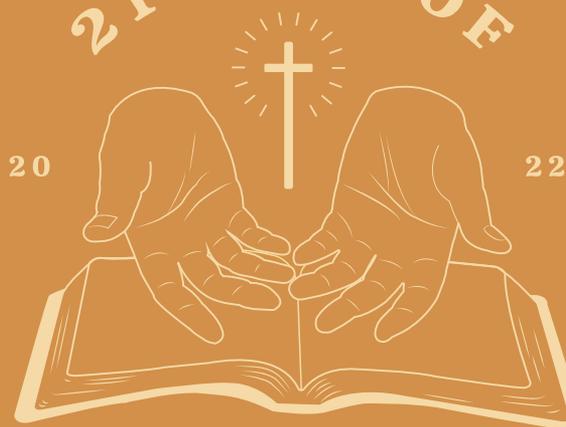


21 DAYS OF



PRAYER & FASTING

PRAYER GUIDE

Welcome to 21 Days of Prayer and Fasting.

At the start of each year, we take twenty-one days to seek God's presence and accept his invitation to the awakened life. Through the spiritual practices of prayer and fasting, we open ourselves to Jesus and the work of the Spirit.

Our friend JD Walt says that awakening is the transformational process and outcome of following Jesus Christ. It is a personal, communal, and societal movement from:

- Darkness to light
- Chaos to order
- Despair to joy
- Anxiety to peace
- Poverty to flourishing; and
- Brokenness to wholeness

The church cannot manufacture awakening, it is ultimately a work of God. We can, however, prepare ourselves for an awakening, remove impediments, and posture ourselves to receive it.

As we fast and pray for the transformation of our local church, community, and global church, we do so trusting in the work of the Holy Spirit. From January 10th-30th we will be:

- Using this **Prayer Guide**
- Meeting for **Prayer & Worship Nights** on Tuesday's at 6:30pm (January 11th, 18th, and 25th)
- **Fasting** as a community
- Covering a week of **24/7 Prayer** from Sunday January 23rd (starting at noon) with an opening prayer/worship time to Sunday January 30th (finishing at noon), details on the website

Inside this guide you will find a short introduction to fasting, a scripture and prayer for each day that has been written by the people of La Croix over the last few years, and some space to journal. Our hope is that as you are fasting, you set aside time each day to ask God to wake us up to his glory and love. We hope this results in us laying our lives down for the world in a new great awakening.

We look forward to going on this journey together as we express our need for Jesus and look to God the Father anew. Come, Holy Spirit!

Types of Fasting

In his now classic book, *Celebration of Discipline*, Richard Foster explains the different ways of fasting found in scripture:

Normal Fast – Most generally, fasting involves abstaining from all types of food (solid or liquid), but not from water. This is how Jesus begins his ministry where, we are told, “he ate nothing” for 40 days. While the length may vary from one fast to another, this is the typical manner of fasting found in scripture. John Wesley, the founder of Methodism, fasted twice a week for much of his ministry from sun-down till 3:00 the next day. The “Wesley Fast,” therefore, typically involves skipping two meals.

Partial Fast – Based primarily on the Old Testament Book of Daniel, the partial fast involves a restriction of diet but not total abstention. For three weeks Daniel declared, “I ate no delicacies, no meat, or wine entered my mouth” (Dan. 10:3). With this fast, one’s diet generally consists of fruits, vegetables and water. A good source of information on the Daniel Fast is the website daniel-fast.com.

Absolute Fast – Reserved for times of dire emergency in the Bible, the absolute fast involves abstaining from food and water. Typically, a person can survive only three days without water so this type of fast is rare and reserved for extreme circumstances only.

If you have any questions about your health and participating in a fast, please consult your doctor. Most healthy adults can fast with no ill effects physically. In fact, the latest research on fasting is revealing many positive results to our health. While there are physical benefits, we don’t fast for those reasons but to draw closer to God and for spiritual breakthroughs in our lives. There’s also power in groups of people fasting together. As the people of La Croix Church, let’s fast for an awakening in our church, in our community, and around the globe!

Scripture Reading: Deuteronomy 6:5

We long to be covenant-keeping people, but our self-centeredness often presses in. Merciful Father, help us, your church throughout the world, to pursue holiness and walk in a manner worthy of your calling on our lives.

Lord Jesus, help us set aside idolatry, pride, self-righteousness, and any other barriers that separate us from you. Cultivating the fruits of the spirit must become a way of life for us if we genuinely want to be followers of Christ. As we fast and pray, saturate our hearts and minds with the Holy Spirit and awaken your church throughout the world.

Action Item

Read and reflect on John Wesley's Covenant Prayer. Consider the many ways this prayer is relevant in your life today.

I am no longer my own, but yours. Put me to what you will, place me with whom you will. Put me to doing, put me to suffering. Let me be put to work for you or set aside for you, praised for you or criticized for you. Let me be full, let me be empty. Let me have all things, let me have nothing. I freely and fully surrender all things to your glory and service. And now, O wonderful and holy God, Creator, Redeemer, and Sustainer; you are mine, and I am yours. So be it. And the covenant which I have made on earth, let it also be made in heaven. Amen.

Prayer Journal



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