



21 DAYS

OF PRAYER & FASTING

*“EVEN NOW,”
DECLARES THE LORD,
“RETURN TO ME WITH
ALL YOUR HEART,
WITH FASTING AND
WEEPING AND
MOURNING.”*

(JOEL 2:12 NIV)

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JOURNEY PREP | GRACE 21 DAYS

Here are a few things you'll need to prepare for your journey.

Your All-In-1 Prayer Place at Grace

Get all your 21 Days of Prayer resources on our Grace APP or online at www.GraceClt.com/21Days.

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 one!

A Journal or Notebook

This will be your 'Prayer Journal' for notetaking to record revelations, things that stand out, anything God speaks to you, etc.

Daily Devotionals

We will follow along together with daily devotionals provided by members of our Grace Family. These devotionals are available on the Grace APP or via email for all individuals that have signed up for 21 days email notifications. We will also follow the "Awakening: 21 Days of Prayer and Fasting" Reading plan in YouVersion, the Bible App.

Meatless 21 Days

Google recipes to help kick start your journey on your Meatless 21 Days Journey and as you try other fasting options! There are many different fasting options during your fasting time, should you choose to follow the Danie Fast, please Google recipes and snacks for your journey.

Grace Messages

Stay plugged in to your Grace Church App for daily video inspirations from Pastor Theo and Patrice.

Grace & Peace Family,

We are so excited about this awesome prayer & fasting adventure we are embarking upon for the next 21 Days! 21 Days of Prayer & Fasting is a time where we intentionally seek God every day in prayer as we believe for him to move in powerful ways. As you prepare for our journey, there are many resources guided to helping you begin, develop and strengthen your personal prayer life.

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.

This year, we are focusing on “Returning Back to Him.” How befitting is this theme? We are standing on the word of the Lord according to Joel 2, that as we consecrate during this time, the Lord will return what we have lost. This scripture is unlimited! That excites us! Are there some things that you have lost over the last year? Some things that have been left behind or forgotten? This is the time that we are returning back to the Father and we are expecting to experience His glory in a powerful way.

Listen, by the end of the 21 Days, you’ll know how and when to pray PLUS we believe that God will reveal more of who He is in your life! We see you being proactive in prayer! We see your first response to every situation being prayer. Think about it, has your life, work, family, kids, marriage or relationships been out of bounds or out of balance? Duh! That is a #1 indicator that you’re lacking in Prayer and Fasting.

No prayer = more chaos and no power.

More prayer = less chaos and more power.

God is about to move in our lives in a very powerful way. We are excited that you are joining the journey but also we anticipate the great praise reports that will come from this time of sacrifice together. Don’t focus on what you’re giving up...focus on all that you will gain from your time with the Master.

Love,

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. Just FYI.

Your 'Prayer Closet'

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

Sanctify your Place or Space

To sanctify means to intentionally separate or to 'cut apart.' Like fine jewelry or silverware is for a special occasion, so is your place for God. Your place or 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), grab a blanket, your Bible, bottled water and other items that you deem necessary in accessing the presence of God.

Prayer has many components:

- Petition: a request made known unto God
- Confession: acknowledging mistakes publicly or to someone privately
- Thanksgiving: showcasing gratitude for things God has already done
- Intercession: praying and fighting in prayer on the behalf of another
- Warfare or Fighting: Spiritual 'punches' in prayer to fight spiritual wickedness
- Praise: boasting or celebrating the Lord in prayer
- Singing: Expression of melodic songs during prayer
- Sacrifice: giving something valuable up in exchange for prayer
- Healing: praying for a specific condition to be reversed
- Bible Reading: reading and meditating on scriptures during prayer time
- Worship: intimate, emotional, acknowledgement of the Lord's presence and deity
- Listening: silent time where you concentrate on hearing God speak
- Invocation: attracting and inviting God's presence enters your space

What does a “Life of Prayer” look like?

“Very early in the morning, while it was still dark, Jesus got up, left the house and went off by himself to 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 MOMENT

Be consistent; the place, time and the date you set with God, stick to it!

Be genuine; don't try to be fancy. Be honest, transparent and emotional when you pray.

Be faithful; don't let anyone/anything interfere with your time with God.

Have a specific time

We should pray at least 3 times a day. At least! Jesus woke 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.

Hey You! What will be your Prayer times you would like to meet with God? List here:

AM ___: ___

PM ___: ___

Other ___: ___

Have a specific place

Jesus had a specific place He went to pray. Now you must sanctify your place and space. (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 specific plan

When Jesus taught His disciples how to pray, He gave them a prayer outline or guide. We call it “The Lord's Prayer.” 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

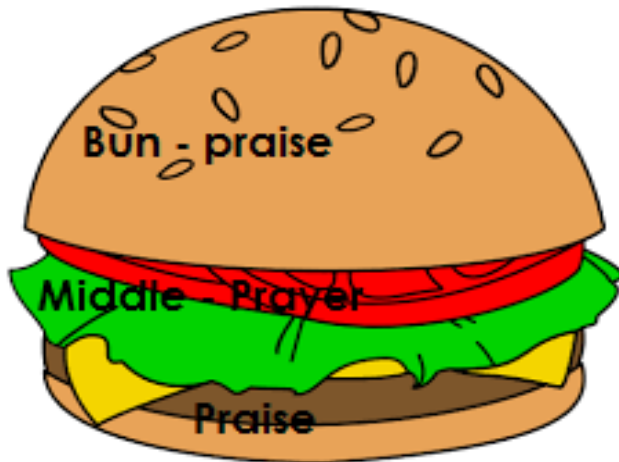
doesn't always have to look the same; it just helps when we have a plan for connecting regularly with God.

Not everyone knows how to pray, feels comfortable praying or the prayer seems mechanical. God desires intimate, real, organic prayer. This guide is designed to give you some tools or 'training wheels' to help you become more comfortable and confident in how to pray effectively, making God smile and getting results! Now that you know *what* prayer is, let's look at "how" and "why". Prayer is a tool - let's use it!

Types of Prayer

There are many types of prayers in the Bible. Different people prayed for different reasons and received different results.

I. The Sandwich Prayer Model - imagine prayer like a good hamburger!



- **BUN:** Thanksgiving, worship, praise, acknowledgement in your greeting. (I.e.: "Lord thank you for waking me up today, you're an awesome God.")

- **LETTUCE:** Celebrate, brag and praise God for being good and more. (I.e.: "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. (I.e.: "Father forgive me for my sins, my mistakes and forgive others as well.")

- **MEAT:** 'The Ask'. The

Ask - your very specific, need or emergency you need God to do or help with. 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

- **BUN:** Thanksgiving, worship, praise, acknowledgement in your greeting. (I.e.: "Lord thank you for waking me up today, you're an awesome God.")

II. The Lord's Prayer; the most commonly known prayer, however, this prayer is more than just tradition. Jesus taught His disciples [and us] how to pray, by giving us a template. Understanding the "how" and "why" of this prayer will

allow you to pray more effectively and strategically. Refer to Matthew 6:9-13 NKJV

“Our Father in Heaven, hallowed be Your Name”

Hallowed is defined as holy - meaning “Dear Dad, your Name is perfect, Holy. It’s more like a royal greeting of a King. Before you ask God for a wish list, you acknowledge His holiness, His highness. You try: “Oh God, my Father, I acknowledge you, your Highness, your Majesty, you are so Holy ...”

“Your Kingdom come; your will be done on Earth as it is in Heaven.”

This is like saying “long live the King.” This is our acknowledgement that God is in control and we are not. It further highlights his deity and sovereignty as God. You try: “Lord, let your plans for Earth be done as they are done in Heaven...”

“Give us this day our daily bread.”

As Christians, we take things one day at a time. Everything we need for this one day, today, He has already provided. You Try: “Lord, thank for providing for me all of my needs, my family’s needs. Everything we need for today you have already given.” Sounds 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!”

“And forgive us our debts, as we forgive our debtors.”

Simple here! You’re asking God for forgiveness for sin, mistakes or wrong doings that you did, that

- a) You knew you did or
- b) You did but were not aware that you did.

Also, you’re telling God that as the Father forgives you, so you have forgiven others for the same or more! You try: “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!”

“And lead us not into temptation, but deliver us from the evil one”

You try: “Lord, give me the wisdom not to fall into temptation, not to be caught off guard and help me to be delivered from any attacks of the Enemy.”

“For Yours is the Kingdom and the power and the glory forever”.

You are acknowledging God is the King and He rules with dominion. You are acknowledging that all power, glory of His majesty belongs to Him. You are both a peasant in the kingdom but also His Son/Daughter ... make sure you stay very humble! You try: “Lord all of the glory, power and kingdoms belong to you. I belong to you. My family and all that I have belong to you. I am yours forever. Thank you for that!”

For example, at 10:12 PM I would pray, “Lord send more laborers and servants to help work the harvest!” Easy! Now you try! And be consistent!

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

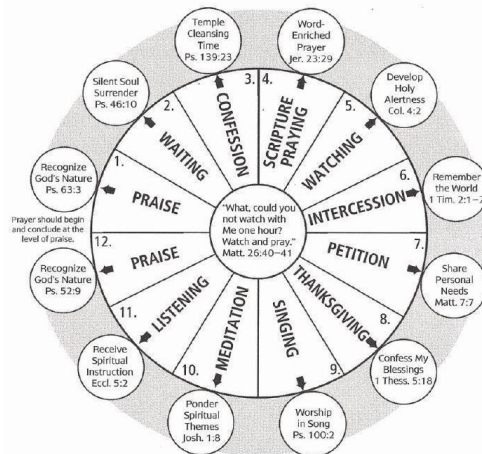
Here is a cool way to practice your Prayer Life, while at the same time interceding and praying for a friend! Text a friend and simply ask “Hey can I pray for you?” and if their answer is yes or sure, ask them: “What would you like me to pray about?” Easy! Record their prayers and take moments in your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

The Prayer Wheel (a prayer tool)

The prayer wheel is a tool that will help you to pray specifically and effectively. 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 2nd picture gives you scriptures to include with your prayers. We’ll talk more about praying the word of God a little later.



Practice

Pick 2 out of any of the topics in the Prayer Wheel above. Write them below. Set your clock or timer app for 5 minutes and take time to pray over the topics you wrote down! Ready? Set! Go!

1. _____
2. _____

AIM WHEN YOU PRAY | GRACE 21 DAYS

“Although weapons of attack are formed, no weapon that was created to destroy me, my home or those I know shall 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 is also the ability to shift your atmosphere or change your situation through the power of prayer! Think of Prayer then as fiery, powerful arrows! They're dangerous but not alone and not without purpose. Arrows need a target to hit.

In this day, it's very easy to find a target for prayer. If you need help, Google or check out the latest news. 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 MOMENT

Pray without ceasing. Pray without doubt or fear. Pray aggressively, fervently.

When you Pray: Be specific; Be detailed; Be persistent!

General Prayer Targets:

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? Write them here:

Praying the Word

Another great awesome Prayer tool! It's like 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
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!

"Let this mind be in you that was also in Christ Jesus." -Philippians 2:5
Prayer Target: We have the same mind of humility and servitude as Jesus
You Try: "Lord, let my mind be like yours, help me to have a mind, or to think like Christ did about serving others."

"And he shall be like a tree planted by the rivers of water..." -Psalm 1:3
Prayer Target: God plants us where He wants us so we can be successful in Him and in the world.
You Try: "Lord help me to be planted, where you put me and trust that there is a river there."

Practice

Choose a Scripture a Write Here:

Now write it out in the form of a Prayer:

Now, Pray It!

FASTING | GRACE 21 DAYS

What is Fasting?

Fasting, by definition, is going without food and/or drink or an activity for a predetermined and planned period 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 drinking juice for a period of time).

Fasting, for spiritual intent, 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 our busy schedules.

Types of Fasts

- 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. Over time, this fast has become more complicated and precise depending on your purpose or intent.
- Custom Fast: choosing to abstain from an activity, pleasure or hobby for spiritual growth, discipline and/or spiritual guidance. (i.e. music, sex, tv, social media, etc.)
- Corporate Fast: when a group of a few or more goes on a Fast together. The entire group follows the same guidelines and purpose for fasting to be of the same mindset and in complete agreement for best results.
- Lent: generally, a Catholic custom where an individual 'gives something' up for 40 days.

What can cancel or disrupt my Fast?

Fasting should always include committed prayer time, bible reading, bible study, worship and meditation time with the Lord. Since fasting is to build up spiritual discipline, it is not recommended that you engage in your regular hobbies, activities or indulge in anything non-spiritual during your fast as this would make your fast of non-effect to God and for your Spirit. See this story about Lauren to give you an example.

Meet Matt and her Blessed Fast!

“Matt declared his fast for Thursday by making a commitment to God. Matt planned it and decided to do an All-Water ‘Full Fast’ from 6 AM - 2 PM.

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

During downtime at work, Matt usually checks his social media and plays Solitaire to pass the time away. Matt figured since he was starving, he would need to keep himself busy. Playing Solitaire and surfing the web until 1:30 PM, whew, Matt was finally close to the end of this fast.

In preparation, Matt went ahead and warmed his food up in the staff microwave and stood in the kitchen the last few minutes until 2 PM. He had a blessed fast day and couldn't wait to tell his friends from small group.”

Do you think Matt completed a true Fast? YES / NO

Explain your answer:

Do you think Matt should have planned his Fast schedule better? How?

What could he have done differently to help him complete a successful Fast?

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

Why do we need to Fast?

We see from the biblical examples that fasting should be used as a means to humble ourselves before God, discipline 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 and as you mature in your faith, as you increase spiritually 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 to name a few. When the body has used up glucose stores during fasting, it burns fat for energy, resulting in weight loss. As mentioned previously, fasting helps us to humble ourselves, discipline our natural desires, discipline our ability to adhere to the Holy Spirit while putting us in a spiritual position to hear God's voice more clearly aside from the noise of our busy lives and normalcy.

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 doesn't make God do anything! It allows us to get into the proper position to hear from God, be cleansed and directed spiritually.

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 confirm your fast at least a day prior to be most effective.

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.

Preparing 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*).

Deciding How to Fast

The type of fasting 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.

Deciding 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, speak with your doctor in regard to any limitations but once again, do according to your faith level and work from there.

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 to reduce chances of upset stomach or illness.

PRACTICE | GRACE 21 DAYS

PLAN YOUR FAST:

What day(s) are you fasting this week? _____

What type of fast are you going on? _____

What time frames will your fast be from? ____: ____AM to ____: ____ PM

What is the purpose for your fast? What are you seeking to accomplish spiritually?

Do you have a Prayer Partner to Fast with you? Yes / No

What scriptures do you plan to read to accompany your Fast?

What Prayer Targets will you pray for during your Fast time?

What are you Believing God for specifically during this time of sacrifice?

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 _____, this time _____ for these things _____ am I fasting in your Name! Give me the Grace be faithful and to hear from you. I praise you God for it all! In Jesus Name! Amen!"

CONGRATS! LET'S GO!

THE JOURNEY | GRACE 21 DAYS

January 10-30, 2022

Prayer Call Dial In: (681)999-0240

Access Code: 997456

- Day 1 JANUARY 10 - MONDAY 6:30A PRAYER/ 6:30P IN-PERSON PRAYER
- Day 2 JANUARY 11
- Day 3 JANUARY 12- CORPORATE FAST 6A-6P / NOON PRAYER
- Day 4 JANUARY 13
- Day 5 JANUARY 14
- Day 6 JANUARY 15
- Day 7 JANUARY 16 - GRACE EXPERIENCE
- Day 8 JANUARY 17 - MONDAY 6:30A PRAYER/ 6:30P IN-PERSON PRAYER
- Day 9 JANUARY 18
- Day 10 JANUARY 19 - CORPORATE FAST 6A-6P / NOON PRAYER
- Day 11 JANUARY 20
- Day 12 JANUARY 21
- Day 13 JANUARY 22
- Day 14 JANUARY 23 - GRACE EXPERIENCE
- Day 15 JANUARY 24 - MONDAY 6:30A PRAYER/ 6:30P IN-PERSON PRAYER
- Day 16 JANUARY 25
- Day 17 JANUARY 26 - CORPORATE FAST 6A-6P / NOON PRAYER
- Day 18 JANUARY 27
- Day 19 JANUARY 28
- Day 20 JANUARY 29
- Day 21 JANUARY 30 - GRACE EXPERIENCE: SUNDAY COMMUNION

Throughout the next 21 days, we will only consume a vegetarian or vegan diet.

Also, during this time of consecration, we will listen to Christian, Gospel or Jesus-centered music to help keep us in a place of openness to His Spirit. During your designated fast time, you may choose the absolute fast, water fast or Daniel Fast. We will also have corporate prayer weekly and there will be opportunities for corporate fast times on select days.

FASTING SCHEDULE | GRACE 21 DAYS

2022 Theme: "Return to Him"

During your designated fast time, you may choose the absolute fast, water fast or Daniel Fast. Your fast time should consist of any combination of 4 hours or more to reach the expected weekly fast time total throughout any combination of days. We will also have corporate prayer weekly and there will be opportunities for corporate fast times on select days.

Week 1

RETURN TO OUR FOCUS ON JESUS

Fast Time Total:

Beginners: At least 12 hours

Advanced: At least 24 hours

Week 2

RETURN TO OUR FOCUS ON JESUS

Fast Time Total:

Beginners: At least 24 hours

Advanced: At least 48 hours

Week 3

RETURN TO OUR MISSION TOGETHER

Fast Time Total:

Beginners: At least 48 hours

Advanced: At least 72 hours

REFERENCES | 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!