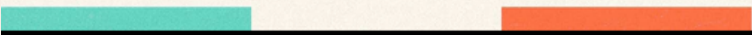





21 *days* OF
PRAYER
AND FASTING

January 15th - February 4th



Personal Prayer Guide

PRAYER RECORD

Perhaps you are already quite clear about what you'd like to pray for during this time of prayer and fasting. If not, don't fear. This prayer guide will help you stay focused and effective as you carry forward God's Presence, Power, Prophecy, and Power.

In the space below, begin jotting down your specific areas of prayer focus. Be sure to include how you sense the Lord leading you in the following areas:

Trust. How can I trust God with everything I have in 2023?

Heart Condition. What is the current state of my heart? Where do I need help?

Elimination. What do I need to get rid of?

Fuel. What do I need to add fuel to?

Committments. What am I specifically committed in order to grow personally & spiritually?

Prayer Requests. What are specific prayer requests for myself and others?

21 Days of Prayer

PRAYER

There are so many ways to pray powerfully. We encourage prayer formats that have a focused Scripture or topic you are praying for the day. The 21 Days of Prayer journals are a great resource to stay focused and unified to what the church is praying together. The TRIP Method we'll use guides us in: thanksgiving, repentance, intercession and personal prayer. We'll share each part below. The key is that we pray and more, specifically, pray in focus and rhythm. When you are praying the Word of God, we encourage you to utilize this format to keep the verse front and center.

Here's the prayer format we'll follow:

T

Thanksgiving. Begin your time of prayer with praise, thanksgiving, and adoration. Thank the Lord for His Word, for enlightening you, for making His Word come alive. Tell Him who He is based on what you've uncovered. Psalm 22:3 says that God inhabits the praises of His people. This act invites the Lord into our time of prayer.

R

Repentance. Isaiah 59:2 tells us that our sin has separated us from God so much so that He cannot hear us. After you have invited the Lord into prayer time through prayer, confess any areas needing forgiveness or acknowledgment of sin to the Lord. Do not skip this step. We include this act daily because we want to be in the habit of immediate (and frequent) confession and correction. Include the things that come to mind in general that are separating you from God, wrong actions against others and self, negativity/ cynicism, inaction, hard-heartedness, and anything that arises from what you have uncovered from meditating on the Scripture or prayer request.

I

Intercession. God uses His people's prayers to facilitate deliverance to others (Philippians 1:19, Ephesians 6:18). Perhaps during your time of study, someone strongly comes to mind. Don't be surprised when this happens more frequently as you increase your sensitivity to hearing God's voice. Pray for them! Or you may have a list of others that are in need of prayer. This is the time to intercede on their behalf.

P

Personal Prayer. Now enter a time of prayer for yourself. Thank the Lord for knowing you deeply and personally in every thought, fear, intention, and need. Here, you can reaffirm your desire to be like Him in every way and talk to God openly about the actions you are committed to.

LET'S PRACTICE

Take 5-10 minutes to pray around the theme of the day, single topic of focus, or Scripture. Outline specific prayer points in the boxes and end with a prayer to the Lord aloud.

5 MIN PRAYER

21 Days of Prayer

PRAYER FOCUS TODAY:

THANKSGIVING

REPENTANCE

INTERCESSION

PERSONAL PRAYER

©

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THANKSGIVING

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