

21

— DAYS OF —
PRAYER & FASTING ²⁰/₂₃



BETHLEHEM
CHURCH

Bethlehem Family,

For the last two years, our church has kicked off the new year with prayer and fasting. This time of corporate fasting and dedicated prayer has strengthened us as a church, setting the tone and trajectory for the year to come. We renew our commitment to the Lord through fasting, and ask for His favor and guidance over the year. We are excited and expectant to see what the Lord does in you, your family, and our church body over the next 21 days.

Isaiah 43:18-19 states: “But forget all that—it is nothing compared to what I am going to do. For I am about to do something new. See, I have already begun! Do you not see it? I will make a pathway through the wilderness. I will create rivers in the dry wasteland.”

As we reflect on the past year and look forward to the hope of what’s to come, I want to encourage you to ask yourself and God what new thing He is trying to do in you. He is the God who makes a path in the wilderness. The same God of miracles in the Old Testament is the God who is working in our lives now. What is God trying to do in and through you this year? What situations can only He make a way?

We are entering a season of growth and expansion at Bethlehem Church. We are taking new territory that we have never taken before, and you are a part of that growth! We believe there is supernatural strength in praying together as a church body. God is calling Bethlehem Church to new heights; for that to happen, we must first take on new heights in our personal spiritual lives. As you fast this month, pray for your spiritual growth as well as the growth of Bethlehem Church. Pray that God would reveal things about Himself that He never has before. Pray that He would give you and us more opportunities to be generous than ever before. Pray that He would reveal in you anything that you need to repent of.

We are so excited about the season of renewal we are walking into; the God who makes all things new (Revelation 21:5) is working in our midst. We are praying for you and rooting for you, and we can’t wait to hear what God does over the next 21 days!

Pastor Jason Britt
Jason

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Why Fast?

Fasting is about so much more than food; it is a catalyst for spiritual growth. When you fast, your eyes open to the things of God, and His truth illuminates your mind. Your focus shifts from yourself and onto God.

3 Results of Fasting:

1. Fasting opens your eyes

Did you know that research shows fasting improves your physical eyesight? The physical benefits of fasting mirror the spiritual benefits. Fasting also improves your spiritual eyesight, removing all distractions that cloud our vision and gaining a heavenly perspective.

2. Fasting helps you focus

Fasting is a time of separation, concentration, dedication, and concentration on the Lord.

3. Fasting positions your heart to receive

Fasting helps you acknowledge God as your source and His provision in your life.

What Do We Fast?

There are 4 Types of Fasts

Complete Fast

In this type of fast, you drink only liquids, typically water and/or light juices.

Selective Fast

This type of fast involves removing certain foods from your diet. One popular example of a selective fast is the Daniel Fast, named after Daniel, the prophet in the Old Testament, during which you remove meat, dairy, sweets, alcohol, and bread from your diet and consume water and juice for fluids and plant-based foods.

Partial or Intermittent Fast

This fast involves abstaining from entire meals for a designated amount of time. One example of this fast is called the “Jewish Fast,” which is a full-day fast that begins with sunset in the evening and continues until sunset the next day. A minor fast day begins at dawn and concludes in the evening. This can correlate to specific times of the day, such as 6 a.m. to 3 p.m. or from sunup to sundown.

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, or wish to refocus certain areas of your life that are out of balance. For example, you might 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 after the fast. Set limits on your screen time and/or your media use. You might give up certain movies or television at certain times of the day or week. You could say no screen time after a particular time. Or delete the social media app you use the most on your phone. Then, use that time you would have spent on a screen in prayer and studying the Word.

Bottom line: Keep it simple.

Choose something that has become a distraction, a hindrance, or is dominating too much of your time, and eliminate it. Whatever you choose to fast, take the time you would typically spend doing the activity from which you are fasting and spend it with God in prayer. Your fast may appear simple to some, but it is a huge step of faith, especially if you are new to fasting. Each person should commit to fast at their level of ability and availability during the next 21 days.

Preparing for Your Fast

As you consider fasting, we want to encourage you to pray, ask God to lead you in seeking His face, and listen to the Holy Spirit for His direction. Ask Him specifically what He wants you to fast. Whether you fast one meal every day or a certain type of food for 21 days, the point is to humble yourself in a new way and draw near to God to experience greater intimacy with Him.

When you fast, expect resistance. Our spiritual enemy, Satan, will oppose you just as he opposed Jesus when He fasted (Matthew 4). The devil does not easily give up any territory he has conquered. But, 1 Peter 5:8-9 says: “Be alert and of sober mind. Your enemy, the devil, prowls around like a roaring lion looking for someone to devour. Resist him, standing firm in the faith, because you know that the family of believers throughout the world is undergoing the same kind of sufferings.”

Fasting is spiritually and physically challenging, but we embark on this adventure not with fear but fully believing and expecting God to fight for us as we pray.

How to Use This Guide

There is no specific formula for how to pray. Prayer is simply talking to God. Praying Scripture, God's words, back to Him, and reminding yourself of His promises is a great way to connect with Him and know His will and direction for your life.

The goal of using this guide is not to add pressure or to overwhelm you but to help you get comfortable talking to God and provide structure for your prayers. Use this prayer guide as a tool to pray intentionally. If your mind wanders, use the prayer prompts to restore your focus. Feel free to add your own personal prayers as well.

As you pray, be sure to take time to listen. Print out the notes sheet from our website or use a journal at home to write down what God may be speaking to you. To make your prayer time even more meaningful, you can write notes or prayer requests and play worship music in the background. The most important step is committing to regularly entering God's presence through prayer.

This guide was written 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.

Day 1

God Wants To Do A New Thing In Me

BUT FORGET ALL THAT — IT IS NOTHING COMPARED TO
WHAT I AM GOING TO DO. FOR I AM ABOUT TO DO SOMETHING
NEW. SEE, I HAVE ALREADY BEGUN! DO YOU NOT SEE IT?
I WILL MAKE A PATHWAY THROUGH THE WILDERNESS.
I WILL CREATE RIVERS IN THE DRY WASTELAND.

Isaiah 43:18-19, NLT

Morning

I know You are the God of renewal. Renew my spirit and heart over the next 21 days. Please help me to see the pathways You have already made and the ones You are starting.

Evening

Thank You for the opportunity to connect with You. Thank You for the opportunity to fast and to look toward You for all I need. Help me to remember that You are the same God who created rivers in the dry land and that You are working in my life now.

Day 2

A Living Sacrifice

AND SO, DEAR BROTHERS AND SISTERS, I PLEAD WITH YOU
TO GIVE YOUR BODIES TO GOD BECAUSE OF ALL HE HAS DONE
FOR YOU. LET THEM BE A LIVING AND HOLY SACRIFICE
— THE KIND HE WILL FIND ACCEPTABLE.
THIS IS TRULY THE WAY TO WORSHIP HIM.

Romans 12:1, NLT

Morning

God, I offer and dedicate my whole self to You. I give You my life.
Lord, have Your way in me. Let all that I do today be pleasing and
glorifying to You. I offer up my body, mind, emotions, and will — all I
am — to You, God.

Evening

You made me, God. You knit me together; every hair on my head
belongs to You. Let my life be a living and holy sacrifice to You, an
offering of worship that pleases You.

Day 3

Transformed, Not Conformed

DON'T COPY THE BEHAVIOR AND CUSTOMS
OF THIS WORLD BUT LET GOD TRANSFORM YOU
INTO A NEW PERSON BY CHANGING THE WAY YOU THINK.
THEN YOU WILL LEARN TO KNOW GOD'S WILL FOR YOU,
WHICH IS GOOD AND PLEASING AND PERFECT.

Romans 12:2, NLT

Morning

God, reveal to me specifically how I have conformed to the world. Convict me of anything I do that doesn't align with Your good will. Thank You for Your transformation power, and that when I cannot change on my own, Your power can change me.

Evening

God, I repent of any areas where I have conformed to this world's behaviors and customs. Transform me by renewing my mind and changing how I think through Your Spirit of truth and Your Word. Thank You for the opportunity to become a new person in Christ.

Day 4

See Clearly

BECAUSE OF THE PRIVILEGE AND AUTHORITY
GOD HAS GIVEN ME, I GIVE EACH OF YOU THIS WARNING:
DON'T THINK YOU ARE BETTER THAN YOU REALLY ARE. BE
HONEST IN YOUR EVALUATION OF YOURSELVES, MEASURING
YOURSELVES BY THE FAITH GOD HAS GIVEN US.

Romans 12:3, NLT

Morning

God, help me to see clearly. Let me see myself in a clear and unfiltered manner, and help me be honest with myself and You about where I am. Please give me a humble spirit, and remind me that even my faith is a gift from You.

Evening

God, help me see others clearly, through a lens of how much You love them. When I get upset or irritated with others, remind me that You made them in Your image and remind me of the grace You have shown me.

Day 5

We All Belong

JUST AS OUR BODIES HAVE MANY PARTS
AND EACH PART HAS A SPECIAL FUNCTION,
SO IT IS WITH CHRIST'S BODY. WE ARE MANY PARTS
OF ONE BODY, AND WE ALL BELONG TO EACH OTHER.

Romans 12:4-5, NLT

Morning

God, thank You for creating me with a function and purpose! Help me discover new ways to use my gifts to serve You and the Church. Thank You for entrusting me to help with Your Kingdom work and giving me what I need to accomplish that work.

Evening

God, thank You for making me a part of something bigger than myself. Help me to lean on other people in the Church body when I need help, and help me to be a good person to lean on. Thank You for Your community and for making us all different to help each other.

Day 6

Serving The Body

IN HIS GRACE, GOD HAS GIVEN US DIFFERENT GIFTS FOR DOING CERTAIN THINGS WELL. SO IF GOD HAS GIVEN YOU THE ABILITY TO PROPHECY, SPEAK OUT WITH AS MUCH FAITH AS GOD HAS GIVEN YOU. IF YOUR GIFT IS SERVING OTHERS, SERVE THEM WELL. IF YOU ARE A TEACHER, TEACH WELL.

Romans 12:6-7, NLT

Morning

Lord, thank You for the gifts and talents You have given me. Please help me to give those things back as an offering to You. Help me discover new ways to serve You with my passions and talents.

Evening

Lord, help me to serve others well. Remind me that You have put me where I am on purpose. Help me to do everything I do well, so I can be a good steward of the gifts You have given me and an example of Your love and goodness to others.

Day 7

Using Your Gifts

IF YOUR GIFT IS TO ENCOURAGE OTHERS,
BE ENCOURAGING. IF IT IS GIVING, GIVE GENEROUSLY.
IF GOD HAS GIVEN YOU LEADERSHIP ABILITY, TAKE THE
RESPONSIBILITY SERIOUSLY. AND IF YOU HAVE A GIFT FOR
SHOWING KINDNESS TO OTHERS, DO IT GLADLY.

Romans 12:8, NLT

Morning

God, help me be enthusiastic about using what I have for Your glory. Help me be glad and serve out of my heart's overflow. Thank You for letting me be a part of what You are doing and helping me to remember how much of a blessing it is to be used by You.

Evening

God, help me to be a generous person. Please remind me of how you have been generous to me and how much I have been forgiven. Show me new ways to be generous and new people to whom I can show Your generosity. You are the ultimate Encourager, the ultimate Giver, and the ultimate Leader; help me to look more like You.

Day 8

Love One Another

DON'T JUST PRETEND TO LOVE OTHERS.
REALLY LOVE THEM. HATE WHAT IS WRONG.
HOLD TIGHTLY TO WHAT IS GOOD. LOVE EACH OTHER WITH
GENUINE AFFECTION, AND TAKE DELIGHT IN HONORING EACH
OTHER. LOVE EACH OTHER WITH GENUINE AFFECTION, AND
TAKE DELIGHT IN HONORING EACH OTHER.

Romans 12:9-10, NLT

Morning

God, remind me of how much You love the people around me. Help me to be genuine and to love people better. Show me ways to encourage, support, and care for the people I encounter. Thank You for loving me and helping me love the people You cherish so much.

Evening

God, help me to hold tightly to what is good. Remind me of the good you have put in my life, and help me have a heart of gratitude. Help me to cling to and delight in Your Word, prayer, and the Church body.

Day 9

Work As Unto The Lord

NEVER BE LAZY,
BUT WORK HARD
AND SERVE THE LORD
ENTHUSIASTICALLY.

Romans 12:11, NLT

Morning

Lord, help me to have endurance. Remind me that I am working for You and not for myself. Help me to serve You with my heart, soul, mind, and strength. Please help me to give You everything I have and everything I am. I am Yours, God. Use me as You will.

Evening

Lord, thank You for everything You have done for me! Help me remember the joy of my salvation and how sweet it is to have a relationship with You. Let me enthusiastically and joyfully serve You out of an overflow of my heart. It is the most incredible honor I could ever have to serve You.

Day 10

Keep On Praying

REJOICE IN OUR CONFIDENT HOPE.

BE PATIENT IN TROUBLE,
AND KEEP ON PRAYING.

Romans 12:12, NLT

Morning

God, remind me to pray. When trouble comes, bring my thoughts back to You. Please give me patience and confidence, especially in turbulent times. Thank You for being so faithful that I can be confident no matter what.

Evening

God, help me rejoice even when it doesn't make sense. I know You are good and faithful, even in times of trouble. Please remind me of the times You have made a way when things seemed impossible. Thank You for who You are, for Your presence and faithfulness in my life.

Day 11

Practice Hospitality

WHEN GOD'S PEOPLE ARE IN NEED,
BE READY TO HELP THEM.
ALWAYS BE EAGER TO PRACTICE HOSPITALITY.

Romans 12:13, NLT

Morning

God, thank You for the people who have helped me when I needed it. Thank You for putting Your spirit of hospitality and compassion into Your people. Thank You for caring about even the smallest of my needs and always coming through, even when it wasn't how I expected. Please help me to reflect these same characteristics of You to the people around me.

Evening

God, show me more and more opportunities to help people this year. Please give me a spirit of hospitality, and help me know how and what to do and say. Thank You for allowing me to be a part of Your good work and showing me ways to express compassion to the people You love so deeply. Please give me a spirit of readiness and eagerness to help others. Thank You for who You are, for Your presence and faithfulness in my life.

Day 12

Bless Those Who Persecute You

BLESS THOSE WHO PERSECUTE YOU.

DON'T CURSE THEM;

PRAY THAT GOD WILL BLESS THEM.

Romans 12:14, NLT

Morning

God, help me think of people who have persecuted me. Remind me that Your blood covers them the same way it covers me. Remove any desire for vengeance or bitterness toward them. Soften my heart toward them and help me genuinely want what's best for them. I know the only true path to forgiveness is through You, so please help me forgive freely and eagerly, Jesus.

Evening

God, please help the people who have hurt me. Soften their hearts and bring them closer to You. Help them to see that there is no condemnation in Christ and that You are waiting to welcome them with open arms. Bless them, God. Help me to be a good example of Your love and radical kindness to them.

Day 13

Weep With Those Who Weep

BE HAPPY WITH THOSE WHO ARE HAPPY,
AND WEEP WITH THOSE WHO WEEP

Romans 12:15, NLT

Morning

God, help me to be genuinely happy for the people in my life. Remove any bitterness or jealousy from my heart. Let me be the first person to congratulate and celebrate others. Thank You for working in the lives of others and blessing Your children.

Evening

Just as Jesus wept when His friend was in pain, let me be someone who cares for others who are grieving. Please help me notice hurting people and not be afraid to sit with them. God, let me comfort others and help me know how to do that.

Day 14

Weep With Those Who Weep

LIVE IN HARMONY WITH EACH OTHER. DON'T BE TOO PROUD TO
ENJOY THE COMPANY OF ORDINARY PEOPLE. AND DON'T THINK YOU
KNOW IT ALL! NEVER PAY BACK EVIL WITH MORE EVIL. DO THINGS
IN SUCH A WAY THAT EVERYONE CAN SEE YOU ARE HONORABLE. DO
ALL THAT YOU CAN TO LIVE IN PEACE WITH EVERYONE.

Romans 12:16-18, NLT

Morning

God, reveal any pride in me and help me to live a life of humility.
Help me to live a life of genuineness, and to love the people around
me. Remove any sinful pride from my heart and remind me of what
You have forgiven me.

Evening

God, help me to live in peace with others. When problems arise,
remind my heart of Your goodness and grace. Help me to reflect
that same grace and compassion to others.

Day 15

Conquer Evil By Doing Good

DON'T LET EVIL CONQUER YOU,
BUT CONQUER EVIL BY DOING GOOD.

Romans 12:21, NLT

Morning

God, please protect my heart. When things come up that would lead me away from You, help me conquer them. Please help me to focus on things that will help me grow in You and in the fruit of the spirit.

Evening

God, please help me to conquer evil by doing good. Thank You for being the ultimate source of light and goodness. Thank You for equipping us with Your power, and for not making us fight anything on our own.

Day 16

A True Fast

NO, THIS IS THE KIND OF FASTING I WANT:
FREE THOSE WHO ARE WRONGLY IMPRISONED; LIGHTEN THE
BURDEN OF THOSE WHO WORK FOR YOU. LET THE OPPRESSED
GO FREE AND REMOVE THE CHAINS THAT BIND PEOPLE.

Isaiah 58:6, NLT

Morning

God, the purpose of this fast is to empty me of myself and allow Your Spirit to fill me. Transform me from the inside out, and make me more like Jesus.

Evening

God, let my life be filled with Your freedom, generosity, and righteousness. Let my life reflect the love and forgiveness You have shown me.

Day 17

Share What You Have

SHARE YOUR FOOD WITH THE HUNGRY,
AND GIVE SHELTER TO THE HOMELESS.
GIVE CLOTHES TO THOSE WHO NEED THEM,
AND DO NOT HIDE FROM RELATIVES WHO NEED YOUR HELP.

Isaiah 58:7, NLT

Morning

Lord, help me steward all my possessions and resources in a way that honors You. Everything I have belongs to You. Let my life be filled with abundant generosity toward others. Thank You for always providing me with all that I need.

Evening

Lord, help me to choose goodness and mercy, showing honor and humility to those in need. Forgive me when I fail to do this. God, help me to love those who are difficult because You love them, and You love me when I am difficult.

Day 18

Salvation And Healing

THEN YOUR SALVATION WILL COME LIKE THE DAWN,
AND YOUR WOUNDS WILL QUICKLY HEAL. YOUR GODLINESS
WILL LEAD YOU FORWARD, AND THE GLORY OF THE LORD
WILL PROTECT YOU FROM BEHIND.

Isaiah 58:8, NLT

Morning

God, thank You for your protection. I know I can be confident even in times of trial, knowing that You are watching over me. Thank You for Your love and care. Help me to trust You and Your protection more and more each day.

Evening

God, thank You for being the ultimate Healer. Thank You for caring about my spiritual, physical, and mental health. Please reveal any places where I need healing, and help me to trust You to bind my wounds.

Day 19

God Will Answer

THEN WHEN YOU CALL, THE LORD WILL ANSWER.
'YES, I AM HERE,' HE WILL QUICKLY REPLY.
"REMOVE THE HEAVY YOKE OF OPPRESSION.
STOP POINTING YOUR FINGER AND SPREADING VICIOUS
RUMORS!

Isaiah 58:9, NLT

Morning

God, thank You for hearing me when I cry out to You. Thank You for coming quickly to help me. Help me to hear You and obey You.

Evening

God, help my speech to be pure and holy. Help me to honor You with my words. Let the words of my mouth be pleasing to You, building up and encouraging those around me, not tearing them down.

Day 20

Help Those In Need

FEED THE HUNGRY AND HELP THOSE IN TROUBLE.
THEN YOUR LIGHT WILL SHINE OUT FROM THE DARKNESS,
AND THE NIGHT AROUND YOU WILL BE AS BRIGHT AS NOON.

Isaiah 58:10, NLT

Morning

God, give me an eye for those in trouble and help me show Your love to others. I know Your light can brighten any darkness; help me to reflect that onto others.

Evening

God, thank You for brightening up the dark parts of my heart and life. Thank You for being the ultimate Light and the ultimate Healer. Thank You for changing me in ways only You can. Please continue to change me and make me more and more like You.

Day 21

Overcome Our Unbelief

THE FATHER INSTANTLY CRIED OUT,
“I DO BELIEVE, BUT HELP ME OVERCOME MY UNBELIEF!”

Mark 9:24, NLT

Morning

God, I know that the root of all sin is unbelief. Lord, I do believe You. I believe in Your authority and Your Word. I declare my trust in You, and I repent of my unbelief. Deepen my trust in You, and fill me with faith.

Evening

God, help me overcome my unbelief. When I am in situations where doubt creeps in, please remind me of Your faithfulness and goodness. Thank You for being so gracious in every way I fall short, even when I wrestle with doubt.

