



## 21 Days of Prayer

January 9-30, 2022

### Week 1: Our Life

#### Day 1: A New Heart

Psalms 51 & Ezekial 11:19-20

As we begin our 21 days, pray these scriptures, personalizing them with confession and repentance.

#### Day 2: New Thinking

Romans 12:1-2 & Isaiah 55:8-13

Ask God to illuminate to you any beliefs, biases or internal narratives that do not align with the Word of God. Ask the Holy Spirit to renew your thinking with His truth.

#### Day 3: New Mercies

Lamentations 3:22-24

Say a prayer of gratitude for God's faithfulness and endless mercies. Declare this truth over each area of your life.

#### Day 4: New Strength

Isaiah 40:31

Ask God for patience in seasons of waiting. Pray for renewed strength, elevated perspective and courage to rise above present circumstances. Pray for discernment of whether to run or walk in each given situation, and believe for His promise of endurance.

#### Day 5: New Life

1 Peter 1:3-5 and 2 Corinthians 5:17-21

Thank God for new life in Christ. Pray for greater understanding of what it means to be a part of the family of God.

### Tips for a Season of Prayer and Fasting

**1. Set your objective** Why are you choosing to join in prayer and fasting for 21 days?

**2. Write out your commitment** What meal(s) or food will you be fasting? What activities will you be limiting? How much time will you be spending in prayer and the Bible? Whom will you be accountable with?

**3. Make a schedule** When will you pray and focus on scripture? (Common practice is to choose times when you'd normally be eating or at the beginning and end of your day.)

**4. Don't give up** If you break your fast or miss a prayer time, don't quit! Prayer is more important than perfection. Focus again on WHY you are fasting and jump right back into your commitment and keep going.

#### Resources for 21 Days of Prayer and Fasting

[willamette.cc/prayer/resources/fasting](http://willamette.cc/prayer/resources/fasting)

[willamette.cc/guided-prayer-walk](http://willamette.cc/guided-prayer-walk)

[willamettetmusic.com](http://willamettetmusic.com)

#### Day 6: New Outpouring

Joel 2:28-29 and Acts 1:8

Pray for fresh anointing and receive the Spirit's outpouring. Ask God to give you ears to hear and eyes to see what He is saying. Pray that the church would bear fruitful witness, and for revival to be brought to our communities, states, nation and world.

#### Day 7: New Future

Jeremiah 29:11-14 and Romans 5:1-5

With new intention, seek the Lord for His thoughts toward you—and let hope arise in your heart. Pray for perseverance, and stand firm in the hope of God's promised future for you. Ask God to give you the opportunity to encourage others in the midst of personal suffering.

### Week 2: Our Church

#### Day 8: New Relationships

Luke 19:1-9

Ask God: Please open my eyes to new spaces that give opportunities for new relationships in my life. Pray to be undeterred like Jesus was. Meditate on ways our church can fully demonstrate Christlike hospitality.

#### Day 9: New Awareness

Nehemiah 1:4-11

Pray that your heart will be broken through God's Word for your community. Allow your new awareness to move you to lament. Let lament from the Lord help you discern God wants to do. Pray for the church to "have a mind to work," to get involved in rebuilding community.

### Day 11: New Stories

John 4:4-42

Ask the Lord how you can engage others, even out of your own need, in such a way that opens them to conversations about Jesus.

### Day 12: New Imagination

Acts 10:9-16, 34-47

Pray for an open heart to see new things God is doing in His church and in the world. Ask God to reveal where He is already at work in people and situations. Pray for the Holy Spirit's presence to be evident.

### Day 13: New Action

Isaiah 58:6-14

Ask God to inspire partnerships among the body of Christ in every community.

### Day 14: New Hope

Revelation 21:1-5

Repent for the areas in your life where you have lost hope personally. Pray that your church would be people of hope in your community.

## Week 3: Our World

### Day 15: New Strength in Weakness

2 Corinthians 12:9-10

Pray that persecuted Christ-followers would encounter the sufficiency of God's grace like never before. Ask God to transform the leaders, systems, regimes, empires and beliefs that support or allow persecution.

### Day 16: New People & Places

Matthew 24:14 & Revelation 7:9

Pray for the 3.2 billion people in 7,400 people groups who have still not heard Jesus' good news. Ask God for breakthroughs from the systems and forces that keep people away from the light of the gospel.

### Day 17: New Workers

Matthew 9:36-38

Pray that more workers would respond to God's calling to the nations everywhere. Lift up missionaries and pastors globally who are alone or tired, that their strength would be renewed, and that they would experience fresh vision, strong marriages and families, and good health.

### Day 18: New Provision

Matthew 25:34-40

Lift up the estimated 736 million people living below global poverty standards, that food, clean water, shelter and jobs will be accessible to them. Pray that the followers of Jesus Christ would always embrace, advocate and care for the global poor.

### Day 19: New Generation

Matthew 19:13-15

Ask the Lord to bring revival among children and teens throughout the nations. Pray for the Holy Spirit to spark new movements of young people, even in the world's most difficult and darkest places.

### Day 20: New Care

Proverbs 31:8-9

Pray and contend for the sick or disabled in areas that provide few or no amenities for them. Join in prayer for people who are disabled and living in cultures that stigmatize disabilities and keep them as shut-ins.

### Day 21: New Unity

Matthew 28:19-20 and Acts 1:8

Ask God to bring unity in the church around the world, that all of God's people would cooperate and serve one another as the body of Christ. Pray that the global Christian movement would continue to grow.