

21 DAYS
of prayer + fasting

DAY 1 // YOUR NAME EXALTED

“Be exalted, O God, above the heavens! Let your glory be over all the earth!” (Psalm 108:5)

INSIGHT

Throughout the centuries, Israelites honored the sacred nature of God’s divine name (YHWH) by referring to Him as LORD. When the Bible was translated into English, the same practice was applied.

Let us not forget this practice and remember the divinity of the LORD’s name. Scripture commands us to honor and glorify His name in everything we do and say. His name should be revered as well as exalted.

PRACTICAL APPLICATION

Look up the different names of God mentioned and used in the Bible (Jehovah Rapha; Jehovah Jireh; Jehovah Shalom; etc.). It is important to recognize the different names of God in order to understand the multifaceted nature of our God.

PRAYER

Oh LORD my God, how majestic is Your name in all the earth! I exalt You today because You are the One who was, who is, and forever will be. I pray that Your name would be known throughout the world. LORD, moving into this coming year, challenge my heart to glorify Your name in everything I do and say. In Jesus’ name, Amen.

DAY 2 // YOUR KINGDOM COME

“Your kingdom come, your will be done, on earth as it is in heaven.” (Matthew 6:10)

INSIGHT

The kingdom of God can have both future and present implications. When teaching the people to pray and ask for “Your kingdom come,” Jesus may have been instructing them to pray for more people to experience the present form of the Kingdom here on earth today, for His Kingdom to broaden. To petition “His kingdom come” also has a yearning for Christ’s return and for the Kingdom to come in its full eschatological form.

PRACTICAL APPLICATION

Take inventory of your life and petition the LORD to reveal where you can increase in faith, obedience, and authenticity so that you can be more effective as a disciple of Christ and let your light shine. Write that down. Also, write down names, nations, people groups, etc., that you can pray for to experience the kingdom of God and for the gift of salvation to come to them.

PRAYER

Father God, today I pray that my life would increasingly be transformed to be more like Yours so that those I encounter can see Your glory and goodness and come to saving faith. I also pray that Your Kingdom would continue to expand to the nations and that more people would make You LORD of their life. In Jesus’ name, Amen.

DAY 3 // FORGIVENESS OF SINS

“If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.” (1 John 1:9)

INSIGHT

In the Old Testament, before Jesus’s sacrifice on the cross, it was Jewish custom to sacrifice animals to God to atone for their sins. Today, we do not need to engage in this act because of Christ’s death for the sins of all humanity. His death washed our sins clean. However, it is ultimately up to us to ask for forgiveness.

PRACTICAL APPLICATION

What are some hidden sins that you need to confess? Take time today to engage in a “spiritual bath” and ask God to cleanse you of your sin. Ask Him to reveal the sin that may be hidden from your sight.

PRAYER

LORD, thank You for Your sacrifice on the cross, that I may be saved and live eternally with You. I repent of all my sins and the sins I do not know I have committed. Search me and know me, O God. You know and see everything that I do. Forgive me LORD and wash me clean. In Jesus’ name, Amen.

DAY 4 // GOD WOULD SAVE

“For the Son of Man came to seek and save the lost.”
(Luke 19:10)

INSIGHT

Our responsibility as Christ-followers is to pray for those who have yet to receive Christ as their Savior. Do you remember the person or people who prayed for you to know Christ? God does not need us to bring His Good News to people. Yet the LORD chooses us and desires for us to have a part in furthering His Kingdom.

PRACTICAL APPLICATION

Do you have family members or friends who do not know Christ? Take some time to write down those names and pray for the salvation of those people. Challenge yourself to set time every week to pray for those people and for God to give you opportunities to speak the truth into their lives.

PRAYER

LORD, thank You for saving me when I was lost and living apart from You. You gave me purpose and a new life. I pray specifically for the family and friends who need You desperately in their lives. LORD, save them as You saved me. In Jesus' name, Amen.

DAY 5 // YOUR WORD WOULD SPREAD

“Finally, brothers, pray for us that the message of the Lord, may spread rapidly and be honored”

(2 Thessalonians 3:1)

INSIGHT

The Gospel is good news for everyone! As believers, we are called to pray for the gospel to be known everywhere—whether to our own neighbors or the unreached people around the world. Prayer is powerful. Your prayers here in America can have a booming effect on places you are not physically present. Let us pray the Gospel would spread to every tongue and nation!

PRACTICAL APPLICATION

Maybe the LORD is stirring your heart to go! If you have not signed up for a Kingdom Builders team for this year, take a look at the teams on jrnychurch.com/kb. Pray for God to highlight a specific team for you to join.

PRAYER

LORD, please give me a heart for unbelievers to hear Your Gospel. Open my eyes to see and open my ears to listen for Your promptings to pray for the world. LORD, I pray for waves of salvation to spread in areas where Your name has never been heard. In Jesus' name, Amen.

DAY 6 // HOLY SPIRIT FULLNESS

“Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit.” (Ephesians 5:18)

INSIGHT

Everyone who accepts the gift of salvation and belongs to Jesus Christ has the Holy Spirit dwelling within them. But being “filled” or walking in the “fullness” of the Holy Spirit is a bit different. Sin, disobedience, or rebelling against God can all hinder and stifle us from walking in the fullness of His Spirit.

PRACTICAL APPLICATION

Inventory time! Ask the LORD to search your heart and show you if there are any offensive ways within you. Is there sin in your life that might be hindering you from walking in the fullness of the Holy Spirit? Repent, and ask Him to fill you and walk in Holy Spirit fullness.

PRAYER

LORD, I ask that you would reveal to me any sin or anything that might stifle living in the fullness of Your Holy Spirit. I ask for Your forgiveness and I renounce any and all sin. Please fill me up with Your Holy Spirit so I can live in the fullness You have provided for me.

In Jesus' name, Amen.

DAY 7 // BOLDNESS IN PROCLAMATION

“Now Lord, consider their threats and enable your servants to speak your word with great boldness.”

(Acts 4:29)

INSIGHT

Regardless of what comes our way, we know that the LORD is sovereign and all-powerful. We know that His Holy Spirit has the ability to empower His people with supernatural boldness to declare the Good News to everyone and everywhere. Thus, we pray for boldness and clarity whenever we share the Gospel.

PRACTICAL APPLICATION

S.O.A.P. time! Take some time today to study this passage. Observe the context and surrounding passages, and apply and pray it over your day. As you pray it over your day, you will surely begin to memorize it which is another huge win!

PRAYER

Father, You instruct me in Your Word to speak the Good News and declare Your Word with boldness. Empower me today with Your Holy Spirit to fearlessly proclaim Your message wherever I go! In Jesus' name, Amen.

DAY 8 // SIGNS AND WONDERS

“Elijah was a man with a nature like ours, and he prayed fervently that it might not rain, and for three years and six months it did not rain on the earth. Then he prayed again, and heaven gave rain, and the earth bore its fruit.” (James 5:17-18)

INSIGHT

In both the Old Testament and New Testament, we read about miraculous signs and wonders. God’s people prayed fervently and the LORD answered. The same God who performed miracles then is the same God who performs miracles today. Let’s pray with boldness and faith that the LORD will perform signs and wonders far beyond our imagination.

PRACTICAL APPLICATION

What are some prayers you have been too scared to pray? Think big prayers that require a little extra faith. Take some time to reflect on them and pray in faith that they will happen. No situation or circumstance is too big for our miracle-working God.

PRAYER

LORD, I trust that You are the Miracle Worker, capable of accomplishing far more than I could ever imagine. Even in the midst of my doubts and fears, help me to place my trust in You. I believe that with You, all things are possible. In Jesus’ name, Amen.

DAY 9 // HEALING AND DELIVERANCE

“And Paul visited him and prayed, and putting his hands on him healed him.” (Acts 28:2)

INSIGHT

Jesus came to destroy the works of Satan which can be identified through His countless acts of healing and deliverance. However, healing wasn't limited to a brief moment in time but continues today as His atoning work on the cross carries on. As believers, we are encouraged to pray for healing and deliverance, in the name of Jesus, and see the glorious omnipotent work of the Almighty come full circle.

PRACTICAL APPLICATION

Do you know someone who is sick? Physically sick? Emotionally or mentally sick? Spiritually sick? Continually pray for that person(s) and believe God for his/her healing. Set a reminder on your phone and commit to praying for healing until that healing arrives.

PRAYER

LORD, Your Word declares that the prayers of the righteous are powerful and effective (James 5:16).

With that absolute truth in mind, I choose to be a vessel who prays healing and deliverance over those I come into contact with. Increase my faith to stand firm on Your promises that state You have given me authority to heal the sick, raise the dead, and drive out demons. In Jesus' name. Amen.

DAY 10 // ENCOURAGEMENT AND HOPE

“May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.” (Romans 15:13)

INSIGHT

More often than not, we can get overwhelmed by discouragement from external and internal sources. These can stem from watching the world or local news, or even from personal situations. Sometimes, we can get stuck in our “woes” and forget the hope we have in Jesus Christ. David wrote many lamenting Psalms about his struggles and vented to the LORD. However, he would end those Psalms praising his Father for who He is despite what he was going through.

PRACTICAL APPLICATION

Look up different lamenting Psalms and practice S.O.A.P. on one of them today. What stands out to you? How can you implement the practice of lament in your own life?

PRAYER

Father, I need Your hope because I am discouraged and worn out. Some of the situations in my life are too hard to handle. I need Your help because I can not do it on my own. I put my complete trust in You, my God. I praise You because You reign above everything and are on the throne. In Jesus' name, Amen.

DAY 11 // UNITY AND HARMONY

“I appeal to you, dear brothers and sisters, by the authority of our Lord Jesus Christ, to live in harmony with each other. Let there be no divisions in the church. Rather, be of one mind, united in thought and purpose.”

(1 Corinthians 1:10 NLT)

INSIGHT

One of the main ways the enemy attacks the body of believers is through disunity. He knows that when one or more are gathered in the name of Jesus, the LORD's presence will dwell among them and he does not want that. When Christ-followers are unified we are not easily shaken. Let us move in tandem with one another and tackle disputes as they arise so they do not divide us.

PRACTICAL APPLICATION

Is there a brother or sister in Christ that you need forgiveness from or need to forgive? Ask the LORD to reveal to you any bitterness or unforgiveness in your heart. Reach out to that person and settle the argument or matter.

PRAYER

LORD, I pray for the unity and harmony of the body of Christ. I pray against disunity and divisions within my local church and the global Church. LORD, remind me of the power we have standing united. Thank You for forgiving me when I do wrong and help me to forgive my brothers and sisters when I have done wrong. In Jesus' name,
Amen.

DAY 12 // GODLY LEADERSHIP

“I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people—for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness.”

(1 Timothy 2:1-2)

INSIGHT

Leadership is not easy. Ministry is not easy. As Christ-followers, we must pray for those who are in positions of authority because the LORD has appointed them in that position. In addition, the role they are in requires strength and wisdom for the oversight of a multitude of people.

PRACTICAL APPLICATION

Take some time today to pray for your pastors and leaders in your church. Pray for them by name and for their specific ministries, as well as a blessing for them and their families. If you do not know them by name, look up their names/spouses on *jrnychurch.com*! Pray also for our nation’s leaders.

PRAYER

Father, I pray for godly leadership within my local church today. Thank You for appointing them in the specific role they are in. They have been chosen for such a time as this. I am grateful for their leadership and care for the members of our church. I bless them and their families. In Jesus’ name I pray, Amen.

DAY 13 // DISCERNMENT OF MIND

“And this I pray, that your love may abound still more and more in real knowledge and all discernment, so that you may approve the things that are excellent, in order to be sincere and blameless until the day of Christ.”

(Philippians 1:9-10)

INSIGHT

Discernment, a word that is closely related to wisdom, is the ability to properly distinguish or have discretion beyond what is naturally seen or heard. The Apostle Paul encouraged and prayed that God’s people would have a discerning heart so they could make wise moral judgments. This should be the heart and prayer of the Church today.

PRACTICAL APPLICATION

Take time today and make note of all the areas where you need discernment. Are there situations such as your career you need insight beyond the natural? Are there relationships that you need discernment on? Where do you need to approve and practice what is morally or ethically superior in life? Write down these things and petition God regarding them.

PRAYER

Father, I pray that You would grant me discernment to guide my day. My prayer is that I would not only be guided by discernment but that I would practically apply what You are speaking to me. Help me to be guided by godly morality and bear the fruit of righteousness in my life. In Jesus’ name, Amen.

DAY 14 // STRATEGIC WISDOM

“If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him.” (James 1:5)

INSIGHT

When faced with trials or day-to-day living, it can be easy to be like the early Church and lack wisdom. Thus, God encourages His children to seek Him for wisdom as He delights to give it to us generously. Note that godly wisdom is not only knowledge but is also active godly behavior for daily living.

PRACTICAL APPLICATION

Consider your current situations in life. Where is it that you need God to grant you wisdom followed by action? Boldly go to His throne in prayer and ask Him for godly wisdom.

PRAYER

Almighty God, I ask that my days would be guided by Your wisdom and not my own. I ask today that You would generously grant me wisdom and that my behavior would exemplify that in every thought and action. In Jesus' name, Amen.

DAY 15 // SUCCESS FOR MISSIONARIES

“I urge you, brothers and sisters, by our Lord Jesus Christ and by the love of the Spirit, to join me in my struggle by praying to God for me. Pray that I may be kept safe from the unbelievers in Judea and that the contribution I take to Jerusalem may be favorably received by the Lord’s people there.” (Romans 15:30-31)

INSIGHT

The Apostle Paul requested the Church to pray on his behalf as he faced opposition while declaring the Gospel. Likewise, missionaries still face a wide range of circumstances while on the mission field ranging from resistance and persecution to the need for courage and wisdom in precarious situations.

The mission field is not for the faint of heart and as the Church, we are called to stand on the wall and pray for them, their success, and Kingdom success.

PRACTICAL APPLICATION

Journey Church Kingdom Builders supports numerous missionaries across the globe. Choose seven different Kingdom Builders partners and assign one per day this week and lift them up to the LORD in prayer. If you’re unsure of names, choose different regions or countries and lift up those workers within that area. Ask God to strengthen them and advance His Kingdom.

PRAYER

Father, I stand in the gap for Your workers in the field who are sharing the Good News of Jesus Christ. May You strengthen them. May You provide for them. May You grant them wisdom and strength as they share Your Word. May You protect them from the plans and schemes of the enemy. In Jesus’ name, Amen.

DAY 16 // GOD'S POWER WITHIN

“You, dear children, are from God and have overcome them, because the one who is in you is greater than the one who is in the world.” (1 John 4:4)

INSIGHT

It is easier to acknowledge the power the LORD holds than to realize that His very Spirit resides in each one of us. The same power that raised Christ from the dead lives in us! How often do we not fully walk in the authority Christ has given us? God empowered and used the unlikeliest people throughout history to showcase His glory. He can use anyone no matter who they are or what they have done.

PRACTICAL APPLICATION

Take some time today to reflect on areas in your life where you are not walking in the full authority of Christ Jesus. Where have you not allowed His ultimate victory or control? What can you do to change that perspective? Take some time to write down Scripture to help remind you of the power you walk in.

PRAYER

LORD, open my eyes to see and my heart to know that Your very Spirit resides in me. Thank You for this gift and for allowing me to operate in Your mighty power. LORD, forgive me when I have not walked in the full authority Christ gave me. Help me to trust You and give me opportunities to operate in Your power. In Jesus' name, Amen.

DAY 17 // STRENGTH AND ENDURANCE

“I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith.” (Ephesians 3:16)

“And we pray this in order that you may live a life worthy of the Lord and may please him in every way: bearing fruit in every good work, growing in the knowledge of God, being strengthened with all power according to his glorious might so that you may have great endurance and patience.”
(Colossians 1:10-11)

INSIGHT

As God is sufficient and holds all resources, we know His incomparable power and strength provide all we need to live a life of godliness. The Apostle Paul unceasingly prayed that the Church would be strengthened not for the purpose of show, but to attain steadfastness, endurance, and patience for all that lies ahead. Thus, we can pray that God would strengthen us in our inner being daily.

PRACTICAL APPLICATION

Grab your Bible and your journal, and set aside 30 minutes to research the strength and power of God. Write out two or three Scriptures that speak to His strength. Meditate on those passages. Put those passages to memory and petition God that He would strengthen you so that you can remain steadfast. Petition Him that His strength would be your strength.

PRAYER

LORD, one thing I request, and this I need LORD, is that Your divine power and strength would be my power and strength today. LORD, I pray for Your strength not for show, but so that I can endure and be thoroughly equipped for the day. In Jesus' name, Amen.

DAY 18 // GROWTH IN GODLY INTIMACY

“You, God, are my God, earnestly I seek you; I thirst for you, my whole being longs for you, in a dry and parched land where there is no water.” (Psalm 63:1)

INSIGHT

The LORD created humans with the desire to be in relationship with Him. He yearns for us to commune with Him. In Jewish custom, they dedicate a 24-hour period to the Father. How often do we get lost in our own business and relationships and miss the primary focus of our lives to abide in the LORD? This should be our desire: to have greater intimacy with God.

PRACTICAL APPLICATION

If you don't already have a day or time for Sabbath with the LORD, spend some time today to pray about and plan it. Within your designated Sabbath time, think about different ways you can grow in your intimacy with Him.

PRAYER

LORD, forgive me for not prioritizing an intimate relationship with You. Oh LORD, my God, give me a desire to earnestly seek after You. I want to thirst for more of You because my very being longs for You. In Jesus' name, Amen.

DAY 19 // GREATER FAITH INCREASE

“Immediately the boy’s father exclaimed, ‘I do believe; help me overcome my unbelief.’” (Mark 9:24)

INSIGHT

We’ve all been at a crossroads in life where it seemed that unbelief stood taller than our faith. No shame in that —we’ve all been there. Why might this be? Because while we can believe and have faith as the father in Mark 9 did, faith is never perfect. In fact, unbelief always potentially exists. Again, no shame there, just continue to pray as he did and ask for increased faith.

PRACTICAL APPLICATION

Time to take your faith temperature. Where in life do you feel the spirit of unbelief stands taller than belief? Where are you battling in your faith? Not enough faith for healing? Not enough faith for a relationship to be restored? Take time today and ask God to show you where unbelief is bigger than belief and ask Him to do a great shift! Ask God to flip unbelief upside down and to increase your faith.

PRAYER

LORD, I know that You are more than able to supply all that I need. I confess today that while I believe, I also have unbelief in my heart. Father, please help me to trust and increase my faith. I pray You would reduce disbelief and increase my faith. Thank You, LORD, for hearing my prayer. In Jesus’ name, Amen.

DAY 20 // PROTECTION FOR YOUR PEOPLE

“My prayer is not that you take them out of the world but that you protect them from the evil one.”

(John 17:15)

INSIGHT

When God created the world, He made it perfect and good. From the moment that Adam and Eve ate the fruit from the Tree of Knowledge of Good and Evil, humanity was separated from God and sin entered the world. Evil surrounds us on a daily basis—temptations, fleshly desires, evil spirits, and more. Although we live in a world full of evil, as Christ-followers, we can request for His protection while we live in it.

PRACTICAL APPLICATION

Pray protection over something or someone today. Pray the LORD's protection over your house, bedroom, office space, etc. Pray His protection over your spouse, children, friends, etc. Make this a daily practice.

PRAYER

LORD, I pray for Your divine protection and shield against the evil of this world. I pray against any powers provoking me or that are in things around me. Reveal to me places or people I need to pray for protection over. Thank You for being my Protector. I trust in the ultimate power You have over all evil. In Jesus' name, Amen.

DAY 21 // FAITH IN ACTION

“And we pray this in order that you may live a life worthy of the Lord and may please him in every good work.”

(Colossians 1:10)

INSIGHT

In the Book of James we read that “faith by itself, if it is not accompanied by action, is dead” (James 2:17). In other words, authentic faith will inadvertently produce works, or bear fruit in every good work. This isn’t to say we are saved by what we do. On the contrary, because we are saved we will produce works. The Apostle Paul reiterates this in this passage and prays that “good works” will be seen in the believer’s life as this is pleasing to the LORD.

PRACTICAL APPLICATION

Take time today for a fruit inspection. Are you bearing fruit in every good work? Is your faith evident in how you live? Ask God to not only examine your heart but to change your heart so that you will lean toward producing fruit. Take additional time today to see where you can serve. How can you bless someone? Who can you reach out to? Where can you give?

PRAYER

Father, I understand that faith without works is dead. Forgive me where I have not produced fruit in helping the kingdom of God flourish and grow. Forgive me where I have not helped where I should’ve helped or given where I should’ve given. Soften my heart and lead me in the direction of bearing fruit today. In Jesus’ name, Amen.