

21

DAYS



OF PRAYER

& FASTING

PO
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ED
OUT

GRACE CHURCH
2024

THE WHY & HOW

Prayer & Fasting have been regular practices of the global church throughout all ages and in the Scriptures we often see God's people humbling themselves before the Lord with fasting and prayer. Here are just a few examples: When Jesus talked to his disciples about fasting he said 'When you fast' (Mt 6:16) assuming that it was a regular practice. At one time in their ministry, the disciples couldn't cast out a demonic spirit, when they asked Jesus why, he said 'This kind only goes out with prayer & fasting' (Mt 17:21).

Daniel in captivity in Babylon prayed "I set my face toward the Lord God to make request by prayer and supplications, with fasting, sackcloth and ashes"(Daniel 9:3).

In Acts believers fasted before making important decisions (Acts 13:2, 14:23) and fasting & prayer are often linked together(Luke 2:37, 5:33).

The Bible presents fasting as something good, normal and necessary. Fasting isn't a manipulation tool to get what we want from God, but an opportunity to pray with our bodies, minds & spirits.

It is our hope & desire that everyone in the Grace Church family would participate in this time set aside for prayer & fasting as much as you are able. We focused on the practice of community in November 2023 and we see in Scripture that it is a powerful thing when a group of God's people come together to seek God's face. We pray that together as families, friends, lifegroups, ministry teams & the whole Grace family gathered; we would experience God's presence, discern His voice, and that He would prepare us for what He wants to do in and through our church body in the year to come. If you cannot fast due to medical conditions or other circumstances, ask God to show you how He is inviting you to participate in other ways. Our main aim is to seek the Lord together.

THE WHY & HOW

We invite you to simply follow this guide knowing that the whole church family is committing to this together. Throughout this time, we will continue our practice of Sabbath on Sundays as days of stopping, resting, and delighting by feasting & celebrating together, no fasting on the Sabbath! We will feast together on the Lord's Table in the mornings, and we invite you to gather together to feast with new & old friends throughout the rest of the day. "Your Kingdom come, Your will be done, on earth as it is in heaven"

TYPES OF FASTS:

The best way to choose the appropriate fast is to follow the leading of the Holy Spirit. Pray purposefully to identify God's purpose and direction. There is no pressure, condemnation, or legalistic burden. The goal is to pray.

PARTIAL FAST -

Abstain from food for a set time; eat a simple meal of bread and water; sacrifice a certain food.

WATER ONLY FAST -

Abstain from everything except water.

DANIEL FAST -

Abstain from delicacies, meats and wines and focus on fresh foods such as fruits and vegetables.

NO FOOD FAST -

Abstain from all food, including milk (protein) and only drink liquids and water.

Let us seek the Lord together over the next 21 days.



WEEK 1

LISTEN

This week we are focusing on yielding to the Holy Spirit. Asking God to search our hearts and bring us to a deeper place of confession and dependence.

This begins with inviting the Lord to speak and listening for Him.



“The whole Bible supports the idea. God is speaking. Not God spoke, but God is speaking. He is by His nature continuously articulate. He fills the world with His speaking Voice. One of the great realities with which we have to deal is the Voice of God in His world.” - AW Tozer

WEEK 1
listen

DAY ONE
OMIT ONE MEAL

WEEK 1 PRAYER:

By the blood of Jesus I come before the Father. I ask Lord that you would quiet my mind and settle my heart, so that I may encounter you as honestly and undistracted as I am able. May I be changed by your presence, more alive to your word and whisper, re-centered towards your kingdom. Amen.

Every day a declaration:

I lift you high in praise, my God, O my King! And I'll bless your name into eternity. - Psalm 145:1 MSG

Then He said to them all, "If anyone desires to come after Me, let him deny himself, and take up his cross daily, and follow me. - Luke 9:23

Optional Weekly Reading: Joel 1

*Offer a prayer of yielding to God
over the next 21 days.*

WEEK 1

listen

DAY TWO

OMIT ONE MEAL

Week 1 PRAYER:

By the blood of Jesus I come before the Father. I ask Lord that you would quiet my mind and settle my heart, so that I may encounter you as honestly and undistracted as I am able. May I be changed by your presence, more alive to your word and whisper, re-centered towards your kingdom. Amen.

Every day a declaration:

I'll bless you every day, and keep it up from now to eternity. - Psalm 145:2 MSG

Search me, O God, and know my heart: Try me and know my anxious thoughts, see if there is any wicked way in me, and lead me in the way everlasting. - Psalm 139:23-24

Optional Weekly Reading: Joel 1

Invite the Holy Spirit to search and reveal any hidden things. Confess to Him and praise Him for His forgiveness.

WEEK 1
listen

DAY THREE
OMIT ONE MEAL

WEEK 1 PRAYER:

By the blood of Jesus I come before the Father. I ask Lord that you would quiet my mind and settle my heart, so that I may encounter you as honestly and undistracted as I am able. May I be changed by your presence, more alive to your word and whisper, re-centered towards your kingdom. Amen.

Every day a declaration:

God is magnificent; he can never be praised enough. There are no boundaries to his greatness.

- Psalm 145:3 MSG

I will bless the Lord at all times; His praise shall be continually in my mouth. My soul shall make its boast in the Lord; the humble shall hear of it and be glad. Oh, magnify the Lord with me, and let us exalt His name together! - Psalm 34:1-3

Optional Weekly Reading: Joel 1

*Spend time worshipping and lifting
praise to God for who He is.*

WEEK 1

listen

DAY FOUR

OMIT ONE MEAL

WEEK 1 PRAYER:

By the blood of Jesus I come before the Father. I ask Lord that you would quiet my mind and settle my heart, so that I may encounter you as honestly and undistracted as I am able. May I be changed by your presence, more alive to your word and whisper, re-centered towards your kingdom. Amen.

Every day a declaration:

Generation after generation stands in awe of your work; each one tells stories of your mighty acts.

- Psalm 145:4 MSG

FAMILY
MOMENT

Spend some time recounting the lineage of God's faithfulness as a family or life group.

Optional Weekly Reading: Joel 1

*Pray that you will know your identity
in Christ.*

WEEK 1

listen

DAY FIVE

OMIT ONE MEAL

WEEK 1 PRAYER:

By the blood of Jesus I come before the Father. I ask Lord that you would quiet my mind and settle my heart, so that I may encounter you as honestly and undistracted as I am able. May I be changed by your presence, more alive to your word and whisper, re-centered towards your kingdom. Amen.

Every day a declaration:

Your beauty and splendor have everyone talking;
I compose songs on your wonders.

- Psalm 145:5 MSG

Trust in the Lord with all your heart, and lean not on your own understanding; in all your ways acknowledge Him, and He shall direct your paths.

- Proverbs 3:5-6

**FAMILY
MOMENT**

Spend some time in nature noticing the wonder of God's creation together.

Go for a walk with a friend.

Enjoy an artistic opportunity.

Optional Weekly Reading: Joel 1

*Listen for Christ in His creation.
Pray for guidance and direction.*

WEEK 1

listen

DAY **SIX**

FAST **6AM - 6PM**

WEEK 1 PRAYER:

By the blood of Jesus I come before the Father. I ask Lord that you would quiet my mind and settle my heart, so that I may encounter you as honestly and undistracted as I am able. May I be changed by your presence, more alive to your word and whisper, re-centered towards your kingdom. Amen.

Every day a declaration:

Your marvelous doings are headline news;
I could write a book full of the details of your greatness. - Psalm 145:6 MSG

And now, Israel, what does the Lord your God looking for in you, but to fear the Lord your God, to walk in all His ways and to love Him, to serve the Lord your God with all your heart and with all your soul.

- Deut.10:12

**MISSIONAL
MOMENT**

Spend some time praying for the protection and renewal of the global church, Grace Missions partners & our community.

Optional Weekly Reading: Joel 1

Pray for protection in spiritual warfare for believers around the world.

sabbath

DAY SEVEN

today: we feast

Sabbath PRAYER:

God of rest,

Today we make the active choice

To enter into your rest,

And to join with you

In delighting in this good world you have made,

And dreaming of the perfect world you will remake.

We choose to tune out,

Of demands and deadlines,

Of performance pressures,

Of flickering screens,

Of that which robs my soul of joy,

And the ways in which the world

Seeks to define and shape our identity.

We choose to tune in,

To your affirmation and love,

To the celebration of freedom,

To worship and your word,

To the enjoyment of that which fills our souls with joy,

And reminds us of our identity in Christ,

As deeply loved children of God.

Amen

-adapted from Christ Church London

Every day a declaration:

The fame of your goodness spreads across the
country; your righteousness is on everyone's lips.

- Psalm 145:7 MSG

*Gather and worship.
Thank God for His goodness &
righteousness!*

WEEK 1

resources

PRAYER of EXAMEN:

The Examen is a method of reviewing your day in the presence of God. It's actually an attitude more than a method, a time set aside for thankful reflection on where God is in your everyday life.

(Version of the Examen from A Simple, Life-Changing Prayer by Jim Manney)

Ask God for light. I want to look at my day with God's eyes, not merely my own.

Give thanks. The day I have just lived is a gift from God. Be grateful for it.

Review the day. I carefully look back on the day just completed, being guided by the Holy Spirit.

Face your shortcomings. I face up to what is wrong—in my life and in me.

Look toward the day to come. I ask where I need God in the day to come.

Additional Reading: Psalm 1 & 2

-These Psalms help to center our hearts in prayer.

COMMUNITY

- Gather to pray with a friend once this week
- Spend time in your Life Group in listening prayer
- Activity - On small stones or paper, write down a word that has stood out to you this week, perhaps share them in community
- Consider having a time of confession together

If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. - 1 John 1:9



WEEK 2

SPEAK

This week, out of the anchoring in His presence, we turn to praise & adoration. We intentionally invite gratitude to rise and overflow at the mercy and forgiveness, the goodness and love of God. Like the woman at Bethany, scandalously breaking our long-saved reserves at the precious feet of Jesus.



Adoration is the spontaneous yearning of the heart to worship, honor, magnify, and bless God. We ask nothing but to cherish him. We seek nothing but his exaltation. We focus on nothing but his goodness.

- Richard Foster

WEEK 2

Speak

DAY EIGHT

OMIT ONE MEAL

WEEK 2 PRAYER:

Good and gracious Father, you are the final and forever Amen. Help me today to declare your promises over my problems. Loosen my tongue that I might speak praise and life over those I encounter today. Holy are you O God and worthy of every adoration. May my heart seek to give freely not measured, knowing that each declaration of truth will return brimming with hope. Amen.

Every day a declaration:

God is all mercy and grace—
not quick to anger, is rich in love. - Psalm 145:8 MSG

'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, for he is gracious and compassionate, slow to anger and abounding in love, and he relents from sending calamity. - Joel 2:12-13

**FAMILY
MOMENT**

Share a special dessert, noticing the richness and linking it to the lavish love of God.

Optional Weekly Reading: Joel 2

Pray for an eternal perspective, a mind renewed in God's truth.

WEEK 2

Speak

DAY NINE

OMIT ONE MEAL

WEEK 2 PRAYER:

Good and gracious Father, you are the final and forever Amen. Help me today to declare your promises over my problems. Loosen my tongue that I might speak praise and life over those I encounter today. Holy are you O God and worthy of every adoration. May my heart seek to give freely not measured, knowing that each declaration of truth will return brimming with hope. Amen.

Every day a declaration:

God is good to one and all;
everything he does is soaked through with grace. -
Psalm 145:9 MSG

Optional Weekly Reading: Joel 2

*Spend time in worship for His grace
to those around you.*

WEEK 2

Speak

DAY TEN

OMIT ONE MEAL

WEEK 2 PRAYER:

Good and gracious Father, you are the final and forever Amen. Help me today to declare your promises over my problems. Loosen my tongue that I might speak praise and life over those I encounter today. Holy are you O God and worthy of every adoration. May my heart seek to give freely not measured, knowing that each declaration of truth will return brimming with hope. Amen.

Every day a declaration:

Creation and creatures applaud you, God. Your holy people bless you. - Psalm 145:10 MSG

He replied, "If they kept quiet, the stones along the road would burst into cheers!" - Luke 19:40

**MISSIONAL
MOMENT**

Write truths of God on stones and then leave them in random places around your community to encourage and remind others.

Optional Weekly Reading: Joel 2

Pray for opportunities to proclaim in words or actions the goodness of God.

WEEK 2

Speak

DAY ELEVEN
OMIT ONE MEAL

WEEK 2 PRAYER:

Good and gracious Father, you are the final and forever Amen. Help me today to declare your promises over my problems. Loosen my tongue that I might speak praise and life over those I encounter today. Holy are you O God and worthy of every adoration. May my heart seek to give freely not measured, knowing that each declaration of truth will return brimming with hope. Amen.

Every day a declaration:

They talk about the glories of your rule, they exclaim over your splendor. - Psalm 145:11 MSG

Optional Weekly Reading: Joel 2

Pray for the building of God's kingdom around the world.

WEEK 2

Speak

DAY TWELVE

OMIT ONE MEAL

WEEK 2 PRAYER:

Good and gracious Father, you are the final and forever Amen. Help me today to declare your promises over my problems. Loosen my tongue that I might speak praise and life over those I encounter today. Holy are you O God and worthy of every adoration. May my heart seek to give freely not measured, knowing that each declaration of truth will return brimming with hope. Amen.

Every day a declaration:

Letting the world know of your power for good, the lavish splendor of your kingdom.

- Psalm 145:12 MSG

FAMILY
MOMENT

Watch a superhero film together and talk about the infinite power of God.

Optional Weekly Reading: Joel 2

Pray for insight to walk in the authority given to you in Christ.

WEEK 2

Speak

DAY THIRTEEN
FAST 6AM - 6PM

WEEK 2 PRAYER:

Good and gracious Father, you are the final and forever Amen. Help me today to declare your promises over my problems. Loosen my tongue that I might speak praise and life over those I encounter today. Holy are you O God and worthy of every adoration. May my heart seek to give freely not measured, knowing that each declaration of truth will return brimming with hope. Amen.

Every day a declaration:

Your kingdom is a kingdom eternal;
you never get voted out of office.

- Psalm 145:13 MSG

Optional Weekly Reading: Joel 2

*Pray for "thin spaces" where God's
kingdom is moving in power to be
seen.*

sabbath

DAY FOURTEEN

today: we feast

Sabbath PRAYER:

Abba Father,

Sabbath lies before us and we are ready to cross the threshold.

Lord Jesus, You are the Light of the world

You created and crafted this day of Sabbath Rest.

You bless it.

You crown it with glory.

You call it holy.

Through it, You call us out of darkness into Your love and light.

It is to be a day of refreshment and celebration.

It is a day of devotion and delight. Set apart since the beginning of time,

You alone release us from the bondage of duty and demand.

As Your chosen people, we will embrace this day of Sabbath Rest.

In keeping it, we remember You as our Creator and Rescue Redeemer.

We do this now, with joy.

Amen.

Every day a declaration:

God gives a hand to those down on their luck,
gives a fresh start to those ready to quit.

- Psalm 145:14 MSG

*Gather and worship.
Thank God for His faithfulness and
testify to His goodness!*

WEEK 2

resources

PRAYER of ADORATION:
from Daniel 19

Praise be to the name of God forever and ever;
wisdom and power are his.

He changes times and seasons;
he deposes kings and raises up others.

He gives wisdom to the wise
and knowledge to the discerning.

He reveals deep and hidden things;
he knows what lies in darkness,
and light dwells with him.

I thank and praise you, God of my ancestors:

You have given me wisdom and power,
you have made known to me what we asked of you,
you have made known to us the dream of the king.
Amen.

(Raiseyoursword.com)

Additional Reading: 2 Chronicles 20:1-30

COMMUNITY

- Gather to pray with a friend once this week
- Spend time in your Life Group in worship
- Write a prayer of praise individually or with others

“And you, Solomon my son, know the God of your father and serve him with a whole heart and with a willing mind, for the Lord searches all hearts and understands every plan and thought. If you seek him, he will be found by you, but if you forsake him, he will cast you off forever. - 1 Chron 28:9



WEEK 3

LOVE

This week, we follow the progression out of adoration and begin to set our sights on yielding to the purposes of God in our lives. We are asking for alignment and authority to take steps of obedience to His call. Asking is the language of intimacy. It is here we come as children knowing the position we hold and seeking the good and glory of His Kingdom.



God is God. Because he is God, He is worthy of my trust and obedience. I will find rest nowhere but in His holy will that is unspeakably beyond my largest notions of what he is up to.
- Elisabeth Elliot

WEEK 3

love

DAY FIFTEEN

OMIT ONE MEAL

WEEK 3 PRAYER:

Father, I give you back the prayers I've prayed that are not answered-yet. The seeds I've sown that haven't borne a harvest-yet. The dreams I've buried that haven't risen-yet. Restore the years, the prayers, the dreams that the locusts have eaten. Remember me, Lord, redeem my life, and answer my oldest and truest prayers. Amen.

-Pete Greig Dirty Glory

Every day a declaration:

All eyes are on you, expectant;
you give them their meals on time.

- Psalm 145:15 MSG

MISSIONAL
MOMENT

Share your table with someone or provide a meal.

Optional Weekly Reading: Joel 3

Pray for your eyes to be opened in new ways to the practical needs of those around you.

WEEK 3

love

DAY SIXTEEN
OMIT ONE MEAL

WEEK 3 PRAYER:

Father, I give you back the prayers I've prayed that are not answered-yet. The seeds I've sown that haven't borne a harvest-yet. The dreams I've buried that haven't risen-yet. Restore the years, the prayers, the dreams that the locusts have eaten. Remember me, Lord, redeem my life, and answer my oldest and truest prayers. Amen.

-Pete Greig Dirty_Glory

Every day a declaration:

Generous to a fault, you lavish your favor on all creatures. - Psalm 145:16 MSG

Optional Weekly Reading: Joel 3

*Pray for greater love and compassion
for those in need.*

WEEK 3

love

DAY SEVENTEEN
OMIT ONE MEAL

WEEK 3 PRAYER:

Father, I give you back the prayers I've prayed that are not answered-yet. The seeds I've sown that haven't borne a harvest-yet. The dreams I've buried that haven't risen-yet. Restore the years, the prayers, the dreams that the locusts have eaten. Remember me, Lord, redeem my life, and answer my oldest and truest prayers. Amen.

-Pete Greig Dirty Glory

Every day a declaration:

Everything God does is right—
the trademark on all his works is love.

- Psalm 145:17 MSG

Optional Weekly Reading: Joel 3

*Pray for powerful opportunities for
partnership among churches in our
community.*

WEEK 3

love

DAY EIGHTEEN
OMIT ONE MEAL

WEEK 3 PRAYER:

Father, I give you back the prayers I've prayed that are not answered-yet. The seeds I've sown that haven't borne a harvest-yet. The dreams I've buried that haven't risen-yet. Restore the years, the prayers, the dreams that the locusts have eaten. Remember me, Lord, redeem my life, and answer my oldest and truest prayers. Amen.

-Pete Greig Dirty Glory

Every day a declaration:

God's there, listening for all who pray,
for all who pray and mean it. - Psalm 145:18 MSG

FAMILY
MOMENT

Play telephone as a family, talk about the honor of bringing our prayers directly to God.

Optional Weekly Reading: Joel 3

*Pray for a mighty movement of
prayer in the Church.*

WEEK 3

love

DAY NINETEEN
OMIT ONE MEAL

WEEK 3 PRAYER:

Father, I give you back the prayers I've prayed that are not answered-yet. The seeds I've sown that haven't borne a harvest-yet. The dreams I've buried that haven't risen-yet. Restore the years, the prayers, the dreams that the locusts have eaten. Remember me, Lord, redeem my life, and answer my oldest and truest prayers. Amen.

-Pete Greig Dirty Glory

Every day a declaration:

He does what's best for those who fear him—
hears them call out, and saves them.

- Psalm 145:19 MSG

Optional Weekly Reading: Joel 3

*Pray for the poor and hungry; the
oppressed and persecuted; those in
authority; peace among nations;
current events & concerns.*

WEEK 3

love

DAY TWENTY
FAST 6AM - 6PM

WEEK 3 PRAYER:

Father, I give you back the prayers I've prayed that are not answered-yet. The seeds I've sown that haven't borne a harvest-yet. The dreams I've buried that haven't risen-yet. Restore the years, the prayers, the dreams that the locusts have eaten. Remember me, Lord, redeem my life, and answer my oldest and truest prayers. Amen.

-Pete Greig Dirty_Glory

Every day a declaration:

God sticks by all who love him, but it's all over for those who don't. - Psalm 145:20 MSG

Optional Weekly Reading: Joel 3

*Pray for unbelievers and for space
and courage to share Christ with
them.*

sabbath

DAY TWENTY-ONE

today: we feast

Sabbath PRAYER:

I am no longer my own but yours.

Put me to what you will, rank me with whom you will;

put me to doing, put me to suffering;

let me be employed for you, or laid aside for you,

exalted for you, or brought low for you;

let me be full, let me be empty,

let me have all things, let me have nothing:

I freely and wholeheartedly yield all things

to your pleasure and disposal.

And now, glorious and blessed God, Father, Son and Holy Spirit, you are mine and I am yours.

And the covenant now made on earth, let it be ratified in heaven. Amen.

Prayer by John Wesley

Every day a declaration:

My mouth is filled with God's praise.

Let everything living bless him, bless his holy name from now to eternity!. - Psalm 145:21 MSG

*Gather & worship.
Pray for renewal together!*

WEEK 3

resources

PRAYER:

Dallas Willard's Psalm 23 Prayer

The Lord is my Shepherd, I have life without lack.

In his green pastures I've eaten my fill so I lie down.

At his still waters my thirst is satisfied.

He heals and reintegrates my broken depths in his eternal life so I can walk in paths of righteousness on his behalf.

Even though I go through loss, hunger, disease, aging, and death I will fear no evil because you Jesus are with me.

Your strong rod and protective staff put me at liberty.

Your abundant provision is a feast for me so I'm happy to share with my enemies.

You give me hot showers and warm fluffy towels, joyful experiences and deep relationships, to make me feel clean, special, and powerful.

My cup runs over so I can be generous without ever running out.

Surely this world is a perfectly safe place for me to be because I dwell and abide with God in the fullness of his life in the Kingdom of the Heavens forever.

That's life without lack!

Additional Reading: Luke 7:36-50

COMMUNITY

- Gather to pray for the unreached
- Serve together as a Life Group this week
- Take a meal to a friend

"But then I recall all you have done, O Lord;
I remember your wonderful deeds of long ago.

They are constantly in my thoughts.

I cannot stop thinking about your mighty works."

- Psalm 77:11-12



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