

# **21 Days of Prayer (& Fasting)**

**“The prayer of a righteous person  
is powerful and effective.”  
James 5:16**

**January 8 - 28, 2018**

**Kenmore Community Church  
7504 NE Bothell Way  
Kenmore, WA 98028**

## **Foreword**

### **A letter from Scott Ridout**

“Then he said to his disciples, ‘The harvest is plentiful but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into his harvest field,’” (Matthew 9:37-38).

Jesus has commissioned us to reach the world with the gospel of Jesus (Matthew 28:18-20). God has given us his Holy Spirit to empower us as witnesses (Acts 1:8). The Spirit continually works in our lives to convict us of sin (John 16:8), guide us into truth (John 16:13) and comfort us in trials (John 14:16). The Spirit accomplished his work in us, so that God can do his work through us. Scripture reminds us that our power used by God to effect change in this world begins with prayer (James 5:16).

Ours is a spiritual endeavor. We are completely dependent on God to change hearts (Ezekiel 36:26), open doors (Colossians 4:3) and cause growth (1 Corinthians 3:6-7). Jesus reminds us that some things can only be accomplished through prayer (Matthew 17:22). He reminds us that communion with him is a catalyst for fruitful ministry and that apart from him we can do nothing (John 15:5).

I have sensed our need as a movement to return to a foundation of corporate prayerfulness. Converge exists to glorify God by starting and strengthening churches together worldwide — and our practices need to be undergirded with our prayerfulness.

We will accomplish nothing in our own wisdom or power — we are completely dependent on God. The key to our fruitfulness, according to Jesus, is knowing him, abiding in him, connecting with him, relying on him, seeking his will and doing all things in his power and for his glory. True fruitfulness will not happen without true faithfulness in prayer.

Will you join me for the next 21 days in praying for God's leading in our lives, our churches, our movement, our mission fields and our 10-year vision? Will you take time to fast, giving up physical sustenance to be filled spiritually by God in preparation for this next season? Will you pray expectantly that God will display his power and faithfulness to us in this season? I believe as we come together, fully submitted to God in prayer, he will display both his person and his power in unprecedented ways. And he will advance the gospel so that more people will meet, know and follow him.

Scott Ridout, Converge president

### **Why Prayer and Fasting?**

When was the last time you entered an extended time of prayer and fasting for spiritual, relational or missional breakthrough? Throughout the history of God's people, great leaders reached out to God for a fresh encounter or divine intervention.

Moses, in seeking a spiritual breakthrough, spent 40 days alone with God without eating or drinking

until he received The Ten Commandments (Exodus 24:38).

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King David sought a personal breakthrough as he fasted to keep himself humble (Psalm 35:13).

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Ezra was seeking a breakthrough as he called God's people to fast and pray for protection against their enemies (Ezra 8:21-23).

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Daniel fasted and prayed as he sought a restorative breakthrough for the exiled people living in rebellion against their God (Daniel 9:3-4).

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The apostle Paul fasted as he pondered his breakthrough encounter with the risen Lord Jesus and what it meant for his life (Acts 9:9).

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The leaders of the church in Antioch worshiped, prayed and fasted together as they sought missional breakthrough for their thriving church (Acts 13:1-3).

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Our Savior, setting the supreme example, entered 40 days of fasting before launching his public ministry (Matthew 4:1-2).

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What breakthrough are you seeking? God's people all over the world have been seeking spiritual breakthroughs through prayer and fasting since the birth of the church. What is the great matter in front of you? A loved one far from Christ? A critical decision in the life of your family? A relationship that is falling apart? What great matters

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## SUPPLICATION continued

### 5. Our Missionaries

Gordy & Tabita Beck – Refugees—Austria  
Beck Osell – Christian Education – Ethiopia  
Scott & Ruth Millar – Church Planting –  
Toronto, Canada  
Andy & Lynette Tillman – Church Planting –  
Philippines  
Steve & Barbara Wilkinson – Theological  
Education – Philippines  
Kelly & Cherrie Green – Missionary training–  
Columbia  
Ian Smith - church planting - Japan

### 6. Those You Know With Health Concerns

7. Pray for our community, state, and nation. Pray that our governmental & judicial leaders will have wisdom in making their decisions and establishing laws. Pray in particular regarding budget issues, the sanctity of marriage between one man and one woman, abortion, the safety of our troops around the world, and for an end to conflicts around the world. Pray for spiritual revival in our nation.

8. Pray through the church directory asking God to bless our members and regular attenders with mental, emotional, physical, and spiritual well being.

9. Pray for any other concerns or burdens you may have.

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are in front of your church or ministry? An evangelistic outreach? A financial crisis? A leadership transition? Missional expansion? Take time to write down each needed breakthrough and lift them up to God in prayer.

### What is fasting?

Fasting is deliberately abstaining from the normal routines of life. Its purpose is to spend focused time in prayer and the study of God’s word, seeking to align our lives with God’s will. Ultimately, fasting is more about replacing than abstaining. It is filling our lives with God’s word instead of with food, social media or entertainment. It is finding satisfaction and enjoyment in God and in God alone. Fasting helps us humble ourselves before the Lord and positions us to experience spiritual breakthroughs in our lives. Mathew Henry writes, “Fasting is of use to put an edge upon prayer.” Have your prayers lost their fervor? Has your devotional life become dull? Fasting has a way of mystically sharpening our souls and making us more sensitive to the prompting of the Holy Spirit. As Alex Gee said, “Fasting is not about changing God. It is not a mystical exercise to gain God’s approval. Fasting is not about changing my world, but about letting God realign my heart toward his purposes.” We recognize as we begin this 21-day fast and prayer commitment that as God’s people we need to boldly ask him for breakthroughs in any heartbreak, challenge or opportunity facing us individually and corporately.

## How to get started?

### 1. Pick your fast

Full Fast: Drink liquids only. Please consult your doctor first.

Daniel Fast: Eat only vegetables, fruit, water and juice (minimal amount of carbohydrates).

Partial Fast: Not eating one or two meals on a specific day or abstaining from certain kinds of food.

All-day Food Fast: Abstaining from food one day or multiple days per week.

Activity/Media Fast: Forgoing a time-consuming activity such as entertainment, hobbies, television, internet, sports, etc.

2. Set goals & write them down Begin with clear personal goals as well as breakthrough goals for your church. Be specific. Why are you fasting? Do you need direction, healing, restoration of your marriage or resolution of family issues? Are you facing difficulties? Pray and ask the Holy Spirit for guidance. Write these requests in a journal or a notebook, or create a digital journal using your favorite notetaking program or app. Keeping a journal throughout your fast is a great way to track and remember all God does during your fast.

### 3. Feast on the word of God

Fasting is ultimately an expression of humility

Pray that we would all mature in our faith so that we could multiply leaders in the church who are people of character, full of the Holy Spirit and wisdom.

Pray that we would follow the example of Stephen and fully commit ourselves to the cause of Christ.

Pray that the leaders of our church would clearly discern God's plan and vision for our church as they consider where to focus our energies in the coming months.

2. Pray for those you know who have not yet put their faith and trust in Jesus. Pray for their salvation. Pray that the Holy Spirit would draw them. Pray that God would give you an opportunity to share with them.

### 3. The Ministries of our church

Children's Ministry - Cindy Benjamin

Youth Ministry - Joe and Cathalina Lovato

Small Group Ministry

Worship Team - Mary Beth Rogers

Outreach - Anne Schukar

Missions - Mozelle Johnson

Fellowship - Pam Martin

Welcoming Ministry - Deborah Powers

Volunteer Ministry -

Men's Ministry - Pastor Mark

Women's Ministry - Karen Meissner, Carol Lindlow

Inside Service Ministry - Cathy Tolentino

Prayer Ministry - Lee Williams

4. The elders - Jim Meissner, Bob Moore, Lee Williams, John Schukar, Pastor Mark Rogers

**SUPPLICATION**...Finally, pray for specific issues and people who have asked for your prayers, or simply for things which you would like God to help you with.

*Philippians 4:6* “Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.”

Pray for...

#### 1. The Spiritual Growth of our church

Pray that we would embrace Christ’s mission and be His witnesses.

Pray that we would prepare for Christ’s mission by practicing the spiritual habits of prayer, Bible study, and understanding and utilizing our spiritual gifts, talents and abilities.

Pray that we would understand the work of the Holy Spirit, be filled with the Spirit, be transformed by the Spirit, empowered by the Spirit, and display the fruit of the Spirit.

Pray that we would become the church God wants us to be: devoted to the Apostle’s teaching, loving and caring about one another, praying for one another, and loving God with all our heart, soul, mind, and strength.

Pray that we would know how to share the good news of Jesus Christ with others and give our testimonies when God gives us the opportunity.

Pray that we would be bold and courageous in sharing our faith and taking a stand for God in our culture.

Pray that we would be purified by God’s discipline and that we would not let hidden or unconfessed sin hinder our relationship to God.

and dependence on God. It is about replacing the daily intake of food, entertainment and human contact with focused times of prayer, spending large amounts of time feeding on the Word of God and spiritual listening. You can read one chapter of the Gospel of John each day and reflect on what you learn about Jesus.

#### 4. Open your life before God

One of the great benefits of spiritual fasting is a heightened awareness of God’s presence and power in our lives. It is not that God has moved but that we have. Fasting has a great way of moving us towards a deeper spiritual dependency and away from willful self-dependency. The greatest breakthrough will take place when you make time to examine your life and discover what areas most need breakthrough. We ask that you fast for spiritual breakthroughs for your church family and its mission endeavors as well as for yourself.

#### 5. Expect God to move

Enter your fast by faith. The Word of God says, “And without faith it is impossible to please God, for anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him” (Hebrews 11:6). Spiritual fasting is a supernatural endeavor that has shaped and transformed God’s people for centuries. If you have doubt, ask God to meet you in your doubts and lead you in overcoming them, just as the apostles prayed, “Increase our faith!” (Luke 17:5).

## Our Prayer for You

Our prayer for you during the next 21 days is that you will experience a deeper craving for the beauty of the Lord and for the wonder of his leading in your life, and that you will know the fullness of the Holy Spirit and the favor of the God of heaven.

Our prayer is that you will realize you are not alone on this journey. You are joining with your immediate and extended church family in seeking God for significant breakthroughs. These will ripple out and turn into a tidal wave of revival and spiritual awakening across our country.

Our prayer is that you will acquire your own prayer-and-fasting testimony. And that God will overwhelm you with his goodness as you seek his power, presence and provision in every step of your journey.

## Prayer Guide

The following pages contain a prayer guide which you may choose to use during the 21 days to help organize your prayer times. The first section gives you an opportunity to write down your goals for this time of prayer and fasting. The next sections follow the ACTS method of praying which divides our pray time into four sections: Adoration, Confession, Thanksgiving, and Supplication. You could also use the Lord's Prayer as a pattern for your prayers each day.

**T**HANKSGIVING...Next, thank God for the many ways in which He has blessed you and answered your prayers.

*Psalms 103:1-6 "Praise the Lord, O my soul; all my inmost being, praise His holy name. Praise the Lord, O my soul, and forget not all His benefits—who forgives all your sins and heals all your diseases, and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle's. The Lord works righteousness and justice for all the oppressed."*

Thanksgiving for:

|                        |                       |
|------------------------|-----------------------|
| Salvation              | His Word              |
| Forgiveness            | His leaders/ministers |
| Deliverance            | Church teachers       |
| Blessings              | Power of prayer       |
| Eternal rewards        | His protection        |
| Comfort                | His guidance          |
| Compassion             | His provision         |
| Healing                | His generosity        |
| Homes                  | Beauty of creation    |
| Families               | Handiwork in creation |
| Food                   | Friends               |
| Relationships          | Fellowship            |
| Patience               | Kindness              |
| Attentive to our needs | Counselor             |

Heavenly Father,

We want to express our thankfulness to You for all the things that You have done, what You are doing, and what You will do in our lives in the future. (List things that He has done personally in your life, or our church, which you are thankful for.) Father, make us truly grateful to You.





**A**DORATION...Begin your prayers by praising God. Think about His attributes (i.e. Love, Mercy, Power, Wisdom, Knowledge, Control over things).

*Revelation 4:8b and 11 "Holy, holy, holy is the Lord God Almighty, who was, and is, and is to come." "You are worthy, our Lord and God, to receive glory and honor and power, for You created all things, and by Your will they were created and have their being."*

Adoration:

|                   |                 |
|-------------------|-----------------|
| Compassionate     | Redeemer        |
| Forgiving         | Healer          |
| Everlasting       | Alpha and Omega |
| Merciful          | Tender-hearted  |
| Prince of Peace   | Abba Father     |
| Ruler of All      | Eternal         |
| Slow to Anger     | Just            |
| Judge             | Holy            |
| Loving            | Comforter       |
| Faithful          | Gentle          |
| Creator           | All Wisdom      |
| All Knowing       | All Seeing      |
| All Righteousness | Light           |
| Gracious          | Life            |
| King              | Peace           |

Heavenly Father,

I want to come before You now to praise and adore You, Father, for who You are. (Say the things He is to you.) Help me to know You more, as You really are.

**C**onfession...Continue your prayers by telling God you are sorry about your wrongdoing (be specific) and ask Him to forgive you and help you in those areas.

*John 1:9 "If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness."*

Personal Sins:

- Lack of love, devotion and service to God
- Idolatry (honor, priority, worship and devotion to other gods, things, jobs, people, etc.)
- Prayerlessness
- Stubbornness, rebellion and disobedience
- Sins of thought, attitude, speech, relationship, commission, omission, selfishness
- Greed
- Materialism
- Covetousness
- Pride
- Holding a grudge, refusing to forgive, bitterness
- Lust, adultery, sexual immorality, pornography
- Deceit, lying
- Slander, malicious gossip
- Anger
- Drug abuse, drunkenness
- Witchcraft, New Age, the occult
- Neglect of the poor
- Racism, discrimination
- Not sharing my faith

Heavenly Father,

I confess my (specifically name your sins) as sinful and displeasing to You. I turn from it, forsake it, and renounce it. Thank You for forgiving me and purifying me.