



21 DAYS *of* PRAYER & FASTING

January 7th - January 21st

Daily Prayer Calls
6am, 12pm, 6pm

STATEMENT OF PURPOSE

The goal of fasting is to draw nearer to God. Biblical fasting has to do with eliminating distractions for a spiritual purpose; it hits the reset button of our soul and renews us from the inside out. It also enables us to celebrate the goodness and mercy of God and prepares our hearts for all the good things that God desires to bring into our lives. Our corporate fast is intended to bring us together as a body of believers to walk in faith and agreement for greater results as a collective body and to advance the vision of God for our house. Your personal fast is between you and God. It should present a level of challenge, but it is very important to know your body, your options, and, most importantly to seek God in prayer that you might be able to follow what the Holy Spirit leads you to do.



21 Days of Prayer & Fasting - The 4 Rules of Engagement

- 1. Scripture: Set a regular time daily for reading the meditational scripture**
- 2. Prayer Focus: After reading the Scripture, include the prayer focus in your time of prayer**
- 3. Join our daily conference calls: 6AM, 12PM, and 6PM (lasting 15 minutes)**
- 4. Honor the 21 aspects of the fast: See details below**



21 Days of Prayer & Fasting - Instructional Guideline

- 1. Pray 21 Minutes A Day**
- 2. Read the '21 Days of Prayer' (Devotional Plan of the Day) by Downloading the Holy Bible You Version App.**
- 3. No Television or Social-Media from 8AM-4PM**
- 4. No Red Meats, No Fried Foods, No Desserts, Treats, or Sweets.**
- 5. Water, Fruits, and Vegetables only from 8AM – 4PM. Chicken and Fish Only after 4PM.**
- 6. No Alcohol Beverages, Beer, or Wine**
- 7. No Sex Outside of Marriage**



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- 8. No legal or illegal substances, marijuana, cigars/cigarettes, or hookah-smoking**
- 9. 21 Minutes of Exercise (all at once or intermittent)**
- 10. 21 Daily Random act of kindness. (One per day)**
- 11. No Cursing, Fussing or Displays of Anger**
- 12. No Negativity (Words/Actions/Posting/Complaining)**
- 13. No Pornography**
- 14. No Shopping except for necessities. Guard and consecrate your money for 2024 and commit to Tithing**



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- 15. 21 minutes of intentional family time each day**
- 16. Invite 21 people to church whether in-person, or by tagging and sharing weekly.**
- 17. Pray for our entire PTI Church family and our Pastor and First Lady as they carrying out the 2024 vision.**
- 18. No Unholy Music (Sexual content/Illicit lyrics and language)**
- 19. Drink at least 21 ounces of water a day (No Soda, Sugar, or Carbonated drinks)**
- 20. No Missing Church! – Commit to at least 2 or more In-Person worships per month, and online worship when not in-person.**
- 21. Avoid Negative Self-Talk---Speak Over Yourself Declaring What God Says That You Are**



Sun – 7th 9AM High Time Worship 1st Communion of 2024 Fasting Instructional Review 21 Day Consecration Kick-Off	Mon – 8th (Day 1) Meditation: Philippians 4:13 Focus: Power to Finish Prayer: God, we thank you for the power of your Holy Spirit. Grant us power to complete this fast and change our hearts through your word. In Jesus' Name, Amen.	Tue – 9th (Day2) Meditation: Psalms 139:14 Focus: More Creativity Prayer: God, we thank you for helping us to see beyond what others see. Give us big ideas and creativity ingenuity to make an impact in your kingdom. In Jesus' Name, Amen.	
Wed – 10th (Day 3) Meditation: Matthew 6:33 Focus: Replenish Our Resources Prayer: Lord, we thank you that you have given us every resource that we need to do all that you have created us to do in the earth. In Jesus' Name, Amen.	Thu – 11th (Day 4) Meditation: Proverbs 17:17 Focus: Righteous Relationships Prayer: God, we thank you for helping us to make the right connections, with family, community and my church. Purify our hearts, and make us one in you. In Jesus' Name, Amen.	Fri – 12th (Day 5) Meditation: Isaiah 26:3 Focus: Perfect Peace Prayer: God, we thank you for taking away our anxious thoughts and filling me with peace. We ask that you will help us to become more aware of your peace. In Jesus' Name, Amen.	Sat -13th (Day 6) Meditation: Psalm 46:1 Focus: Supernatural Strength Prayer: Lord, we thank you for increasing our strength. Help us in our moments of feeling weak that you increase the strength within us. In Jesus' Name, Amen.



<p>14th (Day 7)</p> <p>Meditation: Luke 10:19 Focus: Kingdom Authority Prayer: God we thank you for the authority that you have given us through your son, Jesus Christ. Show us the areas of our lives where we have allowed the enemy to take over, help us to walk in the authority that you have given. In Jesus' Name, Amen.</p>	<p>15th (Day 8)</p> <p>Meditation: Titus 2:11-14 Focus: Personal Discipline Prayer: God, help us to make better decisions, and to say 'no' in our weak moments. Stir up a passion for your word in us. Help us to grown deeper in our relationship with you. In Jesus' Name, Amen.</p>	<p>16th (Day 9)</p> <p>Meditation: Jeremiah 29:11 Focus: Victorious Vision Prayer: God thank you for given us 'BIG Vision' today to see beyond our current circumstances. Stir us the gifts inside of us, and use us to accomplish your will for our lives. In Jesus' Name. Amen.</p>	<p>17th (Day 10)</p> <p>Meditation: Mark 11:24 Focus: Audacious Faith Prayer: God we thank you today for giving us the faith to believe YOU! We decree and declare victory over every area of doubt in our lives. We speak to every mountain and command it to move out of our way. In Jesus' Name. Amen.</p>
<p>18th (Day 11)</p> <p>Meditation: Romans 5:1-5 Focus: Hope for the House! Prayer: Lord, thank you that you give us hope when everything seems hopeless. Help us to remember that we are firm and secure in the HOPE that comes from YOU! In Jesus' Name. Amen.</p>	<p>19th (Day 12)</p> <p>Meditation: Nehemiah 8:10 Focus: Unspeakable Joy Prayer: God we thank you for Joy today. Help us to remember that our Joy is not based on what happens around us but rather on what you are doing in our hearts and in our lives. In Jesus' Name. Amen.</p>	<p>20th (Day 13)</p> <p>Meditation: Romans 8:37 Focus: More Than Conquerors Prayer: God thank you for granting us the ability to do all things through YOU! Today we look to YOU and your strength to help us to be what you created us to be. In Jesus' Name. Amen.</p>	