

TWENTY  
-ONE  
*days of prayer*



GRACE **21 DAYS** | PLAYBOOK

**“A Time of Consecration”**

# JOURNEY PREP | GRACE 21 DAYS

A few things you will need & need to know for your journey ahead!

## Your All-In-1 Prayer Place at Grace

Get all your 21 Days of Prayer resources at [www.GraceClt.com/21Days](http://www.GraceClt.com/21Days) for all things “21 Days of Prayer & Fasting” – go there today!

## A Prayer Partner

Do you have a friend, family member or a Grace teammate that will be committed to go through the journey with you? Let's get you one!

## A Journal or Notebook

This will be your 'Prayer Journal'. For notetaking, to record where you are, where you're going and when you get there.

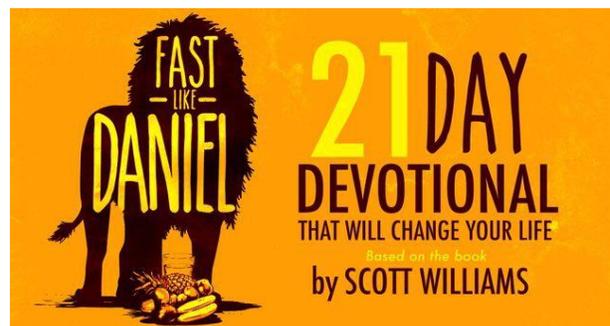
## Bible & Your Bible App

With your Bible, YouVersion Bible app as we go through the '21 for 21' devotional, inspirational daily scriptures and the 'Fast like Daniel' 21 Day Devotional together through YouVersion Bible app.

## 21 for 21 Daniel Fast Recipes

Google for some recipes to help kick start your journey on your Daniel Fast days!

**Grace Facebook Messages** – Stay plugged in to your Grace Family Facebook page for daily video inspirations from Pastor Theo and Patrice.



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## Grace & Peace Family,

We are so excited about this awesome adventure we are about to embark upon for the next 21 Days! To get full benefits from this journey, take the **full commitment to heart**. If you put in the **labor**, you will see the **rewards**. *No pain no gain!* Are you ready?

As Christians, we should be recognized by our prayer lives. We have so much to pray for! Prayer is not a **chore** but as **oxygen is a natural necessity to live** so is prayer a **spiritual necessity for your soul to live**.

During the next 21 days, you will learn how to pray, when to pray, the importance of persistency in prayer, how to get bible results and becoming a prayer warrior.

Has your life, work, family, kids, marriage, or relationships **been out of balance**? **Does it feel like 2021 took you for a loop? This is a #1 indicator** that you need an encounter with the Master that only Prayer & Fasting can facilitate.

***No prayer = more chaos and no power  
More prayer = less chaos and more power.***

As you carry out your **commitment and challenges in Prayer** expect the Lord to pour out His Spirit on you like never before! **Expect the Lord God** to give you supernatural insight and transform YOU! Look **for healing, breakthrough, miracles signs, and wonders!** Look for environments to change and for those connected to you be changed by your ability to pray and intercede for them!

Also look for that ole' groundhog-like-Devil to poke his head out of the ground to distract you with situations—but **he is already defeated! DEFEATED!**

**Family**, are you ready for the journey of a lifetime? We know you are!

So, let's get ready to Grow! This is Grace!

**Serving Until His Return,**  
Pastors Theo & Patrice



# PRAYER | GRACE 21 DAYS

## What is Prayer?

Two-way communication with God – 1) He speaks; You listen 2) You speak; He listens. When you talk to the Father in prayer, sit still and wait for Him to speak. No timetable for God ... He may make you wait awhile.

## Your 'Prayer Closet'

As you grow in your relationship with God in prayer, you will develop your favorite place or space to pray. This space may be a room at home, drive to work or at church. Wherever your meeting place is make sure it is sanctified/prepared and accessible.

## Sanctify your Place or Space

To sanctify means to prepare separately or to 'cut apart.' Like fine jewelry or silverware is for a special occasion so is your place for God. Your space of prayer cannot have anything or anyone in it that might prevent the Lord's Holy or Pure presence to come in and sit with you. If there is a TV, it must be turned off. If there is your favorite music that may not be Christian or Gospel, it must be removed. Feel free to light candles, play Christian or Gospel worship music (see *Worship list*), your Bible and other items of relaxation ... enter your favorite spot ... and now your place is ready for the presence of the Lord to meet you.

## Prayer has other components as well.

1. Petition: a request made known to God
2. Confession: acknowledging your mistakes publicly or to someone privately
3. Thanksgiving: showcases reasons for gratitude and thankfulness
4. Intercession: praying and fighting in prayer on the behalf of another
5. Warfare or Fighting: Spiritual 'punches' in prayer to fight spiritual enemies
6. Praise: boasting or celebrating the Lord in prayer
7. Singing: expression through song/melody
8. Sacrifice: giving something valuable up for exchange in prayer.
9. Healing: praying for a condition be reversed.
10. Bible Reading: reading scriptures during prayer time.
11. Worship: intimate, emotional, acknowledgement of the Lord's presence.
12. Listening: silent time where you concentrate on hearing God speak.
13. Invocation: getting God's attention to where His presence enters your space.

## What a Prayer Lifestyle Looks like ...

*“Very early in the morning, while it was still dark, Jesus got up, left the house and went off by himself in a secret place, where He prayed.” -Mark 1:35*

*“Christians are to always be praying...”- Luke 18:1*

Prayer is effective when we live in it! Pray anytime, anywhere, privately or publicly. Pray!

### Coaching:

1. Be consistent – the place, time and the date you set with God, stick to it!
2. Be genuine – don't try to be fancy. Be honest, transparent and emotional when you pray.
3. Be faithful – don't let anyone/anything interfere with your time with God.

## WHAT JESUS TAUGHT US: Christ's Model of Prayer

### **Have A Certain Time:**

What will be your Prayer times you would like to meet with God?

List here: AM \_\_\_: \_\_\_ PM \_\_\_: \_\_\_ Other \_\_\_\_\_

### **Have A Certain Place:**

Jesus had a specific place He went to pray. Now you must sanctify your place of prayer. See *sanctify your space*. Having a designated place to pray helps us remove distractions and frees us to worship and pray out loud. Pastor Theo's spot is the car. Pastor Patrice's spot is the closet. See *“War Room”* movie.

### **Have A Plan:**

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

# PRAYER | GRACE 21 DAYS

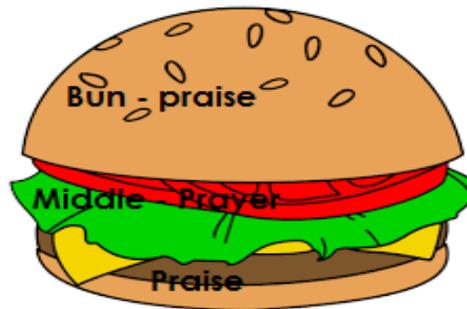
Not everyone knows how to pray, feels comfortable praying or the praying they learned at the church was somewhat mechanic. God desires intimate, real, organic prayer. We're going to give you some tools or 'training wheels' to get you comfortable and confident in how to pray effectively, making God smile and getting you results! Now that you know *what* prayer is, here is *how* and *why* a prayer is. Prayer is a tool – let's use it!

## Types of Prayer

There are many types of prayers in the Bible. Different people who prayed for different reasons and who received different results. We will look at a few.

**The Sandwich Prayer Model** – imagine prayer like a good hamburger...

*BUN – LETTUCE/CHEESE/MEAT – BUN*



- **BUN** – Thanksgiving, worship, praise, acknowledgement in your greeting.
  - **“Lord thank you for waking me up today, you’re an awesome God.”**
- **LETTUCE** – Celebrate, brag and praise God for being good and more.
  - **“Lord there is no one like you. You are the Alpha and Omega.”**
- **CHEESE** – Ask for forgiveness for yourself, for others, that God would help.
  - **“Father forgive me for my sins, my mistakes and forgive others as well.”**
- **MEAT**– Pray and ask God to help “World, Leaders, Government, Churches, other Christians, the Community, the City, your family, your church family, your Spiritual Leaders, yourself and then...
  - **‘The Ask’. The Ask – extremely specific, need or emergency you need God to do or help with.**
- **BUN** – Thanksgiving, worship, praise, acknowledgement in your greeting.
  - **“Lord thank you for waking me up today, you’re an awesome God.”**

**THE LORD'S PRAYER** – Traditional church prayer. Jesus' taught His disciples [and us] how to pray, by giving us a template. Using this template allows us to pray more effectively and strategically when we understand the how and why of it. (Matthew 6:9-13 NKJV)

**1. "Our Father in Heaven, hallowed be Your Name"**

- a. *Hallowed meaning "Holy" – means Dear Father, your Name is perfect, Sacred ... it's a royal greeting of a King. Before you ask God for a wish list, you acknowledge His Holiness or Highness.*
- b. *So, you would start your prayer off like ... "Oh God, my Father, I acknowledge you, your Highness, your Majesty, you are so Holy ..."*

**2. "Your Kingdom come. Your will be done on earth as it is in Heaven."**

- a. *Like saying "long live the King." Acknowledging God's sovereignty. You acknowledge that you have no control, so the proper expression is saying "Let it be..."*

**3. "Give us this day our daily bread".**

- a. *As Christians we take things one day at a time. Everything we need for this one day, today, He has already provided.*
- b. *Continue your praying like "Lord thank for providing for me all of my needs, my family's needs. Everything we need for today you have already given."*
- c. *Sounded good right? You should add some "Thanksgiving" on top of it, like a cherry on top of an ice-cream cone ... by saying "...and for that God, I thank you so much!"*

**4. "And forgive us our debts, as we forgive our debtors."**

- a. *You're asking God for forgiveness for sin, mistakes or wrong-doings that you did, whether
  - i. *You knew you did it or,*
  - ii. *You did wrong and were not aware. That's good etiquette!**
- b. *Also, you're telling God that as the Father forgives you, so you have already forgiven others for the same or more!*
- c. *So, you would continue your praying like "Lord, I repent for my mistakes. Thank you for your mercy today. Jesus, please forgive me for what I've done before you, what I did that I am not aware of and continue to help me forgive others!"*

**5. "And don't lead us in temptation but deliver us from the evil one".**

- a. *This is what you pray here, "Lord give me the wisdom not to fall in to temptation, not to be caught off guard and help me to be delivered from any attacks of the Enemy."*

**6. "For Yours is the Kingdom and the power and the glory forever".**

- a. *You are acknowledging He ALONE is the King and He ALONE rules. You are acknowledging that all the power, glory of His majesty belongs to Him.*

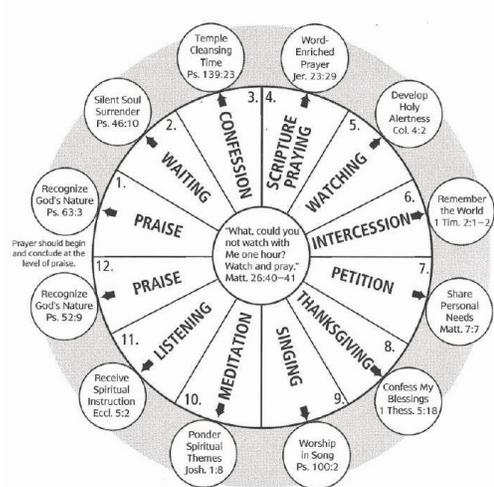


# PRACTICE! | GRACE 21 DAYS

## The Prayer Wheel

The prayer wheel is an awesome tool that will help you to pray about a topic specifically and affectively. It's easy and a great way to reach 30- minutes to 1-hour prayer times like Jesus in no time! (Mark 14:37)

- Each Prayer Topic features 5 Minutes to Pray for that topic. The 2<sup>nd</sup> picture gives you scriptures to include with your prayers.



## Exercise!

Pick 2 out of any of the topics in the Prayer Wheel above. Get your Clock/Timer app on your smartphone. Set it for 5 Minutes and take time to pray over the topics you wrote down! Go!

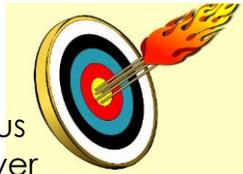
- 1.
- 2.

# PRAYER | GRACE 21 DAYS

## “Aim When You Pray” | Prayer Targets

“Although weapons of attack are formed, no weapon that was created to destroy me, my home or those I know sha’ll ever be successful against me.” –  
Isaiah 54:17

“For our weapons we use to fight are not earthly but are mighty through God,  
we attack every stronghold through spiritual battle and prayer...”  
– 2 Corinthians 10:4



Prayer is not only two-way communication with God but it also grants us the ability to shift the atmosphere or change our situation. Think of Prayer then as fiery, powerful arrows! They’re dangerous but not alone... they need a target to hit. By faith, believe that what you pray for will happen! Ready, aim and fire! Here are some coaching points and some general targets every Christian should pray for.

### Coaching:

1. Pray continually
2. Pray without doubting or fear.
3. Pray aggressively, intentionally.
4. When you Pray
  - a. Be specific
  - b. Be detailed
  - c. Be persistent (keep knocking!)



### General Targets Christians should pray for:

1. Target the Enemy’s plans and rebuke them.
2. For our world and national leaders that God would guide them.
3. For our schools, kids’ divine protection.
4. For families in other countries who are less fortunate.
5. For Christians in other countries who are persecuted & need help.
6. For Christian leaders, health, resources and spiritual help.
7. For the city, the communities and for revival.
8. For the outpouring of God’s Spirit, love upon everyone.

**What are some other topics, needs, or areas you have heard or seen on the news or other places that you could pray about it? Write them here:**

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# PRACTICE! | GRACE 21 DAYS

## Praying the Word

Another great awesome Prayer tool! It's like a bringing a Bazooka to a knife fight. It is the exercise in prayer of taking God's scriptures and using them to build your prayers to Heaven.

### Steps to Pray the Word

1. Find a scripture that stands out to you or has significant value to your request or situation
2. Memorize it or write it down
3. Restructure the scripture into a Prayer Request to the Lord

Here are some examples below ... let's work!

- Philippians 2:5 – “Let this mind be in you that was also in Christ Jesus.”
  - o My Request: that we have the same mind of humility and servitude that Jesus did.
  - o My Prayer: **“Lord let my mind be in you, help me to have a mind, or to think like Christ did about serving others.”**
- Psalm 1:3 – “And he shall be like a tree planted by the rivers of water...”
  - o My Request: That God plants us where He wants us so we can be successful in Him and in the world.
  - o My Prayer: **“Lord help me to be planted, where you put me and trust that there is a river there.”**

## YOU TRY IT!

Choose a Scripture a Write Here:

Now write it out in the form of a Prayer:

Now PRACTICE PRAYING IT!



# PRACTICE! | GRACE 21 DAYS

## Alarm Clock Prayer Model

Take a scripture from the 21 Days of Prayer scriptures in this book, set your digital alarm clock on your smartphone to the number location of the scripture. For example, Luke 10:12 ← 10:12 AM and/or 10:12 PM – THEN: Whenever your alarm goes off, pray according to the scripture! For example, at 10:12 AM/PM I would pray, “Lord send more laborers and servants to help work the harvest!” Easy! Now you try! But the key is to be consistent and intentional!

## Send a “Can I Pray for you?” Text Message

Here is a cool way to practice your Prayer Life, while at the same time interceding and praying for a friend! **Text a friend** and simply ask “**Hey can I pray for you?**” and if their answer is yes or sure, ask them “**What would you like me to pray about?**” Easy! Record their prayers and take moments in your prayer time to pray for them! If you ask for requests, be sure to for them.

# Great Job!

Now that you have experience new found Prayer!

It's time to dive into **Fasting!**

# FASTING | GRACE 21 DAYS

## What is Fasting?

Fasting, by definition, is going without food and/or drink or an activity for a planned and purposed period of time for spiritual growth, discipline and/or spiritual guidance.

Typically, it is done for religious reasons and involves a person refraining from both food and drink (Esther 4:16), although there are variations that may be done for health reasons (a juice fast, for example, where one would refrain from eating and only drink juice for a period of time).

Fasting should include committed prayer time, bible reading, bible study, and worship and meditation time with the Lord. Even while at school or work the Lord will honor your efforts to make time for Him throughout the course of your busy schedules.

## Types of Fast

- **Absolute Fast** – withholding food or drink for a planned and purposed time.
- **Full Fast** - drinking only liquids for a planned and purposed time.
- **The Daniel Fast** – No meat, sweets, sugars or breads, water and pure natural juices (without sweeteners) only.
- **Custom Fast** – choosing to abstain from a specific activity, pleasure or hobby for spiritual growth, discipline and/or spiritual guidance. (i.e. Music, Sex, TV, Social media, etc. )
- **Corporate Fast** – designated group fast where the entire group follows same plan
- **Lent** – generally a Catholic custom where an individual 'gives something' up for 40 days.

## What can “cancel” or disrupt my Fast?

Fasting should include committed prayer time, bible reading, bible study, worship and meditation time with the Lord. Even while at school or work, the Lord will honor your efforts to make time for Him throughout the course of your busy schedules.

Since Fasting is to build you up spiritually, discipline your 'flesh' naturally, it is not recommended that you engage in your regular hobbies, activities or indulge in anything non-spiritual if possible, during your Fast as this would make your Fast of non-effect to God and for your Spirit. See this story about Susan to give you an example.



# PRACTICE! | GRACE 21 DAYS

## Meet Lauren and her Blessed Fast!

“Lauren declared her Fast for Tuesday by making a commitment to God. Lauren planned it and decided to do an All-Water ‘Full Fast’ from 6:00 AM – 2:00 PM on Tuesday.

Tuesday morning at 7:30 AM on her way to work Lauren was staring at her Facebook page for about 30 minutes and had a brief prayer session with the Lord. She got on the city bus to head to work, plugged her headphones in and decided to listen to her favorite R&B Station on iHeart radio before listening to a few scriptures on her Bible App.

During her days at work Lauren usually checks her social media pages and plays Solitaire to pass the time away. Lauren figured since she was starving, she would need to keep herself busy. Playing Solitaire and surfing the web all day, now 1:30 PM Susan watched the clock feverishly waiting for her Fast end time to come.

In preparation Lauren went ahead and warmed her food up in the Staff microwave and stood in the Kitchen the last few minutes until 2:00 PM. She blessed her food and gave thanks for her fast. She had a blessed fast today and couldn't wait to tell her friend from small group.”

**Do you think Lauren complete a true Fast? YES/NO**

**Explain your answer:**

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**Do you think Lauren should have planned her Fast schedule better? How?**

**What could she have done different to help her complete a successful Fast?**

**Remember:** If you are Fasting, but still engaging in your regular activities, you are not really Fasting or doing anything spiritual, you are starving yourself.

### **Why Fast?**

We see from the biblical examples that fasting should be used as a means to humble ourselves before God, discipline in our ability to adhere to the Holy Spirit, to discipline our natural 'fleshly' desires and seek the Lord's forgiveness, comfort, help, guidance, strength and His will. Fasting allows us to draw closer to God.

### **How often should we Fast?**

For a Christian believer, the best practice is to Fast at least 1 to 2 times a week; you should fast at least 4 hours. **A good Fast is standard 8 hours or more.** Although sleep is natural and needed, **sleeping your Fast away isn't quite fasting.** As you mature in your faith, so should your Fasting and prayer life.

### **How does Fasting benefit me?**

Fasting not only benefits you spiritually but naturally as well. Several studies have suggested intermittent fasting has numerous health benefits, including weight loss, lower blood pressure and reduced cholesterol. When the body has used up glucose stores during fasting, it burns fat for energy, resulting in weight loss. From a spiritual aspect, fasting allows you to be more attentive spiritually and allows us the opportunity to hear God more clearly. In some cases, the bible refers to fasting as a means of deliverance and breakthrough (Matthew 17:21).

### **What type of mindset should I have when Fasting?**

Remember that it is the attitude of a heart sincerely seeking Him to which God responds with a blessing (Isaiah 58, Jeremiah 14:12, 1 Corinthians 8:8). So, make sure you have an open heart, a humble attitude and a hunger to really seek God when you are fasting.

# FASTING TIPS | GRACE 21 DAYS

## Plan Your Fast

Pick your Day – any day works. Pick a time – you want to Fast at least 4 hours. Declare your Fast – you must proclaim this day and time as designated for fasting. This will allow for mental, emotional, psychological and physical preparation.

## How to Begin Your Fast

Start with a clear goal. Be specific. Why are you *fasting*? Do you need direction, healing, restoration of marriage or family issues? Are you facing financial difficulties? Ask the Holy Spirit for guidance. Pray daily and read the Bible referring to topics similar to your area of need/desire.

## Prepare Spiritually

Confess your sins to God. Ask the Holy Spirit to reveal areas of weakness. Forgive all who have offended you and ask forgiveness from those you may have offended (Mark 11:25; Luke 11:4; 17:3-4). Surrender your life fully to Jesus Christ and reject the worldly desires that try to hinder you (Romans 12:1-2).

## Decide What Type of Fast

The type of fast you choose is up to you. You could go on a full fast in which you only drink liquids, or you may desire to fast like Daniel, who abstained from sweets and meats, and the only liquid he drank was water. Remember to replace that time with prayer and Bible study.

## Decide How Long

You may fast as long as you like. Most can easily fast from one to three days, but you may feel the grace to go longer, even as much as 21 to 40 days. Use wisdom and pray for guidance. Beginners are advised to start slow. If you have medical concerns, please speak with your doctor.

## What to Expect

When you fast your body detoxifies, eliminating toxins from your system. This can cause mild discomfort such as headaches and irritability during withdrawal from caffeine and sugars. Naturally, you will have hunger pains. Limit your activity and exercise moderately. Take time to rest. Fasting brings about miraculous results. You are following Jesus' example when you fast. Spend time listening to praise and worship. Pray as often as you can throughout the day. Get away from the normal distractions as much as possible and keep your heart and mind set on seeking God's face.

## How to End

Don't overeat when the time comes to end your fast. Begin eating solid food gradually; eat small portions or snacks.



# PRACTICE! | GRACE 21 DAYS

## PLAN YOUR FAST

What Day(s) are you Fasting this Week? \_\_\_\_\_

What type of Fast? \_\_\_\_\_

What time frames will your Fast? \_\_\_\_: \_\_\_\_ **AM** to \_\_\_\_: \_\_\_\_ **PM**

What is your need/desired outcome from fasting? \_\_\_\_\_  
\_\_\_\_\_.

Do you have a Prayer Partner to Fast with you? Y/N

Where in the Bible do you plan to read to accompany your Fast?  
\_\_\_\_\_.

What are your Prayer Targets you will pray for during your Fast time?  
\_\_\_\_\_.

### **Now Declare Your Fast! Pray this Prayer Today!**

“Dear God my Father! You are so Holy! I love you and I thank for the Grace to come before you and to seek you. I am declaring that I, \_\_\_\_\_ am Fasting, this day(s) \_\_\_\_\_, this time(s) \_\_\_\_\_ for this thing(s) \_\_\_\_\_. God, please give me the Grace be faithful and to hear from you. I praise you for the strength to complete this fast in victory and for everything you will do because of my sacrifice! In Jesus Name! Amen!”

## CONGRATS! LET'S FAST! LET'S GO!



# FASTING SCHEDULE | GRACE 21 DAYS

## Theme: “Holy Spirit Outpouring & Refreshing”

During your designated fast time, you may choose the absolute fast, liquid fast or Daniel Fast. We will also have corporate prayer weekly and there will be opportunities for corporate fast times on select days.

### Week 1

**Target: Holy Spirit Outpouring/ Refreshing on Me**  
**Fast Time**

**Beginners: At least 12 hours**

**Advanced: At least 24 hours**

### Week 2

**Target: Holy Spirit Outpouring on Our Families  
& Grace Church**

#### **Fast Time**

**Beginners: At least 24 hours**

**Advanced: At least 48 hours**

### Week 3

**Target: Holy Spirit Outpouring on Our  
Communities**

#### **Fast Time**

**Beginners: At least 48 hours**

**Advanced: At least 72 hours**



# Great Job!

Now that you have  
experience in Fasting,

It's time to dive into  
**THE JOURNEY!**

## LET'S GO!

# SCHEDULE | GRACE 21 DAYS

## “This is Grace!”

- Day 1 – Monday, January 4, 2021 | 6:30 AM Prayer Call
- Day 2 – Tuesday, January 5, 2021
- Day 3 – Wednesday, January 6, 2021 | Noon Prayer Call
- Day 4 – Thursday, January 7, 2021
- Day 5 – Friday, January 8, 2021 | Guys Night Out @ 730P
- Day 6 – Saturday, January 9, 2021
- Day 7 – Sunday, January 10, 2021
- Day 8 – Monday, January 11, 2021 | 6:30 AM Prayer Call
- Day 9 – Tuesday, January 12, 2021
- Day 10 – Wednesday, January 13, 2021 | Noon Prayer Call
- Day 11 – Thursday, January 14, 2021 | Ladies Bible Study @ 7P
- Day 12 – Friday, January 15, 2021
- Day 13 – Saturday, January 16, 2021 | Grace Gathering
- Day 14 – Sunday, January 17, 2021
- Day 15 – Monday, January 18, 2021 | 6:30 AM Prayer Call
- Day 16 – Tuesday, January 19, 2021
- Day 17 – Wednesday, January 20, 2021 | Noon Prayer Call
- Day 18 – Thursday, January 21, 2021
- Day 19 – Friday, January 22, 2021 | Couples Night Out @ 730P
- Day 20 – Saturday, January 23, 2021 | Corporate Prayer Service
- Day 21 – Sunday, January 24, 2021

Prayer Call Dial In: (515) 604-9937  
Access Code: 997456

# BIBLE REFERENCE | GRACE 21 DAYS

## **Scripture References for Fasting:**

Matthew 6:16-18, Matthew 9:14-15, Luke 18:9-14

## **Relation to Prayer and Reading of the Word:**

1 Samuel 1:6-8, 17-18, Nehemiah 1:4, Daniel 9:3, 20, Joel 2:12, Luke 2:37, Acts 10:30, Acts 13:2

## **Corporate Fasting:**

1 Samuel 7:5-6, Ezra 8:21-23, Nehemiah 9:1-3, Joel 2:15-16, Jonah 3:5-10, Acts 27:33-37

Remember that it is the attitude of a heart sincerely seeking Him to which God responds with a blessing (Isaiah 58, Jeremiah 14:12, 1 Corinthians 8:8). May God greatly bless you as you fast!

