

# 21 Days of Prayer and Fasting

## A Practical Guide and Journal



IN THE  
**SPIRIT**

*The*  
**Daniel Fast**

Fasting for  
spiritual  
breakthroughs

Mon., January 13 - Mon., February 3, 2025

**2025 Year of Jubilee**

Compiled by Apostle Sharyn Cosby

## **Disclaimer**

This guide and journal were for the use of In The Spirit ministry partners, members, and supporters during our 21-Day Consecration. However, we welcome anyone who desires to strengthen their prayer life and take the journey of developing a deeper and closer relationship with God.

Any information contained herein that may resemble or appear similar to other information available, please know that is no intent to claim or use other's work. One of the many things I learned in seminary, is that God has a way of speaking to different people, at different times, in the same or similar way. Simply put, the truth is truth, and it is the truth that we know that will set us all free (John 8:32 paraphrased).



**Apostle Sharyn Cosby**  
Founder and Senior Servant  
In The Spirit Ministries

## Introduction

Welcome to an exciting journey of prayer and fasting for 21 days. I pray that you find this guide and journal helpful, as you seek to pull away from the world and press toward God. Be encouraged for this is the Year of Jubilee! It is time to get back what the enemy has taken and receive all that God has purposed for your life.

As you spend time in personal prayer, remember not to neglect the power of joining with others in prayer. Corporate prayer can and will connect you with others for purpose, *“Again I say to you, that if two of you agree on earth about anything that they may ask, it shall be done for them by My Father who is in heaven. For where two or three have gathered together in My name, I am there in their midst.”* Matthew 18:19-20 (NASB). In other words, when you connect and agree with others according to the will of God, God moves on your behalf. The connection also builds unity and causes you to develop a greater love and concern for others.

Additionally, allow this journey to move you towards meaningful, effective, and creative personal prayer time. God wants to hear directly from you. God also wants to speak directly to you. Take time to listen for God’s voice. Write down your thoughts and what you heard God say in the journal part of this book. If you run out of space, a spiral notebook or composition book will work fine.

Finally, I have heard this many times and am not sure to who to give credit for this saying, but I encourage you to remember, *“You can pray without fasting, but you cannot fast without praying!”*

**Apostle Sharyn**

**[Left Blank Intentionally]**

## MESSAGE NOTES

Date: Monday, January 13, 2025

Title: Year of Jubilee

Scripture References: \_\_\_\_\_

\_\_\_\_\_

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Questions about prayer answered

One day, I was approached by a woman who I am confident was over 60 years of age and, to the best of my knowledge, had been in church most of her life. She said, “I pray at home for the needs of her family, but I am not really sure how to describe what prayer is and how to pray.”

She went on to share that she never has been comfortable praying around others and really was not sure what she could say. At first, I was a little surprised. I knew this woman. I knew that she loved and had served God for a long time. However, after over twenty-three years of ministry and sixteen years as a pastor, I have learned that her inquiry about prayer was not unique.

People young, old, new to the faith, seasoned Christians, and those who fall anywhere in between find themselves asking the same or similar questions. So, let me attempt to provide some answers.

### What Is Prayer?

People often say that prayer is just talking to God as you would to anyone else. It's true that a relationship with God contains many of the same ingredients as our other relationships. But there is at least one unique factor: we can't rely on the senses of sight, sound, or touch to connect with God.

So, talking to God is just like relating to anyone else except in the ways it is completely different.

#### WORD WEALTH

**Pray,** *proseuchomai* (pros-yoo-khomahee); Strong's #4336: The word is progressive. Starting with the noun. *Euche*, which is a prayer to God that also includes making a vow, the word expands to the verb *euchomai*, a special term describing an invocation, request, or entreaty. Adding *pros*, “in the direction of God,” *proseuchomai* becomes the most frequent word for prayer.

Hayford, Jack, Gen. Editor, Azusa Study Bible, p1414, Nashville, Thomas Nelson Publisher, 1991.

Perhaps the best place to begin is by making clear that prayer is more about talking with God than just talking to God. What you believe about God and your relationship with God is fundamental to how you will learn to communicate with God.

To pray is to communicate with God. That can mean thanking God, praising God, confessing something you've done wrong, expressing a need you have, seeking God for guidance, and so much more.

Learning how to pray is about developing a relationship with God. Relationships are built on moments of connection. Those moments of form a connection bond that is centered on communication — the words you say and the way you say them.

Prayer is a supernatural activity. What does that mean? Think about it for a moment. You are talking with a God who is unlike anyone else you could ever talk with. God has a personality and qualities you can understand and relate to, but you cannot expect to relate to God in exactly the way you might to a close friend or family member. God is so much bigger and more incredible than that. The supernatural God is beyond what you can understand in the natural everyday world, yet each day, we are to seek to understand God more and more.

Even if talking honestly with other people comes very naturally to you, it's understandable if talking with God feels like a steep learning curve.

**Faith is the essential ingredient if you want your prayer life to never lose its flavor.**

God is ready and willing to listen because God knows you and wants to be known by you. If you believe that, or you want to believe it, you're ready to learn how to pray.

**Why Should You Pray?**

People pray for all sorts of reasons. Some pray to comfort themselves in troubling times and to acknowledge there is a spiritual dimension to life. But Christians pray for very specific reasons.

Becoming a Christian is about much more than adopting a label, changing your demographic, or subscribing to a new worldview. To be a Christian is to believe God is God and there is no other, and accept the invitation to acknowledge Jesus the Christ as your Lord and Savior

Saying that you can experience being a Christian in the way God intended without learning to pray is like saying you can be happily married or have a deep friendship without regular communication. It simply doesn't work that way. Without regular communication, the relationship will break down.

But maybe the question is not why should Christians pray, but why should they want to?

Here are four great reasons why you might choose to pray:

1. Share your love for God.
2. Confess any wrong actions, thoughts, or attitudes.

3. Thank God for....
4. Seek God's help for concern about your life or for someone else's.

If you have never really prayed before and you want to know what to say, these four reasons for prayer also provide a good template to start with.

### **How Do You Pray?**

“But you, when you pray, enter into your inner room, and having shut your door, pray to your Father who is in secret, and your Father who sees in secret will reward you openly” (Matthew 6:6, WEB). Some find it helpful by reading scripture first and then praying the scriptures. One process is called, Lectio Divina.

Lectio Divina is a Latin term meaning “divine reading,” and it describes a way of reading the Scriptures slowly with much meditation and thought. It's traced back to a 12th-century monk who taught the key stages involved in the process as follows: First, you read your selected verse slowly and reflectively so that it can sink in. Use any passage of scripture, but don't make it too long. The second stage is the reflection time, where you think about the scripture. (it may be helpful to read it multiple times, three or four times, very slowly.) The third stage is your response. (This is where you have to put aside your personal thinking and let God speak to your heart. Write down your thoughts word by word. What does God impress on you?) The final stage is to rest in God. (It's important to do this prayer time in a quiet environment so that you can hear God's gentle whispers during the stillness.)

### **What position should I be in to pray?**

You can bow, kneel, stand, or walk around when you pray. God will hear you whatever you do, so choose a position that helps you focus. Kneeling, or bowing your head, is a great way to focus your body and your mind on God. It's also a way to show how much you respect His authority.

### **What do I say?**

Start by addressing God directly in a way that acknowledges the uniqueness of who God is.

People will say things like “Almighty God,” or “Creator God.” How you choose to address God will remind you and anyone you might be praying with about who you are talking to and what God represents in your life.

### **Do I pray to God, Jesus, or the Holy Spirit?**

This is completely up to you. Rest in the confidence that each member of the Trinity is listening. However, as Christians, we can address God directly with



confidence that God is as close as God could be, Jesus is present making intercession and the Holy Spirit is there to help

### **Should I pray out loud?**

Depending on how comfortable you feel or what kind of situation you are in, you will choose whether to pray out loud or silently. Over time, you will likely grow in your confidence by praying out loud.

If you are praying for someone who is physically present with you, it might encourage them to hear your faith expressed through your prayers. But if you find praying silently allows you to focus more on God than on someone you might be praying with, go for it.

The one time most of us need to stop talking is when we are trying to listen to God. You will find it harder to hear what God is saying if you are doing all the talking. Make your requests known, then stop, wait, and listen.

### **When and where do I pray?**

Anytime and anywhere can work, but it's good to find a distraction-free time and place if possible. God deserves your focused attention, and you might find it harder to listen to Him in a busy place.

Some people create a space in their homes for this purpose, like a prayer closet. Others will choose a favorite park to take time out with God or even a coffee shop.

### **How do I end a prayer?**

A common way to end a prayer is by saying something like, "In the name of Jesus, amen."

But why is this?

Well, think about how you began your prayer by addressing God directly, by name. This is important because it acknowledges that God is more than a force, more than an unnamed higher power or an idea.

God is a spirit choosing to be present in your life. Most importantly, Only God has the authority and ability to answer your prayers.

This common conclusion is a reminder of who this God is.

Whatever you choose to say can also act as a reminder that you believe God has heard your prayers and that you trust God to know how best to answer them.

If you're the kind of person who starts talking to God as you go about your day, you don't need to wrap up every communication with a formal ending for God to take you seriously. God loves you and loves to commune with you, as much as possible.

### **What Should You Pray For?**

Whatever is on your mind matters to God because you matter to God. As you develop the habit of praying, over time, you will gain a sense of what things God is talking to you about and what God thinks is worth your attention. In the beginning, try not to get too hung up on what you should be praying about. God has all the time in the world, and God is far more patient with us than we are with ourselves.

### **But if you're ever in doubt, pray like Jesus.**

Jesus' closest friends, the men he focused most of his attention on, faced the same problem we do. So, they asked Jesus to teach them how to pray. The result is the best-known prayer in human history, the Lord's Prayer.

**Our Father in heaven, hallowed be Your name,  
Your kingdom come, Your will be done, on earth as it is in heaven.  
Give us today our daily bread.  
And forgive us our debts, as we also have forgiven our debtors.  
And lead us not into temptation, but deliver us from the evil one.**

Matthew 6:9-13 9 (NASB)

Remember there is power in prayer and keep praying until something happens!

## **Instructions**

As you prepare for the next twenty–one days, remember you can pray without fasting, but you cannot fast without praying. In your prayer time, it can be tempting to start thinking about a list of prayers you'd like answered. But be encouraged to keep this simple. Think about the two to four most pressing things on your heart. Then, focus on those areas as you spend time with God. List these items in the spaces provided. Be open to what God wants to show you concerning those areas, and be sensitive to the Holy Spirit, as there may be other areas that God wants you to focus on. Your answers will be the by-product of drawing close to the Lord Jesus.

When praying, make your primary goal to know God more, experience God meaningfully, and learn to follow Jesus in ways you have not imagined before. Pray for prayers of total surrender. Aim to honor God with your life. Focus on what's the goodness of God and God's unfailing love.

And most simply, make time for prayer daily. Don't overcomplicate it.

Please keep it simple! Have a conversation with God. Choose a specific time and place to have fellowship with God each day. Ask God to support you through the fast and give you an appetite for prayer. If you find it a challenge to disconnect from your day's busyness, worship music is a great way to prepare your heart.

Before a medical procedure or test, the physician often requires the patient to abstain from food or drink the night before. Abstaining allows medical professionals to receive more accurate results. The same holds for fasting while praying. We need to fast if we want more accurate results from our praying.

### **BENEFITS OF FASTING**

- Centers us back on God
- Reminder of God's abilities
- Glorifies God
- Brings about clarity
- Produces better decision making
- Reveals issues and root causes
- Strengthens us to make different choices with the help of the Holy Spirit and the Word of God
- Able to hear God more clearly

- Provides greater level of discipline and resistance to things that hindered you before
- Purifies our bodies and thoughts
- Assists in breaking habits

## **TYPES OF FASTS**

Daniel Fast - (10 day fast – vegetables & water specifically for insight and wisdom; 21 day fast abstaining from food and wine) Daniel 1:8-21, 10:1-3; 12-13; 19-21 Purpose: physical healing and health, insight, wisdom from God, spiritual breakthrough, direction, purpose and vision.

The Disciples Fast – Isaiah 58:6, Hebrews 12:1, Matthew 17:21 1 Corinthians 10:13, Romans 7:19 Purpose: breaking free from addictions to sin (habitual behaviors and attitudes) that you haven't been able to break on your own previously. \*Note: this may require more than 21 days of fasting.

The Esther Fast - (3 day fast abstaining from food and drinks) Esther 4:16; 5:2 Purpose: protection and deliverance from the evil one by the glory of God

The Ezra Fast – Ezra 8:21-23; 31-32, Leviticus 23:32 (corporate issue requiring a corporate fast), Isaiah 58:6, Isaiah 10:27 Purpose: to release you from heavy burdens, help you overcome barriers, receive direction and protection from enemies.

Elijah Fast – (40 day fast abstaining from food) 1 Kings 18:21-36; 19:3-8 Purpose: to break free from every mental and emotional issue that is controlling your life, including negative attitudes (self-image, low self-esteem, fear and self-rejection).

Jesus Fast (40 day fast) Matthew 4:1-2; 11 Purpose: to receive strength and victory over the devil, your flesh and temptations that come your way.

John the Baptist Fast - Luke 1:15, Ephesians 5:16 Purpose: to impact and have influence while sharing the Good News St. Paul's Fast - (3 day fast with liquids only) Acts 9:8-9 Purpose: to receive perspective and direction concerning God's will for our lives.

Samuel Fast – (24 hr. fast abstaining from food) 1 Samuel 7:6 Purpose: freedom from spiritual and physical oppression, revival as idols are cast off

The Widow's Fast - (sacrificing your own needs to meet the needs of others) 1 Kings 17:10-16 Purpose: to care for the poor and meet the needs of others through food, clothing, and housing, while giving thanks for your own blessings.

## **STEPS TO FASTING**

1. Determine a clear, specific goal of why you are fasting and pray for wisdom and guidance
2. Make the commitment – Commit to the purpose for your fast and choose the type of fast you will do. Most at In The Spirit will do the 21-day Daniel. But whatever fast you choose to commit it into the hands of God and pray for the will of God to be done.
3. Prepare for a shift in your life
  - a. Confess any sin (known/unknown) to the Lord
  - b. Surrender yourself to God and anything that is blocking you from drawing closer to God
  - c. Seek forgiveness and forgive others
4. Choose your time frame
  - a. Partial Fast - (example: 6a-3p) – daily
  - b. Full Fast - (example: 24hrs daily – disabling devices, getting off of social media for a certain number of days/weeks)
5. Choose your fast
  - a. Liquids only
  - b. Elimination of foods
  - c. Elimination of other functions (social media, eating out, online shopping, etc.)
6. Make it personal

“But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.” Matthew 6:17-18
7. Select an accountability partner for the times you may struggle with fasting
  - a. One who will pray for you
  - b. One who will encourage you to keep going
8. Create a plan:
  - a. If you are working outside of your home, find quiet places (even if it’s your car) to go to during the lunch hour. Holidays often bring with them gifts, food typically not on

your list and people who will offer you any and everything contrary to your fast. This

doesn't just pertain to food, but words of advice and discouragement.

b. Working from home, retired etc.:

- Let water be your go to – even if it's flavored, but has zero sugar
- Set aside snacks (fruits, raw veggies, nuts) that have been portioned out
- Place words of encouragement, reminders, scriptures on the fridge when you are tempted to go to the fridge, even just to open and see what's in it

c. If you've eliminated specific foods, ease back into eating over the next week, when the 21-day fast is over. Cramps, diarrhea, vomiting may occur if you spring back into your regular diet too quick.

9. What food to eat during a Daniel Fast

#### **YES Foods**

- **Fruits & Vegetables:** fresh, frozen, dried, canned
- **Whole Grains:** barley, brown rice, bulgur wheat, millet, popcorn, oats, whole wheat flour
- **Pseudograins** (seeds that are used the same way as grains): amaranth, buckwheat, quinoa, wild rice
- **Legumes:** beans, lentils, peas, peanuts
- **Nuts & Seeds:** raw, sprouted, dry-roasted
- **Unrefined Oils:** avocado, coconut, flax seed, olive, red palm, sesame seed, walnut
- **Beverages:** water, fresh-pressed juice, nut milk
- **Seasonings:** herbs, spices, soy sauce, tamari, liquid aminos, vinegar
- **Other:** nutritional yeast

#### **NO Foods**

- **All Animal Products:** dairy, eggs, fish, meat, poultry
- **Sweeteners:** natural and artificial
- **Leavened Breads:** anything with baking powder, baking soda or yeast
- **Refined Grains:** white flour, white rice
- **Processed Foods:** those containing artificial flavors, chemical additives, or preservatives
- **Refined Oils:** canola, corn, soybean, vegetable
- **Beverages:** alcohol, coffee, tea
- **Other:** deep-fried foods, gum, mints

10. If you experienced positive changes in your finances, health etc., decide what you may need to eliminate for good or have on a limited basis that will help you become a more disciplined steward over your body, money etc.
- Determine how you will invest in yourself (i.e. eliminating or limiting foods to cut out medications or to stop from reaching borderline health issues that may be generational)
  - Determine how you will invest in your future (i.e. money saved from not eating out could be invested into kingdom efforts, others, retirement, vacations you've never taken to refresh)

### **PRECAUTIONS FOR FASTING**

1. Call your doctor, especially if you are on medication to get advice.
2. Take all medications as prescribed and fast in between those times.
3. Learn the impacts of fasting on your health if you've been diagnosed by a physician with any disease or chronic ailment. Then adjust accordingly, while seeking wisdom on the type of fast you should engage.
4. Adjust your workout schedule and cut back on the intensity.
5. Our bodies can become dehydrated more easily when fasting. Increase your water intake.

### **OBSTACLES TO FASTING**

When fasting, be sure that obstacles to doing so will come your way, especially when you are making progress in the spiritual realm. During your fast, be on guard, as there will be spiritual opposition. Pray that your discernment is heightened. If you are not already praying at night to set the tone for the next day, it will be helpful to do so.).

Note that your prayer times may shift from night to early morning and vice versa. Don't allow aggravation or irritation to the awakening to be your downfall. Be alert, as it will not be time to watch TV, scroll through the internet, or just read a book to fall back to sleep. Resist the urge to try and go back to sleep.

Expect resistance and interference. The enemy will challenge your goal. Refrain from being surprised at the direction comes from while fasting. Children, spouses, and other family members not on the same plan can function as interferences inadvertently. Please don't blame them. Set boundaries for yourself (prayer,

meditation, etc.). Take timeouts. If possible, set a 21-day plan for your entire household.

Pray that God and angels will cover your blind spots so you're not caught off guard by demonic resistance and interference. Note that your fast may determine your opposition. So, for example, if you are fasting concerning family matters, expect the enemy to arise in simple conversations or miscommunications.

Do not be surprised if these things are exposed while fasting, like pride, bitterness, jealousy, anger, strife, and fear.



# LECTIONARY READINGS

*(Week of January 12 - February 2, 2025)*

The lectionary is a pre-selected collection of scriptural readings from the Bible that can be used for worship, study, or other theological uses. Some congregations of the Christian Church (Disciples of Christ) use the Revised Common Lectionary which follows the liturgical year in a 3-year cycle and provides scriptural recommendations that complement the current season of the liturgical year.

Week of January 12, 2025 (*Baptism of the Lord - Green*)

Isaiah 43:17, Psalm 29, Acts 8:14-17, and Luke 3:15-17, 21-22

Week of January 19, 2025 (*Second Sunday after the Epiphany - Green*)

Isaiah 62:1-5, Psalm 36: 5-10, 1 Corinthians 12:1-11, and John 2:1-11

Week of January 26, 2025 (*Third Sunday after the Epiphany - Green*)

Nehemiah 8:1-3, 5-6, 8-10, Psalm 19, 1 Corinthians 12:12-31a, and Luke 4:14-21

Week of February 2, 2025 (*Presentation of the Lord - Green*)

Malachi 3:1-4, Psalm 84 or Psalm 24;7-10, Hebrews 2:14-18, and Luke 2:22-40

Lectionary readings retrieved from the Christian Church (Disciples of Christ) website. For more information go to: <https://disciples.org/resources/lectionary>.

## DAY ONE

Date: \_\_\_\_\_

Scripture Reading (s):

---

---

My prayer time with God:

---

---

---

---

---

My time listening to God:

---

---

---

---

---

Application:

---

---

Remember: Prayer is not a suggestion, but a necessity.

*“And when you pray...” Matthew 6:5 (NASB)*

## DAY TWO

Date: \_\_\_\_\_

Scripture Reading (s):

---

---

My prayer time with God:

---

---

---

---

---

My time listening to God:

---

---

---

---

---

Application:

---

---

Remember: Practice what you believe and believe what you practice.

*“...you shall not be like the hypocrites...”* Matthew 6:5 (NASB)

## DAY THREE

Date: \_\_\_\_\_

Scripture Reading (s):

---

---

My prayer time with God:

---

---

---

---

---

My time listening to God:

---

---

---

---

---

Application:

---

---

Remember: It doesn't matter what your physical position is when you pray. What is important is the position of one's heart.

*"...for they love to pray standing..."* Matthew 6:5 (NASB)

# DAY FOUR

Date: \_\_\_\_\_

Scripture Reading (s):

---

---

My prayer time with God:

---

---

---

---

---

My time listening to God:

---

---

---

---

---

Application:

---

---

Remember: You can pray anywhere and at any time.

*“...in the synagogues and on the corners of the streets...”* Matthew 6:5 (NASB)

## DAY FIVE

Date: \_\_\_\_\_

Scripture Reading (s):

---

---

My prayer time with God:

---

---

---

---

---

My time listening to God:

---

---

---

---

---

Application:

---

---

Remember: Jesus does not teach that public prayer is wrong. It has its' place. However, the purpose of prayer is not for display so others can see. It is personal a time to be open and vulnerable while having honest communication with God.

“...*that they may be seen by men...*” Matthew 6:5 (NASB)

## DAY SIX

Date: \_\_\_\_\_

Scripture Reading (s):

---

---

My prayer time with God:

---

---

---

---

---

---

My time listening to God:

---

---

---

---

---

---

Application:

---

---

Remember: God does not honor acts of spiritual pride that is disguised as acts of righteousness.

*“...Truly I tell, they have received their reward in full.”* Matthew 6:5 (NASB)

## DAY SEVEN

Date: \_\_\_\_\_

Scripture Reading (s):

---

---

My prayer time with God:

---

---

---

---

---

My time listening to God:

---

---

---

---

---

Application:

---

---

Remember: It is good to have your own personal prayer closet. If you do not, go where you can be alone with God, absent of distractions, so you can hear from God.

*“And when you pray, go into your inner room, close the door...”* Matthew 6:6 (NASB)



## DAY EIGHT

Date: \_\_\_\_\_

Scripture Reading (s): \_\_\_\_\_

\_\_\_\_\_

My prayer time with God: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

My time listening to God: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Application: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Remember: Jesus encourages us to follow this inner law; knowing that God hears and sees all that is done in secret.

“...and pray to your Father who is in secret...” Matthew 6:6 (NASB)

## DAY NINE

Date: \_\_\_\_\_

Scripture Reading (s): \_\_\_\_\_

\_\_\_\_\_

My prayer time with God: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

My time listening to God: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Application: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Remember: God sees secret actions and will reward you openly because God will recognize the genuine devotion hidden in your heart.

*“...and your Father who sees what is done in secret will reward you.”* Matthew 6:6 (NASB)

## DAY TEN

Date: \_\_\_\_\_

Scripture Reading (s): \_\_\_\_\_

\_\_\_\_\_

My prayer time with God: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

My time listening to God: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Application: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Remember: Getting God's attention does not take many empty or useless words or worthless phrases. Prayer should be simple, genuine, and heartfelt.

*“And when you are praying, do not use thoughtless repetition, as the Gentiles do...”* Matthew

## DAY ELEVEN

Date: \_\_\_\_\_

Scripture Reading (s): \_\_\_\_\_

\_\_\_\_\_

My prayer time with God: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

My time listening to God: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Application: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Remember: The point of prayer is not in using many words but sincere communication with God. Yes, less can mean more!

*“...for they think they will be heard because of their many words...”* Matthew 6:7 (NASB)

## DAY TWELVE

Date: \_\_\_\_\_

Scripture Reading (s): \_\_\_\_\_

\_\_\_\_\_

My prayer time with God: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

My time listening to God: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Application: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Remember: Our prayers are not to be like those of other religions who read scripts like actors in a play. Whose mindless words are empty and lack sincerity of heart.

*“So do not be like them;”* Matthew 6:8 (NASB)

## DAY THIRTEEN

Date: \_\_\_\_\_

Scripture Reading (s): \_\_\_\_\_

\_\_\_\_\_

My prayer time with God: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

My time listening to God: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Application: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Remember: God knows what you need. The question is, do you know what you need, and does it line up with God's will for your life?

*"...for your Father knows what you need before you ask Him."* Matthew 6:8 (NASB)

# DAY FOURTEEN

Date: \_\_\_\_\_

Scripture Reading (s): \_\_\_\_\_

\_\_\_\_\_

My prayer time with God: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

My time listening to God: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Application: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Remember: Jesus' instructions let us know we are to pray to the one true and living God, creator of all things. God is like a parental father who sits high in the heavens and cares about all creation.

*"Pray, then, in this way: Our Father, who is in heaven..."* Matthew 6:9 (NASB)

## DAY FIFTEEN

Date: \_\_\_\_\_

Scripture Reading (s): \_\_\_\_\_

\_\_\_\_\_

My prayer time with God: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

My time listening to God: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Application: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Remember: The name of God is too holy to be uttered. We simply say God, the one who is to be worshipped, exalted, honored, and adored on earth as it is in heaven.

*“...Hallowed by Your name.”* Matthew 6:9 (NASB)



## DAY SIXTEEN

Date: \_\_\_\_\_

Scripture Reading (s): \_\_\_\_\_

\_\_\_\_\_

My prayer time with God: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

My time listening to God: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Application: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Remember: Like Jesus, we are to focus on the Kingdom of God.

*"Your kingdom come..."* Matthew 6:10 (NASB)

# DAY SEVENTEEN

Date: \_\_\_\_\_

Scripture Reading (s): \_\_\_\_\_

\_\_\_\_\_

My prayer time with God: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

My time listening to God: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Application: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Remember: We are asking God to save us from any unwillingness to learn God's will and embrace God's kingdom, to save us from choosing our own plans and desires, and to save us from trying to limit the scope of God's purposes.

*"...Your will be done, on earth as it is in heaven."* Matthew 6:10 (NASB)

## DAY EIGHTEEN

Date: \_\_\_\_\_

Scripture Reading (s): \_\_\_\_\_

\_\_\_\_\_

My prayer time with God: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

My time listening to God: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Application: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Remember:** This petition teaches us to come to God daily with a humble spirit, to recognize our dependence on God, and to ask for what we need to sustain us from day to day.

*“Give us this day our daily bread.”* Matthew 6:11 (NASB)

## DAY NINETEEN

Date: \_\_\_\_\_

Scripture Reading (s): \_\_\_\_\_

\_\_\_\_\_

My prayer time with God: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

My time listening to God: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Application: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Remember:** When we miss the mark (sin), God freely forgives us. We are to apply the same standard and freely forgive others. Seek to daily walk-in love and forgiveness.

*“And forgive us our debts, as we also have forgiven our debtors.”* Matthew 6:12 (NASB)

## DAY TWENTY

Date: \_\_\_\_\_

Scripture Reading (s): \_\_\_\_\_

\_\_\_\_\_

My prayer time with God: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

My time listening to God: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Application: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Remember: God cannot tempt us, does not test us, or will God entice us. But each one of us can be tempted by our own desires and pulled away from God's divine will for our lives. Subsequently, we are called to pray to be led to God, by God and away from temptation.

*“And do not lead us into temptation...”* Matthew 6:13 (NASB)

## DAY TWENTY-ONE

Date: \_\_\_\_\_

Scripture Reading (s): \_\_\_\_\_

My prayer time with God: \_\_\_\_\_

My time listening to God: \_\_\_\_\_

Application: \_\_\_\_\_

Remember: Verbally put on your armor of God (Ephesians 6:14-18) and seek God's hedge of protection around you and your loved ones.

*“...but deliver us from evil.”* Matthew 6:13 (NASB)

*"I can do all things through Christ who gives me strength."* Philippians 4:13

## **NOTES**

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

*“All things work together for good to them that love God, to them who are called according to His purpose.” Romans 8:28*

## **NOTES**

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



*“I will praise the Lord t all times. I will constantly speak His praises.” Psalm 34:1*

## **NOTES**

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



*“I will extol You, my God. O King; And I will bless Your name for and ever.” Psalm 145:1*

**NOTES**

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---