayer requests and play worship music. The most important step is committing to regularly entering God's presence through prayer.

## FASTING

In addition to prioritizing prayer during these 21 days, some of you may choose to participate in some type of fast.

There are many different fasts to choose from. Some may include omitting a particular food, giving up a habit, or perhaps you may choose to do a soul fast.

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Your personal fast should present a level of challenge, but it is very important to know your body, your options, and, most importantly, to seek God in prayer and follow what the Holy Spirit leads you to do.

## TYPES OF FASTS

### Complete Fast

In this type of fast, you drink only liquids, typically water with light juices as an option.

### Selective Fast

This type of fast involves removing certain elements from your diet. One example of a selective fast is the Daniel Fast, during which you remove meat, sweets, and bread from your diet and consume water and juice for fluids and fruits and vegetables for food. This fast is based off of the fasting experiences of Daniel in the Old Testament.

### Partial Fast

This fast is sometimes called the “Jewish Fast” and involves abstaining from eating any type of food in the morning and afternoon. This can either correlate to specific times of the day, such as 6:00AM to 3:00PM, or from sunup to sundown.

### Soul Fast

This fast is a great option if you do not have much experience fasting food, have health issues that prevent you from fasting food, or if you wish to refocus certain areas of your life that are out of balance. For example, you might choose to stop using social media or watching television for the duration of the fast and then carefully bring that element back into your life in healthy doses at the conclusion of the fast.

\*Please consult with a medical professional before taking part in a fast if you have any health concerns or are under the care of a physician.

# CREATING A LIFESTYLE OF PRAYER

*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*

Prayer is most effective when it isn't something we do every now and then, but when it's a lifestyle we cultivate. To understand how to have a lifestyle of prayer, we can look at the example Jesus gave during His life on earth.

## Have a certain time

Jesus got up early in the morning to spend time with His Heavenly Father. Make a daily appointment with God — whether it's first thing in the morning, at lunch, or in the evening — and faithfully keep it.

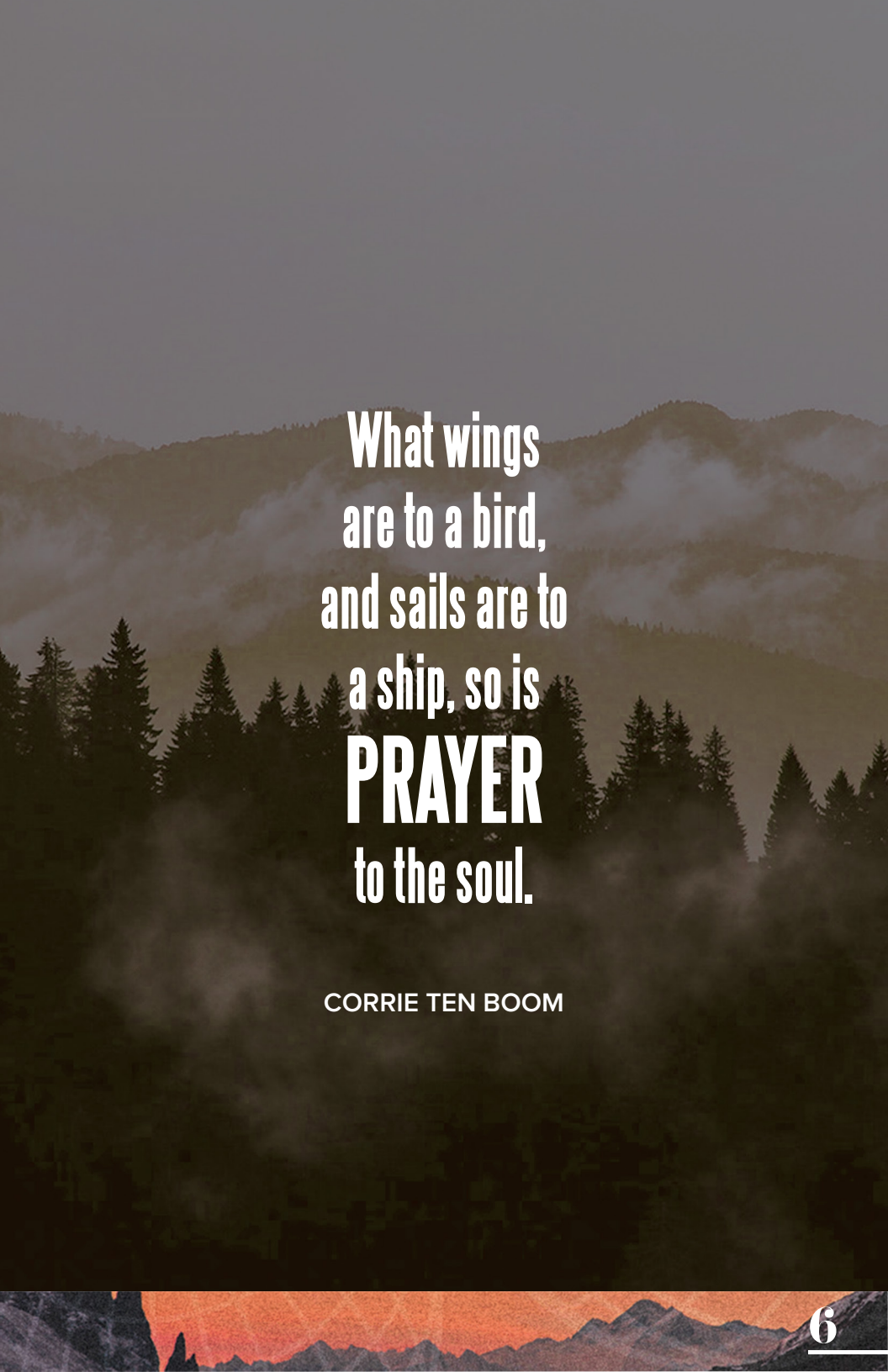
## Have a certain place

Jesus had a specific place He went to pray. Having a designated place to pray helps us remove distractions and frees us to worship and pray out loud.

## Have a certain plan

When Jesus taught His disciples how to pray, He gave them a prayer outline. We call it “The Lord’s Prayer.” This outline, along with several other tools, is available in this guide. As we pray every day, our plans for our prayer time can vary, maybe include worship music, Bible reading, and quiet time to listen to God. It doesn't always have to look the same; it just helps when we have a plan for connecting regularly with God.





What wings  
are to a bird,  
and sails are to  
a ship, so is  
**PRAYER**  
to the soul.

CORRIE TEN BOOM

# DAILY PRAYER MODELS

## 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 NIV*

*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*



# DAY 1:

## 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.

*So 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 as your Heavenly 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 Heavenly Father. Thank you for loving me. I love you."*

# DAY 2:

## 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.”*

# DAY 3:

## 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
- Providing wisdom and guidance for those in authority – parental, spiritual, governmental, occupational
- 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. 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.”*

# DAY 4:

## 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 your worries or desires to God, trusting Him enough by handing 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.”*

# DAY 5:

## FORGIVE AND BE FORGIVEN

**“Forgive 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.”*



# DAY 6:

## ENGAGE IN SPIRITUAL BATTLES

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

Spiritual battles can seem difficult to understand, but the Bible makes it very clear that we have an enemy who has come to steal, kill, and destroy our lives (John 10:10). 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.

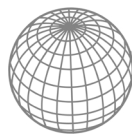
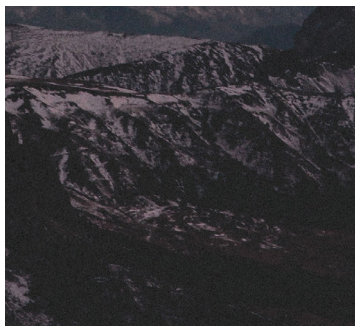
*For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. - EPHESIANS 6:12 NIV*

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 spiritual battles 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 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.”*



# DAY 7:

## 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 NIV*

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 might flows from You
- **“Yours is the Glory”** – Your victory will be complete

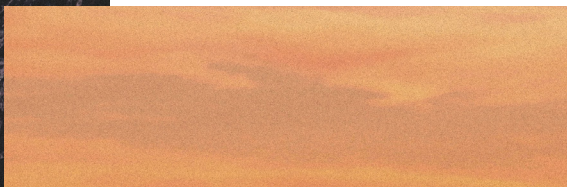
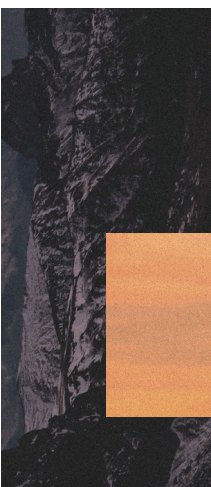
### PRAYER:

*“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.”*

# SPIRITUAL BATTLE PRAYERS

Prayer is not only communion with God; it is also a confrontation with the enemy. When Jesus was on the earth, He came face-to-face with the devil when He was tempted in the wilderness (see Matthew 4 and Luke 4), and every time the enemy tried to tempt Him, Jesus responded with a reference from the Bible. He used the Sword of Truth to defend Himself from the enemy's attacks. Consider that in these exchanges, Jesus was in the form of a man, not God, confronting the devil with the Word of God. We should do the same thing. He confronted the devil as a man with the Word of God. We should do the same thing.

These spiritual battle prayers and verses are examples we can use and adapt to our specific situations when we or someone we know is under attack from the enemy.



# DAY 8:

## PUT ON THE FULL ARMOR OF GOD

### Based on Ephesians 6:13-17

Knowing that we are in a spiritual battle, God provides spiritual armor and equips us to take a stand when battles come our way.

*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 the 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 Lord's people.*  
**EPHESIANS 6:11-18 NIV**

Acknowledge that you're in a spiritual battle. Then, claim the protection God has given you by praying through the different pieces of armor described in Ephesians 6.

## PRAYER:

*“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 from the love of Christ and the place I have in Your Kingdom. I wear Your righteousness today against all condemnation and corruption. Cover me with Your holiness and purity—defend me from all attacks against my heart. Lord, I put on the belt of truth. I choose a lifestyle of honesty and integrity. Expose the lies I have believed, and show me Your truth today. I choose to live for the Gospel in every moment. Show me where You are working and lead me to it. Give me strength to walk daily with You. I believe that You are powerful against every lie and attack of the enemy and I receive and claim your power in my life. Nothing is coming today that can overcome me because You are with me. Holy Spirit, show me the truths of the Word of God that I will need to counter the traps of the enemy. Bring those Scriptures to mind today. Finally, Holy Spirit, I agree to walk in step with You in everything as my spirit communes with You in prayer throughout the day.”*



# DAY 9:

## THE WEAPONS OF BATTLE

### Based on 2 Corinthians 10:4-5

When we are aware of our spiritual battles, we can be active in praying through them. God has given us victory and power to fight through the blood of Jesus.

*The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ. - 2 CORINTHIANS 10:4-5 NIV*

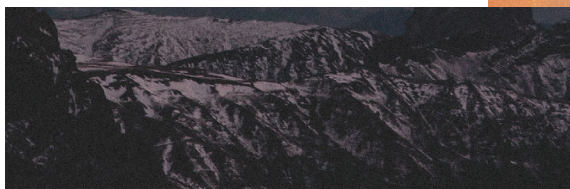
You can command anything that comes against the truth of God and His Word to bow to the Name of Jesus. Take a bold stand, praying specifically and confidently through God's power and His Spirit.





## PRAYER:

*“Father, Your Word says that no weapon formed against me will prosper (Isaiah 54:17), and I declare it in Jesus’ Name. Your Word says that trouble will not arise a second time (Nahum 1:9). So I declare in Jesus’ Name that Satan cannot make trouble for me again, like he has in the past. I declare in the Name of Jesus that all of these prayers are answered and taken care of by trusting You. I stand on Your Word. The enemy is driven out from me; from my home, workplace, church family, children, and loved ones. I declare that he is not able to stand against me. No weapon formed against me will prosper, because the Spirit of the Lord is with me, protecting me. I declare these truths in the Name of Jesus. Anything that comes against me or my family that is not in line with the truth and will of God, I command to bow to the powerful Name of Jesus. Father God, I give You all of my thanksgiving, praise, glory, honor, and worship. Thank You for loving me, making me clean, and giving me purpose.”*



# DAY 10:

## PROTECTION PRAYER

2 Thessalonians 3:3; 2 Corinthians 6:14-7:1, 10:3-5; Romans 12:1-2

We often worry about our safety and protection. When we feel this way, we can immediately come to God in prayer, pouring out our heart to Him, and battling in the heavenlies by asking for and claiming protection for ourselves and our families in Jesus' Name.

*But the Lord is faithful, and He will strengthen  
and protect you from the evil one.*

*2 THESSALONIANS 3:3 NIV*

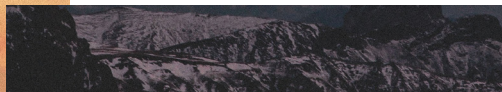
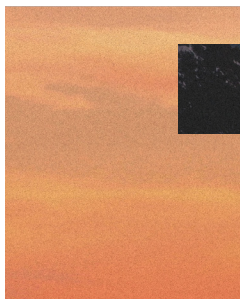
Share your thoughts and concerns with God. Ask Him for His supernatural protection. He says He will command His angels concerning you to guard you in all your ways (Psalm 91:11). Claim this promise and lay everything down before Him trusting His good plans and His power to protect you and those you love.





## PRAYER:

*“God, I bow in worship to praise You. Thank You for making a way for me through Your Son, Jesus. I surrender myself completely in every area of my life to You. I submit myself to the true and living God and refuse any involvement of the enemy in my life. I choose to be transformed by the renewing of my mind. I reject every thought that tries to compete against the knowledge of Christ. I pray and thank You for a sound mind, the mind of Christ. Today and every day I ask for protection over my family and loved ones; all immediate family members, relatives, friends, acquaintances, and myself. I ask for protection during all of our travels. I ask You to watch over our financial security, possessions, health, and safety (be as specific here as you like). All that I have is Yours God, and I believe the enemy cannot touch me or anything You have given me. He will not take what You have given us and we are protected and provided for by You, God, and You alone.”*



# DAY 11:

## CONFESSION PRAYER

Based on Romans 10:10; James 5:16; I John 1:7-9, 3:8

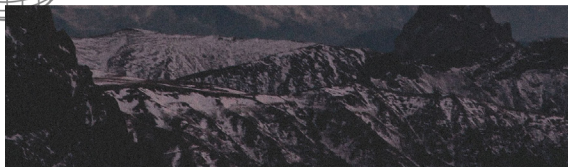
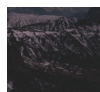
Our sin separates us from God, but Jesus made a way for us to be reunited with God by covering our sin by dying on the cross. When we accept the gift of salvation we confess our sin, and as Christians, confessing and repenting of sin is something we continue to do. By coming clean and repenting before God, He is able to work in our lives and transform us to be more like Him.

*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 NIV

Assume a posture of humility, and without fear of condemnation or punishment, come sincerely to God confessing your sin on a regular basis. Whether your sin feels big or small to you, your sin still affects your relationship with God. You get His attention when you tell Him your sin and turn from that sin to follow Him. After you confess, remind yourself and claim the forgiveness of Jesus in your life to wash you clean and make you new.

## PRAYER:

*“Lord Jesus, I confess all of my sins to You. I repent and turn away from them. I’m sorry for the wrong I have done. I confess the times I should have stepped up to do right and did nothing instead. I lay it all down at Your feet. I submit my thoughts, words, actions, and inactions to You. Thank You, God, for forgiving and making a way for me through Your Son, Jesus. Lord Jesus, I believe that You are the Son of God. You died on the cross for my sins and rose to life again on the third day. I confess all my sins and repent. I receive Your forgiveness and ask You to cleanse me from all sin. Thank You for redeeming me, setting me free, making me holy, and giving my life purpose.”*



# DAY 12:

## FORGIVENESS PRAYER

Based on Matthew 6:14-15; Leviticus 19:18

Forgiveness can feel challenging, but God makes it clear in the Bible that He freely forgives us and we are expected to do the same for others.

*For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins. - MATTHEW 6:14-15 NIV*

Come before the Lord with humility, honesty, and sincerity. Share the areas in your life where you need to forgive others. Even if you aren't able to settle a situation with that person, you can settle it with the Lord, letting them off the hook by forgiving them. As you choose to forgive those who have hurt or offended you, you can also praise and thank God for forgiving you when you didn't deserve it.

### PRAYER:

*“Lord, I have a confession to make. I haven't loved others well. I have resented certain people and have not forgiven them in my heart. God, I know that You have forgiven me for so much, and I need Your help to follow You and forgive others. In faith, I now forgive (name them). I also forgive and accept myself because You have made me new in the Name of Jesus.”*

# DAY 13:

## PRIDE PRAYER

Based on Proverbs 11:2, 16:18, 26:12; 1 Timothy 3:6

The Bible tells us that pride comes before the fall. Pride can be a very real issue in our lives, but we have the power to overcome it through Jesus.

*When pride comes, then comes disgrace, but with humility comes wisdom. - PROVERBS 11:2 NIV*

Practicing humility requires overcoming pride in our lives. Just as you confess other sins, regularly confess your pride to God. Submit it to Him, asking Him to help you walk in humility, free of pride and self-absorption. If you feel like pride is an issue that continues to surface in your life, confess it daily and bring it before God.

### PRAYER:

*“Father God, I come to You in the Name of Jesus. I know pride only keeps me from You. I put down anything that would cause me to have pride in my heart in dealing with other people. Help me to prioritize others over myself. I ask you God, to remind me daily that true humility is not thinking less of myself, it’s thinking of myself less. I humble myself before You and come to You like a child.”*

Note: One of the best ways to humble ourselves is to mix prayer with fasting.

# DAY 14:

## HEALING PRAYER

Based on 1 Peter 2:24; Psalm 103:2-5; Luke 1:37

Our God is a God of miracles. Just as we read about in the Bible, we still see Him perform miraculous healing today. He is our healer, and we can confidently approach Him asking for healing for ourselves or someone we know.

*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 faith, ask God for healing. Proclaim His power and goodness, believing and trusting Him to take care of you or those you're praying to be healed.

### PRAYER:

*“Father, in the Name of Jesus, I come before You asking for healing (name yourself or someone you are praying to experience healing). My hope is in You as our healer. I believe You are able to do this. You are the God who heals, and I believe every knee will bow to You including the name of (name disease or disorder). Thank You, Jesus, for dying on the cross so that we can receive healing. You say that You forgive our sins and heal our diseases, and I praise You for this. Thank You that the Spirit that raised Jesus from the dead lives in us. I stand in faith believing for healing for (yourself or someone you're praying for). Nothing is impossible for You, God! Give us peace and direction as You work in our lives. In Jesus Name, Amen.”*

# DAY 15:

## RACIAL RECONCILIATION PRAYER

Based on Ephesians 4:3-6; Mark 12:28-31; Psalm 139:23-24

God created every person in His image on purpose and for a purpose. We are all unique and have value in the eyes of God. As Christians, we love who God loves and seek to serve others, so it's important for us to see the value that each person brings to the world. We need to do our part to foster reconciliation, advocate for equality, and work to ensure that every person is treated with dignity, respect, and honor.

As followers of Jesus, we have been commanded to do everything we can to promote peace. We are all one in Christ, called to serve Him and others with a spirit of unity.

*Make every effort to keep the unity of the spirit through the bond of peace. There is one body and one spirit, just as you were called to one hope when you were called; One Lord, one faith, one baptism; one God and Father of all, who is over all and through all and in all. -*  
**EPHESIANS 4:3-6 NIV**

Recognize the presence of racism in our world, and bring it before God today. Thank Him for creating every person in His image, on purpose, for a purpose. Ask Him to help you embrace your unique design and the uniqueness of others. Pray for eyes to see the ways inequality is at work in the world around you, and pray for boldness to uphold peace, love, and unity in the face of injustice. Ask the Holy Spirit to bring to mind any ways you have not promoted equality and unity (thoughts, words, actions, etc.) or people towards whom you have not shown the love of Christ.



Ask for forgiveness, and trust God to help you grow and become an advocate for reconciliation.

## **PRAYER:**

“Father, I recognize that You created every person in Your image and that You have great purpose for each of us. I ask You to help me see every person as You see them. Help me to love others with the unconditional love of Jesus and to make every effort to promote peace, unity, and equality for all people. Forgive me for the times that I have not valued others or spoken up for what is right. Give me boldness to confront inequity when I see it and to honor others in my thoughts, words, and actions. Help me to love my neighbor as myself and to be an ambassador for reconciliation, as You have called me to be. I ask You to break the spirit of racism and division off of our nation, in Jesus’ Name. Thank You for making us one by the blood of Jesus and the power of Your Spirit.”





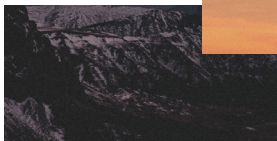
# DAY 16:

## PRAYING SCRIPTURE

The Word of God is one of the most valuable tools we have to build a dynamic daily prayer life. It brings power, truth, and encouragement to our prayer time. Let's begin with King David's Psalm 23. Take a moment to read it, and then use the prayer below as a way to use the Psalm to have a conversation with God.

### SCRIPTURE:

*The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, He leads me beside quiet waters, He refreshes my soul. He guides me along the right paths for His name's sake. Even though I walk through the darkest valley, I will fear no evil, for You are with me; Your rod and Your staff, they comfort me. You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. Surely Your goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever.*  
PSALM 23 NIV



## PRAYER:

*“God, You are my Provider, and I know You will take care of me. Thank You for guiding me to places of rest. You are my source of energy and passion. You keep me going and lead me toward a life of purpose and freedom. I know that even when I experience my darkest seasons of difficulty and challenge, I have nothing to be afraid of because You are with me. Your presence and power are a constant comfort to me. I know that You are preparing the way for me and that my enemies cannot touch me because You are taking care of me. I know that You have blessed me, and I thank You for choosing me and anointing me with purpose. Your blessings are so much more than I could ask for. I know that You are good, God, and that You are with me all the days of my life. You have chosen me, and I have chosen You, and that means I will be with You, in Your presence, forever.”*

Throughout this prayer guide, we have used several scriptures and claimed their promises through prayer each day. You can continue this practice beyond 21 days and make this as personal as you like. You will find the most benefit when you pray the scriptures that God is showing you in His Word and that are connecting with you personally in your current season of life.



## DAY 17:

### PRAYING FOR THE LOST

God desires everyone to know Him. He says in His Word that He would leave the 99 to go after the one who doesn't know Him. As followers of Christ, we are called to partner with Him praying for those who don't know Him to come to know Him.

### ASK THE FATHER TO DRAW THEM TO JESUS

God draws people to Himself. It's not something we can make happen out of our own efforts, so we need to be faithful in praying that the Father would draw those to Jesus that He's placed on our hearts.

| *No one can come to Me unless the Father who sent Me draws them... JOHN 6:44 NIV*

Think about the people you know who are far from God. Let your heart be open to God and anyone He may bring to your mind. It may help to write down their names as you focus on praying for them.

### PRAYER:

*"Father, I pray for the people around me (list specific names), that you would supernaturally draw their hearts to you. Send your Holy Spirit to them, and give them the desire to give their lives to You. Help them to recognize their longing for more in life as a spiritual thirst only You can quench. Open their ears to hear your voice."*

## DAY 18:

### PRAY FOR SPIRITUALLY BLIND EYES TO BE OPENED

The truth can be right in front of some people, and they still can't see it because something is in the way blocking their view of God.

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

We can pray against whatever is in their way so that they can see the light of God. We can pray that they would see the truth without any obstacles or distractions interfering.

#### PRAYER:

*"Father, bind the evil spirits that are blinding the minds of the people around me. In the name of Jesus, I pray that they would be able to see clearly, to recognize who You are, and to give their hearts to You. Remove all hindrances the enemy would use to distract them from Your truth. Open their eyes, Lord, that they might see Jesus."*

## DAY 19:

### PRAY THAT THEY MAY HAVE A PERSONAL RELATIONSHIP WITH GOD

Many people think Christianity is just another religion. They only see God through the lens of the organization and institution of the church. They may even feel frustrated, angry, or betrayed by people in churches they have encountered or by religious legalists and their hypocrisy. But God didn't come to build an organization. He came to have a relationship with His children.

*The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by Him we cry, "Abba, Father." - ROMANS 8:15 NIV*

God wants His beloved sons and daughters to come home. Praying for people to have personal encounters with the living God makes a huge difference.

#### PRAYER:

*"Father, I pray that people will understand how much You love them. Loosen the spirit of adoption for the people around me, so that they come into a meaningful relationship with You. Stir in their hearts a longing to come home, to hear Your voice, and to see You welcoming them with open arms. Let them know You are always running to meet them and hold them close."*

# DAY 20:

## RELEASE THE SPIRIT OF WISDOM AND REVELATION. SO WE MAY KNOW GOD BETTER

It's that "eureka" moment, that "aha!" when it finally clicks. The most important moment to have this kind of revelation is when the lights come on spiritually. As we navigate life, we all need spiritual insight and wisdom so that we can see and hear God above all the competitive noises around us.

*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 NIV**

We need wisdom, not just knowledge, of spiritual things and insight into how spiritual realities directly impact us. We can pray for this kind of supernatural revelation that only comes from God. As our 21 days of prayer and fasting are coming to a close, it is our prayer that we could continue to know God better, grow in faith, and put Him first every day.

### PRAYER:

*"Father, I pray we would all experience the spirit of wisdom and revelation. I pray that the lost would be found, and that the found would grow in wisdom and revelation so that we may all know You better. Thank you for opening our eyes to see you and our ears to hear you. Thank you for wisdom, divine revelation, and spiritual insight that could come from no one else but you."*



## DAY 21:

It is our prayer that these past 21 days have helped you grow in your relationship with Jesus and given you a love for prayer. Even though the formal 21 Days of Prayer is concluding, we encourage you to continue to remain “faithful in prayer.” (Romans 12:12) The spiritual you truly is the most important you! Continue to connect with Jesus on a daily basis through talking with Him, worshipping Him, and praying first as you journey through life.

*Keep asking, and it will be given to you. Keep searching, and you will find. Keep knocking, and the door will be opened to you. - Matthew 7:7 CSB*

We believe that prayer moves the hand of God. Prayer brings Heaven’s influence into earthly situations. Prayer always works in us! Matthew 7 offers a promise that as we pray God will respond. Our prayer life is an active, life-altering force. Keep asking, keep searching, keep knocking - God is waiting to meet you in prayer!

### PRAYER:

*“Heavenly Father, as I claim the promises in Your Word through my prayer time, I praise You for Your character. Trustworthy, faithful—that is Who You are. I thank You that I can trust You to be faithful to me. It is my prayer as I call out to You that You would give me wisdom, insight, and understanding for the situations I encounter. You are the God who knows all and sees all, so I ask that You would give me godly understanding for my relationships, my family, my friendships, and my faith. You are the one who made the earth and established it, so You certainly have the ability to give me all I need for the journey I am on! Please give me ears that hear, eyes that see, and a heart that pays attention to what You are saying. In Jesus’ name, Amen.”*



# ADDITIONAL PRAYER MODEL

## Prayer of Jabez

Jabez cried out to the God of Israel, “Oh, that You would bless me and enlarge my territory! Let Your hand be with me, and keep me from harm so that I will be free from pain.” And God granted his request.- 1 CHRONICLES 4:10 NIV

The Prayer of Jabez is a helpful model of a prayer we can pray every day.

### 1. Blessing

Jabez begins his prayer by asking God for His blessing. We need more of God’s blessing to be better equipped to make a difference for His kingdom. We need more provision, more spiritual gifting, more wisdom, so that we can bless others with what God has given us.

*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*

God wants to bless us, but He is often waiting for us to ask with the right heart. We have a big God, and we can be bold in asking for His blessing. As James points out, God sees our heart, and when we ask for blessing with the motivation not only to help ourselves but to help others, this gets His attention.

*Oh, that You would bless me...- 1 CHRONICLES 4:10 NIV*



Ask God for His blessing. Recognize your need for His provision, and set your heart toward wanting more than you need so that you can be a blessing to others.

## **PRAYER:**

*“Father God, I pray that You would bless me with more than I need so that I can bless others. I pray for more provision, that You would equip me to give generously to others and meet their practical needs in Your Name. I ask You to give me greater spiritual gifting so that I can strengthen the church and be more effective for the Kingdom of God. I pray for an abundance of wisdom and discernment so that I can point others to You and make decisions that honor You. Help me keep Your generous blessings in perspective, so that I never become self-serving but stay focused on using what You’ve given me to serve other people.”*

## **2. Influence**

Next, Jabez asks for more influence. As God’s blessings increase in our lives, we ask for and experience greater opportunity to influence the world around us for Him. God has the power to bless us greatly, and He also has the power to open doors of opportunity for us to make a difference. We want to walk through doors that only He can open, and He responds when we specifically ask Him to give us more influence for His Name.

*Enlarge my territory... 1 CHRONICLES 4:10 NIV*

Pray for more influence. Knowing that God can make a way, trust in Him to open doors and lead you on the best path for your life and for His glory.

## PRAYER:

*“God, make me effective in my sphere of influence, and open new doors for me to be able to influence and reach even more people (name any particular areas where you’d like to have more influence). Help me to be a good steward of the responsibility You’ve entrusted to me. I pray for greater territory to impact for Your glory.”*

## 3. Presence

In order to have lasting influence, we need God’s presence in our lives. Through His power at work within us, God can do more than we could ever ask or imagine (Ephesians 3:20). As we ask for blessing and influence, we also need to ask for His presence as Jabez did so that we are not operating out of our own strength but through the presence and the hand of our Almighty God.

*Let Your hand be with me... 1 CHRONICLES 4:10 NIV*

In humility, acknowledge your need for God’s presence. Depend on Him and ask for more of Him in your life today.

## PRAYER:

*“Lord, I know that without You, I am nothing. I cannot do what You’ve called me to do on my own. I am desperate for Your presence in my life. I depend on You completely. I recognize that the same Spirit who raised Christ Jesus from the dead lives in me. Through the power of Your Spirit, I pray that You will help me succeed in the opportunities You’ve given me. Thank You for being with me. I would never want to face today without You.”*

## 4. Protection

Finally, Jabez asks the Lord to protect him. If we are influencing the world for Jesus, we must understand the enemy will try to stop us. This leads us to pray that God will not only help us if the enemy attacks, but that He will protect us from the enemy attacking us in the first place. Jesus has already won the victory so we don't need to fear destruction. God promises to be with us and protect us, and because He is with us we have nothing to fear.

*Keep me from harm. 1 CHRONICLES 4:10 NIV*

Trust God to protect you. Tell Him specific areas where you feel the need for His protection and ask Him to cover areas that you can't yet see.

### PRAYER:

*"God, as I walk out the purpose You have for my life, I pray that You will stop any and every attack of the enemy against me. Please protect my body, my mind, and my emotions. Don't let the enemy get a foothold in my life. I pray, too, that You will protect my family and community from harm. I know that the One who is in me is greater than the one who is in the world, so I have nothing to fear. Thank You for watching over me. I love You and I trust You."*

