



ACTIVATE

21-Day Prayer & Fasting Guide

City United Church Resource

ACTIVATE 21-Day Prayer & Fasting Guide

Dear City United Church Family,

Grace and peace to you in abundance! As we stand on the threshold of a brand new year, I am filled with excitement and anticipation for the incredible journey that lies ahead. It is with great joy that I extend a warm and heartfelt welcome to each and every one of you as we embark on a transformative adventure together – the **ACTIVATE 21-Day Prayer and Fasting Guide** for finding renewal in the new year.

As your pastor and fellow brother on this faith-filled journey, I want to share with you the profound impact that dedicating the first 21 days of each new year to prayer and fasting has had on my life. This intentional pause has become a sacred tradition, a divine reset button that allows me to align my heart and mind with the Lord's purposes for the coming year. I sincerely hope you will join me in this spiritual discipline, allowing God to usher in a season of renewal, revival, and revelation in your life.

My dear friends, we serve a God who delights in making all things new. As we step into this new year, let us do so with hearts wide open and spirits attuned to the whispers of the Holy Spirit. There is a profound beauty in seeking God's face, and I believe that our collective pursuit of Him during these 21 days will set the stage for extraordinary breakthroughs and miracles in our personal lives and within the very fabric of our beloved City United Church.

ACTIVATE 21-Day Prayer & Fasting Guide

The 21-Day Prayer and Fasting Guide for finding renewal in the new year is not merely a checklist of spiritual tasks; it is an invitation to encounter the living God in a profound and transformative way. Each day, we will embark on a short journey of intentional prayer, seeking the heart of God and aligning ourselves with His perfect will. Fasting, too, will be our companion on this sacred journey, as we set aside physical comforts to draw closer to the One who satisfies our deepest longings.

I want to encourage you to approach this time with an expectant heart. God is not limited by the constraints of time or circumstance, and He longs to pour out His blessings upon those who earnestly seek Him. The Bible assures us in Jeremiah 29:13, "You will seek me and find me when you seek me with all your heart." Let us come before Him with a wholehearted pursuit, ready to experience His presence in ways we have never imagined.

This year, let our prayers be bold and audacious. Let us ask God for greater things – not only for ourselves but for our church and community. May we seek His guidance in every decision, His wisdom in every challenge, and His favor in every endeavor. Together, as a united body of believers, we can usher in a season of unprecedented growth, joy, and impact.

As we engage in this time of consecration, I am reminded of the words of Isaiah 43:19, "Behold, I am doing a new thing; now it springs forth, do you not perceive it? I will make a way in the wilderness and rivers in the desert." God is indeed doing a new thing in our midst, and I am confident that as we seek Him wholeheartedly, we will witness His transformative power at work.

ACTIVATE 21-Day Prayer & Fasting Guide

In the hustle and bustle of life, it is easy to become entangled in the cares of this world. However, this 21-day journey provides a sacred space for us to refocus, recalibrate, and realign our lives with the purposes of God. Let us prioritize this time of seeking Him, knowing that as we draw near to God, He will draw near to us (James 4:8).

I am genuinely excited about the impact our collective prayers and fasting will have on our church and community. I envision a year filled with testimonies of healing, restoration, and breakthroughs that can only be attributed to the faithfulness of our Almighty God. Together, let us press into His presence, believing that the best is yet to come for City United Church.

I want to express my deep gratitude for your commitment to this spiritual journey. Your participation in the 21-Day Prayer and Fasting Guide for finding renewal in the new year is a powerful statement of faith and a demonstration of your love for God and His purposes. Let us approach these days with joyful anticipation, knowing that our Heavenly Father delights in the prayers of His children.

May this be a season of unprecedented spiritual growth, deepened relationships, and divine encounters. As we seek God together, may our hearts be stirred with a passion for His kingdom, and may our lives be a shining testimony to His glory.

With love, excitement, and great anticipation,

God Is bigger!

Pastor Gary Moritz

Lead Pastor

City United Church

ACTIVATE 21-Day Prayer & Fasting Guide

ABOUT FASTING: Fasting in Christianity, as outlined in Elmer Towns' book *"Fasting for Spiritual Breakthrough,"* is a spiritual discipline involving voluntary abstention from food or other physical needs for a specific period. This practice is rooted in biblical principles and is viewed as a means of seeking God's guidance, expressing repentance, and deepening one's spiritual connection. Various types of fasting are mentioned in the Bible, each serving distinct purposes.

Normal Fast: A normal fast involves abstaining from all food for a specific period. This is referenced in Matthew 4:2 (NIV), describing Jesus' 40-day fast in the wilderness: "After fasting forty days and forty nights, he was hungry."

Partial Fast: A partial fast involves restricting certain types of food or meals. Daniel's partial fast, as described in Daniel 10:3 (NIV), consisted of abstaining from rich foods and wine: "I ate no choice food; no meat or wine touched my lips."

Absolute Fast: An absolute fast involves refraining from both food and water. Queen Esther called for such a fast among the Jews, as seen in Esther 4:16 (NIV): "Go, gather together all the Jews who are in Susa, and fast for me. Do not eat or drink for three days, night or day."

ACTIVATE 21-Day Prayer & Fasting Guide

Intermittent Fast: An intermittent fast involves alternating between periods of fasting and eating. This type of fasting is not explicitly mentioned in the Bible but aligns with the general concept of abstaining and feasting.

Corporate Fast: Corporate fasting involves a community or group collectively abstaining for a shared purpose. In Joel 2:15-16 (NIV), a call for a corporate fast is issued: "Blow the trumpet in Zion, declare a holy fast, call a sacred assembly. Gather the people, consecrate the assembly."

Fasting, as elucidated in the Bible, serves as a powerful tool for believers to draw closer to God, seek His will, and express their dependence on Him. The diverse forms of fasting allow for flexibility in its practice, catering to individual and communal spiritual needs.

HOW TO USE THIS JOURNAL: To use this prayer and fasting journal effectively, you can start by reading and praying through the chosen passage of Scripture. As you engage with the words, consider what the promise from God reveals to you.

Write down your thoughts and take a moment to reflect on the goodness of that promise. Choose the type(s) of fasting that you will engage in, and schedule them throughout the 21 days.

Whenever hunger or the urge to break your fast arises, revisit your reflections. Use these moments of physical need as opportunities to reinforce your connection with the promise and deepen your understanding of God's faithfulness.

Let the words in this journal guide your thoughts and prayers, providing strength and purpose throughout your fasting journey.

ACTIVATE 21-Day Prayer & Fasting Guide

Day 1: Activate Your Faith

Verse: Matthew 17:20 - "Truly I tell you, if you have faith as small as a mustard seed, you can say to this mountain, 'Move from here to there,' and it will move. Nothing will be impossible for you."

Today, let's activate our faith. Believe that God has incredible plans for the new year. Close your eyes, take a deep breath, and envision the mountains in your life moving as you trust in God's promises.

Reflection Questions:

What mountains do you need God to move in your life this year?

How can you strengthen your faith, even if it's as small as a mustard seed?

In what ways can you encourage others to activate their faith?

Day 2: Activate Gratitude

Verse: 1 Thessalonians 5:18 - "Give thanks in all circumstances; for this is God's will for you in Christ Jesus."

Gratitude activates the blessings of God. Take a moment to thank God for the past year and express your gratitude for His promises for the coming year.

Reflection Questions:

What are three things you are grateful for from the past year?

How can gratitude transform your perspective on challenging situations?

How can you actively show gratitude to God and others each day?

ACTIVATE 21-Day Prayer & Fasting Guide

Day 3: Activate Prayer

Verses: Philippians 4:6-7 - "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and minds in Christ Jesus."

Activate the power of prayer today. Tell God about your hopes, dreams, and concerns for the new year.

Reflection Questions:

Why is it important to bring everything to God in prayer?

How can you cultivate a habit of consistent prayer in your daily life?

Reflect on a time when prayer brought you peace in a challenging situation.

Day 4: Activate Forgiveness

Verse: Ephesians 4:32 - "Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."

Forgiveness is a powerful way to activate God's love in your life. Reflect on any unresolved conflicts and choose to forgive, just as Christ has forgiven you. Pray for those you are choosing to forgive.

Reflection Questions:

Why is forgiveness important for a healthy relationship with God and others?

How can you practice forgiveness in your everyday life?

What steps can you take to reconcile with someone you need to forgive?

Day 5: Activate Purpose

Verse: Jeremiah 29:11 - "For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope."

God has a purpose for your life. Spend time seeking God's guidance for your purpose in the new year.

Reflection Questions:

How does knowing that God has a purpose for your life impact your perspective?

What steps can you take to discover and live out your God-given purpose?

How can you encourage others to find and pursue their purpose?

Day 6: Activate Joy

Verse: Psalm 16:11 - "You make known to me the path of life; in your presence, there is fullness of joy; at your right hand are pleasures forevermore."

Choose joy today. Spend time in God's presence, and let His joy fill your heart. Write down all the blessings in your life and choose to be joyful in those things instead of the things that bring negativity.

Reflection Questions:

Why is joy important in the Christian walk?

How can you find joy in challenging circumstances?

In what ways can you spread joy to others around you?

Day 7: Activate Courage

Verse: Joshua 1:9 - "Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."

God promises to be with you wherever you go. Activate courage in your heart, knowing God is with you in the new year.

Reflection Questions:

What fears do you need to overcome with God's courage?

How can you encourage others who may be facing challenges with courage?

Reflect on when you felt God's presence and courage in a difficult situation.

Day 8: Activate Love

Verse: 1 Corinthians 16:14 - "Let all that you do be done in love."

Love is the essence of Christianity. Today, focus on activating God's love in your actions and interactions with others.

Reflection Questions:

How can you show love to those around you today?

Why is love a powerful force for positive change?

In what ways can you actively practice love where you eat, work, shop, study, and play?

Day 9: Activate Patience

Verses: James 5:7-8 - "Be patient, therefore, brothers, until the coming of the Lord. See how the farmer waits for the earth's precious fruit, being patient until it receives the early and the late rains. You also be patient. Establish your hearts, for the coming of the Lord is at hand."

Patience is a virtue that activates God's perfect timing in your life. Take a moment to reflect on situations where you need patience and trust in God's timing.

Reflection Questions:

Why is patience important in the Christian journey?

How can you cultivate patience in your daily life?

Reflect on a time when waiting patiently led to a positive outcome.

Day 10: Activate Humility

Verses: Philippians 2:3-4 - "Do nothing out of selfish ambition or vain conceit. Rather, in humility, value others above yourselves, not looking to your interests but each of you to the interests of the others."

Activate humility today by putting others' needs above your own. Consider how you can serve and bless those around you.

Reflection Questions:

Why is humility an essential trait for a follower of Jesus?

How can you practice humility in your relationships and daily activities?

Reflect on a time when humility positively impacted a situation.

Day 11: Activate Discipline

Verses: 1 Corinthians 9:24-25 - "Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get one that will last forever."

Discipline is crucial in pursuing God's promises. Activate discipline in your spiritual life, studies, and relationships.

Reflection Questions:

Why is discipline important in the pursuit of God's promises?

What areas of your life need more discipline, and how can you improve?

Reflect on a time when discipline led to personal growth.

ACTIVATE 21-Day Prayer & Fasting Guide

Day 12: Activate Generosity

Verse: 2 Corinthians 9:7 - "Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver."

Generosity activates God's blessings. Consider how you can be generous with your time, talents, and resources.

Reflection Questions:

How does generosity reflect God's character?

In what ways can you practice generosity in your everyday life?

Reflect on a time when someone's generosity impacted you positively.

Day 13: Activate Wisdom

Verse: James 1:5 - "If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you."

Seek God's wisdom in your decisions. Activate wisdom by spending time in prayer and seeking counsel from godly mentors.

Reflection Questions:

Why is wisdom important in making decisions?

How can you seek God's wisdom in your daily choices?

Reflect on a time when seeking wisdom led to a positive outcome.

Day 14: Activate Unity

Verse: Psalm 133:1 - "Behold, how good and pleasant it is when brothers dwell in unity!"

Unity among believers is powerful. Activate unity by building positive relationships and fostering a sense of community.

Reflection Questions:

Why is unity important in the body of Christ?

How can you contribute to fostering unity in your family, work, school, or community?

Reflect on a time when unity positively impacted a group or community.

ACTIVATE 21-Day Prayer & Fasting Guide

Day 15: Activate Hope

Verse: Romans 15:13 - "May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit."

Activate hope by trusting in God's promises for the future. Spend time in prayer, expressing your hopes and dreams for the coming year.

Reflection Questions:

Why is hope essential in the Christian journey?

How can you maintain hope in challenging circumstances?

Reflect on a time when hope helped you overcome a difficult situation.

Day 16: Activate Thankfulness

Verse: Colossians 3:17 - "And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him."

Activate thankfulness in all areas of your life. Take a moment to appreciate the blessings around you.

Reflection Questions:

How does expressing thankfulness honor God?

In what ways can you incorporate thankfulness into your daily routine?

Reflect on a specific blessing you are thankful for today.

Day 17: Activate Rest

Verse: Matthew 11:28 - "Come to me, all you who are weary and burdened, and I will give you rest."

Rest is a gift from God. Activate rest by relaxing and rejuvenating physically, mentally, and spiritually.

Reflection Questions:

Why is rest important in maintaining a healthy balance in life?

How can you prioritize rest in your busy schedule?

Reflect on a time when rest positively impacted your well-being.

Day 18: Activate Boldness

Verse: Proverbs 28:1 - "The wicked flee though no one pursues, but the righteous are as bold as a lion."

Activate boldness in your faith. Don't be afraid to stand firm in your beliefs and share the love of Jesus with others.

Reflection Questions:

Why is boldness important in sharing your faith?

How can you be bold in expressing your beliefs without being confrontational?

Reflect on a time when boldness led to a positive spiritual impact.

Day 19: Activate Compassion

Verse: Colossians 3:12 - "Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness, and patience."

Activate compassion by showing kindness and understanding to those around you, just as God has shown compassion to you.

Reflection Questions:

Why is compassion a reflection of God's character?

In what ways can you demonstrate compassion in your relationships?

Reflect on a time when someone's compassion positively impacted your life.

Day 20: Activate Perseverance

Verse: Hebrews 10:36 - "You need to persevere so that when you have done the will of God, you will receive what he has promised."

Activate perseverance in your journey of faith. Trust that God is faithful and persevere in pursuing His promises.

Reflection Questions:

Why is perseverance important in the Christian walk?

How can you overcome challenges with perseverance and faith?

Reflect on a time when perseverance led to a positive spiritual outcome.

ACTIVATE 21-Day Prayer & Fasting Guide

Day 21: Activate Celebration

Verse: Psalm 118:24 - "This is the day that the Lord has made; let us rejoice and be glad in it."

Celebrate the completion of your 21-day prayer and fasting journey. Rejoice in God's goodness and anticipate the blessings He has in store for the new year.

Reflection Questions:

What are three things you've learned or experienced during this 21-day journey?

How can you carry the activation themes (faith, gratitude, prayer, etc.) into your everyday life?

Reflect on a scripture that will give you joy and hope as you enter the new year.

ACTIVATE 21-Day Prayer & Fasting Guide

Remember, God's promises are true and everlasting. May the activation themes resonate in your heart throughout the coming year, and may you experience the fullness of God's love and goodness in every area of your life.

Stay encouraged and keep activating the promises of Jesus!

Thank you for using a **City United Church Resource**: Scan the code and check us out online or on campus.



ACTIVATE PRAYER

Dear God, I pray that my life is guided by the thoughts in my mind and what I truly believe. It helps me understand the different parts of my life and shapes me into who you want me to become.

I experienced true transformation when my old way of thinking and speaking was replaced by the truths found in Your Word: "I am not fearful, but I have strength, love, and a clear mind" (2 Timothy 1:7); "I am chosen, accepted, and part of God's family" (Ephesians 1:11-12); "I have the Holy Spirit, so I am not controlled by fear" (Romans 8:15); Guide me, Holy Spirit, to find Scriptures that counter the challenges and feelings I face this year.

Let me make these verses personal confessions that I carry with me. Throughout the day, help me speak these truths over myself as often as needed. I understand that by doing this, I can truly believe and identify with Your Word, allowing it to transform my identity and activate my life for your service. In Jesus name, Amen.