

# 21 DAYS | OF PRAYER AND FASTING

*ON EARTH AS IT IS IN HEAVEN.*

Over the last 4 years we have taken 21 days during January to corporately pray and fast. This year we are going to do the same from 18th Jan - 7th Feb, however, as we cannot physically be together due to the current COVID restrictions, it will be a little different.

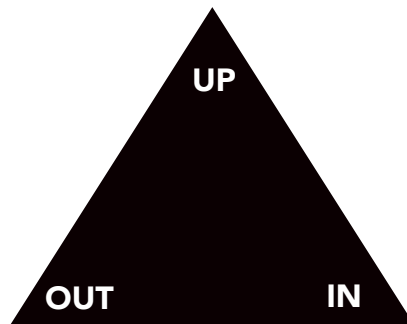
We are inviting each of you to focus on a rhythm of 3 beats, **UP**, **IN** and **OUT**.

As the 21 days progress we will journey through each of these beats inviting God to be a part of our everyday.

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**UP:** Is where we discover God and deepen our relationship with Him. In Luke 6:12, we see Jesus spending time in prayer. In the midst of so much he could be doing, Jesus takes time to pray to His Father. This shows how strong and how important Jesus considered his relationship to God. Upward prayer is the prayer of adoration. It is "Our Father in heaven, Hallowed be Your name..." (Matthew 6:9).

**OUT:** Is where we act to see the Kingdom of God draw near to those outside the church. Jesus obviously did not live blocked off from people who weren't good, synagogue-attending Jews. He went out into the world and worked to touch people's lives with the Kingdom of God. We see this in Luke 6:17-19. Outward prayer is the prayer of intercession as we pray "Your kingdom come, Your will be done, on earth as it is in heaven..." (Matthew 6:10)



**IN:** Is about nurturing our relationship with other Christians, especially those we are discipling. In Luke 6:13-16, we see Jesus calling the apostles into a discipling relationship with him. They are going to spend a lot of time with him and be trained by him. Inward prayer is prayer for your Christian community. It is corporately praying "Give us today our daily bread..." (Matthew 6:11)

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In previous years we have produced a devotional guide to go alongside our 21 days - past guides are available to download at [www.occ-stratford.org.uk/prayer](http://www.occ-stratford.org.uk/prayer). This year we are inviting you to decide how you want to make the most of this time with a few suggestions on the next page.

As we commence our 21 days of prayer and fasting, making a plan can be very helpful. Without something to aim at we will miss every time.

What will these 3 weeks look like for you? What will these 3 weeks look like for you to engage corporately as we pray?

We have more opportunities than ever before for you to connect and pray with others at OCC. Each week from 18th Jan - 7th Feb we will have the following opportunities for you to connect corporately to pray:

**MONDAY 7:00AM :** Communion on Zoom (15 mins)  
Meeting ID: 858 8758 5625 | Meeting Password: 264277

**TUESDAY 7:30PM :** Prayer on Zoom (1 Hour)  
Meeting ID: 206 448 817 | Meeting Password: 034521

**WEDNESDAY 1:30PM :** Prayer on Zoom (1 Hour)  
Meeting ID: 664 900 116 | Meeting Password: 082612

**WEDNESDAY 8:00PM :** Prayer on Zoom (1 Hour)  
Meeting ID: 815 1498 8132 | Meeting Password: 813374

**THURSDAY 8:00PM :** Prayer on Zoom (1 Hour)  
Meeting ID: 513 553 209 | Meeting Password: 053487

**MONDAY-FRIDAY 12NOON :** The Lord's Prayer (1 Min)  
As a church pause at Midday wherever we find ourselves and pray The Lord's Prayer. A video of the prayer is available at: [www.occ-stratford.org.uk/prayer](http://www.occ-stratford.org.uk/prayer)

Alongside these corporate moments below are some ideas about how you can make the most of this time individually or in pairs or trios:

### **WEEK 1: UP**

Choose a time daily, when you can pause for 1 minute - set a reminder on your phone and use the "1 minute pause" video available at [www.occ-stratford.org.uk/prayer](http://www.occ-stratford.org.uk/prayer)

Fast one meal this week. Use the time you would normally eat to read some of the verses on the prayer guide on page 4 and ask the questions, what do these verses tell me about who God is, what God has done, who I am in light of this and how I get to live, love and look like Jesus?

### **WEEK 2: IN**

UP: Continue with the practice you started last week - maybe instead of a 1 minute daily pause, try using the "3 minute pause" available as a video at [www.occ-stratford.org.uk/prayer](http://www.occ-stratford.org.uk/prayer)

Fast for 2 meals and set aside some time to pray for the issues you know you and those closest to you are facing. Use our 2021 Prayer guide on page 4 to help you pray.

IN: Attend one of the corporate prayer times and join with others from OCC as we pray together.

### WEEK 3: OUT

UP: Continue with the practice you started last week - maybe instead of 3 minute daily, try using the "5 minute pause" video, available at [www.occ-stratford.org.uk/prayer](http://www.occ-stratford.org.uk/prayer)

Try fasting for a full day, sun up to sun down. Invite God to draw near to you as you deliberately adjust your scale to seek Him. Use our 2021 Prayer guide on page 4 to help you pray.

IN: Continue with the practice you started last week, attending one of our corporate prayer times. In addition maybe contact someone from OCC who comes to mind and ask them how you could pray for them.

OUT: Pray daily for one or more specific friend(s) who do not yet know Jesus.

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Create a table like the one below to help you plan how to make the most of these 21 days. These times of focused prayer are not always easy. Not everything will feel like swimming downstream, often times it is the upstream moments that God uses to grow us and reveal something deeper.

<b>MON 18TH JAN</b>	Communion on Zoom at 7:30am and use 2021 prayer guide, Pray Lord's Prayer at Midday,
<b>TUES 19TH JAN</b>	Use 1 min Pause video as I wake up and use 2021 prayer guide, Pray Lord's Prayer at Midday - Fast evening meal
<b>WED 20TH JAN</b>	Use 1 min Pause video as I wake up and use 2021 prayer guide, Pray Lord's Prayer at Midday - Zoom prayer Meeting at 8pm
<b>THURS 21ST JAN</b>	Use 1 min Pause video as I wake up and use 2021 prayer guide, Pray Lord's Prayer at Midday
<b>FRI 22ND JAN</b>	Use 1 min Pause video as I wake up and use 2021 prayer guide, Pray Lord's Prayer at Midday
<b>SAT 23RD JAN</b>	Use 1 min Pause video as I wake up and use 2021 prayer guide
<b>SUN 24TH JAN</b>	Attend Church online
<b>MON 25TH JAN</b>	Communion on Zoom at 7:30am and use 2021 prayer guide, Pray Lord's Prayer at Midday,
<b>TUES 26TH JAN</b>	Use 3 min Pause video as I wake up and use 2021 prayer guide, Pray Lord's Prayer at Midday - Fast Breakfast and evening meal.
<b>WED 27TH JAN</b>	Use 3 min Pause video as I wake up and use 2021 prayer guide, Pray Lord's Prayer at Midday - Zoom prayer Meeting at 8pm
<b>THURS 28TH JAN</b>	Use 3 min Pause video as I wake up and use 2021 prayer guide, Pray Lord's Prayer at Midday, call someone from church and pray for them.

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## 18TH JAN - 7TH FEB 2021 PRAYER GUIDE:

### WEEK 1: UP

**MONDAY 18TH JAN:** Reading: God Creates – Genesis 1:1-25.

Prayer: God is creator, spend some time reflecting on who God is and then ask Him to open your eyes more to see Him as He is over the next 21 days.

**TUESDAY 19TH JAN:** Reading: God Creates Man and Woman – Genesis 2:4-24.

Prayer: God is sustainer, thank Him for all that He has blessed you with this day.

**WEDNESDAY 20TH JAN:** Reading: Man and Woman Eat the Fruit – Genesis 3:1-13.

Prayer: God is gracious, confess the wrong in your life and receive God's forgiveness today.

**THURSDAY 21ST JAN:** Reading: God's Curses – Genesis 3:14-24.

Prayer: God is just, bring issues you know of locally and globally that need God's justice.

**FRIDAY 22ND JAN:** Reading: The Flood – Genesis 6:6-20, 7:11-12, 7:18-8:4, 8:15-22.

Prayer: God favours. Noah found favour with God (Gen 6:8). Do you know God's favour? Ask Him to show you just how favoured you are today.

**SATURDAY 23RD JAN:** Reading: God's Covenant with Abraham – Genesis 12:1-8, 15:1-6, 17:1-7.

Prayer: God is trustworthy. Share with Him what worries you most today, give everything and everyone to Him.

**SUNDAY 24TH JAN:** Reading: Abraham & Isaac – Genesis 22:1-19.

Prayer: God is provider, ask God to meet what you lack today, physically, emotionally, mentally and spiritually.

### WEEK 2: IN

**MONDAY 25TH JAN:** Reading: God Spares His People – Exodus 12:1-28.

Prayer: Pray that God will protect you, your biological and church family.

**TUESDAY 26TH JAN:** Reading: The Commands of God – Exodus 20:1-21.

Prayer: Pray that OCC will grow in holiness and love for one another.

**WEDNESDAY 27TH JAN:** Reading: The Sin Offering – Leviticus 4:1-35.

Prayer: Ask God to forgive your sins and also for grace to forgive those who sinned against you.

**THURSDAY 28TH JAN:** Reading: God's Righteous Servant – Isaiah 53.

Prayer: Pray that all at OCC would live lives centred on Jesus, full of power, glowing in righteousness and fulfilling God's purpose.

**FRIDAY 29TH JAN:** Reading: Jesus is Born – Luke 1:26-38, 2:1-20.

Prayer: Thank God for His provision for you and your biological and church family.

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**SATURDAY 30TH JAN:** Reading: Jesus Baptised & Tested – Matthew 3:13-4:11.

Prayer: Pray for those you know who are struggling or need healing at this time.

**SUNDAY 31ST JAN:** Reading: Jesus & the Samaritan Woman – John 4:1-26, 39-42.

Prayer: Thank God that no one is excluded. Pray for those who might feel they are not worth much today. Be reminded that each one of us has been brought with price. We are of value to God.

## **WEEK 3: OUT**

**MONDAY 1ST FEB:** Reading: Jesus Calms the Storm – Mark 4:35-41.

Prayer: Think of one person who does not yet know Jesus and pray for them this week. Pray that they would start to see their need for Jesus, that He is the answer to the storms they face.

**TUESDAY 2ND FEB:** Reading: Jesus Raises a Man from the Dead – John 11:1-44.

Prayer: Pray for your friend again today. Also pray that OCC would live as Kingdom people, living by the power of the Spirit and displaying the gifts of the Spirit.

**WEDNESDAY 3RD FEB:** Reading: Jesus is Betrayed & Trial – John 18:1-19:16.

Prayer: Pray for your friend again today. Confess the times when you have shied away from sharing Jesus and pray that you and others at OCC would have a boldness in sharing Jesus with those God puts in our path.

**THURSDAY 4TH FEB:** Reading: Jesus is Crucified – Luke 23:32-56.

Prayer: Take a moment to simply thank Jesus for who He is and what he has done. Pray for your friend again today - that they would experience the power of the cross today.

**FRIDAY 5TH FEB:** Reading: Jesus is Resurrected – Luke 24:1-35.

Prayer: Pray for your friend again today - that they are yourself would live daily in the reality of who Jesus is and what He has done.

**SATURDAY 6TH FEB:** Reading: Jesus Ascends to Heaven – Luke 24:36-53.

Prayer: Pray for your friend again today - that they as well as yourself and others at OCC would live to see God's Kingdom on earth as it is in Heaven

**SUNDAY 7TH FEB:** Reading: Enter into the Kingdom God – John 3:1-21.

Prayer: Pray for your friend again today. Pray that there will be more who turned to Jesus at the conclusion of our Prayer & Fasting, much more than we can think or imagine.

**WELL DONE! YOU HAVE MADE IT THROUGH 21 DAYS! WHY NOT TAKE THE HABITS YOU HAVE FORMED AND CONTINUE TO DAILY SPEAK TO JESUS AND READ HIS WORD. IF YOU ARE UNSURE HOW TO GO ABOUT DOING THIS EMAIL [ADMIN@OCC-STRATFORD.ORG.UK](mailto:ADMIN@OCC-STRATFORD.ORG.UK)**