



DAYS OF PRAYER

**FAMILY HARVEST
CHURCH**



Prayer Focus – 21 Days of Prayer

Dates: _____

Every Day Prayer Focus

- Humble ourselves. Asking for forgiveness for our sins and the sins of our land. (2 Chronicles 7:14)
- Seeking God. Declaring our dependence on God in every area of our lives. (1 Chronicles 16:11)
- His Kingdom Come. Praying for the completion of the Great Commission and for revival in our generation. (Matthew 6:10)
- Hear from Heaven. Invite the Presence of God in our church and our lives. Pray for souls to be saved, signs, wonders, miracles, and transformed lives. (Exodus 33:15)
- Believing God for answered prayer to our specific needs – Connection Cards, Pastoral Care Update Cards, and prayer requests. (Philippians 4:6)

Daily Prayer Focus

Day 1 – (Church service prayer)

Day 2 – Our Leaders – Nation, State, and City (1 Timothy 2:1-2)

Day 3 – Our Pastors, church staff, small group leaders, dream teamers, overseers, trustees, elders (1 Thessalonians 5:12)

Day 4 – Our Communities – Suffolk - Hampton Roads - VA (Jeremiah 29:7)

Day 5 – Our Local Missions – Outreach, Benevolence, Recovery, Evangelism (Luke 4:18-19)

Day 6 – Our National Missions – North America Church Plants (Acts 16:5)

Day 7 – Our International Missions – Caribbean, Asia, Africa, Europe, Central America, unreached people groups, church planting, leadership development (Matthew 24:14)

MY PERSONAL PRAYER REQUEST:

DATE ANSWERED

1- _____	_____
2- _____	_____
3- _____	_____
4- _____	_____
5- _____	_____
6- _____	_____
7- _____	_____
8- _____	_____
9- _____	_____
10- _____	_____

THE LORD’S PRAYER

One day Jesus was praying in a certain place. When He finished, one of his disciples said to him, “Lord, teach us to pray” Luke 11:1).

“Our Father in heaven, hallowed be your name, your kingdom come, your will be done on earth as it is in heaven. Give us today our daily bread. Forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one, for yours is the kingdom and the power and the glory forever (Matthew 6:9-13)

21 DAYS OF PRAYER IS FOR YOU

If you sense God has more for your life, 21 Days of Prayer is a great place to start believing Him for all that He has for you. As you practice seeking Him first, He will move on your behalf like never before. You will start to see the power of prayer impact your relationships, work, family, and every area of your life. Whether you join us in person or online, we would love for you to be part of 21 Days of Prayer.

- Day 8** – (Church service prayer)
- Day 9** – The Lost – services, community, family members (Romans 8:15)
- Day 10** – Small Groups – leaders, members, real life change (Hebrews 10:24-25)
- Day 11** – Discipleship and Dream Team – leadership development, covering over every leader, fresh vision (Philippians 1:6)
- Day 12** – Children, Students, (Psalm 127:3-5)
- Day 13** – Families and marriages (Proverbs 24:3-4)
- Day 14** – Workers to serve the kingdom of God (Matthew 9:37-38)

- Day 15** – (Church service prayer)
- Day 16** – My Church – Vision for this year and beyond”, building projects, finances, leaders (Matthew 16:18)
- Day 17** – My Vision for this year and beyond – fresh vision, dreams fulfilled, making a difference (Proverbs 21:30)
- Day 18** – My Place of Influence – home, workplace, school (Matthew 5:13-14)
- Day 19** – My Freedom – personal freedom and deliverance, breakthrough in every area (Isaiah 54:17)
- Day 20** – My Needs – finances, health, family members to be saved and other personal needs (1 Peter 5:7)
- Day 21** – Rejoice and thank God for His faithfulness. (1 Corinthians 1:9)

MY PRAYER TARGETS FOR GOD’S BLESSING: DATE ANSWERED

1-	_____	_____
2-	_____	_____
3-	_____	_____
4-	_____	_____
5-	_____	_____
6-	_____	_____
7-	_____	_____
8-	_____	_____
9-	_____	_____
10-	_____	_____

- 1- Pray the Father would draw them to Jesus (John 6:44)
- 2 - Bind the spirit that binds their minds (2 Corinthians 4:4)
- 3 - Loose the spirit of adoption (Sonship (Romans 8:15)
- 4 - Pray that believers will cross their paths and enter into a positive relationship with them (Matthew 9:38)
- 5 - Loose the spirit of wisdom and revelation on them so they may know God better (Ephesians 1:17)

21 Days of Prayer And Fasting

Dates: _____

PRAYER AND FASTING

During the January season of 21 Days of Prayer, we encourage fasting as a spiritual next step that can bring clarity and revelation into your life. Of course, you can also choose to fast at other times

FASTING

The goal of fasting is to draw nearer to God. Biblical fasting always has to do with ***eliminating distractions for a spiritual purpose***; it hits the reset button of our soul and renews us from the inside out. It also enables us to celebrate the goodness and mercy of God and prepares our hearts for all the good things God desires to bring into our lives. Remember, your personal fast should present a level of challenge, but it is very important to know your body, your options, and, most importantly, to seek God in prayer and follow what the Holy Spirit leads you to do.

TYPES OF FASTS

Your personal fast should present a level of challenge, but it is very important to know your body, your options, and most importantly, to seek God in prayer and follow what the Holy Spirit leads you to do.

COMPLETE FAST:

In this type of fast, you drink only liquids, typically water with light juices as an option.

SELECTIVE FAST:

This type of fast involves removing certain elements from your diet. One example of a selective fast is the Daniel Fast, during which you remove meat, sweets, and bread from your diet and consume water and juice for fluids and fruits and vegetables for food.

PARTIAL FAST

This fast is sometimes called the “Jewish Fast” and involves abstaining from eating any type of food in the morning and afternoon. This can either correlate to specific times of the day, such as 6:00 am to 3:00 pm, or from sunup to sundown.

SOUL FAST

This fast is a great option if you do not have much experience fasting food, have health issues that prevent you from fasting food, or if you wish to refocus certain areas of your life that are out of balance. For example, you might choose to stop using social media or watching television for the duration of the fast and then carefully bring that element back into your life in healthy doses at the conclusion of the fast.

TIMING OF A FAST

Timing of a fast, update description: At Family Harvest, we encourage fasting for 21 days each year in the month of January and August. This is part of 21 Days of Prayer and Fasting, a season of focused prayer as a church family. You may also choose to fast at other times during the year for your own spiritual development. It’s very typical to fast a single meal, a whole day, or three days or more.

The timing of your fast is not as important as the strength of your focus on God as you fast.

Scripture References

Matthew 6:16-18

Matthew 9:14-15

Luke 18:9-14