

### **Day 12**

That God will protect, bless and anoint the missionaries supported by our church.

### **Day 13**

Pray for the pastors, ministry leaders and members at PVA Church to be filled with the Spirit.

### **Day 14**

Pray God anoints the ministries of PVA Church to reach the lost and glorify His Name.

### **Day 15**

Pray that God's glory fills the church and His light draws people from our community.

### **Day 16**

Pray for PVA Church that there is unity of mission and purpose for all.

### **Day 17**

Pray the people of our church are used by the Lord to reach those in our families, workplaces and schools with His love and message of hope.

### **Day 18**

Pray for spiritual protection for our church families, our leaders and all who attend.

### **Day 19**

Pray for an opportunity and boldness to share the gospel with someone you know.

### **Day 20**

Pray for the leadership of the Assemblies of God for wisdom and the anointing to lead our fellowship.

### **Day 21**

Pray God will protect and deliver you and your family from all evil.

## **Suggestions**

Please resolve to the Lord to complete the 21 days of prayer and fasting once you feel led to participate in the 21 days of prayer. Ask Him for continued strength to complete the task. Please consider journaling the prayers God places on your heart, answers to those prayers, and any truths He reveals to you during the fast.

### **Prayer During the Fast**

Please pray as you are led by the Holy Spirit during the 21 days of prayer and fasting. Due to the current protocols in place to operate the PVA Daycare, the church will not be open for prayer during the week. We will cover each prayer point during our in-person worship services and during our ZOOM prayer meetings and Bible study.

### **Questions and Comments!**

Please contact Pastors David or Robin Conboy if you have any questions about the fast. They can be reached at (301)540-5917 or via email:

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## **2021 Prayer and Fasting Guide**

*Potomac Valley Assembly Church*

Call to 21 Days of Prayer and Fasting

January 1 – 21, 2021

Thank you for joining Potomac Valley Assembly Church (PVA Church) in 21 days of prayer and fasting. We believe such an initiative is vital to beginning 2021, with a strong foundation of prayer and fasting leading to revival in the church and an awakening within our community and society.

### **What is Prayer and Fasting?**

Prayer is worship and communication with God. It is the most important spiritual discipline. Jesus teaches us, "men always ought to pray and not lose heart" (Luke 18:1). Combined with the study of God's Word, and fasting, it brings people into His Presence and opens our hearts to knowing the perfect will of God for us and for others.

Fasting is abstaining from food(s) for a spiritual purpose. We may also fast from distractions such as television, media, books, activities, etc. However, the fast requested for the next 21 days should always include abstaining from food(s). There are many important reasons for prayer combined with fasting.

First, we fast and pray to focus our minds and spiritual persons on the Lord. Fasting is a simple way to focus on Christ by taking some extra time each day to pray and seek His Presence that would normally be spent preparing and eating a meal.

Second, we fast to set straight the priorities of our lives: drawing close to God and seeking first the Kingdom of God and His righteousness. As the year begins, we focus on the most important priority – living in Christ and being set apart for His purposes.

Third, we pray and fast to bring our bodies in alignment with our will and spirit person. Many overindulge in eating and while fasting is not a diet, it brings our bodies under the control of our will and spiritually enhances our hunger and thirst for His righteousness (Matt. 5:6).

Fourth, we fast to bless others with our prayers and by giving to others in need the funds that would normally be spent on food.

This is a fast chosen and blessed by God (see Isaiah 58:6-11).

### **Types of Fasting**

Fasting is refraining from food(s) and sometimes liquids for a spiritual purpose. It is not simply a diet. Here are a few common fasts to consider. Please pray and ask the Holy Spirit to place a fast on your heart that will truly bless you and the Lord!

- **Normal Liquid Fast**

A normal fast means drinking only water, broth, juices or other liquids and taking no food for the period of the fast. Please consult with your physician before choosing this type of a fast, especially those with health issues. Some may do this for all 21 days.

- **Partial Food Fast**

A partial fast involves giving up certain foods and/or liquids for the period of fasting. A common partial fast called the Daniel Fast involves only eating fruits, vegetables and drinking water for a period of time. The Daniel Fast avoids meats, alcohol, sweets and desserts.

A partial fast may also include missing one or two meals each day. The famous preacher John Wesley is said to have fasted each Friday, avoiding breakfast and lunch. He broke the fast on Friday evenings.

### **2021 Fasting Prayer Points**

#### **Day 1**

Pray that the Lord will be glorified during the pandemic and work everything for His good and glory.

#### **Day 2**

Pray for the healing of the sick and comfort for those mourning the loss of loved ones.

#### **Day 3**

Pray for the schools, churches, and businesses to safely reopen and for people to gather safely.

#### **Day 4**

Pray for our President, Governor and other leaders in authority that we may lead quiet and peaceable lives in godliness and dignity.

#### **Day 5**

Please pray for the Lord to remove from His people a spirit of fear and to release a spirit of love and power.

#### **Day 6**

Pray for a fresh vision from God for your life and that His plans for you will prosper.

#### **Day 7**

Spiritual repentance, revival and healing amongst all God's people (2 Chron. 7:14).

#### **Day 8**

For a spirit of humility and meekness amongst God's people.

#### **Day 9**

That God's people pray always, obey His word, and seek His face!

#### **Day 10**

Pray for a fresh hunger and thirst for God's people for righteousness and truth.

#### **Day 11**

Pray that God answer our prayers speedily as we pray according to His will.