



21 Days of Prayer and Fasting

**Twenty-one days of hearing God speak, seeing Him act,
and experiencing the change He brings.**

When we listen, God speaks.

When we obey, God acts.

When God moves, we change.

January 3 - 23, 2022



God loves to speak. He is not silent or distant. He longs for you to live with the knowledge of His love and perfect will. The question isn't whether God speaks. The question is, will you listen? At the heart of the Gospel lies a story of One who would go to the greatest lengths to restore His relationship with humanity. Any good relationship requires good communication. It is natural then for God's children to desire to hear God's voice.

In John 10:27, Jesus said, "My sheep listen to my voice; I know them, and they follow me." Jesus promises us that when we pray and seek Him, He will listen. Thankfully, God has made sure that hearing His voice is not just reserved for "super-spiritual" Christians but for everyone who will listen.

As we begin our 21 days of prayer and fasting, I encourage you to be receptive and sensitive to what God wants to speak to you. The God we serve is not absent, uninvolved, or distant. He longs for us to connect with Him on a deeper, more intimate level.

You see, God has placed his Spirit within you – closer than you can imagine. Ask the Holy Spirit to reveal God's word to you, then listen with an obedient, receptive heart, and watch what God does!

It has been said...

When we listen, God speaks.
When we obey, God acts.
When God moves, we change.

It is my hope and prayer that at the end of these 21 days of prayer and fasting, that you will find yourself walking, hearing, and talking with God daily.

Pastor Steve Owens

Getting The Most Out of These 21 Days

- 1) Set aside time each day for personal prayer and reflection.
- 2) Use the 21-day journal as a guide and record what God is speaking.
 - Use the hardcopy journal or the online journal on the app or at myreallife.com.
- 3) Be encouraged by a daily message on our social media.
- 4) Choose a fasting method. See some examples for fasting below.
- 5) Come together each weeknight at the church from 7-8 pm for prayer.

The Purpose of Fasting

Biblical fasting is a denial of food for a set period. The intent is not to simply be hungry but to focus the body, mind, and soul on God. Fasting is referenced and used in the Old Testament, in the life of Jesus, and for thousands of years in Church history. Fasting has been considered a core practice for Christ-followers across the globe.

Today, we live in a culture of excess. We overconsume food, entertainment, and luxury while addiction and brokenness go unchecked. For so many of us, the desires of our bodies have come to hold power over us. In the battle with our flesh, we have become slaves, not masters. Fasting is the first step towards freedom from this bondage as we give the Holy Spirit access and space to change and shape our desires and habits.

Fasting is not a work to be performed but an act of obedience to the Father.

Examples for fasting:

- Daniel fast or a modified Daniel fast (no meat, no caffeine, no sweets).
- Hybrid fast (water only one day, followed by a modified Daniel fast).
- Family fast including children (modified Daniel, no between-meal snacks or sweets).
- Skip one or two meals per day.

WEEK ONE:

WHEN WE LISTEN, GOD SPEAKS

Often speaking comes much quicker than listening. These difficulties increase when distracted by something, too focused on problems, or more focused on our response. All these things create difficulties hearing God.

Our goal for week one is to listen for God's voice and grasp what He is saying to us by:

- **Monday:** Cultivating quiet and believing God wants to speak
- **Tuesday:** Reading the bible as a conversation with God.
- **Wednesday:** Asking the Holy Spirit to be our helper, teacher, and guide
- **Thursday:** Praying God's word back to Him
- **Friday:** Asking God the questions in our hearts

Monday, January 3rd

Cultivating quiet and believing God wants to speak

There is an external quiet – a shutting down of the noise around us. There is also an internal quiet – a shutting down anxiousness and distractions in our hearts. Psalm 62:5 says, “Yes my soul, find rest in God; my hope comes from Him.” Start living with the belief that all God says in His word is truth, that He indeed listens to and speaks with us. Pray the following scriptural truths and let them become the ultimate truth.

Exploring His Word:

Psalm 62:5, Psalm 46:10, 1 Peter 3:10, 1 John 5:15, Jeremiah 29:12-13, Psalm 66:17-20, Philippians 4:6, Matthew 6:6, Hebrews 4:6

Journal Notes:

Tuesday, January 4th

Reading the Bible as a conversation with God

God's words are alive, eternal, and not bound by time. We hear from God as the Holy Spirit begins to engage our minds. He draws our attention to the deeper truths He has for us. Read from His word and discuss with the author Himself.

Exploring His Word:

Psalm 1, Psalm 8, Psalm 20

Journal Notes:

Wednesday, January 5th

Asking the Holy Spirit to be our helper, teacher, and guide

Ask the Holy Spirit to reveal truth while reading God's word (Isaiah 50:4b). His word is living and active through the work of the Holy Spirit (Hebrews 4:12). In Ephesians 3:14-19, the Apostle Paul prays for and tells us that the love of God is beyond knowledge but can be grasped by the power of the Holy Spirit. Start by asking the Holy Spirit to guide us into all understanding, teach us, and help us know what God has for us today.

Exploring His Word:

Isaiah 50:4b, Hebrews 4:12, Ephesians 3:14-19, Romans 12

Journal Notes:

Thursday, January 6th

Praying God's word back to Him

God's word is praised in different ways. Try praying His living word back to Him, which positions us to fall into agreement with Him. He will then begin ministering to our innermost spirit. Make the words into personal prayer and ask the Holy Spirit to reveal what God is speaking in these words.

Exploring His Word:

Psalm 1, Psalm 8, Psalm 20

Journal Notes:

Friday, January 7th

Asking God the questions in our hearts

Sometimes the question is simply "why"? Why did this happen? What is next? Am I loved? Asking God-specific questions narrows the focus and transitions us into a posture of listening. Our Heavenly Father longs to share with us His wisdom, His love, and the next steps in His plans. He knows His plans, and his plans are better than ours. Ask God the questions and allow Him to reveal His truths.

Exploring His Word:

John 14:26, Proverbs 3:5-6, Proverbs 16:9, Psalm 119:105, Psalm 37:23, 1 Kings 12:19

Journal Notes:

Saturday, January 8th

Review notes and ask God for a reminder of what He wanted us to hear this week

Journal Notes:

Sunday, January 9th

Review notes and ask God for a reminder of what He wanted us to hear this week

Journal Notes:

WEEK TWO: WHEN WE OBEY, GOD ACTS

Biblical obedience is hearing God's word and acting accordingly. John Maxwell wrote, "true success is obeying God." God desires us to follow Him and His ways. Saying yes to what He's calling us to do. However, the enemy of our souls wants us to engage him in a lifelong struggle saying no to his temptations. Turn attention away from the enemy and back to Jesus, for His commandments are good. It is Jesus who challenged those around Him saying, "Why do you call me 'Lord, Lord', and not do what I tell you?" (Luke 6:46)

Our goal for week two is to determine where God is asking us to say yes. As Mary said to the servants in John 2:5, "Do whatever he tells you." We will explore obedience by:

- **Monday:** Seeking His forgiveness
- **Tuesday:** Forgiving and releasing others
- **Wednesday:** Speaking life into people
- **Thursday:** Serving the Lord
- **Friday:** Being generous with talents and resources

Monday, January 10th

Seeking His forgiveness

We need daily cleansing, whether because we walk in a filthy world or due to an offense of our commission. Jesus calls us to repent and allow His righteousness to pour over us afresh, for it is "by His sacrifice He has declared you perfect." (Heb 10:14). He then guides us into His holiness. Begin renewed and refreshed today by seeking the forgiveness He freely offers, finding steps lightened and joy restored. This is an act of obedience.

Exploring His Word:

1 John 1:9, Psalm 51, Hebrews 10:14, Psalm 30:11, Isaiah 61:1-6, Malachi 4:2

Journal Notes:

Tuesday, January 11th

Forgiving and releasing others

Unforgiveness is weighty on our soul, and it holds us captive to anger or despair. Forgiveness frees us from offense when we forgive others, for it no longer keeps us captive. It also loosens the chains of guilt on the other person. This includes major offenses and small ones—like an unthoughtful or hurtful word spoken by a friend or colleague. Jesus commands us to forgive one another as we are forgiven. When we ask Jesus for forgiveness, He releases us of sin and gains a relationship with us. Likewise, when we forgive and release others, we gain joy and resemble Jesus. What offense is Jesus calling to be forgiven and released today? Obey and discover joy returning.

Exploring His Word:

2 Corinthians 2:10-11, Colossians 3:13, Matthew 18:21-22, Mark 11:25, Hebrews 12:15,

Journal Notes:

Wednesday, January 12th

Speaking life into people

The words we speak to someone can impact the trajectory of their whole day. A word of affirmation or encouragement can lift them, and a harsh word can take their day on an entirely different trajectory. Our words have power, and God brings people to us each day that need it. We are called to speak life over others— Whatever is true, noble, right, pure, lovely, admirable, excellent, or praiseworthy (Philippians 4:8).

Exploring His Word:

Philippians 4:8, Proverbs 18:21

Journal Notes:

Thursday, January 13th

Serving the Lord

We are commanded to love one another, which requires serving one another. Serving others is an act of love. In serving, we resemble Jesus for “the son of man did not come to serve but to give His life as a ransom for many” (Matthew 20:28). Jesus tells us that meeting the needs of others is serving Him (Matthew 25:31-46). The Lord calls us to serve others such as church members, neighbors, or family members in need. Ask Him, and He will give us the gift of serving others.

Exploring His Word:

1 Peter 4:11, Matthew 20:28, Matthew 25:31-46

Journal Notes:

Friday, January 14th

Being generous with talents and resources

Living generously is living in obedience. It reveals the character of God in us, for He is generous. God enjoys giving to us, and He wants us to have that same joy when we give to others. The Holy Spirit reveals opportunities to lend to others and serve. Ask our Heavenly Father how to be generous like Him.

Exploring His Word:

Proverbs 11:25, 2 Corinthians 9:7, 2 Corinthians 9:11, Psalm 112:5, 2 Corinthians 9:6, Malachi 3:10

Journal Notes:

Saturday, January 15th

Review notes and ask God for a reminder of how He calls us to obedience this week

Journal Notes:

Sunday, January 16th

Review notes and ask God for a reminder of how He calls us to obedience this week

Journal Notes:

WEEK THREE:

WHEN GOD MOVES, WE CHANGE

The Holy Spirit seeks to reveal Jesus to us, in us, and through us. God sees us as masterpieces. Bill Johnson says, “His process and pruning are always meant to reveal our true identity and release us into the fullness of life.”

Our goal for week three is to allow God the freedom to bring about the change in us and around us. It is about allowing God to bring change by:

- **Monday:** Revealing our identity
- **Tuesday:** Restoring His masterpiece
- **Wednesday:** Revealing His character through us
- **Thursday:** Making us bearers of His fruit
- **Friday:** Fulfilling our destiny in Him

Monday, January 17th

Revealing our identity

Change how we read Genesis 1:26-27. It should stir a response of “Wow - we are made in the very image of the One who is high and above all things.” He has called us His children of the King and friends of God. We are invited to come into His presence boldly and confidently. The whole earth waits in eager anticipation for the sons and daughters of God to be revealed and to walk in their identity. Reflect on God’s word and ask Him to restore our identity in Him. Pray for His identity and come into agreement with Him.

Exploring His Word:

Genesis 1:26-27, Romans 8:14-15, Romans 8:29-30, Ephesians 3:12, Psalm 24:3-4

Journal Notes:

Tuesday, January 18th

Restoring His masterpiece

We tend to see what we have been; God sees what we are becoming. God affirms us in our doubts and grants us the highest titles. We see our past mistakes, but God sees us perfected in Jesus. In Christ Jesus, we are a new creation. The old has gone, and the new has come! We used to be dead in sin, following a different spirit, and we are now alive and seated with Christ. God remakes us as His handiwork created for good works (Eph 2:1-9). Pray in agreement with our Heavenly Father and ask him to complete the work of restoration He has already begun.

Exploring His Word:

2 Corinthians 5:17, Ephesians 2:1-9, Isaiah 43:19

Journal Notes:

Wednesday, January 19th

Revealing His character through us

The attributes and character of God are immense, and we are called to reflect His character. We are called to holiness, for He is holy. We are called to be good, faithful, forgiving, joyful, a light in the darkness, righteous, protecting the innocent, a servant to all, upright, and victorious. Examine His nature in the scriptures below. Then pray and ask God what aspect of His nature He would choose to highlight in us today.

Exploring His Word:

Leviticus 11:44, 3 John 1:11, Revelations 1:5, 1 John 1:9, Isaiah 56:7, Isaiah 9:2, Matthew 5:16, Deuteronomy 32:4, Psalm 121:7, Acts 3:26, Psalm 25:8, 1 Corinthians 15:57

Journal Notes:

Thursday, January 20th

Making us bearers of His fruit

A fruit tree is beautiful and full of promise. Its value is found, and its purpose is fulfilled when it releases its fruit to those who come near. Likewise, we are called to be filled with the fruit of the Holy Spirit: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Our value is found, and purpose fulfilled when we release this fruit to those who desperately need it. This is more than an act of generosity. It disarms the tools of the enemy. Graham Cooke said, “You can defeat the enemy by living in love with God. You can weary him by your joy. You can depress him with your peace. You can overwhelm him with your patience. You can frustrate him with your kindness. I love that! Just by being everything you are for God, you are automatically against the enemy”. Pray for these fruits He freely gives.

Exploring His Word:

2 Corinthians 5:17, Ephesians 2:1-9, Isaiah 43:19

Journal Notes:



Friday, January 21st

Fulfilling our destiny in Him

God enables us to fulfill our destiny. Clive Calver said it well, “To be in Christ – that is redemption, but for Christ to be in you – that is sanctification! To be in Christ makes you fit for heaven, but for Christ to be in you, that makes you fit for earth! To be in Christ – that changes your destination, but for Christ to be in you – that changes your destiny! The one makes Heaven your home – the other makes this world His workshop.” It is all about letting Jesus be Lord of our lives. It is about allowing Jesus to complete the work He began. It is allowing Him to do whatever He wants. Pray and ask Jesus to have free reign in our lives. Ask Him to fulfill the destiny He has planned.

Exploring His Word:

Proverbs 11:25, 2 Corinthians 9:7, 2 Corinthians 9:11, Psalm 112:5, 2 Corinthians 9:6,

Journal Notes:



Saturday, January 22nd

Review notes and ask God to reveal the change He is bringing about

Journal Notes:

Sunday, January 23rd

Review notes and ask God to reveal the change He is bringing about

Journal Notes:

