

21

21

DAY

CHALLENGE

PRAYER AND FASTING

21 DAYS OF PRAYER AND FASTING

“When you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.”

Matthew 6:16-18

“If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sins and will heal their land.” 2 Chronicles 7:14

When we fast we come before God in weakness and humility and declare our hunger for His presence and our deep desire for revival, in our own lives and in the world we live.

For centuries when people have hungered for the presence of God to bring revival, they have fasted and prayed. When Jesus began His ministry he spent 40 days in the wilderness, fasting and praying. He knew the power needed to fulfill His Father’s purpose would be released when He fasted.

Jesus clearly expected that His followers would fast until He comes again and He taught us what to do when we fast and pray so we will see revival in our land.

God is calling us as a Church to fast and pray for 21 days to see revival breakthrough in our lives, our local community, our nation and right across the globe.

As you go through this resource there are daily prompts to help you pray for revival and ways you can fast and pray on your own, or as a family. Will you join the 21 Day Challenge to fast and pray for revival?

TAKE THE 21 DAY CHALLENGE

When you take up a new challenge, like going to the gym, it helps to have a good plan and good people to do the challenge with. Prayer and fasting can be a challenge so you will need a plan and a great support crew to help you through the 21 days.

I am going to pray with...

I am going to fast from...

My prayer for revival is...

21 DAY FAMILY CHALLENGE

For young children and youth, fasting from food as part of the 21 Day Challenge is not recommended. Yet there is something powerful when a family intentionally joins together for prayer, meaningful conversation, reading the Bible and worship. Some ways families can take up the Challenge are...

- Say what you are thankful for at the start of dinner/say grace
- Have a simple meal of soup each week as a challenge
- Read out loud a story about Jesus together each day
- Set aside time to put on a worship song and sing together
- Pray over your children, lay hands on and encourage them
- Create a prayer jar, listing things to pray for each day
- Find a place to serve together, at church or in the community

WAYS TO FAST

Option 1: All Meals

Fast from all food except for water, juice and other broths for the duration of the 21 days of the fast.

You might find this vegetable broth recipe useful. You can use a wide variety of vegetables to make broth using the same method.

<https://www.thespruceeats.com/basic-vegetable-broth-recipe-3378023>

Option 2: Some Meals/Altered Diet

Eat only one meal each day (e.g. fast each day until 6 PM) or eat an altered diet for the 21 days such as a Daniel Fast (eat only fruit, vegetables, nuts & legumes).

Option 3: One Meal

Fast for one meal each day, with an intentional time of focused prayer during the time normally spent eating.

Option 4: Non-food Fast

If fasting from food is not an option due to medical reasons or the physical demands of your work, consider fasting from other pursuits you usually turn to for comfort. For example, fast from technology, television, social media, computer games, or reading anything other than the Bible.

WHAT SHOULD I EXPECT?

Emotional Sensitivity

Be prepared to feel emotionally and spiritually sensitive during the fast.

“Anger, bitterness, jealousy, strife, fear—if they are within us, they will surface during fasting. At first we will rationalize that our anger is due to our hunger; then we know that we are angry because the spirit of anger is within us. We can rejoice in this knowledge because we know that healing is available through the power of Christ.” —Richard Foster

Physical Effects

Changing your eating habits could affect your energy levels. You may feel fatigued, get headaches or feel dizzy. You will feel hungry! This is the reminder to pray and listen to God during the fast.

Prepare to Fast

Drink plenty of water, maintaining proper hydration and water intake leading up to the beginning of the fast.

Eat healthier foods (fruit and veggies) before the start of the fast.

Avoid overindulging. When the fast is complete, ease back into your regular diet slowly.

If you have medical concerns, you should visit your doctor to make sure that you are physically able to participate. A condition, such as diabetes or heart disease, may prevent you from fasting. Consult your doctor if you are pregnant or breast feeding in order to enter into the fast in the most informed way.

WEEK 1 - DAILY PRAYER FOR OUR LOCAL COMMUNITY

Day 1

Pray for the generations

Pray for children, youth and young adults as they grow to courageously follow Jesus every day of their lives.

“Don’t let anyone look down on you because you are young, but set an example for the believers in speech, in conduct, in love, in faith and in purity.” 1 Timothy 4:12

Day 2

Pray for community care & homeless ministries

Pray for those who are in need of support and care and for those who are working on the frontline with the homeless and disabled.

“For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me.” Matthew 25:35-36

Day 3

Pray for life groups

Pray for believers as they meet to grow in their faith and follow Jesus’ example to be disciples who make disciples.

“And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.” Hebrews 10:24-25

Day 4

Pray for schools, chaplaincy and RI

Pray for school students and for teachers, chaplains and teachers of religious instruction as they serve and teach young people.

“These commandments that I give you today are to be on your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up.” Deuteronomy 6:6-7

Day 5

Pray for pastors & ministry leaders

Pray for those called to lead our churches, for the Lord’s strength, wisdom and courage.

“Do your best to present yourself to God as one approved, a worker who does not need to be ashamed and who correctly handles the word of truth.” 2 Timothy 2:15

Day 6

Pray for refugees & migrants

Pray for those who have come to our land to feel welcomed and find a home, and for refugees in detention to be released.

“He defends the cause of the fatherless and the widow, and loves the foreigner residing among you, giving them food and clothing.” Deuteronomy 10:18

Day 7

Pray for our church

Pray for the continued work of our church as we lead people to become fully devoted followers of Jesus.

“Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, praising God and enjoying the favor of all the people. And the Lord added to their number daily those who were being saved.” Acts 2:46-47

WEEK 2 - DAILY PRAYER FOR OUR NATION

Day 8

Pray for our government

Pray for integrity, diligence and wisdom for those who are placed in authority over us. Pray they would lead faithfully.

“Let everyone be subject to the governing authorities, for there is no authority except that which God has established. The authorities that exist have been established by God.”

Romans 13:1

Day 9

Pray for church unity

In a world that is polarised and divided, pray that the church would be a light to the nations in how to be unified under Christ.

“I have given them the glory that you gave me, that they may be one as we are one—I in them and you in me—so that they may be brought to complete unity. Then the world will know that you sent me and have loved them even as you have loved me.”

John 17:22-23

Day 10

Pray for health workers & those who are sick

Pray for those who are on the front lines of caring for the sick and ageing and for people who are ill and dying.

“Is anyone among you in trouble? Let them pray. Is anyone happy? Let them sing songs of praise. Is anyone among you sick? Let them call the elders of the church to pray over them and anoint them with oil in the name of the Lord.”

James 5:13-14

Day 11

Pray for Gospel outreach

Pray that the Good News of Jesus would spread across our nation and believers would share Jesus' message of hope.

"For I am not ashamed of the gospel, because it is the power of God that brings salvation to everyone who believes: first to the Jew, then to the Gentile." Romans 1:16

Day 12

Pray for Indigenous communities

Pray for our indigenous sisters and brothers across the country, for wisdom for their elders and for unity across the land.

"For God was pleased to have all his fullness dwell in him, and through him to reconcile to himself all things, whether things on earth or things in heaven, by making peace through his blood, shed on the cross." Colossians 1:19-20

Day 13

Pray for local mission workers

Pray for those sent to universities, regional communities and every local workplace with the mission of Jesus.

"He told them, 'The harvest is plentiful, but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into his harvest field.'" Luke 10:2

Day 14

Pray for campus & church planting

Pray for more people in more places to hear the life changing message of Jesus and for more doors to be opened to the Gospel.

"Whatever you do, work at it with all your heart, as working for the Lord, not for men, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving." Colossians 3:23-24

WEEK 3 - DAILY PRAYER FOR OUR WORLD

Day 15

Pray for the persecuted Church

Pray for believers in countries that are hostile to the Gospel. Pray for protection, peace and for revival in their nations.

“Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life that the Lord has promised to those who love him.” James 1:12

Day 16

Pray for equity & justice for the poor

Pray for people who are oppressed by unjust systems and governments and for those suffering and in cycles of poverty because of greed. Pray for deliverance and justice to reign.

“Blessed are those who hunger and thirst for righteousness, for they will be filled.” Matthew 5:6

Day 17

Pray for global mission workers

Pray for disciples who take the call of Jesus to go to the ends of the earth. Pray for sustenance from the Holy Spirit for every spiritual need and for strength to persevere for the Gospel.

“Therefore go and make disciples of all nations, baptising them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.” Matthew 28:19-20

Day 18

Pray for the environment & climate change

Pray for governments to develop just policies that care for God's creation and for God's people to join Him as caretakers of the environment.

"The earth is the Lord's, and everything in it, the world, and all who live in it" Psalm 24:1

Day 19

Pray for Online Church outreach

Pray for the Gospel of Jesus to spread to places it has never gone before through the reach of Online Church. Pray for those who lead and serve in these ministries.

"But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth." Acts 1:8

Day 20

Pray for peace

Pray for people and countries who are plagued by war. Pray that God would intervene in people's hearts to be peace-makers.

"He will judge between many people and will settle disputes for strong nations far and wide. They will beat their swords into plowshares and their spears into pruning hooks. Nation will not take up sword against nation, nor will they train for war anymore." Micah 4:3

Day 21

Pray for the global Church

Pray for believers of every tribe, tongue and nationality. Pray for unity, blessing, influence and Kingdom impact and for Jesus to remain the focus of every believer, church and denomination.

"It is written: 'As surely as I live,' says the Lord, 'every knee will bow before me; every tongue will acknowledge God.' So then, each of us will give an account of ourselves to God." Romans 14:11-12

“Seek the Lord and
his strength;
seek his presence
continually!”

PSALM 105:4



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