

Day 10

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

Day 11

Pray for the pastors, leaders, and the people of PVA Church to be filled with the Holy Spirit.

Day 12

Pray God anoints the ministries of PVA Church to reach many people with the gospel of Christ.

Day 13

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

Day 14

Pray the Lord meet the needs of PVA Church and the PVA Academy and Daycare.

Day 15

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

Day 16

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

Day 17

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

Day 18

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

Day 19

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

Day 20

Pray for an awakening in our culture that people will seek the Lord and His truth.

Day 21

For strength and wisdom from God to accomplish His will for you in 2022!

NOTE: 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. 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 also pray as you are led by the Holy Spirit during the 21 days of prayer and fasting. The Church will gather on Wednesday evenings from 7:00 -8:30 pm for corporate prayer, praise, and testimonies.

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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2022 Prayer and Fasting Guide

Potomac Valley Assembly Church
Call to 21 Days of Prayer and Fasting
January 1 – 21, 2022

“Blow the trumpet in Zion, consecrate a fast, call a sacred assembly” (Joel 2:15).

“Moreover, when you fast...your Father who sees is secret will reward you” (Matt. 6:16 & 18).

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 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 body 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 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. Here are a few common fasts to consider. Please pray and ask the Holy Spirit to place a fast on your heart that will bless you, others, and the Lord!

- **Normal Liquid Fast**

A normal fast means drinking only water, 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 set duration 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.

Suggested 2022 Prayer Points

Day 1

Pray that the Lord will be glorified during 2022 as He works all things according to His will.

Day 2

Pray for a spirit of unity, love, and purpose amongst all the people of God.

Day 3

Pray for the healing of those sick, mourning, and downcast from the pandemic and darkness of our culture.

Day 4

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

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 and your family will prosper during 2022.

Day 7

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

Day 8

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

Day 9

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

