

21 DAYS OF PRAYER

GUIDE

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Events during 21 Days of Prayer



24/7 WEEK OF PRAYER

FIND OUT HOW TO BE INVOLVED

NIGHT OF HEALING AND PRAYER

7PM MONDAY 4 MARCH AT GATEWAY MACKENZIE

UNIFIED PRAYER NIGHT

SUNDAY 17 MARCH IN EVERY CAMPUS

A CALL TO PRAY

Prayer was a familiar concept to the disciples. In their culture, prayer was a common part of everyday life and practice. Yet, despite their experience with prayer, there was something different in the way Jesus prayed. He intentionally stopped and retreated to quiet places to be with God.

For the next 21 days our church is going to pray as Jesus did. Prayer can look like many things to many people and this booklet will help you to explore some ways of praying. As you go through this season and as you pray, remember to...

Keep it simple

Prayer doesn't need to be complicated; it is simply communicating with the One who loves you. There are many ways to address God: Father, Lord, friend and many more. Even Jesus said Abba (Daddy) in prayer. Picture in your heart how you want to best begin talking to God, who loves you completely.

Keep it real

God loves you and accepts you just as you are. Whether you are angry, frustrated, lonely, confused or sad, God both hears your prayer and knows exactly what you are going through. 1 Peter 5:7 is a reminder to 'cast all your anxiety on him because he cares for you'.

Keep it up

You can pray anywhere and anytime. Scripture encourages us to 'pray without ceasing'. Ask God to cultivate a habit of prayer throughout this season so you continue to pray in all circumstances, even when this season is finished.

WAYS TO PRAY

Morning: Pray a Psalm

Praying a Psalm out loud can allow the ancient, sacred words become our prayer for the day ahead.

Psalms of Gratitude - Psalms 1, 8, 14, 15, 19, 33, 104, 119, 131, 133, 145

Psalms of Lament - Psalms 60, 74, 79, 80, 83, 90, 124, 126, 137

Psalms of Renewal - Psalms 18, 30, 34, 40, 65, 66, 129, 138

Noon: Recite the Lord's Prayer

The Lord's Prayer in Matthew chapter 6 is a great roadmap when we don't know what to pray. Praying each phrase becomes an invitation to adoration, petition, intercession, confession and spiritual warfare. Set an alarm to interrupt your day, pray through it slowly and re-orient yourself to God.

Evening: Prayer of Examen

Reflect - What were the key events, emotions and thoughts you had during the day? Ask God to reveal His presence and activity to you.

Rejoice - What were the moments of joy in your day? Thank God for His presence and for the blessings that come to your mind.

Repent - Are there words spoken, thoughts, desires, actions or attitudes in your day that don't look like Jesus? Confess them to God, receive His grace and ask His Spirit to empower you.

Renew - What hopes and aspirations do you have for tomorrow? Ask God for wisdom, strength and courage to walk in the way of Jesus.

Other ways to pray

If you're looking to explore other ways to pray and expand your prayer life, why not try Silent Prayer, Lectio Divina, doing a Prayer Walk or even Christian Meditation. Find out more at prayercourse.org/toolshed

A CALL TO FAST

For centuries when people have hungered for the presence of God to bring breakthrough, 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 fulfil 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 hearts, our families and in our land. When we fast we come before God in weakness and humility and declare our hunger for His presence and our deep desire for Him to break through.

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.

Preparing 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, are pregnant or breastfeeding, 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.

Be prepared to feel emotionally and spiritually sensitive during the fast. Changing your eating habits could also 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.

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

You can fast from pursuits you usually turn to for comfort. For example, fast from technology, television, social media, computer games, or reading anything other than the Bible.

Week 1 | **MAGNIFY**

Day 1 - Give thanks to God for all the He has provided

Thank God for the good and wonderful things He has done in your life. Give thanks for his grace, provision and kindness to you and worship him with gratitude and joy.

You are my God, and I will praise you; you are my God, and I will exalt you. Give thanks to the Lord, for he is good; his love endures forever. Psalm 118:28-29

Day 2 – Praise God for His faithfulness

Count your blessings. Praise God and thank Him for His generosity and faithfulness to you in the past, and believe in faith for His provision in your future.

“For the Lord is good and his love endures forever; his faithfulness continues through all generations.” Psalm 100:5

Day 3 – Pray for more of God in your life

Ask God to show you areas of your life you need to surrender more fully to Him. Present your life as a living sacrifice to God.

“Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.”
Romans 12:1

Reflection song: “Yet Not I But Through Christ in Me” by CityAlight (2018)

Day 4 – Declare the goodness of God

Build your faith by declaring the name of God over your circumstances. Focus on His awesome power, His love and mercy and His sovereign plan over all things.

“How abundant are the good things that you have stored up for those who fear you, that you bestow in the sight of all, on those who take refuge in you. —Psalm 31:19

Reflection song: “Build My Life” by Pat Barrett (2016)

Day 5 – Pray for trust in uncertainty

Pray for peace that passes understanding and faith to trust in God’s sovereignty regardless of the circumstances you face and the hurt you see in the world.

“And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

Philippians 4:7

Reflection song: “Still in Control” by Mack Brock (2019)

Day 6 – Magnify Almighty God in your life

Pray your life would reflect the character of God and magnify Him in our broken and hurting world.

“I will glory in the Lord; let the afflicted hear and rejoice. Glorify the Lord with me; let us exalt his name together.” Psalm 34:2–3

Reflection song: “Magnify” by We Are Messengers (2018)

Day 7 – Pray for a deeper connection with God

Thank God for all the He has shown you this week as you have spent time with Him. Pray for a fresh revelation and deeper connection with God this year.

“Submit yourselves, then, to God. Resist the devil, and he will flee from you. Come near to God and he will come near to you.”

James 4:7–8a

Reflection song: “Way Maker” by Leeland (2019)

Week 2 | **MIRACLES**

Day 8 – Pray for the faith to expect miracles

Thank God for the miracles in your life. Pray for an increased awareness of His ongoing work. Ask God to increase your faith to believe in His power to perform miracles.

“Stretch out your hand to heal and perform signs and wonders through the name of your holy servant Jesus.” Acts 4:30

Day 9 – Pray for miraculous breakthrough

Pray to the God of miracles for supernatural provision. Pray for breakthroughs in your own life, for your family, friends and community, that God would reveal His power, strength and grace.

“Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us” Ephesians 3:20

Day 10 – Pray for an outpouring of generosity

Pray for a miraculous outpouring of generosity and faithfulness in our church. Ask God what He is calling you to give of your time, talent and treasure to further His kingdom this year.

“And my God will meet all your needs according to the riches of his glory in Christ Jesus.” Philippians 4:19

Day 11 – Pray for the next generation

Pray for the kids and youth in our church to courageously live and share their faith this year.

“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 12 – Pray for the sick

Pray for miraculous healing for those who are sick in our church family. Pray for the faith to believe and persevere in prayer for healing. Pray for wisdom and strength for the medical professionals in our church who care for the sick every day.

“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. And the prayer offered in faith will make the sick person well; the Lord will raise them up. If they have sinned, they will be forgiven.” James 5:14–15

Day 13 – Pray for the hurting

Pray for those who are hurting as they struggle through difficult circumstances. Pray for refugees and migrants, those in prison, those impacted by family violence and the homeless.

“The Spirit of the Sovereign Lord is on me, because the Lord has anointed me to proclaim good news to the poor. He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners”
Isaiah 61:1

Day 14 – Pray for your family

Pray for each of your family members by name. Pray that they may experience the miraculous power of God at work in and through them this year.

“And this is my prayer: that your love may abound more and more in knowledge and depth of insight” Philipians 1:9

Week 3 | **MULTIPLY**

Day 15 – Pray for God to multiply what you have

Ask God to show you what you have that you can give to Him to multiply. Pray for faith to give what is in your hand, even when it seems insufficient. Trust that God can multiply it for His glory.

“Still other seed fell on good soil, where it produced a crop—a hundred, sixty or thirty times what was sown.” Matthew 13:8

Pray for Gateway Redlands.

Day 16 – Pray for the poor

Pray for those in need in our community, and for those who are working on the frontline to bring the hope of Jesus. Pray that God would miraculously multiply the impact of Gateway community care leaders and volunteers.

“Defend the weak and the fatherless; uphold the cause of the poor and the oppressed. Rescue the weak and the needy; deliver them from the hand of the wicked.” Psalm 82:3–4

Pray for Gateway Mackenzie.

Day 17 – Pray for the prodigals

Pray for those who have wandered far from God. Pray that they may experience the love of God in a new and powerful way and come back to a relationship with Him.

“And being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.”
Philippians 1:6

Pray for Gateway Logan.

Day 18 – Pray for boldness

Pray for the boldness to share the Good News in the midst

of difficult circumstances. Ask God to show you who you can intentionally share Jesus with this year. Is there someone you can invite to be part of Alpha or another ministry at church?

“Now, Lord, consider their threats and enable your servants to speak your word with great boldness.” Acts 4:29

Pray for Gateway City.

Day 19 – Pray for the lost

Pray for the Alpha leaders and volunteers. Pray for all of those who will be invited to come along to Alpha this year to hear the life changing message of Jesus.

“And each day the Lord added to their fellowship those who were being saved.” Acts 2:47b

Pray for Gateway Ormeau.

Day 20 – Pray for pastors and ministry leaders

Pray for the leaders of our church to be filled with the power of the Holy Spirit to lead and minister boldly this year.

“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

Pray for Gateway Online.

Day 21 – Pray for revival

Cry out to God for our city, nation and our world that desperately needs the grace and goodness of Jesus. Ask him to move in a powerful and supernatural way to see salvation, hope and healing to lives, homes and communities.

Then we will not turn away from you; revive us, and we will call on your name. Psalm 80:18

Join us for our Unified Prayer Night.

*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

