



21 DAYS OF PRAYER X FASTING
1.8-1.28 **NEW HEART CHURCH**

When you pray, don't be like the hypocrites who love to pray publicly on street corners and in the synagogues where everyone can see them. I tell you the truth, that is all the reward they will ever get. But when you pray, go away by yourself, shut the door behind you, and pray to your Father in private. Then your Father, who sees everything, will reward you. "When you pray, don't babble on and on as the Gentiles do.

They think their prayers are answered merely by repeating their words again and again. Don't be like them, for your Father knows exactly what you need even before you ask him!

MATTHEW 6:5-8 NLT

HOW TO PRAY

Many of us are confused about our prayer life. Later in His ministry, even the disciples approached Jesus about teaching them how to pray. After watching and listening to Jesus pray, praying with Him, and hearing Him teach on it, they still struggled. This is true for many of us as well. As with giving, Jesus doesn't say, "if you pray" but "whenever you pray."

Jesus expects us to practice the regular discipline of prayer. If we are going to pray effectively, we must set aside periods of time to partake in it. In the past, devout believers would pray morning, noon, and afternoon. (1 Thessalonians 5:17). Without set times of intimate prayer with God, our spontaneous prayers throughout the day won't be as rich and fluid. Just like having regular date nights or deliberate time with dear friends and family, we need to intentionally set aside time to be with God. Though Christ emphasizes individual prayer, He also emphasizes our need to pray corporately afterward. Corporate prayer enhances our prayer life, and Scripture says it is especially powerful. Matthew 18:19-20 says: "Again, I tell you the truth, if two of you on earth agree about whatever you ask, my Father in heaven will do it for you. For where two or three are assembled in my name, I am there among them."

For this reason, we should commonly share our problems, concerns, and ambitions with others so they can pray in agreement with us. We need the prayers of the body of Christ. Our times in prayer are a place of reward. God, our Father, waits for us there, and His desire is for us to come to Him to bless our requests.

Prayer

Father God, thank you for hearing us and taking time to listen to us. Help us grow in understanding You through prayer and faithfully spending time in Your presence. In Jesus' name, Amen.

Matthew 6:16-18 NLT

Fasting literally means "not to eat." It is giving up food to focus on seeking God over some matter. In Scripture, fasts only included giving up food and drink. However, if we consider the 'essence' of a fast, giving up something important to focus more on God, then certainly giving up things other than food and drink might be more beneficial. We must ask ourselves, "Is there anything that is keeping me away from devotion to God or serving others?" There are many things that can distract us from God like social media, TV, sports, video games, relationships, etc. It is good for us to ask the Lord if He is calling us to fast from something in order to better seek Him.

Though fasting was very common in Israel, there was only one required fast in the Bible. On that day, they were called to "deny" themselves (Leviticus 18:29, 23:27), which was a Hebrew expression that included forsaking food. Later, the Jews added specific months of fasting. They would fast during the fifth and seventh months (Zachariah 7:5). In Jesus' day, the Pharisees fasted on Monday and Thursday. They claimed that the reason was because Moses ascended and descended from Mount Sinai, where he received the law, on those days. Those days just "happened" to be major market days, where people from the country would crowd the towns and cities to buy and sell. Those were the days the religious leaders had the biggest audience. Jesus called them "hypocrites," which means actors. Their fasting was about putting on a show and receiving applause. Jesus warned His disciples and us to not fast like them. Why do we fast? For several reasons: Mourning or grief due to pain or loss (Matthew 9:15), Sin and repentance (Ezra 10:6, Nehemiah 9:1-3), Conquer temptation (Matthew 4), Seeking God's favor (Esther 4:15-16), Seeking God's wisdom (Daniel 9 and 10), Preparation for ministry (Acts 14:23), Develop self-control (1 Corinthians 9:27) Extend mercy to others (Isaiah 58:6-7). Regardless of our reasons, let us enter a period of prayer and fasting together so we can be unified in approaching God.

Additional Scriptures:

Zachariah 7:4-10 | Psalm 65:18

Prayer

Father God, as we set aside certain luxuries to focus on You, we ask that you speak to us clearly. Open our hearts and minds as we seek to follow you and obey your will.
In Jesus' name, Amen.

HOW TO FAST

NHC23



Day One

READ // LUKE 14:1-6 NLT

DAILY PROMPT: Who in your world are you praying for to be transformed by the power of Jesus Christ?

☞ DAILY PRAYER FOCUS: ☞
SALVATIONS

NHC23



Day Two

READ // LUKE 14:7-11 NLT

DAILY PROMPT: Invite God into the unseen places of your heart.

☞ **DAILY PRAYER FOCUS:** ☞
HUMILITY

NHC23

Day Three

READ // LUKE 14:12-14 NLT

DAILY PROMPT: Invite the Holy Spirit to speak to you. Turn on a worship song and listen for His voice. Write down your thoughts.

3 **DAILY PRAYER FOCUS:**
HUNGER FOR MORE
OF GOD



NHC23



Day Four

READ // LUKE 14:15-16 NLT

DAILY PROMPT: Write down 3 ways you want to see God move in your life this year.

☞ DAILY PRAYER FOCUS: ☞
DIRECTION AND GUIDANCE

NHC23



Day Five

READ // LUKE 14:17-18 NLT

DAILY PROMPT: What excuses keep you from leaning fully into God's presence. Lay them down today & start fresh!

🔊 DAILY PRAYER FOCUS: 🔊
SURRENDER

NHHC23

Day Six

READ // LUKE 14:19-20 NLT

DAILY PROMPT: What areas in your life do you need fresh wisdom from God? Ask God for it!

◀ DAILY PRAYER FOCUS: ▶
REFRESHMENT



NHC23



Day Seven

READ // LUKE 14:21 NLT

DAILY PROMPT: Write about how you felt the first time you came to our church. How can you be sure someone else feels that same way their first Sunday at NHC?

« **DAILY PRAYER FOCUS:** »
WHO CAN YOU INVITE TO CHURCH?

NHC23



Day Eight

READ // LUKE 14:22-24 NLT

DAILY PROMPT: Write about a time you felt like giving up. How did your faith in God + staying planted in Church help you stay the path?

☞ DAILY PRAYER FOCUS: ☞
PLANTED IN CHURCH

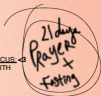
NHCC23

Day Nine

READ // LUKE 14:25-26 NLT

DAILY PROMPT: Write out 3 things you are personally believing for right now. Ask God for the miracle!

«3 DAILY PRAYER FOCUS: »3
INCREASE IN FAITH



NHC23



Day Ten

READ // LUKE 14:27 NLT

DAILY PROMPT: Write out 3 goals for this year. Give your goals to God through prayer.

« DAILY PRAYER FOCUS: »
TEACHABILITY

NHHC23



Day Eleven

READ // LUKE 14:28-30 NLT

DAILY PROMPT: What habits do you have in your life that you feel are holding you back?

«3 DAILY PRAYER FOCUS: «3
GOD'S GRACE

NHC23

Day Twelve

READ // LUKE 14:31-32 NLT

DAILY PROMPT: In what ways do you feel God calling you to step out in faith?

← DAILY PRAYER FOCUS: →
BOLDNESS



NHC23



Day Thirteen

READ // LUKE 14:33-34 NLT

DAILY PROMPT: Who in your life are you committed to praying for right now?

◀ DAILY PRAYER FOCUS: ▶
MIRACLES

NHHC23



Day Fourteen

READ // LUKE 14:35 NLT

DAILY PROMPT: You've got this! You're halfway there. Write down 2 things that will help you continue to lean into God's voice as you fast.

« DAILY PRAYER FOCUS: »
OUR CITY

NHHC23

Day Fifteen

READ // LUKE 15:1-5 NLT

DAILY PROMPT: Write out what God says about you + spend some time in prayer asking God to remind you of His promises over your life.

← DAILY PRAYER FOCUS: IDENTITY →

21 days
Prayer
&
Fasting

NHC23



Day Sixteen

READ // LUKE 15:6-7 NLT

DAILY PROMPT: Write about the moment God saved + changed your life forever. What did that feel like?

« DAILY PRAYER FOCUS: »
TRANSFORMATION

NHC23



Day Seventeen

READ // LUKE 15:8-10 NLT

DAILY PROMPT: Write about what brings you the most joy in life. Think about how much more God finds joy in you!

☞ DAILY PRAYER FOCUS: ☞
HOPE + JOY

NHHC23

Day Eighteen

READ // LUKE 15:11-16 NLT

DAILY PROMPT: What do you currently desire in your life?
Write down some of your dreams and ask God for guidance
on what is best for your life.

◀ DAILY PRAYER FOCUS ▶
FUTURE + DREAMS



NHHC23



Day Nineteen

READ // LUKE 15:20-24 NLT

DAILY PROMPT: Who can you show honor to today?

Write about a moment when someone showed you Honor when you didn't deserve it.

« DAILY PRAYER FOCUS: »
UNITY

NHC23



Day Twenty

READ // LUKE 15:25-30 NLT

DAILY PROMPT: Write out 3 reasons you're thankful for God's grace.

☞ DAILY PRAYER FOCUS: ☞
FORGIVENESS

NHC23

Day Twenty-One

READ // LUKE 15:31-32 NLT

DAILY PROMPT: Praise God for bringing you this far and thank Him for His steadfast presence! Ask God to use you to encourage and reach those around you with His love.

◀ DAILY PRAYER FOCUS: ▶
REVIVAL

