

DAYS OF **PRAYER & FASTING**



[www.occ-stratford.org.uk/prayer](http://www.occ-stratford.org.uk/prayer)





# CONTENTS:

WELCOME TO OUR 21 DAYS.....	3
HOW TO USE THIS GUIDE.....	4
AS WE BEGIN.....	7
DAY 1 - INCREASE SPIRITUAL HUNGER AND HOLINESS.....	8
DAY 2 - DRAW CLOSE TO THE LORD.....	9
DAY 3 - WORSHIP WITH A WHOLE HEART.....	10
DAY 4 - SET THE DESIRE OF YOUR HEART.....	11
DAY 5 - WALK IN WISDOM AND REVELATION.....	12
DAY 6 - BE FILLED WITH POWER AND PURPOSE.....	13
DAY 7 - FIND AND FULFIL YOUR DESTINY.....	14
DAY 8 - PRODUCE THE FRUIT OF THE SPIRIT.....	15
DAY 9 - BE SAVED AND DELIVERED.....	16
DAY 10 - SERVE GOD TOGETHER.....	17
DAY 11 - BE HEALED AND RECONCILED.....	18
DAY 12 - RECEIVE A FRESH OUTPOURING OF GOD'S SPIRIT..	19
DAY 13 - TO BE A PEOPLE OF VISION.....	20
DAY 14 - BE A HABITATION FOR GOD'S PRESENCE.....	21
DAY 15 - TO BE ACCEPTING.....	22
DAY 16 - TO BRING LIFE.....	23
DAY 17 - EXPERIENCE REVIVAL.....	24
DAY 18 - UPHOLD RIGHTEOUSNESS AND JUSTICE.....	25
DAY 19 - EXPERIENCE GOD'S PRESENCE AND POWER.....	26
DAY 20 - BE FILLED WITH GOD'S GLORY.....	27
DAY 21 - CONTINUE TO SEEK GOD FIRST.....	28
DAY 22 AND BEYOND.....	29



# WELCOME TO OUR 21 DAYS:

**I HAVE A DESIRE THAT OASIS  
CHRISTIAN CENTRE WILL BE A  
PLACE KNOWN FOR CONSISTENT,  
FAITH FILLED PRAYER. KNOWING  
AND EXPECTING THAT GOD CAN  
DO MORE THAN WE ASK OR  
IMAGINE!**

That's what these 21 Days of Prayer are about. We want to seek God, knowing that we need God and that nothing of eternal significance happens apart from Him.

This is why I ask you to join me for the next 21 days in praying for God's leading in our lives, our church, our families, our town and beyond.

Will you take time to fast, giving up physical sustenance to be filled spiritually by God in preparation for this next season?

Will you pray expectantly that God will display his power and faithfulness to us in this season?

I believe as we come together, fully submitted to God in prayer, He will display both His person and His power in unprecedented ways. And He will advance the Gospel so that more people will meet, know and follow Him.

But this is just the start - I pray that God uses this season to increase your faith and that you walk away spiritually refreshed and more in love with Jesus. That a habit of prayer would be formed that goes beyond 21 days and becomes a lifestyle of dependence upon God in prayer.

My prayer for all of us during these next 21 days, and beyond, is found in Ephesians 1:17-19a::

***I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know Him better. I pray that the eyes of your heart may be enlightened in order that you may know the hope to which He has called you, the riches of His glorious inheritance in His holy people, and His incomparably great power for us who believe.***

Blessings!



# HOW TO USE THIS GUIDE:

**This booklet is designed to guide us individually and corporately through our 21 days of prayer. Beyond that it will also give you some tools for continuing into prayer from day 22 and beyond.**

Each day of this booklet will give you a Scripture, as well as some thoughts around that passage, there is a space to write down any of your thoughts and prayers. This is a starting point, we don't have to follow a specific formula to talk with God, but practicing different ways to pray can help us find deeper purpose and connection to Him through our prayer time.

Visit [www.occ-stratford.org.uk/prayer](http://www.occ-stratford.org.uk/prayer) for loads more resources and prayers to help you during our 21 days together.

The goal of using this guide is not to add pressure or overwhelm you. The goal is simply to get comfortable with talking to God. To make your prayer time even more meaningful, you can write notes and prayer requests and play worship music. The important step is committing to regularly entering God's presence through prayer. So have a place (this might be your favourite chair or on your commute), have a time (morning or evening, this is about a dedicated time with God), and have a plan.

The heart of this guide is to help you find a new level of purpose, effectiveness, and enjoyment in your prayer life. While prayer does take commitment and can require discipline to develop into a daily habit, we also want to remember that it's a "get to" not a "got to." It's a privilege to be able to come to God in prayer.

## WHAT IS PRAYER:

The most basic definition of prayer is "talking to God." Prayer is not meditation or passive reflection; it is direct address to God. It is the communication of the human soul with the Lord who created the soul.

Paul wrote, "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus" (Philippians 4:6–7). Worry about nothing; pray about everything.

Everything? Yes, God wants us to talk with Him about everything. How often should we pray? The biblical answer is "pray without ceasing" (1



Thessalonians 5:17). This does not mean, eyes closed and hands together.

Prayer can be audible or silent, private or public, formal or informal. You can pray any time of day, whilst doing chores, working, resting, during family time or alone time. We should keep a running conversation going with God all day long. Eyes open or closed, out loud or in our hearts, we can be creating a continual dialogue with God.

Some people asked Smith Wigglesworth, a great Apostle of Faith in the first half of the 20th century, about prayer. They said, “Smith Wigglesworth, you’re a man of faith and miracles, you’ve raised people from the dead. You’ve cast out more demons than we’ve had hot dinners. Tell us, how long do you pray every day?” He replied, “I don’t ever pray any longer than twenty minutes.” His questioners were very surprised by his answer, expecting the time to be so much longer. After pausing for effect, Smith Wigglesworth continued, “Yes, but I never go twenty minutes without praying”.

Your prayer life is not measured in minutes. Prayer is a lifestyle. Prayer is a constant two-way communication with God. There is really no special formula for how to pray. We should just do it. We can pray under any and all circumstances. Prayer develops our relationship with God and demonstrates our trust and utter dependence upon Him.

## WHAT IS FASTING:

As part of these 21 days, we encourage you to consider fasting. You may have never fasted before but it is Biblical (Matthew 6:16-18, Matthew 9:14-15, Luke 18:1-14)

Fasting is deliberately abstaining from the normal routines of life. Its purpose is to spend focused time in prayer and the study of God’s word, seeking to align our lives with God’s will.

Ultimately, fasting is more about replacing than abstaining. It is filling our lives with God’s Word instead of with food, social media or entertainment. It is finding satisfaction and enjoyment in God and in God alone. Fasting helps us humble ourselves before the Lord and positions us to experience spiritual breakthroughs in our lives.

There are different types of fast, but first some helpful words from Richard Foster in his classic, *Celebration of Discipline*: “As with all the Disciplines, a progression should be observed; it is wise to learn to walk well before we try to run.”



Biblical fasting almost always concerns food. Since the purpose of fasting is to focus on God, to humble ourselves and to remind ourselves that we are sustained by every word that proceeds from the mouth of God, then the task in fasting is connecting our “going without” to “hungering for God.”

This takes time, focus and prayer in itself. Please do not expect to be an “expert” at fasting right away. Fasting is a discipline that can take a very long time to understand well. Also, do not let this fact deter you or intimidate you.

**Complete Fast:** In this type of fast, you drink only liquids, typically water with light juices as an option. Start slowly. Begin with fasting for only a part of a day (lunch, or lunch and dinner). Do this for one day a week, or perhaps three days a week. You determine the timing and duration. Take a step of faith. Fasting is risky and involves our faith.

**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:** This fast is sometimes called the “Jewish Fast” and involves abstaining from eating any type of food in the morning and afternoon. This can either correlate to specific times of the day, such as 6:00 am to 3:00 pm, or from sun-up to sundown.

**Non-Food 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.

**IF YOU HAVE ANY HEALTH CONDITIONS OR ARE CONCERNED ABOUT FOOD FASTING THEN YOU SHOULD CONSULT YOUR DOCTOR OR COMMIT TO A NON-FOOD FAST.**







# AS WE BEGIN:

As we begin our 21 days of prayer and fasting, there are some things that you might find helpful to do.

## 01: SET SOME GOALS

What would you like to see God do in these 21 days? Begin with clear personal goals, church goals, breakthrough goals. Be specific. Why are you fasting? Is there something or some specific you are praying for? Do you need direction, healing, restoration of your marriage or resolution of family issues? Are you facing difficulties? Pray and ask the Holy Spirit for guidance.

Write these requests in a journal or a notebook, or create a digital journal using your favourite note taking program or app. Keeping a journal throughout your fast is a great way to track and remember all God does during your fast.

## 02: FEAST ON THE WORD OF GOD

Prayer and fasting is ultimately an expression of humility and dependence on God. It is about focusing specifically for the next 21 days on communicating with God and also replacing the daily intake of food, entertainment and human contact with focused times of prayer, spending time feeding on the Word of God and spiritual listening. Use this guide to help you, go on the Bible app and choose a reading plan, choose a book of the Bible and read it over the next 21 days. Read God's Word.

## 03: OPEN YOUR LIFE BEFORE GOD

One of the great benefits a focused time of prayer and fasting is a heightened awareness of God's presence and power in our lives. It is not that God has moved but that we have. Prayer and fasting has a great way of moving us towards a deeper spiritual dependency and away from wilful self-dependency. The greatest breakthrough will take place when you make time to examine your life and discover what areas most need breakthrough.

## 05: EXPECT GOD TO MOVE

The Word of God says, "And without faith it is impossible to please God, for anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him" (Hebrews 11:6). These next 21 days have the potential to impact you and your relationship with Jesus as well as the countless people and situations we will pray and fast over. If you have doubt, ask God to meet you in your doubts and lead you in overcoming them, just as the apostles prayed, "Increase our faith!" (Luke 17:5).



# DAY 1:

## TO INCREASE IN SPIRITUAL HUNGER AND HOLINESS

**Psalm 51:10-12:** *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 my salvation and grant me a willing spirit, to sustain me.*

**Daniel 6:10:** *Now when Daniel learned that the decree had been published, he went home to his upstairs room where the windows opened toward Jerusalem. Three times a day he got down on his knees and prayed, giving thanks to his God, just as he had done before.*

It was Daniel's practice, three times a day, to go to an upstairs room, open the windows facing Jerusalem, get down on his knees, and pray to the one true God. No doubt, Daniel prayed at other times also. He probably prayed throughout the day. But there were these special times, set aside times, where it was his priority to meet with God in prayer. In fact, it was such a priority to Daniel that when the king passed a decree that for the next thirty days people could only pray to the king, Daniel was unfazed.

Daniel may have been an important official in Darius' kingdom, but when the king's law (don't pray) conflicted with God's Law (pray), the choice was clear. Daniel just kept right on praying.

Three times a day, Daniel set aside a special time to pray. God nowhere commands us that we must do the same, but there is wisdom here. Wisdom would suggest a special time, or several briefer times, set aside each day to meet with God in prayer. A time we prize. A time we protect. A time we prioritise.

Yes, we want to pray throughout the day, an ongoing conversation with our Father. But it is wise to also have a special time of prayer each day. Maybe it's not a long time, but it is your time, as in you and God. It is your time to talk and listen and be together, no matter what else happens that day. Your time to connect. During that time, God will fill you up, restore your soul, and prepare you for whatever the day brings.

### PRAYER:

**Lord, awaken my heart to Your love. Give me an increased hunger to spend more time in prayer, worship, and Your Word. Please give me a greater awareness of Your holiness, a tender conscience, and a heart to please You in every thought, word, and deed.**





# DAY 2:

## DRAW CLOSE TO THE LORD

*Psalm 24:3-4: Who may ascend the mountain of the Lord? Who may stand in his holy place? The one who has clean hands and a pure heart, who does not trust in an idol or swear by a false god.*

*Psalm 32:5: Then I acknowledged my sin to you and did not cover up my iniquity. I said, "I will confess my transgressions to the Lord." And you forgave the guilt of my sin.*

How can I sincerely draw close to a God who is all powerful, all knowing, and fully aware of all the reasons I do not belong in His presence? Is it really safe? Is this really what God desires? It is a common problem of this Christian life to face serious insecurities when considering approaching God. Why the struggle? Because I know me! I know my propensity to sin. I know my inability to give God the righteousness He deserves. If I were Him, I wouldn't be pleased to have me come near.

Praise God. He knows we have these struggles. And, He has an answer.

First, our confidence in drawing near to God is not based on our own performance. Our confidence is in the performance of Jesus. Hebrews 4 instructs us to come to God with boldness based on our full confidence in the finished work of Jesus on our behalf.

And second, our confidence in drawing near to God is based on His love. We can trust His love for us. And strangely enough, the very things in our life that appear to disqualify us – sin, weakness, failure, flaws, etc. – provide convincing proof of God's love. If someone says they love you, but are not familiar with your past failures or current weaknesses, you cannot be sure they really love you. But if they are fully aware of the good and the 'ugly' and love you anyway, you are truly loved. Praise God! He knows it all and loves us anyway.

Today we draw near to God. We do this by uncovering the 'ugly' side. We confess our sin. We reveal the part of our life that puts His love for us to the test (at least in our minds). And praise God again... He proves His love. He forgives and loves us anyway.

### PRAYER:

**Heavenly Father, reveal anything in my life that would hinder my ability to come into Your presence. Help me see my propensity towards sin and help me to change. Help me to see my sin the way You see it. Thank You for loving me in spite of my failures. Lord, it is your loving-kindness that leads me to repentance.**



# DAY 3:

## TO WORSHIP WITH A WHOLE HEART

*Psalm 111:1: Praise the Lord. I will extol the Lord with all my heart in the council of the upright and in the assembly.*

*Psalm 27:8: My heart says of you, "Seek his face!" Your face, Lord, I will seek.*

In You, O God, I find my identity. When I come to seek You, I find that You are already here, seeking me. What gives my worship

meaning is so much more than anything that I can do or say - it is You! You are the reason I came to exist, You are the giver of my next breath, and You are the reason for my continued being. You are the reason I worship. I worship You with my whole heart.

I come to worship You because of who You are! You are the one and only true God! I bring You praise because of Your holiness. You are so gracious to me, and You have already done more than enough for me to bring You thanksgiving. I worship You.

May my life bring glory to You, my Lord and my God. I want to worship You with my whole heart. I am not ashamed to declare my love and adoration for You before others. All I am is Yours, and I belong to you. I am Your possession. May You be pleased with my worship.

I long to recapture a spirit of genuine worship, a personal revival of my whole being, heart, soul, and spirit. Heaven and earth declare Your glory, O God, and therefore so do I. All of creation submits to You, and so my life is surrendered to You. I am willing to do Your will. How can I be in Your presence and not be changed? I long to be the kind of worshipper that You have been looking for, fully devoted to You. I worship You with my whole heart.

### WRITE OUT YOUR OWN PRAYER OF WORSHIP:

---

---

---

---

---





# DAY 4:

## TO SET THE DESIRE OF YOUR HEART

*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.*

*Psalm 37:4: Take delight in the Lord, and he will give you the desires of your heart.*

When it comes to setting our hearts in the proper place, there may be no better example outside of Jesus than an obscure often forgotten figure in the Old Testament named Ezra.

He didn't lead the first wave of exiles back to Jerusalem; he led the second. He wasn't a powerful military leader, just a scribe. He didn't even show up in the book that bore his name until chapter 7 (out of only 10). But once Ezra arrived on the scene, he arrived in force.

We learn that the hand of God was all over this man (Ezra 7:6,9,28). That he successfully led 5,000 people with 30 tons of precious metals on a four month, 900 mile journey from Babylon to Jerusalem (Ezra 8). That he was supremely concerned about holiness and the purity of God's people (Ezra 9). And that he ultimately led God's people to repentance like few other scenes we read in scripture (Ezra 10).

So what's the point? The point is that all of Ezra's success can be Biblically directed back to the place where he set his heart. This is the key to Ezra's life of leadership and a clear guide to success with God in our own lives.

- Set your heart to the study of God's word.
- Set your heart to doing God's word.
- Set your heart to giving God's word away.

**ASK GOD TODAY** How you can set Him as your priority. This is not just about having God as number one on the list. He wants the whole list. He doesn't want to be sequestered to a single part of your life. He wants to be the substance of every part, the logic behind every choice you make. Whether you're singing a worship song or taking a nap, God wants His Kingdom to be your ultimate goal. Think of everything and everyone who is important to you. How can you practically invite God and His Word to be part of that aspect of your life today and moving forward.



# DAY 5:

## TO WALK IN WISDOM AND REVELATION

**Psalm 43:3:** *Send me your light and your faithful care, let them lead me; let them bring me to your holy mountain, to the place where you dwell.*

**Ephesians 1:17-18:** *I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better. I pray also that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in the saints, and the incomparably great power for us who believe.*

So often we can let our faith be an intellectual understanding rather than a life transforming reality. Too often we slide slowly into the normalcy of pretending and stay there unaware.

We act Christian... use all the right language, don't use all the wrong language, pray the right prayers, doing a great job of being a Christian.

We know that light and life only come from Him. We are convinced that Jesus has resurrected our souls by His grace. We may have even looked elsewhere for life and have been awakened to its emptiness.

But sadly, we often return there and slowly sink into the grey of unintentional motion, conditioned responses, and banal routine.

James, the leader of the Jerusalem church, reminds us that when we lack wisdom, we should ask it of God who gives generously (James 1:5). In Psalm 43, the Psalmists confesses that God's light and God's truth are the only reliable leaders, for they bring us to where He is.

God of Heaven, lead us with Your light and truth

- Where have you sensed God giving you the gift of wisdom and discernment in your life?
- James tells us that God will give us wisdom if we ask. Will you ask Him for wisdom? He promises to give it to you when you ask.

### **PRAYER:**

**Lord, open my eyes to see You more clearly and my ears to hear anything You desire to speak. I pray for a Spirit of wisdom and revelation that I might know Jesus more deeply and have a profound understanding of the hope that is in His heart for me.**



# DAY 6:

## TO BE FILLED WITH POWER AND PURPOSE

**Psalm 61:3 & 5:** *For you have been my refuge, a strong tower against the foe. For you, God, have heard my vows; you have given me the heritage of those who fear your name.*

**Psalm 92:11:** *My eyes have seen the defeat of my adversaries; my ears have heard the rout of my wicked foes.*

**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.*

As we near the end of the first week of prayer and fasting, you may be tired.

You may be wondering how you will be able to fast for two more weeks. It reminds me of how often in life we feel tired. Physically tired, spiritually tired, emotionally tired. We have so many things pulling at our time and making us tired.

Our daily task lists just seem to get longer and longer with less and less time for rest. Do you ever have those days where you just feel completely drained? Like you have nothing left to give? I often ask myself, "How can I fulfil the purpose God has for me when I feel like I have no more to give?"

Jesus tells us in John 15:1-4, "I am the vine, and my Father is the gardener. He cuts off every branch in me that bears no fruit, while every branch that does bear fruit he prunes so that it will be even more fruitful... Remain in me, and I will remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me."

The Bible is very clear in that if we are to bear fruit we must stay connected to the vine. He will prune us to bear fruit and cut off what is not bearing fruit for His purpose. God does have a plan and a purpose for each and every one of us. We must remain in Him to be filled with the power of the Holy Spirit.

### PRAYER:

**Father God, I pray for You to help me stay connected to the Vine. Lord, I desire You in every aspect of my life. Please prune off the things that are not important and get in the way of my time with You. I know that I can only fulfil your purpose for me by being filled with Your Holy Spirit.**



# DAY 7:

## TO FIND AND FULFIL YOUR DESTINY

**Psalm 18:36:** *You provide a broad path for my feet, so that my ankles do not give way.*

**Psalm 37:23:** *The Lord makes firm the steps of the one who delights in him.*

**Psalm 44:18:** *Our hearts had not turned back; our feet had not strayed from your path.*

So often, we are the ones to decide what we want to be or do with our life. As children, we are asked “what do you want to be when you grow up?” There is an unspoken pressure to decide, and then somewhere around Secondary School it becomes spoken with a deadline fixed. But, finding and fulfilling our destiny can only be done in God.

Joseph was given a dream, David had an encounter with a prophet, and Joshua had a mentor. In all three cases, God conveyed His plan into the lives of these individuals.

Jeremiah wrote that God has a plan for your life and when you seek Him, you will discover your destiny (Jeremiah 29:11- 13). Moreover, you find out His plan is far superior to yours.

Holding on to the dream is tough when you face prison time and accusation as Joseph did. The words of the prophet can fade away when you find yourself hiding and living in caves, as David did. The disciplines of your apprenticeship passed on by a mentor can become a lonely place when he is gone, as Joshua discovered.

However, all three experienced what Mary said in Luke 1:37, “no word from God is without power”.

It is only the word from God that can sustain you in the long term. His plan for our lives is better than our own. The greatest joy, fulfilment, and success come when we seek Him about the direction for our lives and commit to follow His plan for us.

### **PRAYER:**

**Lord, please give me the next step in Your Divine plan for my life. Help me to be still and know that You are God, so that I can clearly sense Your guidance and hear from You. I commit to follow You, forever.**



# DAY 8:

## TO PRODUCE THE FRUIT OF THE SPIRIT

*Galatians 5:22: But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.*

*1 Corinthians 13:4: Love is patient, love is kind. It does not envy, it does not boast, it is not proud.*

Once we ask Jesus into our lives, the Holy Spirit takes up residence within us. The apostle Paul gives some great advice for loving and living in the Spirit in Galatians chapter 5.

He tells us we are called to serve one another humbly; to love others like we love ourselves. He goes on to list the fruit that comes from living in step with God, one of which is love.

Love is a loaded word. If you asked ten people to describe it, you'd most likely get ten different answers. For many love is god but as followers of Jesus we understand that God is love. That love is defined by the God we serve.

The good news is we don't have to guess what true, Godly, love is. It's spelled out for us in His Word. Love is patient and kind. It doesn't boast because it's controlled and gentle. It isn't rude, self-seeking, or easily angered. It doesn't delight in evil, but rejoices in the truth because it's full of goodness, faithfulness, and joy.

Do you see the connection between these two pieces of scripture? They weave together quite beautifully and leave us with a clear picture of what love and living in the Spirit really looks like.

- Which fruits do you think you and those in your family bear easily and often?
- Which fruits do you think you should ask God to help you bear more of?

### PRAY ABOUT THESE 2 QUESTIONS:

**Gracious God, thank You for Your Word that describes so clearly what love is and for Your Son Jesus who humbly modelled it on earth for us. Help me, my family and church to produce the Fruit of Your Spirit and love each other in a way that pleases You. May we always have a love that protects, trusts, hopes, and perseveres.**





# DAY 9:

## TO BE SAVED AND DELIVERED

**Psalm 18:2:** *The Lord is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge, my shield and the horn of my salvation, my stronghold.*

**Acts 16:31 (AMP):** *Believe in and on the Lord Jesus Christ—that is, give yourself up to Him, take yourself out of your own keeping and entrust yourself into His keeping, and you will be saved; [and this applies both to] you and your household as well.*

Andrew was 17 years old, grew up in a strong Christian home, and was clearly loved and cared for. He was close to finishing Secondary School, but the past few months had taken a turn for the worse.

Andrew was a smart kid, but academics were not his forte. His friends joked, “Andrew will work at McDonald’s for his entire life.” They thought it was funny. Andrew laughed about it on the outside, but grew more broken inside. He began to think that if that’s the way people thought of him, then he would live into it.

Early in the school year, he began to use drugs and drink alcohol with his friends. He kept it a secret from his family; he thought they would not understand.

In the dark, his addictions grew, moving to harder drugs. His family tried every method to get through to him. They tried punishment, and Andrew would rebel more. They tried loving him in every way they could think of, and he rebelled more. His family was exhausted and confused. They came to a place where they finally realised that the situation was out of their hands - placing it entirely in God’s hands.

His family cannot explain it, nor can he really, but when things seemed most hopeless, God saved him. Andrew struggles to put it into words, but somehow, some way, he felt the love of God, and that altered the course of his life. It was almost as if a light went on inside him; the blinders were off. He was saved and delivered into the love of God. His family gives God the glory for doing in Andrew what human beings could not.

**PRAY FOR THOSE YOU KNOW WHO NEED TO BE SAVED AND  
DELIVERED TODAY.**





# DAY 10:

## TO SERVE GOD TOGETHER

*Psalm 92:1: It is good to praise the LORD and make music to your name, O Most High.*

*Psalm 100:2: Worship the Lord with gladness; come before him with joyful songs.*

*Joshua 24:15: As for me and my household, we will serve the Lord.*

The Christian life was never intended to be a solitary one. Jesus shared His life with twelve disciples and then taught them to share it with others. The early believers gathered together to break bread and share the living Word.

What we do each week in church is an expression of shared belief in Jesus – His body, a community of faith that gains strength and courage through worship.

But a full and meaningful life of following Jesus is built on much more than a couple of hours a week in church. It requires personal devotion and an interdependency with others in discovering Jesus in His Word, nurturing each other to live, love and look like Jesus and acting to see the Kingdom of God extended. In other words, the best way to follow and serve Jesus is in community.

Modern families come in all shapes and sizes. Whether you're widowed, single, divorced, or living in a blended family, God has a place for you, a place of intimate belonging.

The purpose is to be a place for love, acceptance, forgiveness, prayer, and to celebrate the work of Jesus among us. To share our hearts, burdens, and triumphs is important, as well as encouraging each other to stay strong in the Lord (Ephesians 6:18). Prayer is as uncomplicated as talking to God together. Seeking time with a trusted brother or sister can move us from defeat to victory. Building the habit of worshipping together is critical to becoming the people God desires for us to become.

**LISTEN TO GOD, prayer is a two way conversation. Listen for who God is placing on your heart. Invite the Holy Spirit to direct your diary and arrange to meet up with that person. Ask God for the right words as you meet, listen to their heart, invite Jesus to be in your meeting whether they believe in Him or not.**



# DAY 11:

## TO BE HEALED AND RECONCILED

*Psalm 107:20: He sent out his word and healed them; he rescued them from the grave.*

*Psalm 147:3: He heals the broken hearted and binds up their wounds.*

*Malachi 4:6: He will turn the hearts of the parents to their children, and the hearts of the children to their parents; or else I will come and strike the land with total destruction.*

Our whole perspective of life changes when we find ourselves facing overwhelming temptation, tragedy, or any hard situation that needs real healing or reconciliation. The writer, Mackintosh, in referring to the Israelites leaving Egypt comments, “the sea was before them, Pharaoh’s army behind them, and mountains around them. And in all this, be it observed, permitted and ordered of God.”

Sometimes, circumstances beyond our control can push us off the thin wire we walk on in this thing called life. It could be the ringing of a phone, a knock on the door, a text, an email. We fall immediately into worry and fear that separates us from God, from our friends, our families, etc. How can we not worry or fear when our outflow exceeds our income, when a loved one is diagnosed with cancer, when redundancies occur at work and our name is on the list, when our child is hurt or even killed, or our spouse wants to walk out. What is our hope? Where do we look for guidance in times like that?

We must pray to the One who has control over everything. We must ask Him to do what only He can do. And, we must consult His Word for guidance and hope.

He is the One who has promised never to leave or forsake us, never to forget or abandon us. So if we find ourselves in a difficult spot of needing healing and reconciliation, against all evidence to the contrary, there’s no better place to be.

Real Healing and Reconciliation occur when we recognise we are exactly where God wants us to be.

### **PRAYER:**

**Father God, You know everything about me. You know the challenges and hope that I have. I pray that You would guide my prayers, thoughts, and actions. I pray that You would give me spiritual eyes to see You in my life and give me the desire and ability to respond in a way that pleases You. Teach me what You want me to learn and help me to grow closer to You each day.**



# DAY 12:

## TO RECEIVE A FRESH OUTPOURING OF GOD'S SPIRIT

*Psalm 51:2: Wash away all my iniquity and cleanse me from my sin.*

*Psalm 51:7: Cleanse me with hyssop, and I will be clean; wash me, and I will be whiter than snow.*

*Mark 2:22b: But new wine must be put into new wine skins.*

John's gospel states clearly the sending of the Holy Spirit, 'the Comforter,' for encounter not only with us but to dwell (live His life) in us.

There are many word pictures or descriptions of the Holy Spirit; one is water.

Notice the request from Psalm 51 is for 'another' to wash, cleanse, and purify us. The very work of the Spirit invokes the idea of cleansing or purifying by literally being the 'Living Water' flowing in power from within.

Also, Ephesians speaks of Christ and His bride "that He might sanctify and cleanse her with the washing of water by the word." The living water and living word are ever present to do their work; we simply must say "yes" to His will and way in us and through us!

The new wine skins spoken of in Mark can refer to what happens when we give ourselves over the Lordship of Jesus. We have a greater awareness of Christ's promises, a fresh outpouring, 'New Wine' will follow. When new wine comes, 'times of refreshing' overtake us with breakthrough in all aspects of our lives and those we influence... as it did on the Day of Pentecost and throughout the book of Acts.

Jesus started the church the way He wanted it; now He wants the church the way He started it! He wants us saturated with fresh outpouring!

We must be aware of His presence more than our sin.

### **PRAYER:**

**Lord, I pray for times of refreshing as Your Word and Holy Spirit's presence cleanse and renew me. I pray that I will be spiritually-minded and that I will say yes to Your way and will through me. Thank you for Your faithfulness to me! I pray that my spiritual family will receive a fresh outpouring of Your Spirit!**



# DAY 13:

## TO BE A PEOPLE OF VISION

*Habakkuk 2:1: I will stand my watch and set myself on the rampart, and watch to see what He will say to me.*

*Proverbs 29:18: Where there is no revelation, people cast off restraint; but blessed is the one who heeds wisdom's instruction.*

The crowd was buzzing. The morning dew was burning off under the heating sun. Dogs barking, birds chirping, and the announcers giving instructions to the trainers to bring their racing greyhound dogs to the track in the appropriate gates. These dogs have been bred and trained since birth to do one thing, run after the lure (a mechanical bunny). They were made for this. The gate opens! The dogs sprint! The crowd erupts! The announcers shout! But this race had an unexpected turn...

Part way through the race, the lure exploded! For a brief moment, the dogs continued to run, but eventually slowed down, not knowing what to do. Some ran around aimlessly, some ran back toward the gate where they began, and other dogs just laid down on the track pathetically with their tongues hanging out. There was no way to determine a winner, so the race was called off.

So what caused the dogs to lose focus? They lost their vision. Even though they had received the strictest training, they failed to achieve anything because they had nothing to aim for.

This story illustrates, in a simple way, the profound truth found in Proverbs 29:18, "Where there is no vision, the people perish." A vision cannot be a 'God given' vision unless it is guided by God. As followers of Jesus, we find our ultimate vision in the pages of God's story. We are part of His story.

**What dream is God revealing to you?** \_\_\_\_\_

---

---

---

---

---

**What is God's Will for you life? *It is God's will that you should be sanctified (1 Thessalonians 4:3).* Are you ready to train and chase after God's vision for your life?**





# DAY 14:

## TO BE A HABITATION FOR GOD'S PRESENCE

*Psalm 100:3: Know that the Lord is God. It is He who made us, and we are His; we are His people, the sheep of His pasture.*

*Psalm 95:7-8: For He is our God and we are the people of His pasture, the flock under His care. Today, if only you would hear His voice, "Do not harden your hearts as you did at Meribah, as you did that day at Massah in the wilderness."*

*Matthew 13:58: And He did not do many miracles there because of their lack of faith.*

Several times in scripture we see God looking for a person who will stand in the gap for a people, a nation, or the land.

He desires to come with blessing, healing, and salvation and is looking for someone, or a group of someones, to agree with Him by paving the way for His coming in prayer.

The Biblical record reveals the Lord descended with His presence on Nineveh, Antioch, Ephesus, and Jerusalem as well as other cities.

The thought resounds: why not here; why not now? It is possible because our Heavenly Father wants to exalt His Son over our community.

Matthew 13:58 breaks my heart because I so desire that God be active in my community! Therefore, I must pray.

Ask God how you can bring God's presence to our community.

Pray for all the churches, leaders and ways they show the compassion of Jesus to our community.

**Heavenly Father, I lift up my neighbours before You Lord, asking for Your presence to fill the atmosphere so that they will hear You speak and see You work in their lives. Right now I pray for all of my neighbours by name. and I ask, God, that You will reveal Yourself to each one of them.**



# DAY 15:

## TO BE ACCEPTING

*Psalm 139:14: I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well*

*Romans 12:18: Do all that you can to live in peace with everyone.*

Jesus talks about such love in Matthew 5:46, “If you love only those who love you, what reward is there for that?” Jesus also reminds us to imitate God’s posture towards others in Luke 6:35-36, “for he (God) is kind to those who are unthankful and wicked. You must be compassionate, just as your Father is compassionate.” Several years later in Romans 2:4, Paul asked Roman Christians to reflect God’s example in loving those who make life choices that lead to sin: “Don’t you see how wonderfully kind, tolerant, and patient God is with you? Does this mean nothing to you? Can’t you see that his kindness is intended to turn you from your sin?”

I can’t help but wonder, if God’s kindness leads people to repentance, won’t my kindness lead people to God?

My love for another person is found in my acceptance of them and not my agreement with choices they may or may not make. The kind of “accept” I’m referring to is welcoming them, embracing them, and adopting them into your life. Accepting someone means you love them today, just as they are, with all of their victories and failures. It’s possible to be in a relationship with someone and not agree on decisions. Look at how Jesus lived this out in his life:

Jesus accepted Peter, but didn’t approve of his racism that Paul eventually confronted him on ([Gal. 2:11-16](#))

Jesus loved John and James, but didn’t affirm their desire to destroy a town ([Lk. 9:54-55](#))

Jesus was willing to value an outcast Samaritan woman by speaking with her, giving her hope, and refusing to affirm a history of negative relationship choices ([Jn. 4](#))

Jesus defended a woman caught in adultery, but didn’t condone an inappropriate relationship ([Jn. 8:2-11](#))

Jesus accepted an invitation to Zacchaeus’ house, but when he agreed with Zacchaeus’ confession he was also agreeing that his previous practices were wrong ([Lk. 19](#))

**PRAY FOR THOSE YOU DISAGREE WITH POLITICALLY, SOCIALLY AND THEOLOGICALLY.**







# DAY 16:

## TO BRING LIFE

*Psalm 36:9: For you are the fountain of life, the light by which we see.*

*John 10:10: The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.*

Jesus didn't evangelise the masses, he brought life to towns and cities.

Many times we confused this to mean 'taking our towns for God.' Yet, Churches don't take their town for God, they lead the town into life through generous love, outrageous acceptance and overwhelming forgiveness.

They learn how to wash the feet of their city; bending low for fresh grace and finding it in the face of the lost, lowest and least. Throwing parties for single parents, tackling domestic violence, being at the centre of adoption, serving schools, providing volunteers for other agencies.

This is not about winning people FOR Jesus or leading people TO Jesus, instead loving people WITH Jesus and allowing His glorious generous life to spill into them. 'In Him is life' and that life lights up our towns causing them to come alive in every way.

Bringing life to a town is the task of every believing community. The Church has not fulfilled her mandate until the town experiences life. This is more than individual transformation, our gospel is big enough for the whole town.

The Church needs to make visible the beauty and glory of God throughout the entire town and she will do so by moving beyond the building and giving her life compassionately, generously, creatively and resiliently to lead the town into life.

*"The Church, you see, is not peripheral to the world; the world is peripheral to the Church. The Church is Christ's body, in which he speaks and acts, by which he fills everything with his presence." (Eph.1:23 MSG)*

### WRITE DOWN SOME LIFE GIVING WORDS OVER OUR TOWN:

---

---

---



# DAY 17:

## TO EXPERIENCE REVIVAL

**Psalm 86:6:** *Will you not revive us again, that your people may rejoice in you?*

**2 Chronicles 7:14:** *If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then will I hear from heaven and will forgive their sin and will heal their land.*

2 Chronicles 7:14 is addressed specifically to Israel. That is true. But surely the passage shows God's heart for any people, any land.

What does God want from us? First, we must humble ourselves. We must admit that God is God and we are not. We must submit to God and come to Him in brokenness and repentance.

Second, we must pray and seek God's face. No revival or awakening comes without prayer. Extensive prayer. Fervent prayer. Corporate prayer. Continual prayer.

It is worth noting that the prayer here is focused on seeking God's face and not God's hand. We are seeking God for Himself and not for what He gives us. We are locked in on God's glory, not on our need.

Third, we must turn from our wicked ways. God wants obedience, not religious ceremony. We cannot just say the words of repentance and pray the prayers of repentance. We must do the deeds of repentance and obey God in every part of life.

If we do these three things, then God promises to respond in three ways.

First, He will hear us. He will hear those prayers. Second, He will forgive our sin. He will remove our sin as far as the east is from the west. And third, God will heal our land. He will pour out His favour and blessing upon us.

### PRAYER:

**Father, I pray for a revival to sweep through our community and for revival to break out in our streets, schools, government, business, media, entertainment, and congregations – especially in our congregations as we are reflecting who You are. I ask, Lord, that You raise up dedicated Christians who will become a voice to reform our region and to make a difference in the lives of all who live here.**



# DAY 18:

## TO UPHOLD RIGHTEOUSNESS AND JUSTICE

*Psalm 89:14: Righteousness and justice are the foundation of your throne; love and faithfulness go before you.*

*Matthew 6:33: But seek first his kingdom and his righteousness, and all these things will be given to you as well.*

Do you know there are more slaves in the world today than at any other point in history. How can that be true? How can there be over 27 million slaves worldwide?

As Christ followers, God makes it clear that we are to take a stand against injustice and fight for those who do not have the ability to fight for themselves. "Learn to do right; seek justice. Defend the oppressed. Take up the cause of the fatherless; plead the case of the widow." (Isaiah 1:17) When I compare this command to the statistics of injustices like human trafficking, poverty, homelessness, domestic abuse, and so many others, I begin to feel helpless. How do we even begin to act justly when injustice seems to be taking over? Where do we start?

The best place that we can start is where many great Biblical leaders before us have started. With prayer. Moses, Ezra, and Nehemiah all turned first to God and pleaded for His guidance and intervention. These men saw God change the attitudes of kings and rulers to move in ways that were beyond what they had imagined. The rulers of their day who were once set against God allowed a nation to be freed from slavery, a temple to be rebuilt by an exiled people, and a city wall to be built up in only 52 days. Each of these men were guided in their work by the One who has a passion for those under unjust oppression.

There is an overwhelming amount of work to be done to solve the injustices in our world today. So where do we begin to stem the tide of heartbreak? The best place is on our knees asking God.

### PRAYER:

**Father God, Your Word shows that You care deeply for those that are suffering under injustice. Thank You for Your father heart that upholds the oppressed. I ask that You would be with our leaders and work through them as You have so many times throughout history. Give them a passion to establish just laws and the wise discernment they need to solve issues. Where there is a lack of passion, move in their hearts to create an urgency to uphold justice. Give me a fire to stand for those who are suffering all kinds of injustice. Show me how I can work to influence those around me, and move in my own community to show Your love and compassion. May Your Kingdom come even now!**



# DAY 19:

## TO EXPERIENCE GOD'S PRESENCE AND POWER

*Psalm 43:3-4:: Send me your light and your faithful care, let them lead me; let them bring me to your holy mountain, to the place where you dwell. Then I will go to the altar of God, to God, my joy and my delight. I will praise you with the lyre, O God, my God.*

I remember the first time I really felt the presence of God. Not those moments of 'Jesus Chills' where you know the Spirit is leading you on to something, but the first time there was weight and a person alongside, that Presence when the Holy Spirit wasn't just prompting, but came down in force. It all happened when I was 13 and I was at a youth camp in County Durham.

I was in a field on my own, looking up at the stars and then it happened. It felt like something descended on me from the stars I was gazing up at and for the first time I knew peace. I felt so relieved, I laughed to myself and then I cried, realising no matter what I did in this life it would have purpose.

I started to pray about what was happening. I talked to the Holy Spirit as He was moving upon me... I started to speak in a language I neither understood nor have ever learnt. I knew life has never been the same.

- Have you met and encountered the Holy Spirit of God? When and where was that? If not then ask God, receive with faith whether you feel it or not.
- How are you different because of that moment? What has changed in and around you because of that?
- As we begin to draw our time of fasting to a close, where has God shown up?

### PRAYER:

**God, I pray that Your Spirit comes down in real and powerful ways in my life. Come alongside me today and demonstrate who You are. Show me the power of Your radical love, show me who I am because of what You have done, and show me how that can impact those around me with Your will and love. Come alongside me in my interactions with others, in my conversations with You, and in how I treat my family and my friends. Be near to me, show me Your presence and Your power, and make me a different person because of how You love me. But more than anything, I pray that You show up in my life. I acknowledge that there is no church, there is no faith without You, and so I pray that You are present and vibrant in all that I think, say, and do.**



# DAY 20:

## TO BE FILLED WITH GOD'S GLORY

**Psalms 22:27-28:** *All the ends of the earth will remember and turn to the Lord, and all the families of the nations will bow down before him, for dominion belongs to the Lord and he rules over the nations.*

**Habakkuk 2:14:** *For the earth will be filled with the knowledge of the glory of the Lord as the waters cover the sea.*

At a time when Israel was rebellious, immoral, and indifferent towards God, Moses prayed, "Lord, show me Your glory!" God was quick to respond to this prayer. And Moses saw with his own eyes a portion of the glory of God, His goodness. But he also heard the voice of God declaring His glory, and God defined His glory by describing His nature. *"The Lord, the Lord, the compassionate and gracious God, slow to anger, abounding in love and faithfulness, maintaining love to thousands, and forgiving wickedness, rebellion and sin. Yet he does not leave the guilty unpunished; he punishes the children and their children for the sin of the parents to the third and fourth generation."* **Exodus 34:6-7**

So when we pray for God's glory to come, we are praying for His nature to overwhelm our nature. This hour for us is not unlike the time when Moses prayed this great prayer.

We, too, are at time when our nation and the world have never been so contentious with God. The name of Jesus stirs deep resentment in many people. Holiness is rare. Morality is in rapid decline. And the church of Jesus Christ is in a battle for its existence.

Moses could have prayed, "God meet our needs." But this circumstance demanded so much more than "meet our needs." He prayed, "Show me Your glory!"

d234yujkm,234jWe join our hearts in intercession to pray, "God, show us Your glory!" Overwhelm our hearts with Your fire. Revive me with Your presence. Show Your glory in the church. Show us Your glory all over the world.

### PRAYER:

**Sovereign God, I pray that the believers in our community would be a city set on a hill and 'salt and light' to the world. I ask that we would influence other nations with righteousness. I pray You give me Your perspective on reaching this world with the Love of Jesus. Lord, instill in me a passion to join You in the mission of pursuing people to know You so that You are glorified among all nations and peoples. Lord, may I hunger and thirst after You and desire that for all people.**



# DAY 21:

## TO CONTINUE TO SEEK GOD FIRST

**Psalm 9:10:** *Those who know your name trust in You, for You, Lord, have never forsaken those who seek You.*

**Jeremiah 29:13:** *You will seek me and find me when you seek me with all your heart.*

**1 Chronicles 29:13:** *Now devote your heart and soul to seeking the Lord your God.*

**Colossians 3:2:** *Set your minds on things above, not on earthly things.*

I remember when I first met my wife and was interested in her. I looked for opportunities to be with her. I deliberately sought out ways I could have a conversation with her. I wanted to learn more about her, and I confess that I chased after her.

For the last 21 days, we have been chasing after God as we pray and fast.

We have deliberately chosen to focus on Him and seek His presence. We have deliberately chosen to take time to read His Word and listen to His voice. For some of us, we can honestly say we didn't really 'hear' from God in a profound way during this time. For others, this has been an amazing time of growth, and we have felt His guidance and direction about something we were seeking. Regardless of what we have learned through this time or if we have 'cheated' on something we were going to fast from, these past 21 days have been crucial to us because we have obeyed God's command to seek His presence. It is always a beautiful thing when we chase after God and we put Him first because we desire to know Him more. And He promises us that when we seek Him, He will be found.

### **PRAYER:**

**Father God, thank You for these last 21 days of focusing on You. Thank You for the promise that You will be found when I seek You. Thank you that You don't hide from me but that You constantly draw me near to You. Please put a hunger and a thirst in my life for You Lord. You are so beautiful. So amazing. So forgiving. So good. And I am deciding to chase after You with all of my heart from this day on. Daily. Lord, may I put You first and seek Your face, daily.**

**I love you, Lord and I want to love and know You more. Amen.**





# DAY 22 AND BEYOND:

**As we conclude our 21 days of prayer and fasting, it is important to ask, “Now what?” How can you remain committed to seeking Him?**

Very simply, decide to love God and seek Him. That’s right, decide. Look for opportunities to spend time with Him and to learn from Him. Daily. Decide to chase after Him and not the things of this life that quickly distract us from Him.

Daily. Give Him your whole heart.

Daily. Look for Him in each day, through people, circumstances, and creation.

Daily. Read His Word.

Daily. It will take intention, effort, desire, and time.

But it will be so worth it as your relationship with Him grows, develops, and you fall more and more in love with Him.

Hebrews 11:6 says that God will reward those who earnestly seek Him.

Will you continue to earnestly seek after the God of this universe who loves you completely and desires to walk with you daily? The reward will be great because God is great!

One way to do this is to be part of a Connect Group - Groups that meet outside of Sunday Services to Discover Jesus, Nurture each other to live, love and look like Jesus and Act to see the Kingdom of God extended. You were not designed to do this Christian life alone. Being part of a Connect Group will help you go deeper into God and you journey alongside others.

## RESOURCES:

**[www.occ-stratford.org.uk/prayer](http://www.occ-stratford.org.uk/prayer)** prayers for all different stages of life and times of day, talks, and articles.

**[www.youversion.com](http://www.youversion.com)** an app filled with reading plans for all circumstances and experiences. Read the Bible in groups or on your own in various Bible translations.

**[www.elim.org.uk/liftup](http://www.elim.org.uk/liftup)** Elim’s prayer network

Some great books to read that may help you are:

**Too Busy Not To Pray** - Bill Hybels

**The Circle Maker** - Mark Batterson

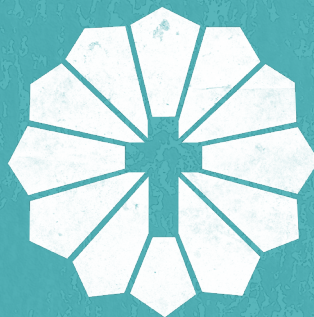
**Dirty Glory** - Pete Greig

**Prayer** - Richard Foster

**Prayer** - Philip Yancey

**Before Amen** - Max Lucado





[www.occ-stratford.org.uk/prayer](http://www.occ-stratford.org.uk/prayer)

