

# 21 Days of Prayer & Fasting

January 12 - February 2, 2025



## Scripture Prayer Guide

*"This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us."*

*(1 John 5:14)*

## The Invitation

I'm convinced that Emmanuel Church has been growing in the practice of prayer, and I'm equally convinced this brings pleasure to our Lord! But we haven't arrived yet! There is still plenty of room to grow more! And so, starting on Sunday, January 12, we set out on a 21-day journey of prayer and fasting. This booklet is part of that initiative.

The content of this booklet is simple. Besides listing the 3 BIG Prayers, periodic reminders of online prayer meetings, and some encouragement about fasting, the main purpose of this booklet is to provide you with a daily Scripture to pray through. Since this may be a new experience, allow us to provide a few suggestions:

- Set aside time each day to be alone with God. For many, this might be most effectively done first thing in the morning, but your schedule may need a different approach.
- Start your time with God just being still. Don't rush things! Take a deep breath and invite the Holy Spirit to meet with you.
- Read the Scripture provided several times. What stands out? What is surprising? What questions do you have? Take notes in the space provided.
- Then, be still. What is God saying? Write this down!
- Pray the Scripture. You may have to change the words some to make it more personal. Pray about the questions. Pray about the parts you don't understand.
- Finally, toward the end of the first week we have included a write-up about fasting. Please take some time to read and consider the encouragement to include fasting in this initiative, but feel free to get creative with it!

## **The Online Prayer Meetings**

You can join these meetings via Zoom or over the phone. Another option is to join someone with internet at their home for the online meeting. Ask around after the worship service to see who you can work this out with!

Meetings start at 6:30 pm each Sunday, starting on January 12.

Join Zoom via the internet

<https://us02web.zoom.us/j/88033201532>

Meeting ID: 880 3320 1532

Passcode: 744900

Or via phone (long distance charges may apply)

+1 647 558 0588 Canada

## **The 3 BIG Prayers for 2025**

- 1) Growth of younger generations and intergenerational dynamics within our church community
- 2) An increase in our commitment to become more like Jesus
- 3) Clarity and urgency to do what God is calling us to, both individually and collectively

## Sunday, January 12

Plan to join on zoom at 6:30 pm for a community prayer meeting!

I am reminded of your sincere faith, which first lived in your grandmother Lois and in your mother Eunice and, I am persuaded, now lives in you also. (2 Timothy 1:5)

## Monday, January 13

But if serving the Lord seems undesirable to you, then choose for yourselves this day whom you will serve, whether the gods your ancestors served beyond the Euphrates, or the gods of the Amorites, in whose land you are living. But as for me and my household, we will serve the Lord.” (Joshua 24:15)

## Tuesday, January 14

Hear, O Israel: The Lord our God, the Lord is one.[a] 5 Love the Lord your God with all your heart and with all your soul and with all your strength. 6 These commandments that I give you today are to be on your hearts. 7 Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up. (Deuteronomy 6:4-7)

## Wednesday, January 15

Then people brought little children to Jesus for him to place his hands on them and pray for them. But the disciples rebuked them. Jesus said, “Let the little children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these.” When he had placed his hands on them, he went on from there. (Matthew 19:13-15)

### **Thursday, January 16**

Children, obey your parents in the Lord, for this is right. “Honor your father and mother”—which is the first commandment with a promise— “so that it may go well with you and that you may enjoy long life on the earth.”

Fathers, do not exasperate your children; instead, bring them up in the training and instruction of the Lord. (Ephesians 6:1-4)

### **Friday, January 17**

Don't let anyone look down on you because you are young, but set an example for the believers in speech, in conduct, in love, in faith and in purity. (Timothy 4:13)

## From the Pastor - A Note About Fasting

Few people in our churches are excited about fasting. That said, when people experiment with fasting and are intentional in using the time to spend in prayer, they often report on how good it was! And so, I want to take the opportunity to encourage you to make fasting part of this prayer initiative.

Allow me to make a few suggestions to help you have a good experience with fasting.

- Start small - Plan to skip a lunch and spend that time praying instead of eating
- Build on previous success. For example, skip a lunch this week, and add breakfast to it next week.
- Some people fast from things other than food. Though a biblical fast referred to food, fasting from other things can be useful. For example, you can fast from social media, watching the news, etc. Get creative! But be sure to replace it with spending time in intimacy with your Saviour.
- Tell those who need to know (i.e. a spouse or roommate)
- Depending on your health, you may have to discuss any plans for a food fast with your health care provider.

We have included this page at this point to encourage you to include some form of fasting this weekend. At our online prayer meeting on Sunday evening, we will take some time to talk and pray about fasting as well.

**Saturday, January 18**

“And afterward, I will pour out my Spirit on all people. Your sons and daughters will prophesy, your old men will dream dreams, your young men will see visions. Even on my servants, both men and women, I will pour out my Spirit in those days.  
(Joel 2:28-29)

**Sunday, January 19**

Plan to join on zoom at 6:30 pm for a community prayer meeting!

For the eyes of the Lord range throughout the earth to strengthen those whose hearts are fully committed to him.” (2 Chronicles 16:9)



### **Monday, January 20**

“I am the true vine, and my Father is the gardener. 2 He cuts off every branch in me that bears no fruit, while every branch that does bear fruit he prunes[a] so that it will be even more fruitful. 3 You are already clean because of the word I have spoken to you. 4 Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me. (John 15:1-4)

### **Tuesday, January 21**

Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. (Romans 12:1)

### **Wednesday, January 22**

Dear friends, I urge you, as foreigners and exiles, to abstain from sinful desires, which wage war against your soul. 12 Live such good lives among the pagans that, though they accuse you of doing wrong, they may see your good deeds and glorify God on the day he visits us. (1 Peter 2:11-12)

### **Thursday, January 23**

Sow righteousness for yourselves, reap the fruit of unfailing love, and break up your unplowed ground; for it is time to seek the Lord, until he comes and showers his righteousness on you.  
(Hosea 10:12)

### Friday, January 24

We encourage you to make fasting part of your weekend again.

I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me. (Galatians 2:20)

### Saturday, January 25

Trust in the Lord with all your heart  
and lean not on your own understanding;  
in all your ways submit to him,  
and he will make your paths straight. (Proverbs 3:5-6)

**Sunday, January 26**

Plan to join on zoom at 6:30 pm for a community prayer meeting!

He has shown you, O mortal, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God. (Micah 6:8)

**Monday, January 27**

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will. (Romans 12:2)

## **Tuesday, January 28**

In fact, though by this time you ought to be teachers, you need someone to teach you the elementary truths of God's word all over again. You need milk, not solid food! 13 Anyone who lives on milk, being still an infant, is not acquainted with the teaching about righteousness. 14 But solid food is for the mature, who by constant use have trained themselves to distinguish good from evil.  
(Hebrews 5:12-14)

## **Wednesday, January 29**

Therefore let us move beyond the elementary teachings about Christ and be taken forward to maturity, not laying again the foundation of repentance from acts that lead to death,[a] and of faith in God, 2 instruction about cleansing rites,[b] the laying on of hands, the resurrection of the dead, and eternal judgment. (Hebrews 6:1-2)

**Thursday, January 30**

But in your hearts revere Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect, keeping a clear conscience, so that those who speak maliciously against your good behavior in Christ may be ashamed of their slander.

(1 Peter 3:15-16)

**Friday, January 31**

We encourage you to make fasting part of your weekend again.

Your word is a lamp for my feet, a light on my path.

(Psalm 119:105)

## **Saturday, February 1**

But you are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of him who called you out of darkness into his wonderful light.

(1 Peter 2:9)

## **Sunday, February 2**

Plan to join on zoom at 6:30 pm for a community prayer meeting!

\_Rejoice in the Lord always. I will say it again: Rejoice! 5 Let your gentleness be evident to all. The Lord is near. 6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. (Philippians 4 :4-7)

Provided to you by:

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