

Prayer Guide – 21 Days of Prayer and Fasting

Sunday, Jan 11, 6 p.m. thru Saturday, Jan 31, 6 p.m.

- Read the Bible every day, pray every day and continue to fast.
- Use this as a weekly guide, but don't limit your prayers to these things, but do pray for these things daily

Sunday: Pray for the Body of Christ, especially those members in Fellowship at Sheridan Forest.

Phil 2:12-15 NLT - ¹² Dear friends, you always followed my instructions when I was with you. And now that I am away, it is even more important. Work hard to show the results of your salvation, obeying God with deep reverence and fear. ¹³ For God is working in you, giving you the desire and the power to do what pleases him. ¹⁴ Do everything without complaining and arguing, ¹⁵ so that no one can criticize you. Live clean, innocent lives as children of God, shining like bright lights in a world full of crooked and perverse people.

Eph 6:18 -19 NLT ¹⁸ Pray in the Spirit at all times and on every occasion. Stay alert and be persistent in your prayers for all believers everywhere. ¹⁹ And pray for me, too. Ask God to give me the right words so I can boldly explain God's mysterious plan that the Good News is for Jews and Gentiles alike. ²⁰ I am in chains now, still preaching this message as God's ambassador. So pray that I will keep on speaking boldly for him, as I should.

Monday: Pray for your relationship with God. Focus prayer on

Psalms 139:23-24 - Search me, O God, and know my heart; test me and know my anxious thoughts. ²⁴ Point out anything in me that offends you, and lead me along the path of everlasting life.

Review Sunday's Sermon – what did God say to you during the message. What did you miss that he was saying. What did the songs say to you. God, am I pleasing to you.

What about your Bible reading? What's God saying to you. This should be done daily, but especially focus on it today.

Tuesday: Focus prayer on the Lost. Pray specifically for someone in your pathway who does not know Jesus. Believe God will open the door of opportunity for you to share Jesus with them in word and by your life. Pray to lose boldness and bind timidity and intimidation.

Rom 1:14-17 NLT -¹⁴ For I have a great sense of obligation to people in both the civilized world and the rest of the world,^[a] to the educated and uneducated alike. ¹⁵ So I am eager to come to you in Rome, too, to preach the Good News.

¹⁶ For I am not ashamed of this Good News about Christ. It is the power of God at work, saving everyone who believes—the Jew first and also the Gentile.^[a] ¹⁷ This Good News tells us how God makes us right in his sight. This is accomplished from start to finish by faith. As the Scriptures say, “It is through faith that a righteous person has life.”

[2 Peter 3:9](#) - The Lord isn't really being slow about his promise, as some people think. No, he is being patient for your sake. He does not want anyone to be destroyed, but wants everyone to repent.

Rom 10:14 - ¹⁴ But how can they call on him to save them unless they believe in him? And how can they believe in him if they have never heard about him? And how can they hear about him unless someone tells them?

Mark 16:15-16 NLT- ¹⁵ And then he told them, “Go into all the world and preach the Good News to everyone. ¹⁶ Anyone who believes and is baptized will be saved. But anyone who refuses to believe will be condemned.

Wednesday: Pray for leaders: President, Leaders of Nations, School Principals, Teachers, Law enforcement, Military leaders, state and local governments.

1 Tim 1:22 - I urge you, first of all, to pray for all people. Ask God to help them; intercede on their behalf, and give thanks for them. 2 Pray this way for kings and all who are in authority so that we can live peaceful and quiet lives marked by godliness and dignity. 3 This is good and pleases God our Savior, 4 who wants everyone to be saved and to understand the truth.

Thursday – Pray for families:

God, Our Father, loving and merciful, bring together and keep all families in perfect unity of love and mutual support. Instill in each member the spirit of understanding and affection for each other. Keep quarrels and bitterness far from them, and for their occasional failures instill forgiveness and peace.

“Lord, draw children to You. Open their heart to understand the gospel and give them a desire to follow Jesus. Let their faith be real, lasting, and life-changing.”

Colossians 3:20 - Children, always obey your parents, for this pleases the Lord.

Colossians 3:21 - Fathers, do not aggravate your children, or they will become discouraged.

Friday – Marriage – Pray for your marriage and for others. Pray for those who desire God to send them a mate.

"Gracious Father, we come before you seeking unity and strength in our marriage. Help us to be united in purpose, understanding, and love, with hearts aligned and actions guided by You. May we speak with kindness, listen with grace, forgive quickly, and grow closer to You and each other each day. Rekindle the love that first brought us together and help us bear one another's burdens. Amen."

Key Themes in Marriage Prayers

Unity & Connection: Praying for aligned hearts, minds, and souls, creating a strong bond against challenges.

Communication: Asking for wisdom to speak truth in love, listen well, and have self-control.

Love & Sacrifice: Seeking to imitate Christ's sacrificial love, offering gentleness, empathy, and service to one's spouse.

Healing & Forgiveness: Inviting the Holy Spirit to mend past hurts, disappointments, and resentments.

Spiritual Growth: Desiring the marriage to reflect God's glory and to draw both partners closer to Him.

Protection: Asking for protection against external pressures, temptations, and negative influences that threaten the union.

Saturday – Pray for the gathering of believers on Sunday. Pray for those preparing to bring the Word of God. Pray that they will have ears to hear what the Spirit of God is saying to them.

Eph 4:11 NLT - Now these are the gifts Christ gave to the church: the apostles, the prophets, the evangelists, and the pastors and teachers. 12 Their responsibility is to equip God's people to do his work and build up the church, the body of Christ.

Pray for believers will recognize that they are important to the body and will know and do their special work

Eph 4:16 NLT - ¹⁶ He makes the whole body fit together perfectly. As each part does its own special work, it helps the other parts grow, so that the whole body is healthy and growing and full of love.

Pray for people coming to fellowship with other believers. Pray that they recognize and overcome every obstacle Satan puts in their way to keep them from gathering with believers.

Hebrews 10:25 - And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near.

Start with Sunday again.

You've got this! Keep going and remember your 21-day fast is about drawing closer to God, finding breakthrough, and resetting your soul, not self-punishment. Focus on prioritizing prayer and scripture, expect fresh spiritual insights, and trade temporary comforts (like food, media) for deeper joy in Jesus, knowing God honors your faith and will empower you for this powerful discipline.