



**21**  
**TOGETHER**

# 21 Day Guide To Prayer and Fasting Together



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## INSTRUCTIONS

Here's a few suggestions to maximize our 21 TOGETHER time of prayer and fasting. Have your Bible, journal/ notepad each day to your 21 TOGETHER. Choose an area of your daily routine of eating (an item, a meal, etc.) to fast from during these 21 days TOGETHER. We believe that we serve the God of miracles, He is still doing miracles and we believe that these happen through prayer AND fasting. Being who God created you to be, Knowing what God is saying and Doing what God says doesn't just happen, you have to cultivate the relationship; you have to take the next step of growth daily. We believe this is not only attainable, but we believe you can live in the reality of Being, Knowing, Doing every single day. You're about to discover new realms of joy in His presence! If you have medical issues, please consult your physician before beginning a fast.

## Day 1 - DESIRING

**BEING** - READ Psalm 27:4 - David described his foremost desire. Make it yours, too. David's "one thing" desire was also Paul's "one thing." We see it in this passage: That I may know Him.... But one thing I do... (Phil 3:10, 13) Paul's all-consuming desire was to know Christ.

**KNOWING** - Pray... Tell Him there's only one thing you really want. Express your desire to seek Him diligently. Tell Him you want to live in His presence continually. To know His will, thoughts, plans, and wisdom. Jesus, I want to know You. Ask for holy desire to burn ever brighter in your heart.

**DOING** - Write down what He says...

## Day 2 - DECIDING

**BEING** - "Work out your own salvation with fear and trembling; for it is God who works in you both to will and to do for His good pleasure." (Phil 2:12-13)

**KNOWING** - Take a couple minutes to ponder that verse and what it means to your life. Talk to the Lord about it.

**DOING** - Read Psalm 20 slowly today, take at least 20 minutes today to allow this Psalm to speak to your heart. Write down what the Lord is saying...

## Day 3 REACHING

**BEING** - "But one thing I do, forgetting those things which are behind and REACHING FORWARD to those things which are ahead, I press toward the goal for the prize of the upward call of God in Christ Jesus." (Phil 3:13-14)

**KNOWING** - Take a couple minutes and pray from Philippians 3:13-14 (above). Ask your heavenly Father, in Jesus' name, to help you forget the past and press forward toward the goal of a consistent prayer life.

**DOING** - Take a moment today to give an area of your life from the past to Jesus, hit the delete button on any bitterness or unforgiveness today. Once you do look forward for an opportunity today to REACH out to someone new. FORWARD.

## Day 4 - Warring

**BEING** – You are in war for your prayer life. Mobilize an offensive against every distraction. Day we read Psalm 27:4 - David said he desired to seek just one thing—to dwell in the Lord’s presence all his days. The passages before and after that are about warfare. Warfare surrounds prayer because the place of prayer will always be contested. You have an enemy who doesn’t want you praying. READ Psalm 27 entirely.

**KNOWING** - Receive grace to resist and overcome anything that hinders your prayer life. This is war. Ask for strength to fight. Meditate on the Psalmist words today. What things distract you from praying? Maybe it’s things like the computer, phone, chores, a busy schedule, social media, TV, etc.

**DOING** – Write down the top three things which distract you. Ask God for a specific strategy to combat these distractions. Take a moment to praise and worship today; declare that you are putting on the armor of God today; speak out every piece of the armor (Ephesians 6:17-18) then go DO what God is saying. By God’s grace we overcome. Rejoice in the Lord!

## Day 5 - LOCATING

**BEING** - “But you, when you pray, go into your room, and when you have shut your door, pray to your Father who is in the secret place; and your Father who sees in secret will reward you openly.” (Matt 6:6)

**KNOWING** – Jesus said the Father is in the secret place, and when we shut our door we are immediately with Him. Instant intimacy. All you have to do, to meet with the Father, is shut your door. Jesus meant we should find a place of solitude which can mean different things to different people.

**DOING** - Write out Psalm 91:1. Ask God to show you where your secret place should be. Is it a room in your home? Your car? Outdoors? Write down the place where you are resolved to shut your door and pray.

## Day 6 - TIMING

**BEING** – “Now in the morning, having risen a long while before daylight, He went out and departed to a solitary place; and there He prayed.” (Mark 1:35)

**KNOWING** - Many who teach on prayer advocate praying first thing in the morning. Some are morning people. But not everyone. Therefore, I encourage you to schedule your prayer time not automatically but strategically for the best part of your day. Consecrate your best time of day to the Lord. Like everything else in your life, tell Him it’s His.

**DOING** - Take a couple minutes to pray from Psalm 63:1. Express to the Lord how thirsty you are for Him. Early will I seek You. Ask the Lord how you can make this happen. What can you adjust in your schedule so that your secret place coincides with your best time of day? Even if it’s not possible to do it at the same time every day, what’s the most consistent option possible?

## Day 7 SEARCHING

**BEING** - “Search me, O God, and know my heart.” (Ps 139:23)

**KNOWING** - Express the cry of your heart for greater revelation into the excellences of Christ, to KNOW. Take time to let the words of this passage sink in to your heart. Search me!

**DOING** - Take a few minutes to meditate on Romans 12:2. Ask Him to open your understanding to the verse. Is there anything the Holy Spirit has been nudging you to repent of recently? If so, write it down.

## Day 8 CLEANSING

**BEING** - “Having boldness to enter the Holiest by the blood of Jesus...let us draw near with a true heart in full assurance of faith, having our hearts sprinkled from an evil conscience.” (Heb 10:19,22)

**KNOWING** – The blood of Christ washes our conscience so thoroughly that we actually feel clean. To feel clean before God is the best feeling in the world! When Satan accuses us of sin, the blood of Jesus silences him. Revelation 12:10-11 says we overcome the accuser by the blood of the Lamb. The blood shuts him up.

**DOING** – Declare your confidence in the blood of Jesus. Give thanks to God for such a glorious provision. Worship the Lamb of God who is worthy of all honor and praise. Rejoice in how clean you are right now! Speak this Psalm out loud “Purge me with hyssop, and I shall be clean; wash me, and I shall be whiter” than snow. (Ps 51:7) – Write down what God says...

### Day 9 THANKSGIVING

**BEING** - “Enter into His gates with thanksgiving, and into His courts with praise. Be thankful to Him, and bless His name.” (Ps 100:4)

**KNOWING** - The Lord loves it when we come into His presence with thanksgiving and praise. Thanksgiving is added to prayer much like salt to food. You can eat food without salt, but salt makes the meal much more enjoyable. Similarly, God will receive us if we pray without offering thanksgiving, but thanksgiving makes the exchange more delightful to Him.

**DOING** - Express thanks for something specific, and bless His name. Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God. (Phil 4:6) Spend at least 10 minutes in Thanksgiving before making your requests known to Him today.

### Day 10 PRAYING THE WORD

**BEING** – “My God MY God why have you forsaken Me? Why are you so far from helping Me, and from the words of My groaning?” Psalm 22:1

**KNOWING** - Praying the Scriptures is the central pillar in a life of prayer. Jesus modeled this kind of prayer during His

crucifixion. For example, during His crucifixion Jesus prayed from Psalm 22:1.

**DOING** – Read Colossians 1:9-11. Let’s use the rest of our time today to pray from this passage. First, ask God to work everything in those verses into your own heart and life. Second, think of someone whom you would like to bless in prayer today. Got a name? Now, begin to pray for that person according to each phrase. Lord, may \_\_\_\_\_ (name of person) be filled with the knowledge of Your will. Help \_\_\_\_\_ to walk worthy of You. At work, at school, at play, every minute of every day. May \_\_\_\_\_ please You fully in every word and deed. Empower \_\_\_\_\_ to be productive in good works. May \_\_\_\_\_ increase in the knowledge of God. Fill \_\_\_\_\_ with Your mighty power to endure in faith with joy, even when life is painful.

### Day 11 DELIGHTING

**BEING** - You’ve made it halfway through this 21 TOGETHER! Read Psalm 1:1-3

**KNOWING** – Delight is defined as “great pleasure”, “joy”, “gladness”. When we set ourselves to Know what God is saying we will begin to enjoy His Word even as it pierces our soul.

**DOING** - Ask the Lord today to save you from scoffing at things that are holy or precious. Refuse a cynical spirit. Tell the Lord how much you delight in His word. Ask the Lord to expand your prayer life until you are meditating in His word day and night. Now I invite you to write out the verse in Psalm 1 that is meaning the most to you today...

### Day 12 LISTENING

**BEING** - “Today, if you will hear His voice: ‘Do not harden your hearts, as in the rebellion, as in the day of trial in the wilderness.’” (Ps 95:7-8)

**KNOWING** - Because of hard hearts, the Israelites didn't believe and obey God. How important is this verse? Well, the writer of Hebrews quoted it six times. It's a good verse to talk to God about.

**DOING** - We want to cultivate the discipline of listening. Ask questions about it. As you ask what the verse is saying, also ask what the verse isn't saying. Close out your time today by expressing how eager you are to hear His voice. Whisper your affection to Jesus.

### Day 13 WRITING

**BEING** - "Bring the cloak that I left with Carpus at Troas when you come—and the books, especially the parchments." (2 Tim. 4:13)

**KNOWING** - Write it down. Evidence suggests that Paul journaled: In Paul's day, parchments were the equivalent of today's notepads. It seems that Paul, while reading Scripture, scribbled his Spirit-inspired insights onto pieces of parchment. They were so precious to him that, when asking Timothy to bring his belongings, he emphasized his longing to be reunited with his journal—his collection of parchments.

**DOING** - Decide today how you're going to write down what God is saying. Do it now, write down what God is saying to you today.

### Day 14 OBEYING

**BEING** - Let's start with this massive question from our Master: "But why do you call Me 'Lord, Lord,' and not do the things which I say?" (Luke 6:46)

**KNOWING** - Obedience isn't "the down side" of the Christian life, it's the liberating side. It makes our next steps with Him joyful and life-giving. James said that if we don't obey we deceive ourselves. When we do what we hear in the secret place, life becomes an adventure of next steps with Jesus.

**DOING** - Since you've decided to take this journey of 21 TOGETHER ask this question. Is there any area of life in which you've struggled to obey Christ? If so, write it down... Ask Him to make obedience a firm foundation so that your prayer life will be unshakable.

### Day 15 LOVING

**BEING** - "As the Father loved Me, I also have loved you; abide in My love... This is My commandment, that you love one another as I have loved you." (John 15:9, 12)

**KNOWING** - Prayer is all about love. Reduce prayer to its fundamental essence and you're left with love. Prayer is a return to our first love (Rev 2:4). Jesus said He loves us as the Father loves Him. What an amazing love! Then He said that we are to love one another with that very same love.

**DOING** - For I am persuaded that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come, nor height nor depth, nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord. I tell the truth in Christ, I am not lying... For I could wish that I myself were accursed from Christ for my brethren, my countrymen according to the flesh. (Rom 8:38-9:3) PRAY! Oh Lord, fill me with this love. Give me the heights of Romans 8 love. May this love so fill my heart that I might gain Romans 9 love for my fellow man. Give me this love! As you leave your secret place today, seek to fan this flame of love all day!

### Day 16 FASTING

**BEING** - "But you, when you fast, anoint your head and wash your face, so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly." (Matt 6:17-18)

**KNOWING** - Jesus taught that fasting is a secret part of our prayer life. Jesus said, When you fast. He seemed to assume it would happen, which means it's normal to a disciple's prayer

life. Fasting is not easy. It's tough on the appetite, the body, and the soul. It requires holy courage. Fasting is a biblical way to humble ourselves.

**DOING** – Write down what God is teaching you about fasting through 21 TOGETHER so far. As you go now, ask Him for grace to the next step in fasting.

### Day 17 REQUESTING

**BEING** – “Praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints.” (Eph 6:18)

**KNOWING** - The idea behind all prayer is all kinds of prayer. There are many ways to pray, including supplication (petition), thanksgiving, praise, intercession, adoration, meditation, etc.

**DOING** - Jesus prayed for Himself (John 17:15), and so may you. People: Pray for individuals by name. Circumstances: Pray for situations that need the Lord's intervention. Write down what God is saying. Have a marvelous day in Jesus!

### Day 18 BUILDING

**BEING** – There are many kinds of foundational prayers. For example, some people build their prayer life on the prayer Jesus gave us in (Matt 6:9-13)

**KNOWING** - To be consistent, prayer must be founded, rooted, a constant. Some people try to build their prayer life on feeling; while inspiring for a moment, it doesn't produce longevity in prayer. A constant prayer life is deliberate never dull; intentional not boring.

**DOING** - Take a minute with each phrase in the prayer Jesus taught. Develop your own cadence (rhythm) of walking and talking with Jesus. Begin to build consistency into your prayer life. Rejoice in the Lord today!

### Day 19 ENDURING

**BEING** – “For he who sows to his flesh will of the flesh reap corruption, but he who sows to the Spirit will of the Spirit reap everlasting life.” (Gal 6:8)

**KNOWING** - As we approach the culmination of 21 TOGETHER I want to highlight endurance in prayer. Endurance is key if we are to fulfill the reality Paul described of praying without ceasing (1 Thess 5:17). We're assured that when we sow to the Spirit we'll reap to the Spirit. As we sow to the secret place we'll eventually reap to the secret place. It's impossible to keep sowing to the Spirit without ultimately reaping authentic spiritual awakening. Enduring in prayer is the only way a prayer life is established.

**DOING** - Spend 20 uninterrupted minutes today in the secret place with Jesus, write down what He says. You're going to have an awesome day abiding in His love!

### Day 20 GROWING

**BEING** – “But grow in the grace and knowledge of our Lord and Savior Jesus Christ.” (2 Pet 3:18)

**KNOWING** – This is a marathon, not a sprint. The Holy Spirit is eager to help you endure all the way to the end. You have grace for the race! Trees grow slowly and steadily all their days. May this grace to grow be yours!

**DOING** – What has been the most meaningful moment for you in these 20 days? Write it down as a memorial. What victories have you experienced that gives you the confidence the Lord will continue to lead you forward in triumph? Write it as a memorial. Grow in the love of Christ. 21 TOGETHER isn't about discipline, determination and checking off boxes; it's about growing in fervent love for Jesus.

## Day 21 DOING

You have done it! Now, go and continue to do it daily! These last 21 TOGETHER have laid a foundation of prayer and fasting that the enemy cannot deal with! How do we do this Lord, they asked? This comes out only by prayer AND fasting.



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