



21 DAYS OF PRAYER & FASTING

INSTRUCTIONS

Starting the Year Rooted in Prayer

January 5–25

As we begin the year, we're inviting our church into a shared rhythm of prayer, Scripture, and simple spiritual practices. This is not about doing more or doing it perfectly—it's about **showing up honestly before God**, together.

Grace, not performance, is the goal.

DAILY PRACTICE

Each day includes:

- A short Scripture
- A prayer focus
- A simple theme to hold throughout the day

How to engage:

- Read the Scripture slowly
- Notice what stands out
- Pray honestly—or sit quietly with God
- Return to the prayer focus during the day

Miss a day? Simply continue. There is no catching up—only continuing.

FASTING

Fasting is not about deprivation or proving devotion.

It is about **making space** to notice God, your own heart, and the needs of the world.

You may choose to fast in ways that fit your life:

- Skip one meal a day
- Fast one day a week
- Take a break from social media
- Step away from a distraction
- Practice intentional silence

If fasting is not healthy for you, prayer alone is enough.

- **Fast from something that distracts you.**
- **Feast on Scripture, prayer, and God's presence.**

SOCIAL MEDIA ENGAGEMENT

Daily Prayer Reels

Each day we'll share a short prayer reel (about one minute) with:

- The daily Scripture
- A brief prayer
- A moment to pause and reflect

You're invited to:

- Watch and pray along
- Save it and return later
- Share it as a prayer for others

Participation can be public or quiet—both are faithful.

COMMUNITY GATHERINGS

Wednesday Prayer Nights

Join us for communal prayer:

- January 7, 14, and 21
- 7:00 PM | Sanctuary

These gatherings will be simple:

- Scripture
- Guided prayer
- Silence and reflection

Come as you are. No pressure to speak or perform.

Some days prayer will feel easy. Some days it may feel heavy or scattered. All of it is welcome.

“Till now, the Lord has helped us.” — 1 Samuel 7:12



WEEK 1: OUR CHURCH (Jan 5–11)

Grace that meets us where we are

□Day 1 – Gratitude

- Scripture: 1 Samuel 7:12
- Prayer Focus: Remembering how God has carried us
- Prayer Theme: Naming God’s help along the way—without pretending the journey was easy

□Day 2 – Hunger for God

- Scripture: Psalm 63:1
- Prayer Focus: Desire for God in seasons of dryness or longing
- Prayer Theme: Coming to God honestly, even when desire feels fragile

□Day 3 – Unity

- Scripture: Ephesians 4:1–3
- Prayer Focus: Unity shaped by patience and humility
- Prayer Theme: Learning to stay connected when difference and tension exist

□Day 4 – Leadership

- Scripture: James 1:5
- Prayer Focus: Wisdom for pastors, staff, and leaders
- Prayer Theme: Leading with wisdom, humility, and trust—especially when fear is present

□Day 5 – Families

- Scripture: Joshua 24:15
- Prayer Focus: Families and relationships in all their forms
- Prayer Theme: God's grace at work in imperfect households

□Day 6 – Children & Youth

- Scripture: Psalm 127:3–4
- Prayer Focus: Children, youth, and those who care for them
- Prayer Theme: Trusting God with the next generation, even amid uncertainty

□Day 7 – Worship

- Scripture: Psalm 95:1–2
- Prayer Focus: Gathering with honesty before God
- Prayer Theme: Worship as bringing our whole selves—joy, grief, and questions

WEEK 2: OUR COMMUNITY (Jan 12–18)

Grace embodied in neighbor-love

□Day 8 – Compassion

- Scripture: Micah 6:8
- Prayer Focus: Seeing suffering without turning away
- Prayer Theme: Compassion rooted in humility, not superiority

□Day 9 – The Vulnerable

- Scripture: Proverbs 31:8–9
- Prayer Focus: Those whose voices are ignored or silenced
- Prayer Theme: Advocacy shaped by love, listening, and courage.

□Day 10 – Schools & Educators

- Scripture: Proverbs 2:6
- Prayer Focus: Learning communities under pressure
- Prayer Theme: Wisdom and care for teachers and students navigating stress

□Day 11 – First Responders & Healthcare Workers

- Scripture: Psalm 46:1
- Prayer Focus: Those who carry trauma as part of their work

- Prayer Theme: God's presence with those who are tired, overwhelmed, and still showing up

□Day 12 – Our Neighbors

- Scripture: Luke 10:33–34
- Prayer Focus: Learning to notice who is near us
- Prayer Theme: Love that slows down and risks closeness

□Day 13 – Those Facing Hardship

- Scripture: Matthew 11:28
- Prayer Focus: Rest for the weary and burdened
- Prayer Theme: Receiving rest without guilt or explanation

□Day 14 – Community Witness

- Scripture: Matthew 5:14–16
- Prayer Focus: Faith made visible through presence, not perfection
- Prayer Theme: Being light simply by showing up with love

WEEK 3: OUR NATION & WORLD (Jan 19–25)

Grace that stretches beyond us

□Day 15 – Peace

- Scripture: John 14:27
- Prayer Focus: Peace that coexists with anxiety
- Prayer Theme: Holding fear and hope together before God

□Day 16 – Leaders

- Scripture: 1 Timothy 2:1–2
- Prayer Focus: Leaders shaped by wisdom rather than power
- Prayer Theme: Praying for leaders without idealizing or excusing harm

□Day 17 – Justice

- Scripture: Isaiah 1:17
- Prayer Focus: Justice as ongoing work, not quick fixes
- Prayer Theme: Learning to seek justice with patience and persistence

□**Day 18 – The Global Church**

- Scripture: Hebrews 13:3
- Prayer Focus: Solidarity with suffering communities of faith
- Prayer Theme: Remembering others as part of our own body

□**Day 19 – Creation**

- Scripture: Psalm 24:1
- Prayer Focus: Creation care as spiritual responsibility
- Prayer Theme: Living gently with what God has entrusted to us

□**Day 20 – Hope**

- Scripture: Romans 15:13
- Prayer Focus: Hope that is honest, not forced
- Prayer Theme: Trusting God even when hope feels fragile

□**Day 21 – Trusting God Forward**

- Scripture: Proverbs 3:5–6
- Prayer Focus: Moving forward without certainty
- Prayer Theme: Taking the next faithful step without having the whole path