



**DAYS OF
PRAYER AND FASTING**

NORTHWEST
C H U R C H



DAYS OF PRAYER AND FASTING GUIDE

WHAT IS FASTING?

Fasting is the abstinence from food or something of significance with a spiritual goal in mind for a spiritual purpose. Prayer and fasting is the gateway to God's supernatural power.

WHY DO WE FAST?

- Prayer and Fasting is not optional.

Joel 2:12-13 (NLT), 12 "That is why the Lord says, "Turn to me now, while there is time. Give me your hearts. Come with fasting, weeping, and mourning. 13 Don't tear your clothing in your grief, but tear your hearts instead." Return to the Lord your God, for he is merciful and compassionate, slow to get angry and filled with unfailing love. He is eager to relent and not punish."

- When we pray and fast, we are following the examples set in the Bible by Moses, Daniel, Jesus and several others.

HOW DO WE PREPARE?

- Ask God to prepare you emotionally, physically, and spiritually for the 21 Days of Prayer and Fasting.
- Resist the urge to have that "last big feast" before the fast. Cutting down on your meals a few days before you begin the prayer and fasting will signal your mind, stomach, and appetite that less food is acceptable.



DAYS OF PRAYER AND FASTING GUIDE

WHEN DO WE START?

Northwest Church will be participating in the Daniel Fast beginning **Sunday, January 10th, at sundown** and ending **Sunday, January 31st, at sundown**. The Daniel Fast is a biblically based partial fast found in Daniel 1:11-20 and Daniel 10:2-3. One of the great things about the Daniel Fast is that you are not limited to any specific amount of food, but rather to the kinds of food you can eat.

Daniel 10:3 (ESV), "I ate no delicacies, no meat or wine entered my mouth, nor did I anoint myself at all, for the full three weeks."

Key Components to the Daniel Fast:

- **ONLY** fruits, vegetables, nuts, beans, legumes & whole grains.
- **ONLY** water or natural fruit juice for a beverage.
- **NO** sweeteners, breads, meat, eggs or dairy products.

**Go to www.daniel-fast.com for recipes and nutrition information.*

IMPORTANT REMINDERS WHILE PRAYING & FASTING:

Maintain a Schedule while praying and fasting.

- Set aside a time and place each time you pray and fast so that your focus can be on experiencing God.

Sustainability.

- Prayer and Fasting is not easy, so it is important to set goals that will challenge you but remain realistic for sustainability.

21 DAYS OF PRAYER AND FASTING GUIDE

DAY 1: GIVE THANKS FOR OTHERS

1 Thessalonians 1:2 (NLT) "2 We always thank God for all of you and pray for you constantly."

JOURNAL

Who am I thankful for? How can I pray for them today?

[illegible]

21

DAYS OF PRAYER AND FASTING GUIDE

DAY 2: INTERCESSORY PRAYER

1 Timothy 2:1 (NLT) “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”

JOURNAL

Who can I pray for today? What are some specific things that I can pray for them about?

[illegible]

21

Joshua 24:15 (NLT) “But as for me and my family, we will serve the Lord.”

JOURNAL

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

21

DAYS OF PRAYER AND FASTING GUIDE

DAY 4: OUR NATION

2 Chronicles 7:14 (NLT) "Then if my people who are called by my name will humble themselves and pray and seek my face and turn from their wicked ways, I will hear from heaven, and I will forgive their sin and will heal their land."

JOURNAL

Pray that God would bring healing and unity to our nation. Pray specifically that God would grant wisdom to local, state, and national leaders.

[illegible]

21 DAYS OF PRAYER AND FASTING GUIDE

DAY 5: EDUCATORS AND STUDENTS

Psalm 34:7 (NLT) “For the angel of the Lord is a guard; he surrounds and defends all who fear him.”

JOURNAL

Do I personally know a student or an educator to be praying for? What local school can I continue to pray for God's protection over today?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

21 DAYS OF PRAYER AND FASTING GUIDE

21 DAYS OF PRAYER AND FASTING GUIDE

DAY 6: MY WORKSPACE

Colossians 3:23 (NLT) "Work willingly at whatever you do, as though you were working for the Lord rather than for people."

JOURNAL

Am I a person of integrity at work? In what ways can I change the way I work or serve those in authority over me in order to please God?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

21

Colossians 4:5-6 (NLT) “5 Live wisely among those who are not believers, and make the most of every opportunity. 6 Let your conversation be gracious and attractive so that you will have the right response for everyone.”

JOURNAL

[illegible]

21

1 Peter 3:15 (NLT) “But in your hearts revere Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have.”

JOURNAL

[illegible]

21 DAYS OF PRAYER AND FASTING GUIDE

DAY 9: CONFIDENCE TO SHARE MY FAITH

Romans 1:16 (NLT) "For I am not ashamed of this Good News about Christ. It is the power of God at work, saving everyone who believes."

JOURNAL

I pray that God would give me confidence to share my faith with others.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

21 DAYS OF PRAYER AND FASTING GUIDE

DAY 10: POWER TO SHARE MY FAITH

Acts 1:8 (NLT) “But you will receive power when the Holy Spirit comes upon you. And you will be my witnesses, telling people about me everywhere—in Jerusalem, throughout Judea, in Samaria, and to the ends of the earth.”

JOURNAL

How often do I rely on my own strength to share my faith in Christ?
I pray for the Holy Spirit to give me power to tell others about what
Christ has done in my life.

[illegible]

21 DAYS OF PRAYER AND FASTING GUIDE

DAY 11: RESPONSIBILITY TO SHARE MY FAITH

2 Corinthians 5:20 (NLT) “Because we understand our fearful responsibility to the Lord, we work hard to persuade others.”

JOURNAL

It is my responsibility as a Christ-follower to tell others about Him.
When I see others, may I be reminded of my responsibility to share my
faith with them.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

21

DAYS OF PRAYER AND FASTING GUIDE

DAY 12: LOVE OTHERS

Romans 12:9 (NLT) “Don’t just pretend to love others. Really love them.”

JOURNAL

Holy Spirit, help me to love others and see them as You love and see them. What can I do today to show love to someone by my actions?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

21

Romans 12:8 (NLT) “If your gift is to encourage others, be encouraging. If it is giving, give generously. If God has given you leadership ability, take the responsibility seriously. And if you have a gift for showing kindness to others, do it gladly.”

JOURNAL

What gift do I feel the Holy Spirit has given me to Serve Others? Am I currently using that gift?

[illegible]

21

DAYS OF PRAYER AND FASTING GUIDE

DAY 14: SERVING IS WORSHIP

Matthew 5:16 (NLT) "In the same way, let your good deeds shine out for all to see, so that everyone will praise your heavenly Father."

JOURNAL

This verse commands me to do good so EVERYONE can praise God.
What can I do to Serve Others today that is an act of worship?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

21

Matthew 25:40 (NLT) “‘And the King will say, ‘I tell you the truth, when you did it to one of the least of these my brothers and sisters, you were doing it to me!’”

JOURNAL

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on its right side, suggesting it's resting on a surface.

DAYS OF PRAYER AND FASTING GUIDE

1 Samuel 12:24 (NLT) "But be sure to fear the Lord and faithfully serve him. Think of all the wonderful things he has done for you."

Am I serving faithfully? What are some ways that I can serve faithfully?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

21 DAYS OF PRAYER AND FASTING GUIDE

DAY 17: BE READY TO SERVE

Romans 12:13 (NLT) “When God’s people are in need, be ready to help them. Always be eager to practice hospitality.”

JOURNAL

As a follower of Christ, I must always be ready to help others. Do I need a change of heart to be eager and willing to Serve Others?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

21

DAYS OF PRAYER AND FASTING GUIDE

DAY 18: GIVING IS WORSHIP

Mark 12:43 (NLT) “Jesus called his disciples to him and said, “I tell you the truth, this poor widow has given more than all the others who are making contributions.”

JOURNAL

Do I give my least or do I give my best? Do I worship God with everything I have?

[illegible]

21

Proverbs 19:17 (NLT) "If you help the poor, you are lending to the Lord—and he will repay you!"

JOURNAL

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

21

DAYS OF PRAYER AND FASTING GUIDE

DAY 20: HEART OF GIVING

Matthew 6:21 (NLT) "Wherever your treasure is, there the desires of your heart will also be."

JOURNAL

Are the desires of my heart reflected in my giving? What does my giving reflect?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

21 DAYS OF PRAYER AND FASTING GUIDE

DAY 21: GIVE GENEROUSLY

Deuteronomy 15:10 (NLT) “Give generously to the poor, not grudgingly, for the Lord your God will bless you in everything you do.”

JOURNAL

Do I complain about giving? I pray for God to give me a generous heart.

[illegible]

21

DAYS OF PRAYER AND FASTING GUIDE

REFLECTION

How am I going to pray, invite, serve, and give differently going forward? What are some ways I can implement these into my daily life?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

21

DAYS OF PRAYER AND FASTING GUIDE

NOTES

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

