

21 days of
prayer
and
fasting

personal prayer and fasting guide

INTRODUCTION

Have you ever seen something someone else had and wanted it? The disciples were the same way. They noticed Jesus had something different when He prayed. They asked Him, “Lord, teach us to pray.” These prayer guides will show you how to grow and connect with God through prayer.

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“Once Jesus was in a certain place praying.
As He finished, one of His disciples came to
Him and said, “Lord, teach us to pray, just
as John taught his disciples.”

Luke 11:1 (NLT)

THE LORD'S PRAYER

“In this manner, therefore, pray: ‘Our Father in heaven, hallowed be your name, Your kingdom come, Your will be done, On earth as it is in heaven. Give us this day our daily bread. And forgive us our debts, As we forgive our debtors. And do not lead us into temptation, But deliver us from the evil one. For yours is the kingdom, and the power, and the glory forever. Amen.’”

Matthew 6:9-13

OUR FATHER IN HEAVEN, HALLOWED BE YOUR NAME

Worship the names of God corresponding with the benefits in the new covenant, and make your faith declarations:

Name	Meaning	Benefit
Jehovah Tsidkenu	Our Righteousness	I am forgiven of all sin
Jehovah M’Kaddesh	Our Sanctifier	I am set apart for ministry
Jehovah Rapha	Our Healer	I have health & healing
Jehovah Nissi	Our Banner of Victory	I am secure & victorious
Jehovah Raah	Our Shepherd	I am led by the Holy Spirit
Jehovah Shalom	Our Peace	I have peace and security
Jehovah Shammah	The Lord is There	I have God’s presence & power
Jehovah Jireh	Our Provider	I have success & provision

YOUR KINGDOM COME, YOUR WILL BE DONE

1. Nation, State, Counties, Towns.
2. Church.
 - a. Pastors & families.
 - b. Groups leaders.
 - c. Members and attenders of All Nations Church.
 - d. Vision of All Nations Church.
 - e. The lost.
3. Your Family.
4. Yourself.

GIVE US THIS DAY OUR DAILY BREAD

1. Offer requests to God.
2. Ask God to bless every area of your life.

FORGIVE US OUR DEBTS, AS WE FORGIVE OUR DEBTORS

1. Ask God to forgive you.
2. Forgive and release others.

DO NOT LEAD US INTO TEMPTATION, BUT DELIVER US FROM EVIL

1. Put on the whole armor of God.
 - a. Helmet of Salvation.
 - b. Breastplate of Righteousness.
 - c. Belt of Truth.
 - d. Shoes of the Gospel of Peace.
 - e. Shield of Faith.
 - f. Sword of the Spirit, which is the Word of God.
2. Pray for God's protection in all areas of your life.

FOR YOURS IS THE KINGDOM, AND THE POWER, AND THE GLORY

1. Make your faith declarations.
2. Return to praise & worship.

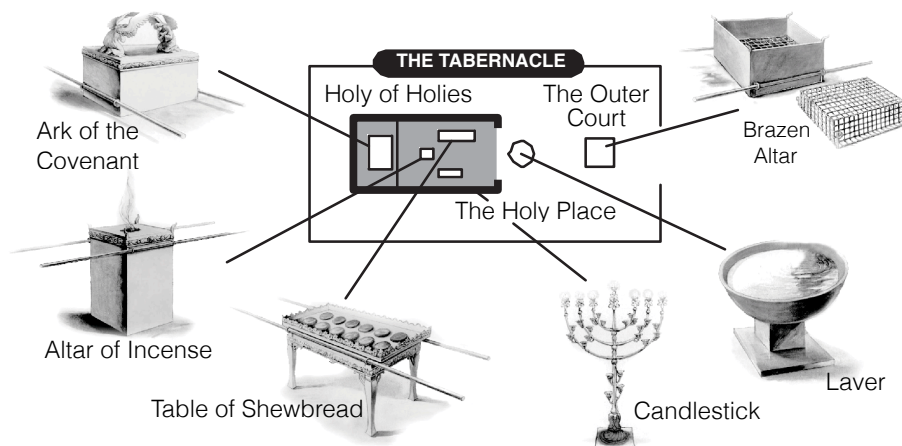
TABERNACLE PRAYER

“If my people who are called by My name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and I will heal their land.”

2 Chronicles 7:14

The Tabernacle was the dwelling place of God where He chose to meet with His people. Each element of the Tabernacle is a guide that helps us to connect with God and symbolizes God's provision for us.

The diagram below shows the placement of the elements and how they serve to lead us into the presence of God.



Brazen Altar - The Cross

1. Salvation.
2. Healing.
3. Redemption from the curse.
4. A new nature.
5. Provision.

Laver - Washing / Cleansing / Preparing

1. Repentance for any known sin.
2. Offering our body.
3. Offering our mind.
4. The fruit of the Spirit (Galatians 5:22-23).

Candlestick - The Holy Spirit

1. The Seven Spirits of the Lord (Isaiah 11:2).
 - a. The Spirit of the Lord.
 - b. Wisdom.
 - c. Understanding.
 - d. Council.
 - e. Might.
 - f. Knowledge.
 - g. Fear of the Lord.
2. The gifts of the Spirit (1 Corinthians 12:8-10).

Table of Shewbread - The Word

1. Fresh revelation of the Word.

Altar of Incense - Worship

1. Worship the names of God.

The Mercy Seat (Ark of the Covenant) - Intercession

Pray for:

1. My authority - spiritual, civil, family and workplace.
2. My family.
3. My church - pastors, small groups, connection track, members, attenders, vision/mission and points of passion.
4. My town, nation and world.
5. My needs.

ARMOR OF GOD PRAYERS

“Put on the full armor of God, so that you can take your stand against the devil’s schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything to stand. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God. And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord’s people.”

Ephesians 6:11-18

The Helmet of Salvation

Thank You, Lord, for my salvation. I receive it in a new and fresh way from You and I declare that nothing can separate me now from the love of Christ and the place I will have in Your kingdom.

The Belt of Truth

Lord, I put on the belt of truth. I choose a lifestyle of honesty and integrity. Expose the lies I have believed, and show me the truths I need today.

The Shield of Faith

I believe that You are powerful against every lie and assault of the enemy. You have good in store for me. Nothing is coming today that can overcome me because You are with me.

The Breastplate of Righteousness

And yes, Lord, I wear Your righteousness today against all condemnation and corruption. Fit me with Your holiness and purity—defend me from all assaults against my heart.

The Shoes of the Gospel of Peace

I choose to live for the Gospel in every moment. Show me where You are working and lead me to it. Give me strength to walk daily with You.

The Sword of the Spirit

Holy Spirit, show me the truths of the Word of God that I will need to counter the traps of the enemy. Bring those Scriptures to mind today.

WEAPONS OF WARFARE

“The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.”

2 Corinthians 10:4-5

THE NAME:

There is authority in the name of Jesus.

“[They] returned with joy and said, ‘Lord, even the demons submit to us in your name.’” Luke 10:17

“Therefore God exalted him to the highest place and gave him the name that is above every name, that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue acknowledge that Jesus Christ is Lord, to the glory of God the Father.” Philippians 2:9-11

PRAYERS:

Father, Your Word says that no weapon formed against me shall prosper (Isaiah 54:17). Therefore I declare that no weapon formed against me prospers this day or any day to come in Jesus’ name. Your Word says that trouble will not arise a second time (Nahum 1:9). Therefore I declare that Satan cannot make trouble for me again, in this manner, as he did in the past, in Jesus’ name.

I declare all of these prayers accomplished and brought to pass, by trusting you through faith and expectation in the name of Jesus.

THE BLOOD

The shed blood of Jesus is the ultimate defeat of the enemy.

“They triumphed over him by the blood of the Lamb and the word of their testimony.” Revelation 12:11

PRAYERS:

Lord Jesus, I confess to You all of my sins this day, yesterday and every day past. I repent and renounce them, those known and unknown, those of omission and commission, in what I have done and in what I have failed to do. I lay down at Your feet all of the sins of the flesh, the tongue, and of the heart, and all unholy thoughts and actions. Thank You, Lord, for shedding Your precious blood for me.

This day and each and every day I ask for protection over my spouse; each of my children; our immediate family members, relatives, friends, and acquaintances; and lastly for myself. I also ask today for protection during all of our travels; for our provision, finances, possessions, health, safety, and welfare. I put all of these things under the covering of Your precious blood and declare that Satan cannot touch them, on this day or any day to come.

THE WORD

There is power in the Word of God.

“For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.” Hebrews 4:12

PRAYERS:

I stand on Your Word. The enemy is driven out from before me, above me, around me, and below me; from my home, workplace, church and its ministries, children, and loved ones; from my works and labors, land, and my presence. I declare that he is not able to stand against me, and his works are taken captive and destroyed. No weapon formed against me will prosper, for the Spirit of the Lord shall raise a standard against them. I declare all of these things accomplished by Your Word.

Jesus, my Lord, I give You thanksgiving, praise, glory, honor and worship for Your righteousness and holiness given to me by Your Word on my behalf.

WARFARE PRAYERS

PROTECTION PRAYER:

(2 Corinthians 6:14-7:1, 10:3-5; Romans 12:1,2)

Heavenly Father, I bow in worship and praise before You. I cover myself with the blood of the Lord Jesus Christ as my protection. I surrender myself completely and unreservedly in every area of my life to You. I take a stand against all the workings of Satan that would hinder me in my prayer life. I address myself only to the true and living God and refuse any involvement of Satan in my prayer. Satan, I command you in the name of the Lord Jesus Christ, to leave my presence with all your demons. I bring the blood of the Lord Jesus Christ between us. I resist all the endeavors of Satan and his wicked plan to rob me of the blessings of God. I choose to be transformed by the renewing of my mind. I pull down every thought that exalts itself against the knowledge of Christ and loose into myself a sound mind, the mind of Christ.

GENERAL CONFESSION PRAYER:

(Romans 10:10; James 5:16; I John 1:7-9, 3:8)

Lord Jesus Christ, I believe that You are the Son of God. You are the Messiah, come in the flesh to destroy the works of the devil. You died on the cross for my sins and rose again the third day from the dead. I now confess all my sins and repent. I ask You to forgive me and cleanse me now from all sin. Thank You for redeeming me, cleansing me, justifying me, and sanctifying me by Your blood.

FORGIVENESS PRAYER:

(Matthew 6:14, 15; Leviticus 19:18)

Lord, I have a confession to make. I have not loved, but have resented certain people and have unforgiveness in my heart. I call upon You, Lord, to help me forgive them. I do now forgive (name them). I also forgive and accept myself in the name of Jesus Christ.

PRIDE PRAYER:

(Proverbs 11:2, 16:18, 26:12; I Timothy 3:6)

Father, I come to You in the name of the Lord Jesus Christ. I know pride is an abomination to You. I renounce anything that would cause me to have pride in my heart in dealing with other people. I renounce these and turn away from them. I humble myself before You and come to You as a little child. (Study Proverbs 6:16-19. Also, remember that fasting is a means by which a person humbles himself before the Lord.)

DECLARATIONS OF FAITH

I AM ACCEPTED:

I am God's child (John 1:12).

I am Christ's friend (John 15:15).

I have been justified (Romans 5:1).

I have been bought with a price. I belong to God (1 Corinthians 6:19-20).

I am a member of Christ's body (1 Corinthians 12:27).

I have been adopted as God's child (Ephesians 1:5).

I have direct access to God through the Holy Spirit (Ephesians 2:18).

I have been forgiven of all my sins (Colossians 1:14).

I am complete in Christ (Colossians 2:10).

I AM IMPORTANT:

I am the salt and light of the earth (Matthew 5:13-14).

I am a branch of the true Vine, a channel of His life (John 15:1,5).

I have been chosen and appointed to bear fruit (John 15:16).

I am a personal witness of Christ (Acts 1:8).

I am God's temple (1 Corinthians 3:16).

I am God's workmanship (Ephesians 2:10).

I may approach God with freedom and confidence (Ephesians 3:12).

I can do all things through Christ who strengthens me (Philippians 4:13).

I AM SAFE:

I am free forever from condemnation (Romans 8:1-2).

I am assured that all things work together for good (Romans 8:28).

I am free from any condemning charges against me (Romans 8:31-34).

I cannot be separated from the love of God (Romans 8:35-39).

I am confident that the good work that God has begun in me will be completed (Philippians 1:6).

I am a citizen of Heaven (Philippians 3:20).

I have not been given a spirit of fear, but of power, love, and of self-control (2 Timothy 1:7).

I can find grace and mercy to help in time of need (Hebrews 4:16).

I am born of God and the evil one cannot touch me (1 John 5:18).

“If My people, who are called by My name, will humble themselves and pray and seek My face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and I will heal their land.”

2 Chronicles 7:14

PERSONAL GUIDE TO FASTING

7 Basic Steps to Fasting and Prayer by Bill Bright of Campus Crusade for Christ

Fasting is the most powerful spiritual discipline of all the Christian disciplines. Through fasting and prayer, the Holy Spirit can transform your life.

Fasting and prayer can also work on a much grander scale. According to Scripture, personal experience and observation, I am convinced that when God's people fast with a proper Biblical motive-seeking God's face not His hand-with a broken, repentant, and contrite spirit, God will hear from heaven and heal our lives, our churches, our communities, our nation and world. Fasting and prayer can bring about revival - a change in the direction of our nation, the nations of earth and the fulfillment of the Great Commission.

The awesome power can be released through you as you fast through the enabling of the Holy Spirit.

Fasting is one of the most neglected spiritual admonitions. In fact, it has been ignored for so long that it is difficult to find information on the "how-to's" of this life-changing experience. These pages are designed to answer your practical questions about fasting and ease any concerns you might have.

Fasting Facts

1. Fasting was an expected discipline in both the Old and New Testament eras. For example, Moses fasted at least two recorded forty-day periods. Jesus fasted 40 days and reminded His followers to fast, "when you fast," not if you fast.
2. Fasting and prayer can restore the loss of the "first love" for your Lord and result in a more intimate relationship with Christ.
3. Fasting is a biblical way to truly humble yourself in the sight of God (Psalm 35:13; Ezra 8:21). King David said, "I humble myself through fasting."
4. Fasting enables the Holy Spirit to reveal your true spiritual condition, resulting in brokenness, repentance, and a transformed life.
5. The Holy Spirit will quicken the Word of God in your heart and His truth will become more meaningful to you!

6. Fasting can transform your prayer life into a richer and more personal experience.
7. Fasting can result in a dynamic personal revival in your own life-and make you a channel of revival to others.

When you fast, you will find yourself being humbled before God. You will discover more time to pray and seek God's face. And as He leads you to recognize and repent of unconfessed sin, you will experience special blessings from God.

How to Begin Your Fast

How you begin and conduct your fast will largely determine your success. By following seven basic steps to fasting, you will make your time with the Lord more meaningful and spiritually rewarding.

STEP 1: Set Your Objective

Why are you fasting? Is it for spiritual renewal, for guidance, for healing, for the resolution of problems, for special grace to handle a difficult situation? Ask the Holy Spirit to clarify His leading and objectives for your prayer fast. This will enable you to pray more specifically and strategically.

Through fasting and prayer we humble ourselves before God so the Holy Spirit will stir our souls, awaken our churches, and heal our land according to 2 Chronicles 7:14. Make this a priority in your fasting.

STEP 2: Make Your Commitment

Pray about the kind of fast you should undertake. Jesus implied that all of His followers should fast (Matthew 6:16-18; 9:14,15), For Him it was a matter of when believers would fast, not if they would do it. Before you fast, decide the following up front: How long you will fast - one meal, one day, a week, several weeks, forty days (Beginners should start slowly, building up to longer fasts).

1. What type of fast does God want you to undertake?
2. What physical or social activities you will restrict?
3. How much time each day you will devote to prayer and God's Word?

Making these commitments ahead of time will help you sustain your fast when physical temptations and life's pressures tempt you to abandon it.

STEP 3: Prepare Yourself Spiritually

The very foundation of fasting and prayer is repentance. Unconfessed sin will hinder your prayers. Here are several things you can do to prepare your heart:

1. Ask God to help you.
2. Confess every sin that the Holy Spirit calls to your remembrance and accept God's forgiveness (1 John 1:9).
3. Ask God to fill you with His Holy Spirit according to the promises in Ephesians 5:18 and 1 John 5:14,15.
4. Begin your time of fasting and prayer with an expectant heart (Hebrews 11:6).
5. Do not underestimate spiritual opposition. Satan sometimes intensifies the natural battle between body and spirit (Galatians 5:16,17).

STEP 4: Prepare Yourself Physically

Fasting requires reasonable precautions. Consult your physician first, especially if you take prescription medication or have a chronic ailment. Some persons should never fast without professional supervision.

Physical preparation makes the drastic change in your eating routine a little easier so that you can turn your full attention to the Lord in prayer.

1. Do not rush into your fast.
2. Prepare your body. Eat smaller meals before starting a fast. Avoid high-fat and sugary foods.
3. Eat raw fruit and vegetables for two days before starting a fast.

While You Fast

Your time of fasting and prayer has come. You are abstaining from all solid foods and have begun to seek the Lord. Here are some helpful suggestions to consider:

1. Avoid drugs, even natural herbal drugs and homeopathic remedies. Medication should be withdrawn only with your physician's supervision.
2. Limit your activity.

3. Exercise only moderately. Walk one to three miles each day if convenient and comfortable.
4. Rest as much as your schedule will permit.
5. Prepare yourself for temporary mental discomforts, such as impatience, crankiness, and anxiety.
6. Expect some physical discomforts, especially on the second day. You may have fleeting hunger pains, dizziness, or the "blahs." Withdrawal from caffeine and sugar may cause headaches. Physical annoyances may also include weakness, tiredness, or sleeplessness.

The first two or three days are usually the hardest. As you continue to fast, you will likely experience a sense of well-being both physically and spiritually. However, should you feel hunger pains, increase your liquid intake.

STEP 5: Put Yourself on a Schedule

For maximum spiritual benefit, set aside ample time to be alone with the Lord. Listen for His leading. The more time you spend with Him, the more meaningful your fast will be.

Morning

1. Begin your day in praise and worship.
2. Read and meditate on God's Word, preferably on your knees.
3. Invite the Holy Spirit to work in you to will and to do His good pleasure according to Philippians 2:13.
4. Invite God to use you. Ask Him to show you how to influence your world, your family, your church, your community, your country, and beyond.
5. Pray for His vision for your life and empowerment to do His will.

Noon

1. Return to prayer and God's Word. * Take a short prayer walk.
2. Spend time in intercessory prayer for your community's and nation's leaders, for the world's unreached millions, for your family or special needs.

Evening

1. Get alone for an unhurried time of "seeking His face."
2. If others are fasting with you, meet together for prayer.
3. Avoid television or any other distraction that may dampen your spiritual focus.

When possible, begin and end each day on your knees with your spouse for a brief time of praise and thanksgiving to God. Longer periods of time with our Lord in prayer and study of His Word are often better spent alone.

A dietary routine is vital as well. Dr. Julio C. Ruibal - a nutritionist, pastor, and specialist in fasting and prayer - suggests a daily schedule and list of juices you may find useful and satisfying. Modify this schedule and the drinks you take to suit your circumstances and tastes.

5 a.m. - 8 a.m.

Fruit juices, preferably freshly squeezed or blended and diluted in 50 percent distilled water if the fruit is acid. Apple, pear, grapefruit, papaya, watermelon, or other fruit juices are generally preferred. If you cannot do your own juicing, buy juices without sugar or additives.

10:30 a.m. – Noon

Fresh vegetable juice made from lettuce, celery, and carrots in three equal parts.

2:30 p.m. - 4 p.m.

Herb tea with a drop of honey. Avoid black tea or any tea with caffeine.

6 p.m. - 8:30 p.m.

Broth made from boiling potatoes, celery, and carrots with no salt. After boiling about half an hour, pour the water into a container and drink it.

Tips on Juice Fasting

1. Drinking fruit juice will decrease your hunger pains and give you some natural sugar energy. The taste and lift will motivate and strengthen you to continue.
2. The best juices are made from fresh watermelon, lemons, grapes, apples, cabbage, beets, carrots, celery, or leafy green vegetables. In cold weather, you may enjoy a warm vegetable broth.
3. Mix acidic juices (orange and tomato) with water for your stomach's sake.
4. Avoid caffeinated drinks. And avoid chewing gum or mints, even if your breath is bad. They stimulate digestive action in your stomach.

Breaking Your Fast

When your designated time for fasting is finished, you will begin to eat again. But how you break your fast is extremely important for your physical and spiritual well-being.

STEP 6: End Your Fast Gradually

Begin eating gradually. Do not eat solid foods immediately after your fast. Suddenly reintroducing solid food to your stomach and digestive tract will likely have negative, even dangerous, consequences. Try several smaller meals or snacks each day. If you end your fast gradually, the beneficial physical and spiritual effects will result in continued good health.

Here are some suggestions to help you end your fast properly:

1. Break an extended water fast with fruit such as watermelon.
2. While continuing to drink fruit or vegetable juices, add the following:
 - a. First day: Add a raw salad.
 - b. Second day: Add baked or boiled potato, no butter or seasoning.
 - c. Third day: Add a steamed vegetable. Thereafter: Begin to reintroduce your normal diet.
3. Gradually return to regular eating with several small snacks during the first few days. Start with a little soup and fresh fruit such as watermelon and cantaloupe. Advance to a few tablespoons of solid foods such as raw fruits and vegetables or a raw salad and baked potato.

A Final Word

STEP 7: Expect Results

If you sincerely humble yourself before the Lord, repent, pray, and seek God's face; if you consistently meditate on His Word, you will experience a heightened awareness of His presence (John 14:21). The Lord will give you fresh, new spiritual insights. Your confidence and faith in God will be strengthened. You will feel mentally, spiritually, and physically refreshed. You will see answers to your prayers.

It takes time to build your spiritual fasting muscles. If you fail to make it through your first fast, do not be discouraged. You may have tried to fast too long the first time out, or you may need to strengthen your understanding and resolve. As soon as possible, undertake another fast until you do succeed. God will honor you for your faithfulness!

Personal Prayer Targets

I urge, then, first of all, that requests, prayers, intercession and thanksgiving be made for everyone - for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. This is good, and pleases God our Savior, who wants all men to be saved and to come to a knowledge of the truth (1 Timothy 2:1-4).

Pray for those in authority and those under your authority.

MY GOVERNMENT:

President _____

National leaders _____

State leaders _____

Town/Community leaders _____

MY FAMILY:

Spouse _____

Children _____

Parents _____

Siblings _____

Extended Family _____

MY CHURCH:

Pastors _____

Small group leader _____

Small group members _____

MY LIFE:

Employer _____

Co-workers _____

Employees _____

Siblings _____

Teacher/Professor _____

THOSE I INFLUENCE:

Close friends _____

THOSE WHO NEED GOD:

1. PRAY THAT THE FATHER WOULD DRAW THEM TO JESUS

No one can come to me unless the Father who sent me draws him (John 6:44).

2. BIND THE SPIRIT THAT BLINDS THEIR MINDS

The god of this age has blinded the minds of unbelievers, so that they cannot see the light of the gospel of the glory of Christ, who is the image of God (2 Corinthians 4:4).

3. LOOSE THE SPIRIT OF ADOPTION

For you did not receive a spirit that makes you a slave again to fear, but you received the Spirit of sonship. And by Him we cry, "Abba, Father" (Romans 8:15).

4. PRAY THAT OTHER BELIEVERS WILL CROSS THEIR PATHS AND ENTER INTO POSITIVE RELATIONSHIPS WITH THEM

Ask the Lord of the harvest, therefore, to send out workers into His harvest field (Matthew 9:38).

5. LOOSE THE SPIRIT OF WISDOM AND REVELATION ON THEM SO THEY MAY KNOW GOD BETTER

I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may also know Him better (Ephesians 1:17).



All NATIONS
Church