



VICTORY CHURCH

21
DAYS OF PRAYER & FASTING
GUIDE

VC3.CA/21-DAY-PRAYER-FASTING



21 DAYS OF PRAYER AND FASTING GUIDE

As you begin 2023, do you find that you crave God more than ever before? Or maybe the opposite is true; where you feel distant and alone, in some ways disconnected from God. As you locate your relationship with the Lord, consider praying and fasting as it opens wide the power of God in a way that otherwise may not.

WHY DO WE FAST?

Fasting is one of the most powerful tools we have. Jesus didn't say *if* you fast, He said, *when* you fast (Matthew 6:16). Fasting is a spiritual discipline which should be a part of our lives. It brings our flesh into subjection over our spirit. Fasting helps us hear from and respond to the Holy Spirit. This happens because when you fast, your focus is more on prayer and seeking God's face, which causes you to grow in your knowledge and intimacy with God. Fasting is a powerful weapon that helps bring transformation, revelation, wisdom, understanding, deliverance, and breakthroughs.

Our 21-Day Prayer & Fasting as a corporate body will be taking place from January 3-23, 2023, which gives each of us an opportunity to offer ourselves in a way that the Lord is leading us individually, and corporately bringing unity, breakthrough and power as a church body.

Your personal fast 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 and follow what the Holy Spirit leads you to do.

FASTING OPTIONS

- **Complete Fast** – In this type of fast, you drink only liquids, typically water with light juices as an option.

- **Selective Fast** – This type of fast involves removing certain elements from your diet. One example of a selective fast is the Daniel Fast, during which you remove meat, sweets, and bread from your diet and consume water and juice for fluids and fruits and vegetables for food.
- **Partial Fast** – You could consider fasting a certain time in the day each day, such as lunch. Or you could fast for a certain number of days, such as 3, 7, 10 or 21 days. Also, you could fast a certain day each week as an option.
- **Soul Fast** – This fast is a great option if you do not have much experience fasting food, have health issues that prevent you from fasting food, or if you wish to refocus certain areas of your life that are out of balance. For example, you might choose to stop using social media or watching television for the duration of the fast and then carefully bring that element back into your life in healthy doses at the conclusion of the fast.

Fasting can be tough in the initial few days as it is a spiritual discipline, but, as you keep at it, it brings a sense of freedom. And anytime you think about the things you gave up, position yourself in a time of prayer. Giving up something is the exchange to remind us to seek the Lord; our spirit is stronger than our flesh, and our soul is transformed by the renewing of our mind as we continue to conform to the Word of God.

5 STEPS TO A SUCCESSFUL FAST

- **Pray** – Include God in your fast from the start. Open yourself up to Him and talk to Him about your intentions. Submit the fast and yourself to Him. Your Father loves you and wants you to be comfortable in His presence. Sometimes we need to learn how to hear His voice and feel His presence, and this is a perfect time to start learning and moving into this special place with your Father.
- **Plan** – Take some quality time to plan your fast. What is your purpose for the fast? Do you need to make special arrangements due to the fast? Consider what your day will be like when you are fasting. Will you get up early to spend time in prayer and meditation? This is also the time to consider meal preparation. Will you pack lunches for work or school? Can you dedicate several cooking days during the fasting period to save on meal prep time? Try to imagine your days and plan for them with the fast in mind.

- **Prepare** – Adjust your calendar as needed to reflect your fasting commitment, along with the meal prep that is necessary allowing yourself to be set-up for success. Preparation is key to planning.
- **Participate** – In your decision to participate in the fast, you might experience several battles during your fast. Your flesh might rebel because you're not giving in to cravings and hunger pangs. Your body might ache with symptoms of withdrawal from sugar and caffeine. You might feel some fatigue in the first week, but more than likely, you will soon feel better than you have in a long while, with increased energy, clearer thinking, and an overall feeling of health and well-being. Be sure to drink plenty of water. When the flesh rebels, put your spirit in control and stand your ground. Most important, put your amazing and loving Father in first place on your schedule! If you are not used to spending time with God, ask the Holy Spirit to guide you and teach you. Allow your Father's love to enter your heart. Learn how to live a Spirit-led life and allow Him to work in your life. He is so eager to demonstrate His love for you. He is eager for you to put your hand in His as a child does with a trustworthy and caring Father.
- **Praise and Process** - Thank God for this experience. Spend some time looking back on your experience to process what you learned and think about any permanent changes you may want to make. Very likely, you will have developed some positive and healthy habits that you want to carry forward even though the fast is complete. As you fast and pray, you may see things change instantly, you may not. However, be assured God is at work. His Word says in Hebrews 11:6 that 'He IS a rewarder of those who diligently seek him.' So, let the seeking begin! There is great treasure to be found.

During these 21 days of prayer and fasting, we will be praying into targeted areas. Each day has a prayer focus and includes scriptures to declare and meditate on. Please note, that the prayer focuses are only suggestions, so feel free to pray into each area in the way the Holy Spirit leads. All we ask is that you take some intentional time to pray each day for the focus that's given, so that we stand united as a body for what we're asking the Lord for. Our desire as a church is to continue to create a culture of prayer where we see breakthrough, miracles and a drawing close to God like never before.

DAY 1

Theme: Sacrifice

Scripture: Romans 12:1 “Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.”

Today is the day where we begin our fast together. Set some time aside to ask the Holy Spirit to speak to you over the next 21 days. We are believing that as you press into God and set time aside to pray and fast, that God is going to speak to you.

Prayer Points:

- For clarity
- For personal momentum
- To hear his voice more clearly
- Sharpness
- Greater understanding of the Bible
- For grace for the next 21 days
- Personal growth

DAY 2

Theme: Consecration

Scripture: Psalm 51:10 “Create in me a pure heart, O God, and renew a steadfast spirit within me. Do not cast me from your presence or take your Holy Spirit from me. Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.”

Today is the day to take a few moments to surrender your life afresh to Him and to invite the Holy Spirit to speak to you. It’s easy to go through life and collect baggage along the way and not even realise. We get hurt, disappointed, offended and discouraged at times. The Holy Spirit wants to have free run of our hearts and for us to live lightly and freely. If you have been weighed down, today is the day to bring it to God and receive the freedom He has for us.

Prayer points:

- To create in you a pure heart
- That you will run in what God has for you
- Strength and joy
- Ask the Holy Spirit to show you anything you may have in your heart towards another person
- Forgive anyone you may hold anything in your heart towards
- Personal freedom from any area that is holding you back

DAY 3

Theme: Seek

Scripture: Matthew 7:7 “Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. 8 For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened.”

Wow, what an invitation to us! Ask, seek, knock. This is an open invite to come to our Heavenly Father and ask and keep on asking! We don't know what you are desiring from God at this time in your life which you have not yet seen the answer to, but we want to implore you, don't give up! Sometimes we can get so discouraged by the fact God hasn't broken through for us yet in a certain area and yet Matthew 7 tells us that God is a kind and gracious Father who desires to give good gifts to His children.

Have a look at the list below. What is your personal ask of God? It may be on the list, it may be something that isn't. Whatever it is, trust that as you pray, God is working on your behalf.

- A home
- A job or new job
- Healing in your body
- Healing in your mind
- Freedom from addictive behaviour
- A spouse
- A child/children
- Healing in your emotions
- Restoration in a certain area of your life
- Your child or children coming back to God

- Salvation for a loved one
- Restoration of a broken relationship
- Financial breakthrough
- Breakthrough in _____

DAY 4

Theme: Marriage and Family

Scripture: Mark 10:9 “Therefore what God has joined together, let no one separate.” For the next 18 days we are going to be praying into different areas and groups in the life of the church. This is exciting as we are looking forward to hearing stories of what God has done in response to our prayers.

Remember, Hebrews 11 teaches that when we come to God we must come in faith, so bring your faith!

As a church, we desire and believe for loving, healthy, strong families and marriages. The focus over the next week, will be praying into different aspects of family life.

Please take some time today to pray for marriages and families using the prayer points below as a guide:

- Unity
- Great communication
- Healing and restoration
- Salvation for a spouse where one is saved and one isn't
- For singles who are desiring a spouse - for their/your future husband / wife
- For anyone who is lonely
- Protection over the family unit
- Wisdom for those in difficult family situations
- Peace, comfort and provision for those widowed
- Blessing on families and marriages in our church

DAY 5

Theme: Children

Scripture: Psalm 27:4 “One thing I ask from the Lord, this only do I seek: that I may dwell in the house of the Lord all the days of my life, to gaze on the beauty of the Lord and to seek him in his temple.

Prayer points:

- Pray for the children in Victory Kids
- Courage and boldness
- Being leaders in their spheres of influence, school, classes, etc.
- To be and have great examples / role models
- Confident and secure in who they are
- Pray for those desiring children
- Salvation for our children
- Healing – physical, emotional, and mental
- Peace and joy for children struggling with anxiety or sadness
- Children to grow up loving the house of God
- That the children will know the truth from a young age
- Godly friendships

DAY 6

Theme: Teenagers

Scripture: Psalm 71:5 “For you have been my hope, Sovereign Lord, my confidence since my youth” 1
Tim 4:12 “Do not let anyone look down on you because you’re young but set an example for the believers in speech, in conduct, in love, in faith and in purity.” Proverbs 28:1 “The righteous are as bold as a lion”

Prayer points:

- Courage and Boldness
- Purity
- Salvation and discipleship
- Setting an example
- Security

- Boldness and courage
- Confidence in their identity in Christ
- For opportunities to minister to peers
- Godly friendships
- Healing – physical, emotional, and mental
- Peace and joy for teens struggling with anxiety or sadness
- Being leaders in their spheres of influence, school, classes, etc.

DAY 7

Theme: Young adults

Scripture: Romans 15:13 “May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.”

Prayer points:

- Purity
- Salvation and discipleship
- Godly character
- Boldness and courage
- Breakthrough in mental and emotional health
- Identity and understanding their God calling
- A sense of community
- Life-giving relationships
- Spiritual growth
- For opportunities to minister to peers

DAY 8

Theme: Parents and Grandparents

Scripture: Colossians 3:12 “Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience.”

Prayer points:

- Wisdom
- An overflow of the fruit of the spirit- love, joy, peace, patience, kindness, goodness, gentleness, faithfulness, self control
- Excelling in their gifts
- Blessing and favour
- Vitality and renewal
- To see salvation in their workplace and community
- New opportunities

DAY 9

We will be praying into different aspects of the church, church life, our leaders, volunteers, and ministries. We know that it is God’s desire for us to take ground and advance. Matthew 11:12 says “From the time of John the Baptist until now, the kingdom of heaven has been forcefully advancing, and forceful people have been seizing it.”

Theme: Great Commission

Scripture: Matthew 16:18 “I will build my church and the gates of hell shall not prevail against it.” Acts 1:8 “ But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.” Mark 16:15-20 And He said to them, “Go into all the world and preach the gospel to every creature. He who believes and is baptized will be saved; but he who does not believe will be condemned. And these signs will follow those who believe: In My name they will cast out demons; they will speak with new tongues; they will take up serpents; and if they drink anything deadly, it will by no means hurt them; they will lay hands on the sick, and they will recover.” So then, after the Lord had spoken to them, He was received up into heaven, and sat down at the right hand of God. And they went out and preached everywhere, the Lord working with them and confirming the word through the accompanying signs. Amen.

Prayer points:

- Gospel of the kingdom to be preached
- People believing and being baptized
- Many come to know who they are in Christ
- Sign, miracles and wonders – people healed, restored and delivered
- For future growth and advancement of the church

DAY 10

Theme: Wisdom, revelation, knowledge and understanding

Scripture: Colossians 1:9-12 For this reason we also, since the day we heard it, do not cease to pray for you, and to ask that you may be filled with the knowledge of His will in all wisdom and spiritual understanding; that you may walk worthy of the Lord, fully pleasing Him, being fruitful in every good work and increasing in the knowledge of God; strengthened with all might, according to His glorious power, for all patience and longsuffering with joy; giving thanks to the Father who has qualified us to be partakers of the inheritance of the saints in the light.

Prayer points:

- Desire to know the Lord more intimately and deeply through the Holy Spirit
- To pursue the Spirit of wisdom desiring to hear her instruction
- Spiritual understanding and discernment
- To hear a freshly spoken word of the Lord – revelation
- To know our inheritance as children of God

DAY 11

Theme: Spiritual maturity and ministry gifts

Scripture: Ephesians 4:11-16 “And He Himself gave some to be apostles, some prophets, some evangelists, and some pastors and teachers, for the equipping of the saints for the work of ministry, for the edifying of the body of Christ, till we all come to the unity of the faith and of the knowledge of the Son of God, to a perfect man, to the measure of the stature of the fullness of Christ; that we should no longer be children, tossed to and fro and carried about with every wind of doctrine, by the trickery of

men, in the cunning craftiness of deceitful plotting, but, speaking the truth in love, may grow up in all things into Him who is the head—Christ— from whom the whole body, joined and knit together by what every joint supplies, according to the effective working by which every part does its share, causes growth of the body for the edifying of itself in love.”

Prayer points:

- Many come to know God
- Greater levels of influence
- For future growth and advancement
- Five-fold ministry gifts to be in operation – apostles, prophets, evangelists, pastors, teachers
- Identify and raise more leaders
- Wisdom and discernment
- Release and increase of resources – finance, people, buildings

DAY 12

Theme: Our pastors and apostolic leaders and their families

Scripture: Ephesians 3:20 “Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us” Ephesians 1:15-23 Therefore I also, after I heard of your faith in the Lord Jesus and your love for all the saints, do not cease to give thanks for you, making mention of you in my prayers: that the God of our Lord Jesus Christ, the Father of glory, may give to you the spirit of wisdom and revelation in the knowledge of Him, the eyes of your understanding being enlightened; that you may know what is the hope of His calling, what are the riches of the glory of His inheritance in the saints, and what is the exceeding greatness of His power toward us who believe, according to the working of His mighty power which He worked in Christ when He raised Him from the dead and seated Him at His right hand in the heavenly places, far above all principality and power and might and dominion, and every name that is named, not only in this age but also in that which is to come. And He put all things under His feet, and gave Him to be head over all things to the church, which is His body, the fullness of Him who fills all in all.

Prayer points:

- Wisdom and spiritual understanding
- Revelation and knowledge
- Clarity and direction
- Protection and peace
- Greater increase of the presence of God
- Greater ability to hear His voice
- Favour with God and man
- Living and operating by faith
- For the children's protection, health and learning

Day 13

Theme: Church family

Scripture: Romans 12:5-9 “5 so in Christ we, though many, form one body, and each member belongs to all the others. We have different gifts, according to the grace given to each of us. If your gift is prophesying, then prophesy in accordance with your faith; if it is serving, then serve; if it is teaching, then teach; if it is to encourage, then give encouragement; if it is giving, then give generously; if it is to lead, do it diligently; if it is to show mercy, do it cheerfully.”

Prayer points:

- Each person operating and excelling in their gifting
- Great collaboration
- Unity and team spirit
- Championing one another
- Innovation and creativity
- Increase of skills
- Energy, joy and enthusiasm in serving
- Living and operating by faith
- Faithfulness to God

Day 14

Theme: Praise, worship, media and creativity

Scripture: Psalm 149:6 “May the praise of God be in their mouths and a double-edged sword in their hands.”

Prayer points:

- Our leaders and their families
- Increased presence of The Holy Spirit
- Renewed strength
- Energy and enthusiasm
- Increase of skills
- Unity
- Creativity and innovation
- Hearing God’s voice

Day 15

Theme: Salvation, evangelism and growth

Scripture: 2 Peter 3:9 “The Lord is not slow in keeping his promise, as some understand slowness. Instead he is patient with you, not wanting anyone to perish, but everyone to come to repentance.” Acts 2:41 “Those who accepted his message were baptized, and about three thousand were added to their number that day.”

Prayer points:

- People coming to know Jesus intimately
- People being disciplined
- Growth and acceleration
- Personal growth
- People being connected and feeling connected

Day 16

Theme: Finances

Scripture: Malachi 3:10 “Bring the whole tithe into the storehouse, that there may be food in my house. Test me in this,” says the Lord Almighty, “and see if I will not throw open the floodgates of heaven and pour out so much blessing that there will not be room enough to store it.” 2 Corinthians 9:8 “And God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work.”

Prayer points:

- A deeper understanding of biblical principles of generosity and stewardship
- Tithers and sowers
- Wisdom in finance
- Increase in resources
- New jobs and investment opportunities
- Breakthrough from debt
- Kingdom business – innovative ideas and inspiration

Day 17

Theme: Relationships

Scripture: 1 Peter 4:8 ‘And above all things have fervent love for one another, for “love will cover a multitude of sins.”’ Romans 12:10 “Be kindly affectionate to one another with brotherly love, in honor giving preference to one another;” 1 Corinthians 13:4-8 “Love suffers long and is kind; love does not envy; love does not parade itself, is not puffed up; does not behave rudely, does not seek its own, is not provoked, thinks no evil; does not rejoice in iniquity, but rejoices in the truth; bears all things, believes all things, hopes all things, endures all things. Love never fails.”

Prayer points:

- Healing and restoration in relationships
- Love and consider one another
- Open communication

- Forgiveness
- Discernment
- Godly speech and attitude
- Fruit of the Spirit

Day 18

Theme: Healing

Scripture: Psalm 107:20 “He sent out his word and healed them.” Matthew 15:30 “Great crowds came to him, bringing the lame, the blind, the crippled, the mute and many others, and laid them at his feet; and he healed them.”

Prayer points:

- Physical healing for long term illnesses
- Physical healing for those that have been told they have a terminal condition
- Healing in mental and emotional health
- Emotional healing where people have suffered hurt, pain and trauma
- Supernatural moments of healing to conditions of arthritis, eating conditions, persistent migraines, back problems and other health issues that prevent people living free.

Day 19

Theme: 2023 – Zeal For The Lord

Scripture: Isaiah 55:6-13 “Seek the Lord while He may be found, Call upon Him while He is near. 7 Let the wicked forsake his way, And the unrighteous man his thoughts; Let him return to the Lord, And He will have mercy on him; And to our God, For He will abundantly pardon. 8 “For My thoughts are not your thoughts, Nor are your ways My ways,” says the Lord. 9 “For as the heavens are higher than the earth, So are My ways higher than your ways, And My thoughts than your thoughts. 10 “For as the rain comes down, and the snow from heaven, And do not return there, But water the earth, And make it bring forth and bud, That it may give seed to the sower And bread to the eater, 11 So shall My word be that goes forth from My mouth; It shall not return to Me void, But it shall accomplish what I please, And it shall

prosper in the thing for which I sent it. 12 “For you shall go out with joy, And be led out with peace; The mountains and the hills Shall break forth into singing before you, And all the trees of the field shall clap their hands. 13 Instead of the thorn shall come up the cypress tree, And instead of the brier shall come up the myrtle tree; And it shall be to the Lord for a name, For an everlasting sign that shall not be cut off.”

Prayer points:

Pray that our church body clings to the Word of the Lord for us for 2023... that we would:

- Have a posture of zeal and hunger for the Lord
- Have a discerning confidence of His presence and His voice
- Fear the Lord, draw near to Him and seek His face
- Surrender and submit our will and ways for His
- Be fruitful and that the glory of God would be revealed

Day 20

Theme: Three Hills and Kneehill County

Scripture: Matt 5:14-16 “You are the light of the world. A city built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.”

Prayer points:

- For you to influence your community.
- This is not limited to those around you geographically, but also those in your workplace, at the school gate, at sports, classes and many more.
- Salvation for the town and county
- Pray for influence and divine opportunities
- Pray to see our community transformed

Day 21

Theme: Government

Scripture: Romans 13:1-2 “Let every soul be subject to the governing authorities. For there is no authority except from God, and the authorities that exist are appointed by God. Therefore whoever resists the authority resists the ordinance of God, and those who resist will bring judgment on themselves.”

Prayer points:

- Leaders of our province and country
- Those who govern and rule
- Those who make decisions
- Godly decisions
- Vision
- Wisdom
- Discernment

CONCLUSION

Now that the 21 days of prayer and fasting has finished, we encourage you to continue to grow and cultivate the daily routine of prayer in your life. This is just the start! It may be that you continue with habits you have started these last 21 days. We want to challenge you to keep fuelling the fire and keep the momentum going in your prayer life.

Could you read a book on prayer? Could you fast a day a week or a month? Could you and your prayer group continue meeting together? Could you set an alarm at the same time each day and pray? Whatever you do, the key is doing something!

To keep up the corporate prayer momentum we would love to invite you to come and pray with us every Sunday morning at 9.30am and every Tuesday from 7-8pm.

We are so excited for what God is doing. For further information on anything related to prayer please email info@vc3.ca.