



**TOGETHER**

*Filled and Sent*

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**21 DAYS**  
OF PRAYER AND FASTING



## Hallelujah! Welcome to this 21-Day prayer and fasting experience!

Increasingly we sense that God is moving in significant ways and we need to join Him. We have also sensed that our ideas, efforts at strategy, innovation and passionate commitment is not enough—nor is it the method—that God uses to reach and transform those who have yet to respond to God’s love.

God’s plan has never changed. It always involves prayer and fasting and ***mobilizing a multiethnic, multigenerational & multieconomic Kingdom Force of disciples making disciples to close the gospel gap. Our Kingdom Force includes laity & clergy, women & men, from everywhere to everywhere—ON MISSION!***

Foundational to the mission is prayer and fasting. In fact, research identifies that ***the one consistent practice*** in reaching the hardest to reach is hours of ***Extra—Ordinary praying and fasting*** asking God to draw the unbelieving (Jeremiah 31:3; John 6:44) and to send out workers (Matthew 9:37-38). It was from a time of prayer and fasting that the church was birthed (Acts 1-2). It was out of prayer and fasting that the first missionaries were sent out (Acts 13:1-4). Over the centuries, the mission is always born out of seasons of prayer and fasting.

*So, what if we would set aside time—21 Days—to pray and fast?*

### Guiding Principles for the 21 Days

- Keep it simple
- Motivated by scripture
- Focused themes for prayer
- Dedicated times and ideas for fasting
- Both Individual and community engagement

### Seven Repeatable Themes

- *Monday—Search me*
- *Tuesday—Fill and lead me*
- *Wednesday—Use me for Breakthrough Witness*
- *Thursday— Workers—Ministers / Missionaries / Marketplace to unreached people*
- *Friday—Disciples making Disciples*
- *Saturday—Churches Multiplied*
- *Sunday—Celebration Stories for Worship & Thanksgiving*

## Options for Fasting\* . . . individually and as a small group, team or church

Prayerfully seek God's leading to consider these ideas during all or as part of the 21 days:

1. **All-Day Full Fast**—Abstaining from food and drinking only liquids for one or multiple days per week—many begin this with abstaining from the evening meal
2. **Partial Fast**—Not eating for 1 or 2 meals on a day or abstaining from certain kinds of foods for a designated period of time.
3. **A Daniel Fast**—Eat only vegetables, fruit, water and juice for a designated period of time
4. **Activity/Media Fast**—Abstaining from a time-consuming activity such as TV, movies, a particular hobby, internet, etc. for a designated period of time.

*\*We gracefully recognize that not all persons can fast food due to physical limitations or conditions*

### Resource Recommendation:

[\*Revival Starts Here—A Short Conversation on Prayer, Fasting and Revival for Beginners Like Me\* by Dave Clayton](#)

### 21-Day Practices:

- **Listen** for the leading of the Holy Spirit
- **Pray your ordinary amount**—*add some extra* to make this a time of **extra—ordinary prayer**
- **Use the daily verses** as a prompt in your prayers—consider these questions:
  - o *What do these verses say about God?*
  - o *What do these verses say about people?*
  - o *What do these verses say about the mission?*
  - o *How might I turn these verses into a prayer?*
  - o *How do I apply these verses in my life?*
  - o *Who could I share these verses with this week?*
- **Ask God to help you match people** (family, friends, disciples, missionaries, etc.) and your church to the specific prayer themes
- **Act on the promptings of the Holy Spirit** in answer to your prayers
- **Fast**, if able, at least 1 day per week
- **Consider a 2 to 3-day fast** at least once during the 21 days
- **Do this in community**—there is power in prayer partnership—*if you don't already have prayer partners, invite others to join you in partnership*

## The 21-Day Plan Leading to Pentecost

DAY	THEME	SCRIPTURE
<b>Launch Sunday</b> 5/2	<i>As we begin this 21 Days, let's ask the Holy Spirit to mark us with the heart of God for His mission.</i>	Isaiah 58:6-9; Mark 9:29; Acts 13:1-4a
<b>Week 1</b>		
5/3	<i>Search me . . .</i>	Psalm 139:23-24
5/4	<i>Holy Spirit, fill and lead me</i>	Ezekiel 36:26-27; Acts 9:17
5/5	<i>Use me for breakthrough witness</i>	Luke 4:18-19; Romans 8:28
5/6	<i>Workers—Ministers / Missionaries / Marketplace to unreached people</i>	Matthew 28:19-20
5/7	<i>Disciples making disciples</i>	Ephesians 4:14-16; 2 Timothy 2:2
5/8	<i>Churches multiplied</i>	Matthew 16:18; Luke 14:23
5/9	<i>Celebration, stories, worship and thanksgiving</i>	Psalm 34:2-3
<b>Week 2</b>		
5/10	<i>Search me . . .</i>	Jeremiah 17:10; Matthew 6:12-14
5/11	<i>Holy Spirit, fill and lead me</i>	John 14:26-27; Acts 4:31
5/12	<i>Use me for breakthrough witness</i>	Romans 1:16; Galatians 6:9
5/13	<i>Workers—Ministers / Missionaries / Marketplace to unreached people</i>	Matthew 9:36-38; 2 Timothy 2:15
5/14	<i>Disciples making disciples</i>	Luke 14:27
5/15	<i>Churches multiplied</i>	Acts 2:42-47
5/16	<i>Celebration, stories, worship and thanksgiving</i>	Psalm 66:16-20, 126:6
<b>Week 3</b>		
5/17	<i>Search me . . .</i>	Romans 8:27; James 4:7-10
5/18	<i>Holy Spirit, fill and lead me</i>	Acts 13:52; Romans 15:13
5/19	<i>Use me for breakthrough witness</i>	Acts 1:8
5/20	<i>Workers—Ministers / Missionaries / Marketplace to unreached people</i>	John 1:40-42
5/21	<i>Disciples making disciples</i>	Ephesians 4:14-15; Philippians 1:6
5/22	<i>Churches multiplied</i>	Romans 10:14-15
5/23	<b><i>Pentecost Celebration, stories, worship &amp; thanksgiving</i></b>	Psalm 107:8-9; Acts 14:26-27

