



21 Days of Prayer and Fasting

Week 1: Focus on God

6 January 2025

Repentance

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God.

Hebrews 12:1-2

Prayer focus

Ask God to reveal areas in your life where you could release control to Him and praise Him for what Jesus has done on the cross for you.

Challenge

Take time to journal areas where you want God to transform you.

7 January 2025

Faith

"Now faith is confidence in what we hope for and assurance about what we do not see."

Hebrews 11:1

Prayer focus

Let's pray cheeky and audacious prayers (knowing the fullness of the work of the cross of Christ)- If God answered your prayers today, would it change your life or the world?

Challenge

Is there an area of your life where you have stopped believing God for - write it down and ask God to re-ignite the faith to believe Him.

8 January 2025

Surrender

"In all your ways submit to Him, and he will make your paths straight."

Proverbs 3:6

Prayer focus

Ask God to help you release control and trust His guidance.

Challenge

Write down areas of your life where you choose to surrender to God.

9 January 2025

Grace

"But He said to me, 'My grace is sufficient for you, for my power is made perfect in weakness....'"

2 Corinthians 12:9

Prayer focus

Thank God for His grace and ask God to show you opportunities to extend that grace to others.

Challenge

Share one act of grace with someone today (e.g., forgiving a debt or offering help).

10 January 2025

Trust

"Trust in the Lord with all your heart and lean not on your own understanding."

Proverbs 3:5

Prayer focus

Asking God for the strength to trust Him with your uncertainties and also for the people in the persecuted church to trust in their uncertainties

Challenge

Write down areas where you might be anxious and rewrite it in a way that declares your trust in God for that area of your life. (eg. instead of "I am anxious about my health" we can write "I fully trust God with my health - by His stripes I am healed.")

11 January 2025

Identity

"See what great love the Father has lavished on us, that we should be called children of God! And that is what we are! The reason the world does not know us is that it did not know him."

1 John 3:1

AND

"Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"

2 Corinthians 5:17

Prayer focus

Reflect on your identity in Christ and thank God that we are children of God.

Challenge

Declare positive affirmations over yourself based on scripture.

12 January 2025

Obedience

And this is his command: to believe in the name of his Son, Jesus Christ, and to love one another as he commanded us. The one who keeps God's commands lives in him, and he in them. And this is how we know that he lives in us: We know it by the Spirit he gave us.

1 John 3:23-24 NIV

Prayer focus

Pray that God would give us a sensitive heart to His leading today and the ability to follow His lead.

Challenge

Spend three minutes reflecting on God's unconditional love for you, and then ask Him how you can practically extend that love to someone in your life today (e.g., calling someone to offer a listening ear, sending an encouraging message, or preparing a meal).