



# 21 DAYS

— OF PRAYER —  
AND FASTING

JANUARY 10 - 31, 2021



**LIFEPPOINT**  
— CHURCH —





## INTRODUCTION

**Here is a simple guide for you to use during the next 21 days. To start off the new year right, we are encouraging you to grow in your walk with Christ in three areas over the next 21 days: reading, fasting, and praying. We encourage everyone to participate in all three areas in some way. As you focus on God through these areas, the Holy Spirit will work in your life to deepen your relationship with Him.**



## MAKING IT WORK

### WHEN

For many people in the Bible, reading Scripture and praying was often a scheduled activity. Why? Because *scheduling things places them as a high priority in your life and helps you be successful in doing them.*

Commit to reading the Bible and praying at a certain time each day. **Place it on your schedule and make it a priority.** Here are some examples of when you could do this:

**Morning or Evening:** Jesus and the psalmists are often found praying in the morning (e.g., Psalm 5:3; Luke 4:42) or the evening (e.g., Matthew 14:23; Mark 6:46-47). Spending dedicated time with God—no matter how long—at the beginning or end of your day minimizes the distractions you may face in the middle of the day.

**Lunch Break:** Some people find that their lunch break is a perfect time to shut out other distractions and focus on spending a few moments with God.

Whenever you choose to schedule your time with God, try to be as consistent as possible. If you miss a day or two, don't be discouraged and don't worry that you need to spend a longer time next time so you can "catch up." Often, that can just make it even harder to start back up again. Instead, just keep going next time on your regular schedule, continuing where you left off.

### WHERE & HOW

You can spend time with God anywhere and anytime, but you'll grow the most in your relationship with Him when there are not other things pulling your attention away from Him. Try to find a place where you can focus on God and reflect on His Word, with as few distractions as possible.

**Blessed is the one  
whose... delight is in the  
law of the Lord, and on  
his law he meditates day  
and night.**

Psalm 1:1a,2



## BIBLE READING

### WHY

Frequently reading the Bible teaches you who God is and inclines your heart toward Him. The world is constantly fighting for your affections; **frequently reading about the character, promises, and work of God is one of the best weapons you have in the fight for your heart.**

### HOW

You may find a Bible reading plan to be helpful, as it will give you specific passages to read each day and sometimes also a few devotional thoughts to go along with your Bible reading. There are many Bible reading plans on the YouVersion Bible App (<https://bible.com>) and there is also a whole Bible reading plan with helpful videos on the ReadScripture App (<https://www.readscripture.org>). Alternatively, you could just pick a book of the Bible to start reading little-by-little each day.

Before you begin reading each day, **start by praying for the Holy Spirit to help you understand** what you are about to read and to use it to transform your heart and mind, growing closer to God.

**God gave us the Bible not just to inform our minds, but also to transform our hearts — our affections. God's word is honored not just by being understood rightly, but also by being felt rightly.**

John Piper

## WHO

There are two primary ways to read the Bible: is it primarily about you or primarily about Jesus? In other words, is it basically about what *you must do*, or basically about what *Jesus has done*?

For example, you could interpret the story of David and Goliath in 1 Samuel 17 in two ways:

- First, if the story is primarily about you, then the point of the story would be that you should not be scared when you face giants (opposition) in your life. If you just step out in faith to confront your giants, then God will give you victory over them. In this case, David is the example that you are burdened to live up to.
- Alternatively, if the story primarily points to Jesus, then you begin to see David as a foreshadowing of Jesus. The Israelite army was scared and powerless to fight Goliath. Similarly, you are powerless to fight our true enemy, the devil. But just as David was the unexpected champion for the Israelites, Jesus is our unexpected champion, who has already fought our battle for us and won us victory over sin, death, and the power of the devil. In this case, Jesus is your Savior, and with the security that you have in knowing that Jesus has already given you victory over these giants, you can now also confidently step out in faith against whatever giants you face in your daily life.

If you interpret Scripture too moralistically (as in the first interpretation above), you are really placing *yourself* at the center. The Bible becomes a book about *you* instead of a book about *Jesus*. Not only does this reverse your priorities, it also places a heavy moral burden on you that can be dangerous to your spiritual well-being.

The Bible's central focus is Jesus. **Read so you can know, trust, and love Him more.**

**[Jesus] interpreted them in ALL the Scriptures the things concerning Himself.**

**Oh, taste and see that  
the Lord is good!...  
Those who seek the Lord  
lack no good thing.**

Psalm 34:8a,10b



## FASTING

### WHY

Fasting is regularly practiced by people in the Bible as **an activity that intensifies our dependence on God by weakening our dependence on food and other things.** It is not just about depriving yourself of something, but rather it is about turning your heart toward God and deepening your relationship with Him.

Food is not only necessary for life; it is also delightful. You not only have a duty to regularly eat for your own wellbeing; you surely also often enjoy eating. Your hunger for food comes not only from your need for sustenance; it also comes from your desire to taste delicious flavors.

As you spend these 21 days fasting, **pray that your physical hunger for food (or whatever else you are fasting from) would stir up an even greater hunger for God.** Remember that God is not only necessary for eternal life; he is also eternally delightful. Recognize that you not only have a duty to regularly worship God; you also should genuinely enjoy worshipping Him. Realize that your hunger for God should come not only from your need for His help; it should also come from your desire to taste and see that He is good!

**Fasting reminds us that we are sustained by every word that proceeds from the mouth of God (Matt. 4:4). Food does not sustain us; God sustains us... Therefore, in experiences of fasting we are not so much abstaining from food as we are feasting on the word of God and on Christ Himself. Fasting is feasting.**

Richard Foster

## HOW

Biblical fasting always has to do with eliminating distractions for a spiritual purpose; it hits the reset button of our soul and renews us from the inside out. **The focus of biblical fasting is drawing nearer to God.** Although there may be other benefits to fasting, keep the focus clearly on God. Don't get distracted. The purpose of a biblical fast is *not* to lose weight or do other things.

Your personal fast should present a level of challenge, but it is very important to know your body, your options, and most importantly, to seek God in prayer and follow what the Holy Spirit leads you to do.

**Complete Fast:** In this type of fast, you drink only liquids, typically water with light juices as an option.

**Selective Fast:** This type of fast involves removing certain elements from your diet. One example of a selective fast is the Daniel Fast, during which you remove meat, sweets, and bread from your diet and consume water and juice for fluids and fruits and vegetables for food.

**Partial Fast:** This fast is sometimes called the "Jewish Fast" and involves abstaining from eating any type of food in the morning and afternoon. This can either correlate to specific times of the day, such as 6:00 am to 3:00 pm, or from sunup to sundown.

**Soul Fast:** This fast is a great option if you do not have much experience fasting food, have health issues that prevent you from fasting food, or if you wish to refocus certain areas of your life that are out of balance. For example, you might choose to stop using social media or watching television for the duration of the fast and then carefully bring that element back into your life in healthy doses at the conclusion of the fast.

**Declare a holy fast; call a sacred assembly... Cry out to the Lord.**

Joel 1:14b

# Pray without ceasing.

1 Thessalonians 5:17



## PRAYER

### WHY

Prayer is one of the most common activities in the Bible. An entire book of the Bible (Psalms) is filled with prayers. Daniel was thrown into the lion's den for praying three times per day (Daniel 6:10). King Solomon built the temple as a place of prayer (1 Kings 8:30). Throughout his life on earth, Jesus "offered up prayers and supplications, with loud cries and tears" (Hebrews 5:7). Jesus spent his last night before his crucifixion praying in the Garden of Gethsemane (John 17). The disciples and the early church were known for "devoting themselves to prayer" (Acts 1:14).

**Prayer is an authentic conversation with God from your heart.**

Just as any earthly relationship requires communication, so also communication with God (prayer) deepens our relationship with Him. This is an incredible privilege! God is Holy, Holy, Holy. He's the infinite Creator of the universe. Yet He invites us to speak directly to Him! Even more, He promises that He hears us when we pray!

**Our prayers may be awkward. Our attempts may be feeble. But since the power of prayer is in the one who hears it and not in the one who says it, our prayers do make a difference.**

Max Lucado

**The reality is, my prayers don't change God. But, I am convinced prayer changes me. Praying boldly boots me out of that stale place of religious habit into authentic connection with God Himself.**

Lisa TerKeurst

## HOW

Prayer is not simply a religious ritual. There are no magic words to say. You don't have to sound super spiritual when you pray, using big words that carry little real meaning in your heart. You also should not mindlessly repeat words or phrases over and over again as some Eastern religions teach.

### **When you pray, simply talk to God.**

Remember, prayer is an authentic conversation with God from your heart. The Bible says that because of Jesus, we can approach God as a child approaches his or her loving father.

While there is no rigid formula for prayer, one popular model for prayer uses the acronym "ACTS":

- **Adoration:** Begin your prayers by praising God for who He is. Think about His character and the things He has done, especially things described in your Bible reading.
- **Confession:** Admit the things you have done wrong and ask God to forgive you of these things. Have confidence that God freely forgives you if you ask Him.
- **Thanksgiving:** Thank God for the things He has done for you and the blessings He has given you.
- **Supplication:** Ask God for your needs and for the needs of others. Supplication in prayer becomes easier as you recognize your limited control over life's problems and your need of God's help, and as you increasingly know and trust in the promises of God in the Bible. Supplication should not be focused only on your own needs, but as you grow in love and compassion toward others, you should also be asking God to help others as well.

**Then you will call upon me and come and pray to me, and I will hear you.**



## 21-DAY PRAYER GUIDE

As our entire church prays together over these 21 days, we suggest that you focus some of your daily prayer time on these things so that our entire church is unified in prayer.

For each day, the **overarching theme is the glory of God**. As you pray for each of these things, pray that above all God would be glorified through them!

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### DAY 1 | SEEKING GOD FIRST

JANUARY 10

Ask God to help you focus on Him above all else; not only for these 21 days but also for the entire year of 2021.

But seek first the kingdom of God and his righteousness, and all these things will be added to you.

Matthew 6:33

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### DAY 2 | PERSONAL FORGIVENESS

JANUARY 11

Ask God to show you areas where you have fallen short and then ask for forgiveness and God's help in repenting and turning away from these things.

If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

1 John 1:9

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### DAY 3 | FREEDOM & BREAKTHROUGH

JANUARY 12

Ask God to give you breakthrough and set you free from things that have been burdening you. Whether it is sin, an addiction, relationships, health, or other circumstances, God has already given you victory over anything that stands in the way of your relationship with Him.

For freedom Christ has set us free; stand firm therefore, and do not submit again to a yoke of slavery.

Galatians 5:1





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## DAY 4 | NATIONAL & LOCAL REVIVAL

### JANUARY 13

Ask God to bring revival to our local community and to our entire nation. We live in a land of darkness, filled with sin, confusion, and chaos. Repent, asking God to heal our land and turn hearts to Him.

if my people who are called by my name humble themselves, and pray and seek my face and turn from their wicked ways, then I will hear from heaven and will forgive their sin and heal their land.

2 Chronicles 7:14

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## DAY 5 | SALVATION FOR THE LOST

### JANUARY 14

Ask God to work in the hearts of those who are lost, that they may hear the Gospel message, believe it, repent, and be saved.

For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life.

John 3:16

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## DAY 6 | SHOWING LOVE

### JANUARY 15

Ask God to empower you through the Holy Spirit to act in love toward others at all times, so that people will see the love of God in your life and your life will glorify God.

let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven.

Matthew 5:16b

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## DAY 7 | GENEROSITY

### JANUARY 16

Ask God to increase your joy in giving, that you would look for opportunities to give to others and support the work of ministry, both within our church and through all other Christian ministries.

Each one must give as he has decided in his heart, not reluctantly or under compulsion, for God loves a cheerful giver.

2 Corinthians 9:7





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## DAY 8 | PROVISION

JANUARY 17

Ask God to supply all your physical needs, including finances, food, shelter, clothing, transportation, etc. Do not worry about these things, but trust in God who promises to care for you.

And my God will supply every need of yours according to his riches in glory in Christ Jesus.

Philippians 4:19

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## DAY 9 | HEALTH

JANUARY 18

Ask God to end the COVID-19 pandemic, heal those who are sick (including those with other ailments), and protect the health of you and your friends and family.

Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul.

3 John 1:2

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## DAY 10 | MARRIAGES

JANUARY 19

Ask God to strengthen marriages by deepening love, communication, intimacy, and lifelong commitment.

Therefore a man shall leave his father and mother and hold fast to his wife, and the two shall become one flesh.

Ephesians 5:31

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## DAY 11 | FAMILIES & CHILDREN

JANUARY 20

Ask God to make our families a place of peace, safety, unconditional love, and discipleship. Ask Him to guide parents and work in children that the next generation will love and serve God with all their heart.

Train up a child in the way he should go; even when he is old he will not depart from it.

Proverbs 22:6





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## DAY 12 | ORPHANS & WIDOWS

JANUARY 21

Ask God to give peace and security to orphans, those in foster care, widows, and others who are vulnerable. Ask for a heart and opportunities to love and serve them.

Religion that is pure and undefiled before God the Father is this: to visit orphans and widows in their affliction

James 1:27a

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## DAY 13 | THE PERSECUTED CHURCH

JANUARY 22

Ask God to give peace and protection to those living under persecution. Ask Him to strengthen them and work through them to spread the Gospel and share the love of Christ.

But even if you should suffer for righteousness' sake, you will be blessed. Have no fear of them, nor be troubled

1 Peter 3:14

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## DAY 14 | WORLD MISSIONS

JANUARY 23

Ask God to bless missionaries who are spreading the Gospel around the world, that the whole world would hear the good news of Jesus and that a great multitude will be saved.

Go into all the world and proclaim the gospel to the whole creation.

Mark 16:15

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## DAY 15 | TEEN CHALLENGE

JANUARY 24

Ask God to work through the Teen Challenge ministry in Alvin to break chains and grow the women there into passionate lifelong followers of Christ.

So if the Son sets you free, you will be free indeed.

John 8:36





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## DAY 16 | PASTORS & STAFF

JANUARY 25

Ask God to bless the pastors and staff of LifePoint with ever more of the Holy Spirit, giving them a deeper love for God and wisdom and understanding as they lead and teach our church.

And I will give you shepherds after my own heart, who will feed you with knowledge and understanding.

Jeremiah 3:15

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## DAY 17 | KIDS & YOUTH MINISTRIES

JANUARY 26

Ask God to guide the leaders of our kids and youth ministries and to build steadfast faith in the next generation. Ask God to guard the hearts of our children and youth, that they would love God above all else, despite the world that surrounds them.

But Jesus said, "Let the little children come to me and do not hinder them, for to such belongs the kingdom of heaven."

Matthew 19:14

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## DAY 18 | CHAMPIONS CLUB

JANUARY 27

Ask God to work through our Champions Club ministry to encourage and teach special needs children and serve their families. Ask God also to continue growing this ministry by bringing more families and volunteers to Champions Club.

I praise you, for I am fearfully and wonderfully made.

Psalms 139:14a

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## DAY 19 | LIFEGROUPS

JANUARY 28

Ask God to work through LifeGroups, using them to build friendships, unity, and spiritual growth within our church.

And they devoted themselves to the apostles' teaching and the fellowship, to the breaking of bread and the prayers.

Acts 2:42





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## DAY 20 | GROWTH TRACK

JANUARY 29

Ask God to work through our Growth Track classes to help those who take part to deepen their understanding of the Bible and propel them forward as a lifelong follower of Christ.

Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you.

Matthew 28:19-20a

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## DAY 21 | CONTINUED PURSUIT OF GOD

JANUARY 30

Ask God that these 21 days of pursuing God and spending dedicated time with Him each day would not stop, but would continue through the entirety of 2021. May you continue growing in your lifelong relationship with Him.

O God, you are my God; earnestly I seek you; my soul thirsts for you; my flesh faints for you, as in a dry and weary land where there is no water.

Psalm 63:1

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## DAY 22+ | JOY & PEACE

ONGOING THROUGHOUT 2021

We don't know what 2021 has in store, but you can have joy and peace through every circumstance—good or bad—because of the hope we have in Christ and the presence of the Holy Spirit in our hearts. Pray for the Holy Spirit to be active in your life throughout 2021, to empower you to share God's love with others and to give you joy and peace rooted in Christ throughout all of 2021!

May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.

Romans 15:13



## GROWTH TRACK

**Wherever you are in your relationship with Jesus, Growth Track will help you grow in knowing the Bible and give you opportunities to get connected at LifePoint Church.**

**Growth Track is four amazing classes, currently meeting on Mondays at 7:00pm on Zoom.**

**Sign up at <https://connect.lpchurch.tv>.**

## PRAYER REQUESTS

**Let us know how we can be praying alongside you or let us know if you'd like someone to contact you. Click the Connection Card button at <https://connect.lpchurch.tv>.**



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