



# 21 DAYS OF PRAYER & FASTING

*Prayer should be our first response, not our last resort.*

## **Week One: Consecrate (January 9th - 15th)**

Joshua 3:5 (NIV) "Consecrate yourselves, for tomorrow the Lord will do amazing things among you."

Each day this week, take time to pray over these areas:

- Ask for forgiveness and repent for any known sin.
- Present your body to God as a living sacrifice.
- Ask God to renew your mind, purify your eyes & ears, and guard your mouth.
- Surrender your heart fully to God, placing your total trust in Jesus.
- Give God authority over your home, possessions, and finances.

Daily Prayer: Lord Jesus, I choose to set my life apart for your glory.

## **Week Two: Counsel (January 16th - 22nd)**

Psalm 25:14 (ESV) "The secret counsel of the Lord is for those who fear Him"

Each day this week, take time to pray over these areas:

- Ask God to give you a greater understanding of how much He loves you.
- What areas of your life is The Holy Spirit prompting you to make changes?
- Who is God calling you to pray for more or connect with more often?
- What gifts and talents has God given you to use in this next season?
- Where is God showing you to slow down and/or pull back?

Daily Prayer: Father God, show me who you are calling me to be.

## **Week Three: Contend (January 23rd - 29th)**

Colossians 1:29 (NIV) "To this end, I strenuously contend with all the energy Christ so powerfully works in me."

Each day this week, take time to pray over these areas:

- Ask God to reveal any lies of the enemy you believe about your life.
- Repent for believing those lies, and receive God's grace and forgiveness.
- Declare God's truth in place of those lies, & rebuke the enemy's schemes.
- Ask for God's Kingdom to come & for His will to be done in your life & home.
- Be the "spiritual thermostat" in your home, workplace, and wherever you go.

Daily Prayer: Holy Spirit, may others recognize Your Presence in my life.

For more info, visit the website at  
<http://cos.manna.church/sacred-rhythms-resources>

