

# PRAY FIRST

21 Days of of Prayer and Fasting

January 5<sup>th</sup> - 25<sup>th</sup>

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know GOD | find FREEDOM | discover PURPOSE | make a DIFFERENCE

# WELCOME

The Bible says, “Commit to the Lord whatever you do, and he will establish your plans” (Proverbs 16:3). We believe that since its very beginning, our church has been *established* from prayer. For the past 15 years of its 108 years of existence, we have had the humble honor of leading West Logan Church and know that without a doubt, much of what we’ve seen is the product of our seasons of *21 Days of Prayer and Fasting*. And we believe God is not done yet!

We believe this year God wants to reveal plans and establish even deeper purpose for our church and for your life.

*What do you want to see God do in and through your life this year?*

*What do you want to see God do in and through our church this year?*

For the next 21 days, we are going to lay the spiritual foundation for the rest of 2025 through prayer and fasting. Fasting disconnects us from the world, while prayer connects us to God. When we put the two together, we will see God do a tremendous work in our lives!

This guide will walk you through everything you need to know for the next three weeks.

Thank you for being part of this incredible journey.

Pastors Scotty & Kristen Dingess

## **PICK A FAST**

Fasting is withholding from something we want so we can set our minds and attention on God. Food is an important part of life, but Scripture is full of invitations to go without it for a period of time to connect with God and be more mindful of our reliance on him.

As we head into 21-Days of Prayer and Fasting, here are four different fasts to choose from. Read through the different fasts and decide which one is right for you this year. If for any reason, you don't feel comfortable fasting from food, the final option (the soul fast) is for you!

### **Complete Food Fast**

In this type of fast, you drink only liquids. Drink a lot of water, and then add in juice and shakes as needed.

### **Partial Food Fast**

This fast is sometimes called the “Jewish Fast” and involves abstaining from eating any type of food for a certain period of time each day. For example, you can choose to skip a certain meal or abstain from eating until sunset.

### **Selective Food 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.

### **Soul Fast**

If you don't have much experience fasting food, have health (or other) issues that prevent you from fasting food, or if you wish to refocus certain areas of your life that are out of balance, this is a great option for you. 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 its conclusion.

## SET YOUR STRATEGY

The next key to making these 21-days successful is establishing a prayer routine that works for your schedule. We are creatures of habit, and the goal for these next three weeks is to establish a healthy habit of prayer we can carry with us for the rest of the year.

Your strategy should consist of three things—a time, a spot, and a plan.

### **Pick a Time**

What is a time that works for you every day? If you have young kids, there is a good chance it will either have to be before they wake up or after they go to bed. The time is less important than consistency; just pick the time that is going to be easiest for you to stick to and put it in your calendar right now.

### **Pick a Spot**

Your prayer times will be a lot more consistent if you designate a specific spot for them. Maybe it's a certain chair or closet, your backyard or your car. Again, it doesn't matter what spot you choose; it only matters that you pick one and stick with it.

### **Pick a Plan**

The best way to ensure success during your prayer time is to go into it with a plan. There are many different models you can follow for this (in week two, we will walk through one together praying The Lord's Prayer). But go into your prayer time with a plan.

One option is to pray through the acronym: ACTS.

**Adoration:** Start your prayer by praising God for who he is.

**Confession:** Admit any sin in your life.

**Thanksgiving:** Next, express gratitude for a few things in your life.

**Supplication:** Finally, end your prayer by praying for one person.

For more guided prayer plans, download the *Pray First* app from Church of the Highlands or visit <https://21days.churchofthehighlands.com/resources>.

What if today was the day you established a routine for your prayers? And what if next year at this time, you can look back and know that you've prayed every day for the last 365 days? Praying for one day may feel underwhelming, but if you pray every day for a year, the results will be overwhelming

# WEEK 1

## DREAMING WITH GOD

**Now glory be to God, who by his mighty power at work within us is able to do far more than we would ever dare to ask or even dream of—infinately beyond our highest prayers, desires, thoughts, or hopes.**

**EPHESIANS 3:20 (TLB)**

# WEEK 1: DREAMING WITH GOD

## DAY 1: DREAM BIG FOR YOUR LIFE

*What do you want to see God accomplish in your life this year?*

Did you know God wants to help you answer that question? God wants to dream with you!

Matthew 7:7 says, “ask and it will be given to you; seek and you will find; knock and the door will be opened to you.”

So what are you asking God for this year? And are your goals God-sized? The beauty of dreaming with God and having a God-sized goal for your year is that you won't be tempted to take any credit; when it comes to pass, all the glory will go to God.

So, what do you want God to establish in your life in 2025? A new career? Healthier relationships? A fresh vision for your future? Spend the next few minutes inviting God into that question. Don't let this be another year just trying to make it through on your own. Decide right now to change your attitude and make this the year God establishes your plans.

**Prayer:** *Father, thank you for another day and another year. As we head into these 21 days of prayer and fasting, I pray that you would increase my faith. I want to be excited and expectant for what you are about to do in Jesus' name. Amen.*

# WEEK 1: DREAMING WITH GOD

## DAY 2: DREAM BIG FOR YOUR FAMILY

*What do you want to see God establish in your family?*

No matter what happens in the world, we get to decide the type of home we are going to have. We may not be able to control what happens around us, but we can decide to say, “as for me and my household, we will serve the LORD” (Joshua 24:15).

*Do you have a dream for your family?*

*What do you want to see God do in your home?*

*What is one word you want people to use to describe your home?*

Maybe this is the year you step up your hospitality and host more dinners. Maybe you want your house to be a place of peace where everyone can rest and recharge. Whatever it is, bring the people who live with you into the conversation. Ask them what their dream is for the space and invite them to join you in praying that God would establish himself in your family.

***Prayer:*** *Father, thank you for my home and my family. This year, we pray that you will establish your presence in our house. When people come over, we pray they will feel loved and accepted. We pray that our home would be a place where people are encouraged and reminded that they matter and that God has a plan and a purpose for their life in Jesus' name. Amen.*

# WEEK 1: DREAMING WITH GOD

## DAY 3: DREAM BIG FOR OUR CHURCH

God has done so many incredible things at our church over the years, and while we love to stop and celebrate those stories, we also believe that God is just now getting started!

Let us all dream big for the mission and vision of the church.

**KNOW GOD:** God desires to know us personally; more than anything, He wants to have a relationship with us. DREAM BIG with us that through the ministries of our church and the influence of our people that we will see more people come to Know God during our Sunday Morning Services this year than ever before!

**FIND FREEDOM:** God doesn't just want us to have a relationship with Him, but also wants us to live and walk in Freedom in Him. He did not design us to do this alone! He intends us to walk this journey with one another. DREAM BIG with us that even more people become connected to our Life Groups and Find Freedom together.

**DISCOVER PURPOSE:** God has a plan to carry out in this world, in this community and in this church, but He needs US to see it come to pass. We are all valuable! God has placed gifts and talents inside us to fulfill His Purpose, and until we discover that purpose, life doesn't make sense. Dream BIG with us that an overwhelming number of people will discover their purpose in our church and in The Kingdom through our Next Steps class.

**MAKE A DIFFERENCE:** God wants to use the gifts and talents He has placed inside of us to make a difference in the lives of others. Pray for Dream Team Leaders and their families, that God will continue to use them in the anointing He has placed on their lives. DREAM BIG with us that God connects individuals to the ministry of this church by serving on our Dream Team, that even more ministries will be birthed in our church because of the creative gifts and talents of our people, and that God would increase the influence of our church and the people that form it so that they can fulfill God's purpose in Making a Difference.



# WEEK 1: DREAMING WITH GOD

## DAY 4: DREAM BIG FOR THE HARVEST

Jesus always has a main purpose from which everything He does centers from, That main purpose is to bring the prize of His creation, mankind, into relationship with Him. Jesus is not willing that any should perish, but that all should come to repentance. It is important for us to always keep Jesus' main purpose, salvation of the lost, at the forefront of everything we do as followers of Christ as well. One way we can do this is for us to pray for the those who do not yet know Jesus as their Lord and Savior.

We believe 2025 will be a year that Heaven gets more crowded!

As we pray for the lost, let's be sure to pray for these things:

1. Ask the Lord to give us a burden for lost souls, that we would always keep the salvation of the lost at the forefront of everything we do.
2. Make a list of at least 10 names of those we know that need to come into relationship with Jesus and commit to praying for them until they do.
3. Ask the Holy Spirit to draw them to Jesus
4. Bind the spirit that is blinding their minds.
5. Pray for believers to cross their paths.

# WEEK 1: DREAMING WITH GOD

## DAY 5: DREAM BIG FOR OUR REGION

Go fully intends for our community to thrive and our nation to flourish. Psalm 33:12 states, “Blessed is the nation whose God is the Lord, the people He has chosen as His own inheritance.” Always pray for the abundance and prosperity of our communities, cities and nation. It is God who created the heavens and the earth and everything in it. In spite of talk of recession, foreclosures, national debt, we know that our economy rests in God, and Him alone. He is our source and supplier.

Dream big for the economy of our region, that as a whole we will rest in GOD’S economy and not in our own. Believe with us for an increase in revenue, businesses, consumers, tourism, and divine creativity in our community leaders that will be the conduit for the Lord to complete His work here.

**Prayer:** *Heavenly Father, we are encouraged that You give prosperity to the poor and protect those who suffer. We proclaim that our children will be successful everywhere; an entire generation of godly people will be blessed. During the current economic difficulties in our nation and around the world, we claim prosperity for our community. We decree that merchants in our community will not fear bad news; they confidently trust You, Lord, to care for them. They will have influence and honor. We expect the Lord to pour down His blessings. We decree that our land will yield its bountiful harvest. Holy Spirit, remind me to support businesses in my community which are worthy of my patronage. Father we lift up to You believers in our community who are providing goods and services in a fair and decent manner and pray that our fellow citizens will do business with them. May they be given favor by governmental and civic agencies so that their enterprises will not be impeded, but will flourish. Empower employees in our area to be diligent, honest and trustworthy and to work to increase their knowledge and productivity.”*

# WEEK 1: DREAMING WITH GOD

## DAY 6: DREAM BIG FOR OUR CHURCH FINANCES

Our church might be in one of the most significant seasons of growth in its history, and because of this season of growth, our church also finds itself in need of the greatest financial miracle it has ever needed.

One of the most significant areas that Satan fights is church finances. God owns it all, and we are simply managers of what He has given us. Money is as spiritual as any other spiritual part of our life. Why wouldn't Satan stop ministry from happening by attacking church finances?

Because money helps fund ministry. If the church is impoverished, it cannot sow into the community or the ministry's needs. For almost fifteen years, I've slowly watched our church grow in this area. I'm thankful for what God has done in our families who have become givers in the Kingdom. Also, my heart is full of thanksgiving for how God has blessed our church financially. I've seen spiritual barriers break as our church has sown into ministry both locally, nationally, and around the world. The obedience of peoples' giving is fulfilling the vision of our church. When I meditate about what God wants to do for us in our community, it's bigger than what our natural eye can see. That is why we have to Dream BIG! The more we receive in finances, the more we are able to instill into areas of need. God blesses a giver. People give to a church because they believe in it and want to obey God's Word in the matter of giving.

We have reached a place in our church where we are in desperate need of more space to fulfill God's vision for this house. God has given us the property and we know He will provide the finances to get us there.

If you are not a tither, I pray to God to help you become a tither in His house. If you are a tither, you should pray for the next step of generosity and ask God what He would have you give beyond your tithe. I desire our church to pray the following prayer with me.

**PRAYER:** *Lord, I lift up our church finances. Touch the hearts of people to give as you lay it upon their hearts to give. We believe in your creative provision for this house and trust that all provision comes from you. Make us receptive to hear your voice in how we as a church should sow into Your Kingdom as well. Keep reminding us of your promise to throw open the floodgates of heaven and pour out. (2 Cor. 9:6-11; Mal. 3:10).*

# WEEK 1: DREAMING WITH GOD

## DAY 7: ESTABLISH A FIRM FOUNDATION

**What is one thing holding you back from the full life God intends for you?**

As you continue to pray for God to move in your life, family, and church, it's important to remember that you have a part to play. God isn't a magic genie who gives you whatever you ask. Instead, he is a loving Father who invites you on the journey with him.

At the end of his famous Sermon on the Mount, Jesus gave this call:

*Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock. The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock. But everyone who hears these words of mine and does not put them into practice is like a foolish man who built his house on sand. The rain came down, the streams rose, and the winds blew and beat against that house, and it fell with a great crash (Matthew 7:24-27).*

To see these dreams come to pass, you need to be persistent in prayer and fasting, but you also need to step back, evaluate your life, and get rid of anything that isn't a part of God's firm foundation.

What is one thing in your life that is currently keeping you from experiencing God's best? What is one thing that is keeping your foundation shaky? Maybe it's a relationship you know isn't good for you. Maybe it's an addiction or a habit you know you need to eliminate from your life. Maybe it's a lie or a mindset you need to stop believing. Whatever it is, these three weeks of prayer and fasting are the perfect time to eliminate the bad to make room for more good.

**Prayer:** *Father, I want to build my life on your firm foundation. Today, I confess this area of my life where I have strayed from living out the life you have for me. I don't want that thing in my life anymore, so today, I pray that you would empower me to take the necessary steps to make this change. Increase my faith. I want to believe that you really can do immeasurably more than anything I could think or imagine. I want to believe you are big enough. Thank you that it's in my weakness that you are strong, in Jesus' name. Amen.*

# WEEK 2

## TEACH US TO PRAY

**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.”**

**Jesus said, “This is how you should pray:**

**LUKE 11:1-2a (NLT)**

# WEEK 2: TEACH US HOW TO PRAY

## DAY 9: GRATITUDE

### What are you thankful for?

When Jesus's disciples asked him to teach them how to pray, he gave them a model that we call the Lord's Prayer (Matthew 6:9-13). This week, we are going to use this prayer as our guide by praying through it one line at a time.

Jesus begins the prayer with: "Our Father in heaven, hallowed be your name" (Matthew 6:9).

He starts his prayer by looking up and acknowledging that God is our Father in heaven, which means every good thing we have on this earth is a gift from God. You may have worked really hard to get to where you are today, but the Bible says even the breath you had in your lungs along the way came from God (Isaiah 42:5).

Life is a gift from God. The question is: are you thankful for it? Before we start asking God for what we don't have, let's spend an entire day saying thank you for what we do have.

Just start thanking God for everything you can think of: your home, your family, your job, your car, your clothes, your food, your friends, your health, your life.

Once you get going, you'll begin to realize just how many things you have to be thankful for. You may not feel thankful at first, but when you start saying thank you, you'll realize just how much you have to be thankful for. Soon enough, you'll feel like the most blessed person on earth.

**Prayer:** *Father, thank you. Thank you for my life. Thank you for all the things you are doing in and through me this year. Thank you for my family and friends and all the people you put in my life to keep me going. Your mercies are made new every morning, so today, I thank you that I have a fresh start, a second chance. Would you show me just how much I have to be thankful for today, in Jesus' name. Amen.*

## WEEK 2: TEACH US HOW TO PRAY

### DAY 9: INTERCESSION

The next line in the Lord's Prayer is only three words long, but they are three incredibly important words. He says, "Your kingdom come" (Matthew 6:10a).

Jesus is inviting us to pray that the Kingdom of Heaven would be present in our world. In heaven, there is no division, so God is inviting us to pray for peace in our nation. In heaven, there is no fighting, so God is inviting us to pray for unity in our church. In heaven, there is no sickness, so God is inviting us to pray for health and healing in our family.

These three words are an invitation to intercede on behalf of our loved ones. Today, we are going to take him up on the offer.

**Prayer:** *Father, I know that prayer is powerful. When I pray, you listen. And so I boldly ask that your kingdom come in my home. Would you bless my spouse and kids (parents, roommates, etc.)? I pray that our home will be unified and full of joy and laughter. God, would your kingdom come in our church. Kingdom of God Come, Will of God Be Done. In MY LIFE, in MY HOME, in MY CHURCH, in MY REGION. Amen.*

# WEEK 2: TEACH US HOW TO PRAY

## DAY 10: SURRENDER

### What does God want to do in your life?

The next part of the prayer is surrender. Jesus prays, “your kingdom come, your will be done, on earth as it is in heaven” (Matthew 6:10).

After you spend some time thanking God for everything in your life and interceding for your friends and family, it’s time to open your hands and trust God with your day. Do you believe that God has a plan and a purpose for your life? Do you believe that his plan is better than anything you could ever dream up?

The easy answer to those questions is yes. But if we are being honest, truly believing this can be challenging, especially when you are going through a difficult season. God’s way doesn’t always make sense to us. He even tells us in his Word:

“For my thoughts are not your thoughts, neither are your ways my ways,” declares the Lord. “As the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts” (Isaiah 55:8-9).

Our job is not to try to figure God out; it’s to trust that he really is our loving Father who wants what is best for us. Today, practice opening up your hands in surrender by praying this prayer.

**Prayer:** *Father, I trust you. Thank you for being a loving God who wants what is best for me. It doesn’t always make sense to me, but I know your ways are higher than mine, and you know what is best for me. And so, I surrender today to you. I’m ready for you to lead, because I know you will get me where I need to go. Thank you for being a good God in Jesus’ name. Amen.*



## WEEK 2: TEACH US HOW TO PRAY

### DAY 11: PROVISION

The next line Jesus prays is, “Give us today our daily bread” (Matthew 6:11).

It’s time to ask God for the things we need. First off, notice that Jesus prays for his daily bread. How often do we need to pray for daily bread? That’s not a trick question. The answer is every day. Some of us would love to be able to pray for our weekly bread or monthly bread and cover our bases, but that’s not how prayer works. Prayer is an invitation to talk to God daily.

God knows what we need before we ask, but did you know he loves it when we talk to him about the things we need? Every good parent understands this principle. You know what your kids need, but there is something amazing about the moment they stop and ask for it.

What is the daily bread you need from God today?

Do you need a door to open up at work?

Do you need a promotion?

Do you need patience for someone in your life?

Do you need a relationship mended?

There is nothing too big or too small to ask God for today, so ask him!

**Prayer:** *Father, thank you for being a good God who promises to provide. You know what I need, but you love when I ask, so today, I pray that you would give me favor at work. Would you continue to open the right doors for me to walk through? Lord, I ask for some good quality time to spend with my family or friends. And I pray that you would keep me and everyone in my family healthy, in Jesus’ name. Amen.*

## WEEK 2: TEACH US HOW TO PRAY

### DAY 12: REPENTANCE

**What is something in your life you need to turn from?**

Repentance is a word we try to ignore, but in the next line, Jesus prayed, “Forgive us our debt” (Matthew 6:12a).

To repent means to turn. To turn from the way you shouldn’t have gone and get back on the right path. This invitation is all throughout Scripture, and it may sound scary at first, but remember, Jesus already paid the price for all our sins. 2 Corinthians 5:21 says, “God made him who had no sin to be sin for us, so that in him we might become the righteousness of God.”

Jesus went to the cross to pay the price for our sins, so we don’t have to be afraid to talk to God about our shortcomings. Instead, as the writer of Hebrews says, “Let us then approach God’s throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need” (Hebrews 4:16).

What do you need to confess? Where have you been falling short? Spend today’s prayer time talking to God about that area of your life. Confess it, turn from it, and take some tangible steps to make sure you don’t go back to it.

**Prayer:** *Father, thank you for being such a patient God. I know I fall short all the time, but I thank you that you aren’t done with me yet. Today, I want to repent. I want to confess all the places in my life where I’ve strayed from the path you have for me. I don’t want those things in my life anymore, so I thank you that you are giving me a fresh start today. Let’s move forward together in Jesus’ name, Amen.*

## WEEK 2: TEACH US HOW TO PRAY

### DAY 13: FORGIVE

**Is there anyone in your life you need to forgive?**

Repentance is just the first half of the equation. Jesus goes on to say, “Forgive us our debt **as we also have forgiven our debtors**” (Matthew 6:12).

Asking God to forgive us is the easy part; turning around and offering that same forgiveness to other people is the tough part. Especially when someone really hurts or offends us. Forgiveness is counterintuitive. It’s a lot easier to stay bitter, but if we want to get better, we have to follow the example of Jesus and forgive.

Forgiveness is NOT a feeling; it is an ACTION. It is a CHOICE we make, not a way we feel. Forgiveness isn’t easy, but it is one of the most freeing things you could ever do. Forgiveness is like breath. We inhale God’s grace and forgiveness for our life, and then we exhale that same forgiveness to others.

Who is one person you need to forgive today? Take a moment to pray for that person. Pray that God would bless them and provide for them. And then, if it’s safe to do so, take one action step to help fix that relationship in your life. Send them a text, give them a call, or come up with some creative way to let them know you forgive them.

**Prayer:** *Father, forgiveness isn’t easy. I pray that you would remind me of the great lengths you went to and the things you went through to offer me forgiveness. Would that truth empower and embolden me to turn around and forgive this person in my life, in Jesus’ name. Amen.*

# WEEK 2: TEACH US HOW TO PRAY

## DAY 14: PROTECTION

Jesus ends his prayer by praying for protection: “And lead us not into temptation, but deliver us from the evil one” (Matthew 6:13).

We all need God to protect us. It doesn't matter how long you have been a Christian or how strong you think your faith may be; if Jesus had to pray for protection, we need to do the same.

Perhaps the most powerful story of fasting in Scripture is when Jesus went out into the wilderness and abstained from food and water for forty days. At the end of the forty days, Satan met him in the wilderness to tempt him.

It's easy to read that and think how scary it must've been for Jesus to be tempted while he was so weak, but the opposite is actually true. After forty days of fasting, Jesus was physically weak, but he was spiritually strong. Although it may not feel like it at the moment, fasting increases our ability to fight off temptation and be the men and women God wants us to be.

As you may have noticed, Jesus's ministry began right after he got back from the wilderness. This is a very common pattern. As we approach our third and final week of fasting, be encouraged that God may have called you to do this fast because he has a big next step coming for you.

That should excite you, but it should also give you all the more reason to pray that God would protect you in the process. Spend a couple of minutes calling out the things that tempt you by name. Get specific. Is it greed? Lust? Power? Fame? Don't be embarrassed. God knows you better than you know yourself.

Pray for protection not just for yourself, but for those close to you. Speak God's protection over your spouse, over your children, over your marriage, over your family and friends, over your pastors. No one is exempt from attacks of the enemy. It is important for us to put on the Armor of God ourselves, but it is equally as important for us to have each other's backs.

**Prayer:** *Father, I feel good right now, but you know how quickly that can turn. As I go throughout my day, I pray that you would lead me down a path of righteousness. I know the enemy is trying to take me down. So, Lord, protect me from any temptations that may come my way and deliver me from the evil one, in Jesus' name. Amen.*

# WEEK 3

## PRAY WITHOUT CEASING

**Rejoice always, pray without ceasing, in everything give thanks;  
for this is the will of God in Christ Jesus for you.**

**1 THESSALONIANS 5:16-18**

## WEEK 3: PRAY WITHOUT CEASING

### DAY 15: PRAY FOR LABORERS FOR THE HARVEST

During harvest, every available hand is needed to finish the work. Ripe crops should not remain in the field any longer than necessary, lest something spoil them. Diligent workers are needed to gather the harvest as quickly as possible.

In Matthew 9:35-38, Jesus shares not just a sense of urgency but also a cause for motivation. Jesus looks at people with compassion. He does not see, as we might expect, people with their lives together. He sees people who are “harassed and helpless, like sheep without a shepherd.” He sees people who know the challenges of the world and the burdens of sin.

Jesus told His disciples that the world does not have a “Harvest Shortage” – what we have is a “Laborer Shortage.” Many of the “laborers” of the harvest are probably PART of the harvest right now!

This reality should give urgency to the mission of any Christ follower not just to BE a laborer of the harvest, but to “pray to the Lord of the harvest to send out workers into His harvest.”

**Prayer:** *God, give me your eyes not just for the harvest, but also for those you have called and equipped to reach it. Give me a burden to pray for laborers to reach this great harvest you have put in front of us. Equip the leadership of our church with the supernatural vision they need to see the gifts and talents of the people You have chosen to send through our church doors and how You want to use them to reach the harvest in their sphere of influence. Amen.*

## WEEK 3: PRAY WITHOUT CEASING

### DAY 16: PRAY FOR MARRIAGES AND THE FAMILY UNIT

Isaiah 61:3b speaks of being “great oaks that the Lord has planted for His glory.” We know the characteristics of an oak tree. They are hardy trees with a deep root system. Because they are anchored firmly, they can withstand storms and seasons of hardship. Oak wood is known for its strength and resistance to predators and other destructive growth.

No cultural institution is facing more intense persecution than marriage and the family. Incidents of divorce, infidelity, abuse, as well as the distortion of God’s definition of marriage is on the rise.

It is CRUCIAL for the church to continually pray over our marriages, families, and children, that they too will be like the oak tree in their resilience to the elements. A Christian family desires their household to be steadfast and deeply rooted in Christ. We know storms and seasons of trouble are inevitable in this life. Praying for our marriages and families to be “oaks of righteousness” means praying they will have a sturdy foundation built upon the righteousness of Jesus Christ, not their own. Through Him, they will be able to withstand hardships and won’t be swayed. Nothing we do and nothing that comes against us can tarnish or compromise the righteousness that comes from Jesus. This verse also helps parents realize that their children have been planted by God. They have a specific purpose for their specific time. Their greatest purpose is to display His splendor. The world around them should be changed for the better as they reflect His love, kindness and mercy.

**Prayer:** *Father we thank you for the gift of marriage and the gift of family. We acknowledge the importance you have placed upon the family unit in Your Word. Strengthen the bonds of marriages within and connected to our church. Protect husbands and wives and children from the attacks of the enemy against them. Move upon any broken areas and bring divine healing and restoration. We come against hell’s plans of destruction against what YOU define marriage to be. Amen.*

# WEEK 3: PRAY WITHOUT CEASING

## DAY 17: PRAY FOR OUR PASTORS

### Are you in the habit of praying for our pastors?

Today, we are going to pray for our leaders. Our pastors have to carry a weight for us that we can't quite understand. But what we can do is come alongside them and lift them up in prayer. As Paul writes to the Church in Galatia, we can "Carry each other's burdens, and in this way you will fulfill the law of Christ" (Galatians 6:2).

Pastors are human—they face the same challenges that their people do, with some additional ones! They grow tired in ministry, are tempted to sin, and may find it difficult to balance their many roles and responsibilities. They need the encouragement and support of those they lead. Prayer for your pastor is crucial to the spiritual health of your pastor, his family, and your church. God will reward your efforts to cover him in prayer.

### **Pray for Protection**

Ask God to protect our pastors, and their families from any schemes of the devil.

### **Pray for Provision**

Ask God to provide them with everything they need to continue to lead with love. Pray that God would bless them with great quality time to spend together, energy to continue to lead, and opportunities to rest along the way.

### **Pray for Wisdom**

Ask God to continue to give them the wisdom and discernment they need to our church. Pray that God would speak loud and clear to them and give them the confidence they need to continue taking our church where God wants it to go.

**Prayer:** *Father, thank you for our pastoral teams. Thank you for their heart for this church and for all the hard work and dedication they've given to leading our church over the years. Today, I pray that you would bless them and protect them. Surround them with protection as they continue to try to pastor us well, in Jesus' name. Amen.*



# WEEK 3: PRAY WITHOUT CEASING

## DAY 18: PRAY FOR THE GOVERNMENT

**When was the last time you prayed for politicians?**

Few things are as polarizing of a subject as politics. We all have our thoughts and opinions about how things should and should not be run. It's good to think critically, but the Bible also encourages us to pray for our leaders.

Watch what Paul tells his disciple Timothy:

The first thing I want you to do is pray. Pray every way you know how, for everyone you know. Pray especially for rulers and their governments to rule well so we can be quietly about our business of living simply, in humble contemplation. This is the way our Savior God wants us to live (1 Timothy 2:1-3, Message).

Notice he didn't tell Timothy to only pray for the government leaders he agrees with; he told him to pray for all of them regardless of his opinions.

What if today, you took one day to fast from your political opinions in order to pray for leaders? What if today, we took a break from disagreeing about politics to agree with God in prayer? What if we simply asked God to give our political leaders wisdom and discernment to lead us?

God has not given up on our country or on any individual person...and neither should we. Nothing is beyond the control of our amazing and loving God. As we welcome newly elected officials into office, let us commit to pray diligently for them—that they will make known the One true God and His Son, Jesus Christ (John 17:3)

**Prayer:** *Father, thank you for the political leaders who are working to make this country run. Today, I put aside my thoughts and opinions and pray that you would give them all wisdom. Would you speak to them and give them divine insight into what you want to see happen in our land in Jesus' name, Amen.*

# WEEK 3: PRAY WITHOUT CEASING

## DAY 19: PRAY FOR THOSE WHO PERSECUTE YOU

**Are you willing to pray for the people you don't get along with?**

It's easy to pray for the people you love, but what about the ones who are tough to love? In the Sermon on the Mount, Jesus says, "You have heard that it was said, 'Love your neighbor and hate your enemy.' But I tell you, love your enemies and pray for those who persecute you" (Matthew 5:43-44).

Today, we are going to practice doing exactly what Jesus said to do; we are going to pray for the people we don't get along with.

Who is one person in your life you are angry with?

Take some time and ask that God would bless them. It is going to feel counterintuitive at first, but it is one of the best things you can do for your soul. Press through the discomfort and watch how much better you feel afterward.

**Prayer:** *Father, thank you for \_\_\_\_\_. Even though I don't always see eye to eye with them or get along with them, they are a human being made in your image. I pray that you will bless them today. Provide for them. Be with their family and continue to protect them in Jesus' name, Amen.*

## WEEK 3: PRAY WITHOUT CEASING

### DAY 20: PRAY FOR EVERYONE YOU SEE

#### What if you prayed for everyone you interacted with today?

We love to tell people that we are praying for them, but what if we became people who actually prayed for each person we interacted with? Not out loud or in a way we'll ever get credit for, but just silently to ourselves, as we talk to them.

In Numbers 6, God gave Moses a blessing and directed him to pray it over the Israelites:

“The Lord bless you and keep you; the Lord make his face to shine upon you and be gracious to you; the Lord lift up his countenance upon you and give you peace.”  
(Numbers 6:24-26).

What if you prayed that blessing for every person you saw today? You can pray for them silently while you talk to them or spend ten seconds praying after the conversation is over. Obviously, you may not get to everyone, but that's not the point. The goal is to simply see interactions as opportunities to bless people.

If you pray for everyone you see today, it will be one of the most productive days you've had in a long time.

**Prayer:** *Lord, thank you for another day. Would you help me see every person I interact with today as an opportunity to bless? Remind me throughout the day, no matter how busy I get, that each person is an individual human being who deserves my love and respect. Give me the right perspective today. I pray in Jesus' name, Amen.*

# WEEK 3: PRAY WITHOUT CEASING

## DAY 21: JUST GETTING STARTED

**Do you realize that God is just getting started in your life?**

Congratulations on making it to Day 21! That is a huge accomplishment, and you should be really proud of yourself. By now, you've realized just how powerful prayer and fasting can be.

As we reach the end of our journey, it's important to remember that the goal of these three weeks has been to set a firm foundation for the rest of your year. Paul doesn't tell us to just pray for 21 days every year; he tells us to "pray without ceasing" (1 Thessalonians 5:17, ESV).

As you get ready to break your fast, take a moment and think about the rest of 2025.

What is one way you can continue to fast for the rest of the year?

How can you continue to make prayer a priority in your life?

Let's finish where we started, with the same verse that began this entire journey: "Commit to the Lord whatever you do, and he will establish your plans" (Proverbs 16:3). We believe 2025 can be the year where everything changes in your life for the better. Commit to keeping up these habits for the rest of your year, and watch what God does!

**Prayer:** *Father, thank you for all the amazing things you've done in my life over the last 21 days. Thank you for this fresh start, and thank you that you are just getting started. Would you help me continue to make prayer my priority this year? I commit all my plans to you and am excited to see how you are going to establish yourself in my life.*







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**21 DAYS**  
of Prayer and Fasting