

21 Days of Prayer & Fasting

PLUG INTO THE POWER OF PRAYER AND FASTING

PRAYER & FASTING GUIDE In this guide, you will find:

- Our Theme for this Year
- Guide to our 21 Days of Prayer & Fasting
- Accompanying Bible Reading Plan for the 21 Days
- Times of our Corporate Prayer
- Practical Tips for Fasting



OUR THEME THIS YEAR



THEME SCRIPTURES

For a great and effective door has opened to me, and there are many adversaries.

1 Corinthians 16:9

See, I have placed before you an open door that no one can shut.

Revelation 3:8

CONFSSION

This year, in 2026, God has set before me, a great and effective door.

Though there are many adversaries and challenges, it is a door that God Himself has opened to me that no one can shut.

In Jesus's Name!

PRAYER DECLARATION

Heavenly Father, thank You that You have set before me this year, an open door; a rare opportunity, for the sake of the Gospel. You have not opened the door for me to fail or to fall short. You have opened a door specifically for me; therefore, I know that You have equipped me with all I need to succeed. Your plan for my life is one of victory. Thank You for the supernatural weapons You have given me through Christ. I thank You for Your wisdom to know what to do and how to do it.

I confess that I do not draw back, but I move forward in the power of the Spirit to walk through the open doors You have set before me this year!

By the wisdom and the power of the Holy Spirit, I put on Your mighty strength to exercise the courage and perseverance I need to obey You and to force my adversaries to move out of the way!

I thank You in Jesus' name. AMEN!

21 DAY GUIDE

Acts 19 is where we see the Apostle Paul in Ephesus, the city that God had opened a great and effective door to him. In reading through Acts 19, we find a number of strategies that Paul adopted that we can use to pray through during our 21 days and believe to see the same results that he experienced.

We also want to undergird our Prayer & Fasting time with a devotional Bible Reading. So, at the beginning of each day, can we encourage you to read one chapter from the Gospel of John each day,

and at the end of our 21 days, you will also have read the whole book of John which has 21 chapters.

For the Prayer time, there is a 3-point structure you can use, incorporating a time of:

Confession, using the Confession Prayer on page 2

Prayer Points, using the Scriptures provided for that day Finishing with the **Prayer Declaration** on page 3

DAY 1 TO DAY 3:

PSALM 100 "ENTER HIS GATES WITH THANKSGIVING AND HIS COURTS WITH PRAISE"

Bible Reading **John Chapters 1 to 3**

Confession

Prayer Points:

- To come in thanksgiving, praise and worship; Psalm 100
- To lay down our agenda, our ways, our own desires; Matthew 22:37-39
- To align ourselves with what God wants to do in us and through us; Joshua 3:5; Romans 12:1.
- Pray that God's plan and purpose for us this year, 2026, shall be fulfilled; Jeremiah 29:11-13

Finish With Prayer Declaration

DAY 4 TO DAY 6:

ACTS 19v.1 "THERE HE FOUND SOME DISCIPLES"

Bible Reading **John Chapters 4 to 6**

Confession

Prayer Points:

- New level of unity amongst us; Psalm 133; 1 Corinthians 1:10; Colossians 3:13-14; John 17:23; Genesis 11:6
- A devotion to one another, the apostles teaching, to the fellowship, to the breaking of bread and to prayer; Acts 2:42-47

Finish With Prayer Declaration

DAY 7 TO DAY 9:

19v.2,6 "HAVE YOU BEEN FILLED WITH THE HOLY SPIRIT"

Bible Reading **John Chapters 7 to 9**

Confession

Prayer Points:

- For new depths of intimacy with the Person of the Holy Spirit; Zechariah 4:6; 2 Corinthians 13:14; John 16:12-15
- For a new and renewed filling of the Holy Spirit; Acts 2:4; Eph 5:18

Finish With Prayer Declaration

DAY 10 TO DAY 12:

ACTS 19v.9 "HE TOOK THE DISCIPLES WITH HIM AND HAD DISCUSSIONS DAILY IN THE LECTURE HALL OF TYRANNUS"

Bible Reading **John Chapters 10 to 12**

Confession

Prayer Points:

- For a renewed love of and hunger for the Word of God; Proverbs 4:20-21; Joshua 1:8
- To allow the Word first place in our lives and to be doers of the Word; James 1:20-25; Matthew 7:24-27

Finish With Prayer Declaration

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DAY 13 TO 15:

ACTS 19v.12 "GOD DID EXTRAORDINARY MIRACLES THROUGH PAUL"

Bible Reading **John Chapters 13 to 15**

Confession

Prayer Points:

- That God would announce us in this city through miracles signs and wonders. For us to be solution bringers in our community; Mark 16:20; Acts 5:12-16.
- To rise up in our authority and power as believers to be and to do all that God has called us to; Luke 9:1; 10:19; James 4:7

Finish With Prayer Declaration

DAY 16 TO DAY 18:

ACTS 19v.17-19 "THE NAME OF THE LORD WAS HELD IN HIGH HONOUR"

Bible Reading **John Chapters 16 to 18**

Confession

Prayer Points:

- That at the Name of Jesus that every knee shall bow and every tongue confess that Jesus Christ is Lord to the glory of the Father; Philippians 2:6-11
- For justice against our adversaries; Luke 18:1-8; Psalm 89:14-17

Finish With Prayer Declaration

DAY 19 TO DAY 21

1 CORINTHIANS 16v.9 "BUT I WILL STAY ON UNTIL PENTECOST (AN OUTPOURING OF THE SPIRIT)

Bible Reading **John Chapters 19 to 21**

Confession

Prayer Points:

- For an outpouring of the Spirit in Re Church and in other churches in our community; Acts 2:4; 4:31 & 13:52
- For an outpouring of healing and the gifts of the Spirit; 1 Corinthians 12:1-11
- For the Church to be a safe place, a hiding place, a life changing place for the vulnerable, the weak; the disenfranchised, the homeless, the sick, and the widows and orphans; Mathew 5:13-16; 1 Samuel 22:2

Finish With Prayer Declaration

TIMES OF PRAYER

We will be praying weekly on Sundays, Tuesdays and Wednesdays, times as set out below.

| Day | Times |
|-----------|--------------------------------|
| Sunday | 10am to 10.20am before Service |
| Tuesday | 12pm to 1pm |
| Wednesday | 7pm to 8.30pm |

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PRACTICAL TIPS

- If you are fasting for the first time, you might begin by missing a meal or two. Over time, you can build up to a full day or more.
- The normal fast involves abstaining from all forms of food, but not from water, and commonly lasts 24 hours, from sunrise to sunrise.
- A complete fast means drinking only water. Drink plenty of water. (This is always a good idea – whether you're fasting or not!)
- Continue to drink plenty of water. Apple or watermelon juice is a great morale booster.
- Consult your doctor if you are unsure of any headaches or bodily reactions.

THERE IS NO SUCH THING AS FAILING AT FASTING!

Fasting is not limited to abstaining from food. If you have a health condition and it's not advisable to go without food, consider fasting from whatever it is that takes your focus away from God or consumes your time. Eg TV, X Box, Social Media.

Before the Day of Prayer and Fasting:

- Plan how you will devote yourself to a day of prayer and fasting.
- Plan when you will have times of prayer during the day of fasting.

On the Day(s) of Prayer and Fasting:

For the Prayer time, there is a 3-point structure you can use, incorporating a time of:

- **Confession**, using the Confession Prayer on page 2
- **Prayer Points**, using the Scriptures provided for that day
- Finishing with the **Prayer Declaration** on page 3

FINALLY

Thank you for being part of this time of Church Prayer & Fasting. Together, let's believe for God to do great things amongst us as we set focused time aside to seek His face. **Every blessing**