

21 Days of Prayer & Fasting Guide

Dear Faith Church Family and Friends,

We are so glad you are a part of the 21 days of prayer and fasting with us this year. Commit to as many days and as many meals as you can. Don't worry about what you don't accomplish. Every day you spend in prayer and fasting is a real plus, whether it's 21, 14, 7, 3, or even 1 day a week. Maybe it's (x) meals a day or a week. Turn off all distractions, social media, unnecessary internet, and read your Bible and pray. Get to know the Lord in a brand new way.

As we embark on our 21-day journey of prayer and fasting, we are boldly and intentionally pursuing God. Ephesians 3:20 declares, "Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us, to Him be glory in the church by Jesus Christ to all generations, forever and ever. Amen." Our theme this year is "Above and Beyond". We are setting our faith to see God do above and beyond what we have even asked or thought of. This is according to the power that works within us - which comes through prayer.

As we begin this New Year, lay aside everything that may hinder and distract you; get ready for a new season with the Lord -- a new level! Ask Him for a fresh word and a specific scripture that will set your course for this New Year. God wants to birth a fresh vision, breathe hope and life into your journey, and give you a new heart!

Spend time every day building yourself up by speaking in tongues so that the power of the Holy Spirit can fill you afresh.

We are praying and declaring that *YOU* will be filled with His Spirit and receive a new level of His anointing and power. Let's go deeper and have a fresh expectation for this year.

Take your foot off the brake and let the Holy Spirit really speak to you!

We love you and believe in you!

Pastor Steve and Pastor Darla

Types of Fasts

(taken from www.jentezenfranklin.org)

There are several types of fasting. The one you choose is between you and God. He will honor your best sacrifice.

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| Full Fast | Drink only liquids (you establish the number of days). |
| The Daniel Fast | Eat no meat, no sweets and no bread. Drink water and juice. Eat fruits and vegetables. |
| 3-Day Fast | This fast can be a Full Fast, Daniel Fast or give up at least one item of food. |
| Partial Fast | A partial fast is from 6:00 AM to 3:00 PM or from sun up to sundown. You can select from three types of fast – Full Fast, Daniel Fast or give up at least one item of food. |

Corporate Prayer Times

- **Prayer Wall:** Join with believers all over the region for 30 minutes a day to pray for revival and against Covid through the month of January.
- **Morning Prayer:** Join with Pastor Steve every morning, Monday through Friday, from 6:00 AM to 6:30 AM and develop your prayer routine. He will be live on our FaithChurchRoc Facebook and YouTube pages.
- **Monday Night Prayer:** Join with Pastor Steve and Darla every Monday night from 7:00 PM to 8:00 PM on Facebook and YouTube.

Prayer Testimony. Please let us know [HERE](#) if you have a testimony as a result of praying or developing your prayer life

Prayer Request. Please let us know [HERE](#) if you have a specific prayer request that we can join with you in for a breakthrough

How to Pray Individually

- Spend a few minutes in praise & thanksgiving and set your mind on the Lord
- Pray in tongues
- Pray for the Fire of God to burn in you
- Pray that you will fall in love deeply with Father God
- Pray that sin will no longer be tolerated in you, and repent of any sins that God shows you
- Pray that fear, hatred, unbelief, and unforgiveness will go, along with any other hindrance the Lord shows you
- Pray that weaknesses will no longer be accepted as normal in every part of your body and lifestyle
- Pray that God will show you any cursed items or things you do that you need to get rid of
- Pray for revival to come to our region
- Pray for protection from covid and all other diseases
- Pray for Covid to completely leave our Finger Lakes region
- Pray for healings and miracles and all who are sick be healed
- Pray for life - declare that no one will die from covid from our congregation and region
- Read and pray scriptures out loud (i.e. Psalm 91, Psalm 46)
- Journal your prayer times, topics, and anything you feel God is speaking to you
- Ask the Lord to speak to you as you quiet yourself before Him

Church-Wide Prayer Focus

Week 1

- Day 1 Pray to draw closer to the Lord, letting His love penetrate your heart. Say these words, “Lord, I want to fall deeper in love with You!”. Declare that this season with the Lord is going to transform your relationship with Him.
Ephesians 3:14-19
- Day 2 Pure heart: Pray that the Lord will give you a pure heart and renew a right spirit in you, getting rid of anything that is not pleasing to Him. This season you will lay aside any weight, sin or hindrance so that you can be more effective for His Kingdom.
Psalm 51; Hebrews 12:1
- Day 3 Fire: Pray that the fire of God would burn in you and you would be passionate about His Kingdom. Declare that your heart will burn with His fire so that His will would be established in you, your family and on this earth.
Psalm 29:7; Deut. 4:24; Psalm 97:3; Exodus 3:2
- Day 4 Worship: Take extra time today to sit in the presence of the Lord and worship Him. Tell Him how great and wonderful He is. Focus on Him and declare that you will feel His presence in a new way during this season.
John 4:24; Psalm 100:2
- Day 5 Strength: Pray and declare that you will be filled with His supernatural strength as you do His will. Declare, “I can do all things through Him who gives me strength.” Read the scriptures below out loud and declare them over your life.
Philippians 4:13; Psalm 27:14; Isaiah 40:31
- Day 6 Grace and power: Pray that the grace of God will overshadow you this year in everything you do so that you will be completely dependent on Him. Declare that you walk in His mighty power! Spend time speaking in your heavenly language so you can be filled with His power.
James 4:6; Acts 4:33
- Day 7 Joy: Ask the Lord for a new level of joy. Declare, “Lord, I thank you for filling me with Your joy. You are my strength and I receive an overflow of joy today. Let

Your joy shine through me to touch someone's life." Declare that every hurt will be healed and replaced with His joy. Look up scriptures on joy and write them out to remind you that joy is your portion as a believer.

Psalm 21:6; Psalm 16:11

Week 2

- Day 8 His Kingdom come: Declare that the Kingdom of God will be made manifest this year. You will receive healing in this year of breakthrough. You will have what you speak, so declare today that you will speak life!
Matthew 6:9-13
- Day 9 Forgiveness: Forgive whoever has caused hurt in your life and release them to the Lord. Pray that you will walk in forgiveness this year so that you will receive a greater level of breakthrough and healing.
Matthew 6:12
- Day 10 Healing: Pray this today - I love to praise You, Lord, because You are good to me. Let me always remember every good thing that you've done in my life. I thank you that you have forgiven all of my sins and You have healed all of my diseases – past, present and future! All means all!
Psalm 103:1-2; 1 Peter 2:24
- Day 11 Protection: Pray and declare protection over Covid. Pray through Psalm 91 and declare it over yourself, your family, and your home. Release the Lord's angels over you wherever you go. Today is a day that you will rest under the shadow of the Almighty! He has you covered.
Psalm 91
- Day 12 Divine health: Speak words of life over yourself today. Because you listen to the words of the Lord, He declares that His words will be life to you and healing for your whole body. Thank God that Divine health is your portion!
Proverbs 4:20-22
- Day 13 Corporate Anointing for healings and miracles: Declare that Pastor Steve and Faith Church will flow with the miracle-working power of God. Decree that you will flow in the gifts of the Holy Spirit this year.
Acts 2:43

Day 14 Healthcare: Pray for Doctors, nurses, healthcare workers and all who work in our hospitals to be protected and strengthened. Many are weary and overworked. Ask the Lord that they would have an encounter with Him - declare that many will be saved! Speak that the Lord will use them for His glory and they will walk in anointing and power.

Week 3

Day 15 Thank the Lord that He has brought you this far on your 21-day prayer journey. Ask Him to burn His fresh fire and anointing within you - burning out all pride, anger, and anything that is hindering you. Declare: "Lord, set Your fire within me so that I will burn with passion for Your presence."
1 Corinthians 2:4

Day 16 Workplace: Declare that the Lord is going to use you to demonstrate His power at your job. Pray and believe that He is watching over your job and your finances. As you put Him first with your tithes and giving, He is rebuking the devourer for your sake. Thank Him that He has put you there for a reason and you are on an assignment from Him!
Psalm 77:14; Isaiah 50:4

Day 17 Schools: Pray that Destiny School will be filled with the glory of the Lord and our students will be protected and will grow closer to the Lord this year. Declare that our teachers will be strengthened, encouraged and protected. Pray for all of our schools in Rochester - that the Lord will save every student and teacher. Spend time today decreeing that our teachers, administrators, principals and all who work in our schools will have an encounter with the Lord.

Day 18 Pray that the Lord will give you the spirit of faith to pray for our region and our nation. Rochester shall be saved! America shall be saved! Ask the Holy Spirit to direct you today as you lift up our governmental leaders and ask for a spirit of repentance to sweep across our nation. Ask Him to start with you.
Hebrews 11:1, 6; 2 Chronicles 7:14

Day 19 Declare that your prayers will make an impact on your family members. Everyone that you are believing God for will have an encounter with Him this year. Declare that your children will serve the Lord all the days of their lives.

Declare: "As for me and my house, we will serve the Lord!" Ask the Lord to restore relationships that need healing.

James 5:16, 17

Day 20 Pray against the spirit of loneliness that tries to discourage you and declare that you will feel the tangible presence of His Spirit every day. You are not alone - He is with you. Ask Him to bring godly friends into your life so that you can walk this journey with a community of believers who will support and uplift each other.

Isaiah 61:1; 1 Cor. 12:25

Day 21 Spend time thanking the Lord that every time you have spent with Him during this season, has been a seed that will bear fruit this year. Declare that He is leading and guiding you into a great future. God's plans are great, spend time aligning your heart to His plans for your life. We may not be able to see how He will do everything, but He will. Only believe!

Jeremiah 29:11

List of books to read regarding fasting and prayer:

- “The Invisible War” by Chip Ingram
- “The Power of Prayer and Fasting” by Ronnie Floyd
- “The Fasting Edge” by Jentezin Franklin
- “Fasting” by Jentezen Franklin
- “Fasting for a Spiritual Breakthrough” by Elmer Towns
- “The 21 Day Fast” by Bob Rodgers
- “Fasting Made Easy” by Dr. Don Colbert
- “The Beginners Guide to Fasting” by Elmer Towns
- “The Secret Power of Speaking God’s Word” by Joyce Meyer
- “Why Revival Tarries” by Leonard Ravenhill

Prayer Against Covid-19 from Bob Rodgers Ministries

Heavenly Father, I come in the powerful name of Jesus, I declare by your stripes I am healed. I proclaim Psalm 91:10, “No evil shall befall [me], nor shall any plague come near [my] dwelling;” I shall not catch the COVID-19; neither shall any member of my family. I am healed.

Your Word Declares:

- “He sent His word and healed them, and delivered them from their destructions.” *Psalms 107:20*
- “Surely He has borne our griefs and carried our sorrows; yet we esteemed Him stricken, Smitten by God, and afflicted. But He was wounded for our transgressions, He was bruised for our iniquities; The chastisement for our peace was upon Him, And by His stripes we are healed.” *Isaiah 53:4-5*
- “So you shall serve the Lord your God, and He will bless your bread and your water. And I will take sickness away from the midst of you.” *Exodus 23:25*
- “Casting all your care upon Him, for He cares for you.” *1 Peter 5:7*
- “I shall not die, but live, and declare the works of the Lord.” *Psalms 118:17*

- “Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord. 15 And the prayer of faith will save the sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven. Confess your trespasses to one another, and pray for one another, that you may be healed. The effective, fervent prayer of a righteous man avails much.” *James 5: 14-16*
- “who Himself bore our sins in His own body on the tree, that we, having died to sins, might live for righteousness—by whose stripes you were healed.” *1 Peter 2:24*
- “Therefore I say to you, whatever things you ask when you pray, believe that you receive them, and you will have them.” *Mark 11:24*
- “For I will restore health to you And heal you of your wounds,’ says the Lord,” *Jeremiah 30:17*
- “Have I not commanded you? Be strong and of good courage; do not be afraid, nor be dismayed, for the Lord your God is with you wherever you go.” *Joshua 1:9*

Now In Jesus Name We:

- Command COVID-19 to leave
- Proclaim my immune system is strong and healthy
- I command fear to leave
- I forbid COVID- 19 to multiply and release viral protein in cells
- In Jesus name, we curse the COVID-19 and command the virus to die
- I break the curse of death and speak life to all who have COVID-19
- Every spirit of COVID-19 and any spirits of death must leave and I cancel their assignments
- Every demon of sickness is gone
- Father God come now with your wonderful healing presence and complete the healing work
- Holy Spirit come; fill and encourage your people now
- I pray this prayer in faith in the name of Jesus. Total healing is accomplished