

21 DAYS OF PRAYER AND **FASTING**

PRAYING THROUGH GOD'S WORD
JANUARY 11 - 31, 2021

MOUNT PARAN NORTH





Mount Paran North 21-Days of Prayer and Fasting

From Monday, January 11 through Sunday, January 31 we invite you to participate in a 21-day corporate fast with Mount Paran North. We believe this 21-day prayer and fasting guide will inspire you, move you closer toward God, and better focus your prayers. Each day contains a passage of Scripture and a sample prayer to guide you as we pray through God's Word. In addition, we will have short daily devotional videos prepared by our staff. You may view those on our Facebook and YouTube pages as well as mountparannorth.com/21days.

Reason for Fasting

Fasting is a process for developing a deeper relationship with God by temporarily denying oneself something to better focus on Him (II Chronicles 20:3, Ezra 8:21, Matthew 6:16-18, Mathew 9:14-15, Luke 18:9-14). The Bible does not require fasting, but Scripture highly recommends it for the believer. Fasting is a way to demonstrate to God that we are passionate about a closer relationship with Him. It is not intended to punish our flesh or to serve as a dieting method for losing weight. Fasting is a spiritual practice exercised for the sole purpose of deepening our walk with God.

Types of Fasts

Abstaining from food for a time is the most recognized fast in the Bible. There are a variety of food fasts. For instance, the Complete Fast excludes all foods and includes only liquids such as water and juices; the Daniel Fast or Selective Fast excludes meat, sweets, and bread, but includes water, juices, fruits and

vegetables (Daniel 10:2-3); the Partial Fast or Jewish Fast is abstaining from any type of food during a certain period of the day like 6 am to 3 pm, or from sunup to sundown.

You may also feel the need to refocus certain areas of life that are out of balance. For instance, you may choose to stop using social media or watching television during the fasting period. Once the fast concludes, you may want to gradually reintroduce it back into your life in a healthier way. This is often called a Soul Fast and is highly effective in combination with fasting food.

Ultimately, the type of fast you choose is between you and God.

Prayer and Fasting

Fasting and prayer are often linked together (Luke 2:37; 5:33). Prayer is our most common way to spend time with God, and since fasting is primarily about drawing closer to Him, it only makes sense that we would pray during the fasting period. As we pray to know God better, we can believe Him for specific needs to be met, questions to be answered, or decisions to be made.

At North, our 21-day fast is to believe God for four distinct goals.

We want ...

- a greater sense of God's Presence in our worship services.
- greater faith as we prepare for God's future plans for North.
- a greater number of salvations.
- greater glory to be given to God.

We pray that this 21-day devotional will guide you in this endeavor. Together, let's go deeper in God, let's believe God, and let's watch God work!

Access the devotion online at mountparannorth.com/21days or on our church app.

DAY ONE | January 11

SCRIPTURE:

Come near to God and He will come near to you. James 4:8

PRAYER:

"Heavenly Father, you have promised that if I draw near to you, you will draw near to me. I need more of your presence today, and I am drawing near to you through prayer, worship, and reading your Word. I open my heart to you and ask you to be near to me and change me to be more like you."

NOTES:

DAY TWO | January 12

SCRIPTURE:

Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting. Psalm 139:23-24

PRAYER:

"Father God, I ask you to search my heart. If you find anything in me that is offensive, please show me and help me remove it from my life. Lead me to live a life that draws people to you. Help me live my life on earth in a way that impacts eternity."

NOTES:

DAY THREE | January 13

SCRIPTURE:

But seek first His Kingdom and His righteousness, and all these things will be given to you as well. Matthew 6:33

PRAYER:

"Your Word tells me that if I seek first your Kingdom and your righteousness, you will lead me to a life of blessing, purpose, and freedom. I am yours today, God, and I give this day to you. Help me to focus on your priorities first, sharing your love and making your name known. I know that by focusing on you rather than myself, I will receive joy and peace."

NOTES:

DAY FOUR | January 14

SCRIPTURE:

Humble yourselves before the Lord, and He will lift you up.
James 4:10

PRAYER:

"God, You have promised that if I humble myself before you, you will lift me up. I recognize today that I cannot succeed on my own, and I need you in every moment. I humble myself before you, and I ask you to work in and through me today. My time, efforts, thoughts, and words are yours today (name specific parts of your day and give them to God). Use me for your purposes, Lord. I trust that you will be with me and lift me up."

NOTES:

DAY FIVE | January 15

SCRIPTURE:

For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline. 2 Timothy 1:7

PRAYER:

"Father, I know you have not given me a spirit of fear or timidity, but one of power, love, and self-discipline. When my mind feels out of control, I pray that you will renew my spirit and let power, love, and self-discipline fill me. Help me to look more like you every day. I declare that anything that is not of you has to leave me in Jesus' mighty Name. I proclaim that I do not have a spirit of fear, but I have a sound and healthy mind."

NOTES:

DAY SIX | January 16

SCRIPTURE:

And we know that in all things God works for the good of those who love Him, who have been called according to His purpose.
Romans 8:28

PRAYER:

"God, you promise me in your Word that in all things you work for my good. Right now, there are circumstances in my life that don't feel good and that I can't see an ounce of good in (talk to God about the specific situations that are causing you difficulty or pain). Even though this is how I feel, I choose to believe your truth over my feelings. When you say you will work in all things for my good, I believe you. Even in situations that seem hopeless, I know you are working on my behalf and that you want more for me than I could ever want for myself. Thank you for having a purpose for me and for working all my life circumstances for good."

NOTES:

DAY SEVEN | January 17

SCRIPTURE:

"Therefore, brothers and sisters, since we have confidence to enter the Most Holy Place by the blood of Jesus... let us draw near to God with a sincere heart and with the full assurance that faith brings, having our hearts sprinkled to cleanse us from a guilty conscience and having our bodies washed with pure water." Hebrews 10:19-22

PRAYER:

"Heavenly Father, your word encourages us to draw near to you with an honest heart and with a confidence that you have forgiven me through the sacrifice of your son, Jesus Christ. I accept the forgiveness I have through Jesus. I ask that you would: open my spiritual eyes to see your truths today, open my spiritual ears to hear from you, and open my heart that I would be receptive and obedient to what you say to me."

NOTES:

DAY EIGHT | January 18

SCRIPTURE:

Trust in Him at all times, you people; pour out your hearts to Him, for God is our refuge. Psalm 62:8

PRAYER:

"Father, in your Word you invite me to pour out my heart to you. You are my refuge, and I know that anything I think, feel, or do is ok to bring to you. Knowing that you are a safe place for me, I come to you and give you everything on my heart (talk to God about the specific things that are on your heart today). From what is worrying me to what is delighting me, what I hope for to what I'm afraid of, I bring it all to you because I know I can trust you. Help me and guide me in every area, in Jesus' Name."

NOTES:

DAY NINE | January 19

SCRIPTURE:

The Lord will open the heavens, the storehouse of His bounty, to send rain on your land in season and to bless all the work of your hands. Deuteronomy 28:12

PRAYER:

"Lord, I believe you have everything I need and you want to bless me. you tell me in your Word that you will open the heavens to bless the work I do. I know that without you, I can do nothing. I ask that you will open the heavens and pour out your blessings and power over me. I give my work and my efforts to you and I ask you for favor and blessing in anything my hands touch (surrender specific efforts to Him). May it be for your glory alone so that others may see your power and goodness at work."

NOTES:

DAY TEN | January 20

SCRIPTURE:

For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord. Romans 8:38-39

PRAYER:

“God, I am in awe of your love for me. You are so great, and I am so small, yet you love me fully. I remind my soul today that nothing can separate me from your love—I am so grateful! There is nothing I can do to win or lose your love; you love me without condition. Because I know nothing on earth, in time or space, or anything in existence can separate me from your love, I will live confidently and peacefully knowing I have always been and will always be fully loved by you.”

NOTES:

DAY ELEVEN | January 21

SCRIPTURE:

"No weapon forged against you will prevail, and you will refute every tongue that accuses you. This is the heritage of the servants of the Lord, and this is their vindication from me," declares the Lord. Isaiah 54:17

PRAYER:

"Lord, I know that no weapon raised against me will succeed because I am your child. I feel pressure in my life right now, and sometimes I feel as though life will overcome me (talk to God about the concerns weighing on you). Even though I feel this way, in faith, I claim your promise that no weapon can overcome me and that any accusations that come against me will be silenced. This truth is verified by your love and saving power in my life."

NOTES:

DAY TWELVE | January 22

SCRIPTURE:

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.
Philippians 4:6-7

PRAYER:

“Father, my heart feels anxious (tell God what is giving you anxiety). I don’t like this feeling, but I’m thankful I can come to you and receive peace. You invite me to replace my anxiety with prayer, and even though my mind and heart are racing, I’m coming to you knowing that you provide healing and calm for my soul. Thank you for giving me breath and life. I thank you that I am fearfully and wonderfully made in your image. I lay down all worries, all my physical and mental anxiety, and any attempt at trying to control it all (tell Him the things you are laying down right now). I surrender it all to you. I need you. I need your peace that transcends my human understanding. Even if things are unstable around me, I pray that your peace will be evident in my heart and my life. Guard my heart and mind, God. I trust that you are faithful, and I receive your peace in my life today.”

NOTES:

DAY THIRTEEN | January 23

SCRIPTURE:

"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call on me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart." Jeremiah 29:11-13

PRAYER:

"My God, I try to make so many plans for my life, but I know your plans for me are best. You tell me that you have plans for me to prosper and have hope and a future. Thank you for loving me enough to have a plan for my life. You have promised me that when I call on you, you will listen to me. Thank you for listening when I pray. I am confident knowing that I serve a God who cares about my life. I want to find you every day, and you say that if I seek you with all my heart, I will find you. Thank you for showing me the way to you. I lay my plans down at your feet and receive your plans for me (mention your plans and lay them down before God). I know that you see the big picture and you know what is better for me than I do. I trust you, and I ask You to guide me toward your plans."

NOTES:

DAY FOURTEEN | January 24

SCRIPTURE:

“Call to me and I will answer you and tell you great and unsearchable things you do not know.” Jeremiah 33:3

PRAYER:

“Lord, in your word, you instruct us to call upon you. You promise that you will answer and reveal to us things that we don’t already know. I believe in those promises. I believe you know more about my life and what is ahead of me, than I know about my life and my immediate future. Lord, show me your plans, tell me of your ways for my life, help me to see the things you know about me, which I cannot see. Give me the strength to walk in your ways.”

NOTES:

DAY FIFTEEN | January 25

SCRIPTURE:

"Never will I leave you; never will I forsake you." Hebrews 13:5

PRAYER:

"Father, I am so comforted by the fact that you will never leave me. You are always with me, and I am safe with you. As I go through my life and take on each new situation, I'm comforted by knowing I'm not alone because you are by my side. Help me feel your presence. When I feel uncertain or afraid, I pray you will comfort me through your Holy Spirit and remind me that I am never alone because you, the Almighty God, have promised to always be with me."

NOTES:

DAY SIXTEEN | January 26

SCRIPTURE:

Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light. Matthew 11:28-30

PRAYER:

"Lord Jesus, I am so tired and worn out (tell God the areas that you're tired and weary). I feel exhausted mentally and physically. Life feels hard, and I feel like I can't keep up my current pace. You invite me to come to you when I am weary, and I fall at your feet desperate for rest, peace, and perspective. Show me where I am trying to do things on my own. Show me where I need to rest instead of struggling. Teach me your ways. Show me how to walk in gentleness, humility, and rest. I know your ways are higher than my ways, and I pray that you will transform my heart and mind to be more like you."

NOTES:

DAY SEVENTEEN | January 27

SCRIPTURE:

Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the Lord, "He is my refuge and my fortress, my God, in whom I trust." Psalm 91:1-2

PRAYER:

"God, I claim that I dwell in your shelter, the Most High God, and I rest in your shadow, the Almighty One. I claim that you alone are my refuge and fortress. You are my God and I trust you. When I face anything that brings me uncertainty or fear (confess these things to him), I know that I can come to you as my safe place. Thank you for your strength and protection in my life."

NOTES:

DAY EIGHTEEN | January 28

SCRIPTURE:

The Lord is trustworthy in all he promises and faithful in all he does. The Lord upholds all who fall and lifts up all who are bowed down. Psalm 145:13-14

PRAYER:

"Almighty God, as I claim the promises in your Word through my prayer time, I praise you for your character. Trustworthy, faithful—that is who you are. I thank you that I can trust you to be faithful to me. I know that when I come to you with humility and a surrendered heart that you will lift me up."

NOTES:

DAY NINETEEN | January 29

SCRIPTURE:

"As the deer pants for streams of water, so my soul pants for you, my God. My soul thirsts for God, for the living God. When can I go and meet with God?" Psalm 42:1-2

PRAYER:

"Heavenly Father, my soul longs to know more of you. My heart desires to be more connected with you, the living Lord. When I go to meet with you today, help me to focus on you and not to be distracted by the noise of my life. May my thirst for you intensify and my heart long for more of you. As I enter this time of prayer, may I meet with you...my Heavenly Father...the Lord God Almighty."

NOTES:

DAY TWENTY | January 30

SCRIPTURE:

"He says, 'Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.'" Psalm 46:10

PRAYER:

God, I trust you today because of who you are, who you have been, and who you will always be. In spite of what we see in our world today, you are the sovereign Lord, who is and will be exalted in all the earth. As I calm myself in your presence today, help me to know that you are God. You are in control. You go before me and behind me. You know all things related to me. So, I rest in your presence today. May I be still and exalt you above all other things in my life.

NOTES:

DAY TWENTY-ONE | January 31

SCRIPTURE:

“I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.” John 15:5

PRAYER:

My gracious Savior, you have spoken to me over these twenty days. You have allowed me to experience more of your presence in my prayer life. I have seen answers to prayers, which only you could have done. Lord, I praise you for those things. I also ask that your Holy Spirit may help me to remain in you and to be obedient to your spirit and your word. I know that apart from you I can do nothing. So, help me to stay connected to you...the “vine” that my life will bear much fruit for you.

NOTES: