



# FASTING GUIDE

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*We believe that many Christians fail to tap into one of the most powerful and rewarding spiritual reservoirs we have at our disposal — fasting. It's often because we lack understanding about this important command for Christ's followers.*

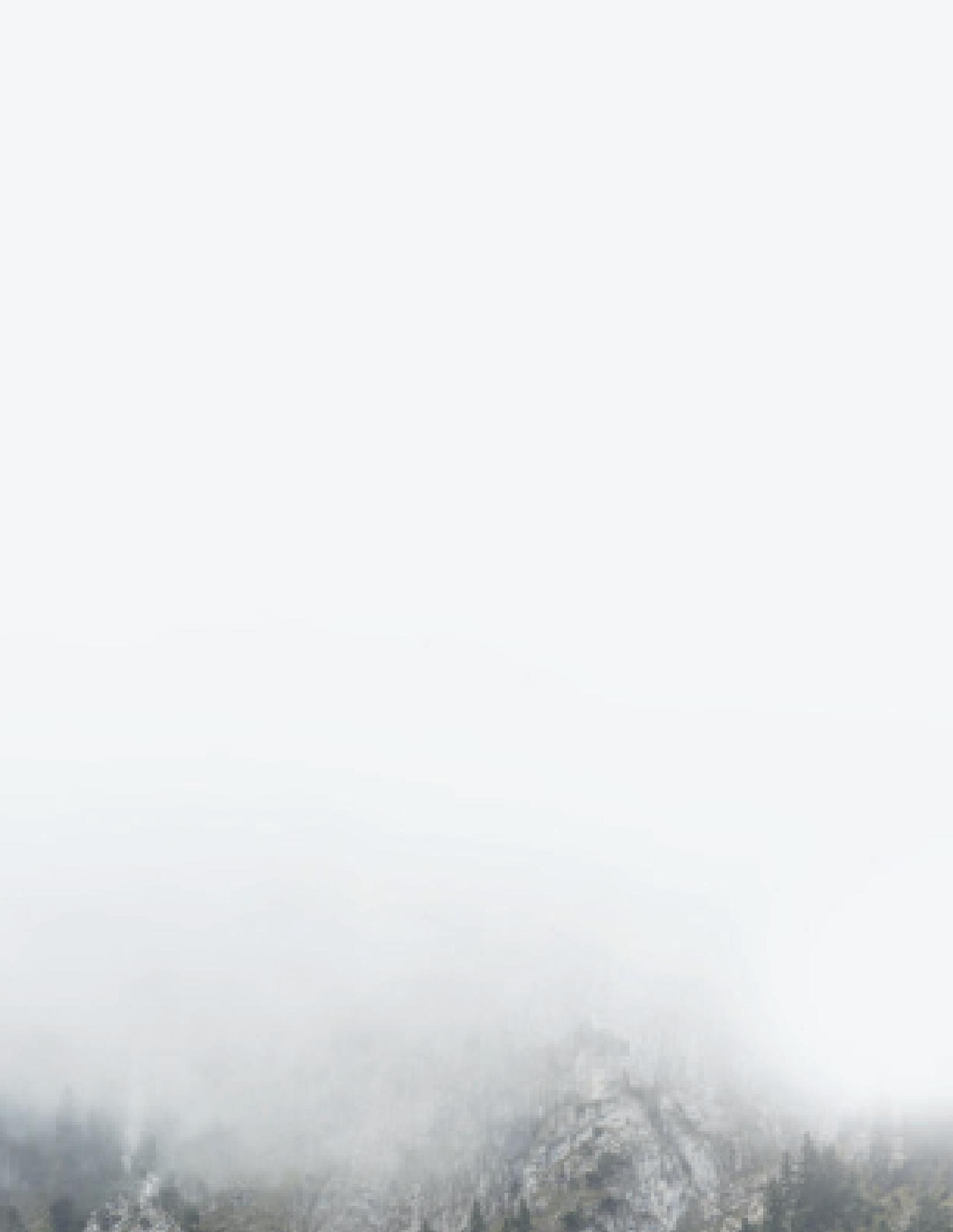
*This guide is devoted to sharing the **what, why, how, and when** of this important scriptural discipline so you can put it into action. If you've never fasted or want to know more about it, we want to cover the basics with you here.*

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...WHEN YOU PRAY, GO INTO YOUR ROOM AND SHUT THE DOOR  
AND PRAY TO YOUR FATHER WHO IS IN SECRET. AND YOUR  
FATHER WHO SEES IN SECRET WILL REWARD YOU.

[ **MATTHEW 6:6 ESV** ]

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## ***What is fasting?***

Biblical fasting is giving up particular foods, drinks or comforts for a specified number of days. The type and length of the fast you choose is between you and God, and should not be determined by what anyone else is doing. At the beginning of each new year, Radiant Church participates in a 21-day fast as a practice of giving God our first and our best.

Fasting, prayer, and reading God's Word go hand in hand. Fasting without reading God's Word or without prayer is just a diet. When you fast, pray for God's purpose and plan for your life to be revealed. Many choose to fast and pray about every major decision in life. Simply put, fasting is a way to conquer the physical, and open the door to God's provision and direction in your life. When you deny your body, you have a greater opportunity to feed your spirit and grow closer to the Lord.

## ***Why fast?***

In Matthew 6, Jesus gave us simple direction on how to live as a child of God. That pattern referenced three specific duties of Christian living: Giving, Praying and Fasting. Jesus said, "when you give," "when you pray," and "when you fast." In doing so, He made it clear that giving, praying, and fasting are all a normal part of Christian life. When all three disciplines are at work, you release the complete power of God in your life.

## ***How do I fast?***

Before beginning a fast, write down a plan and make a verbal commitment to the Lord. When you approach fasting with a clearly established direction you'll be less likely to waiver in weak moments. You may be surprised to find that fasting is not as daunting as you may think. But if you do find it to be a battle don't lose heart, push through, and know that God understands your struggle. God's fasting principles allow you the flexibility to take care of your job and duties while still making a sacrifice to honor Him (see *Fasting FAQ*).

If the traditional complete fast has always made you shy away from this important principle, you may be surprised to know that there are many different types of fasts (see *Fasting 101*). Find the fast or combination of fasts that best fits your needs. For example, if you choose to go on a 21-day fast, you may want to begin with a complete fast for 1-3 days and then continue with a Daniel Fast or some other type of partial fast for the remainder of the 21 days. No matter which fast you choose, you must always remember to consult your doctor and drink plenty of water.

# FASTING 101

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Answers from God's Word on the Rewarding Spiritual Tool of Fasting

## *When should you fast?*

If you want to make fasting a way of life beyond these 21 days, work out a plan for the entire year to include days or meals to fast that works into your lifestyle. You may decide to fast one day a month, one meal a week, or fast specific foods or comfort items for a period of time.

There may be other unexpected times that you feel a need to fast—during family struggles, financial problems, or times you are in need of breakthrough in your life.

## *Where can I find fasting in Scripture?*

### **Blessings of Fasting:**

Isaiah 58:8-9

### **Corporate Fasting:**

1 Samuel 7:5-6

2 Chronicles 20:3-4

Ezra 8:21-23

Nehemiah 9:1-3

Jonah 3:5-10

Esther 4:16

### **Daniel Fast:**

Daniel 10:2-3

### **Fasting Do's:**

Matthew 6:16-18

### **Fasting Don'ts:**

Matthew 6:16-18, Luke 18:9-14

### **Prayer & Scripture with Fasting:**

Luke 2:37

Nehemiah 1:4

Daniel 9:3

Joel 2:12

Acts 13:2

### **Preparing to Fast:**

Mark 11:25

Luke 11:4

Romans 12:1-2

1 Samuel 7:3

### **When to Fast:**

Matthew 9:14-15

### **Why to Fast:**

Romans 12:1

Matthew 6:33

Mark 9:29

Isaiah 58:6

Luke 4:1-13

## *Time*

While most opt to participate in their fasts around the clock, others who are new to fasting—or that have other limitations may decide to have a different schedule that works best for them. Some options for fasting times follow:

- Half-Day Fast – From sunrise to 3PM
- Full-Day Fast – From sunrise to sunset
- Total Fast – Around the clock

## *Types of Fasts*

The type of fast that you ultimately choose should be what you feel the Lord is leading you to commit to for these 21 days. Below are some of the types of fasts you could choose to participate in.

### *Daniel Fast*

This is a partial fast that provides many attributes to the idea of denying self and seeking God, but with less discomfort than a juice or water fast. Here are some guidelines for a good Daniel Fast:

Foods to eat: Fruits, vegetables, whole grains, nuts, seeds, legumes, 100% juice, natural oils, and water.

Foods to avoid: Meat, dairy, all natural and artificial sweeteners, all leavened breads, refined and processed foods, fried foods, solid fats, coffee, tea, alcohol, and carbonated beverages.

Read Daniel 10:2-3 to see this Biblical-precedent in action. A quick internet search will provide countless Daniel fast-approved recipe ideas.

### *Comfort Fast*

Fasting from comfort items is a great option if fasting is a new experience for you or if you have any health limitations regarding food-based fasts. If you feel led to participate in this way, here are some ideas of things you can fast from:

- Electronic Entertainment
- TV Shows, Movies, Netflix, Hulu, Video Games, etc.
- Social Networking Apps or Sites: Facebook, Twitter, Instagram, Snapchat, Pinterest, Blogs, etc.

Keep in mind the goal of comfort fasting is to allow space for your hunger to drive you to God, and to not satisfy ourselves with other things. Be intentional about your fast and push yourself out of your comfort zone.

# FASTING 101

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Answers from God's Word on the Rewarding Spiritual Tool of Fasting

## *Juice Fast*

In this fast, abstain from food and only drink water and 100% juice for a period of time. Drink mildly acidic or non-acidic fruit juices such as apple, grape, peach or pineapple juice, which are excellent sources of natural and necessary sugar to stabilize blood sugar and keep energy levels up. Raw vegetable juices such as carrot, celery, beet or green vegetable juice combinations are excellent as well. (100% VEGETABLE JUICES ONLY, without added sugars, salt or preservatives such as V8 Juice). You can do normal daily activities on a juice fast.

For more detailed information on water and juice fasting, visit our website.

## *Water Fast*

This type of fast is abstaining from food and only drinking water for a period of time. Drink plenty of water, at least half your body weight in ounces of water per day (example: 150lbs = 75 oz./day). Distilled water is most beneficial, but filtered and purified water also works well. A water-only fast is, by far, the most difficult fast due to the detoxification process that the body goes through and the lack of energy that is experienced as a result of not eating.

Many people who are experienced in fasting have fasted this way for 40 days or more. Long-term water fasts are possible, but definitely not comfortable. You may choose to do a short-term water fast sometime during the 21 days.

## *My 21-Day Fast Commitment*

Type: \_\_\_\_\_ Time: \_\_\_\_\_





# FASTING FAQ'S

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*The most frequently asked questions and answers regarding fasting.*

# FASTING FAQ's

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## **What if I have a medical condition?**

Always consult your doctor before starting any fast and decide together what is possible. If your health condition prohibits you from fasting food, consider a Comfort Fast and focus on prayer and Bible study.

## **Can I have (insert food item here) while on my fast?**

Fasting is a private discipline; it is not something that is meant to be unattainable. Simply decide what is feasible for you and do your best to stick to your commitment.

## **Can children fast?**

The best way to show your children the power of fasting is to lead by example. If they want to participate in fasting, or if you want to have a family fast, consider giving up desserts, soft drinks, or participating in a Comfort Fast. For example, many who participate in a Comfort Fast spend their family time reading, praying, and discussing Bible stories instead of watching TV.

## **What if I start and can't finish out the fast—Have I fasted for nothing?**

Seeking God through prayer and fasting is never a waste of time. When you make an effort, God takes notice. Just determine within your heart that you will make an even better effort next time. Or you may consider completing your fast with a fast that still challenges you, but is more attainable.

## **I forgot and ate something that wasn't on my fast—Do I need to start again?**

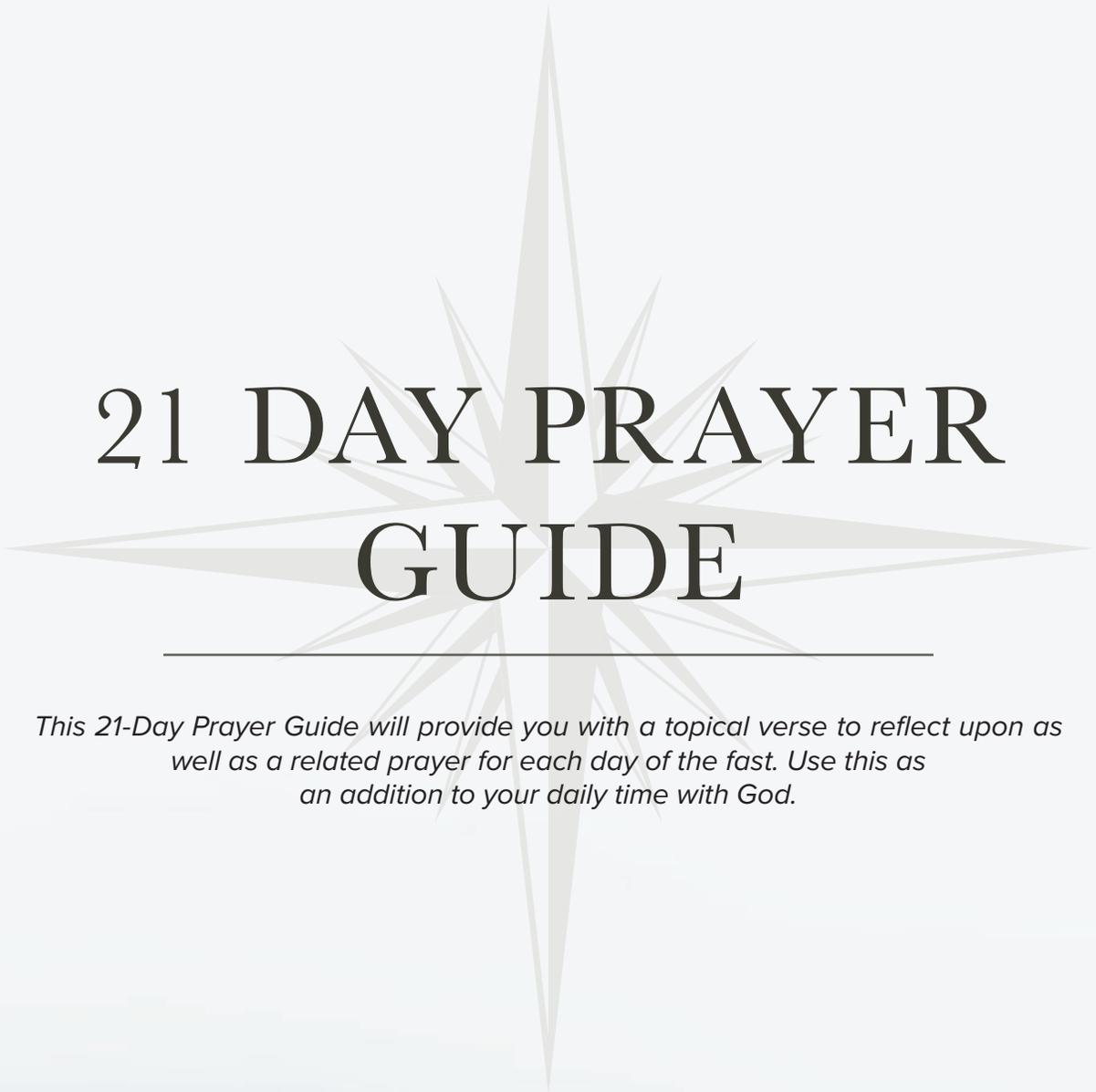
Not at all. Think of fasting as a marathon rather than a sprint. If you fall down, get back up and keep trying. Conquering your desire is difficult, but you can do it. Don't give up!

## **Can I continue exercising while fasting?**

Moderate exercise is good, however it is best to always consult a doctor about fasting and exercise. If you are on a highly restrictive fast, you may not have the energy for high intensity exercise.

## **What if I have a highly physical job?**

If you have a job that requires you to expend a lot of energy, you may want to consider a partial fast that allows you to receive enough nutrition to perform your job well.



# 21 DAY PRAYER GUIDE

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*This 21-Day Prayer Guide will provide you with a topical verse to reflect upon as well as a related prayer for each day of the fast. Use this as an addition to your daily time with God.*

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THESE I WILL BRING TO MY HOLY MOUNTAIN, AND MAKE THEM JOYFUL  
IN MY HOUSE OF PRAYER... FOR MY HOUSE SHALL BE CALLED A HOUSE  
OF PRAYER FOR ALL PEOPLES.”

**[ ISAIAH 56:7 ESV ]**

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# ➤ 21 DAY PRAYER GUIDE

## DAY 1: Consecration

*Sunday, January 6th*

“Draw near to God and He will draw near to you. Cleanse your hands, you sinners; and purify your hearts...Humble yourselves in the sight of the Lord, and He will lift you up.”

◀ JAMES 4:8,10 NKJV ▶

### **PRAYER FOR THE DAY:**

Lord, I need you; use this season of prayer and fasting to reset the trajectory of my heart toward You. Fill me with Your Holy Spirit today as my leader and guide—help me to see every area of my life through Your Kingdom’s perspective. You promise that those who seek You find you, and I’m going to seek after You with all of my heart. In Jesus’ name, Amen.

## DAY 2: Guidance

*Monday, January 7th*

“...Your ears shall hear a word behind you, saying, ‘This is the way, walk in it,’ when you turn to the right or when you turn to the left.”

◀ ISAIAH 30:21 ESV ▶

“The steps of a man are established by the Lord, when he delights in his way.”

◀ PSALM 37:23 ESV ▶

### **PRAYER FOR THE DAY:**

Father, You have a perfect plan for my life, and I ask You to give me knowledge of the path that You have for me. I pray that Your voice resonates louder than the distractions in my life to make clear your will. Thank you for knowing me and planning my life before I was born. Thank you for Your promises to lead me, guide me, and walk beside me. I will be led by Your perfect peace and delight in Your way. In Jesus’ name, Amen.

## DAY 3: Strength

*Tuesday, January 8th*

“I can do all things through Christ who strengthens me.”

◀ PHILIPPIANS 4:13 NKJV ▶

### **PRAYER FOR THE DAY:**

Lord I offer you my weaknesses, for your strength is made perfect in my weakness (2 Corinthians 12:9). Empower me to stay strong through the physical challenge of the fast and to grow stronger in my faith. You alone are my strength, God. Thank you that You see the struggles in my life. Although they have shaken me, they have not shaken You, Lord. Set me free from every fear, limitation, stronghold, and intimidation that exists in my life. You are my peace, my joy, and my strength. In Jesus’ name, Amen.

# 21 DAY PRAYER GUIDE

## DAY 4: Sanctify Yourself

*Wednesday, January 9th*

“So it was, after three days, that the officers went through the camp; and they commanded the people, saying, ‘When you see the ark of the covenant of the Lord your God, and the priests, the Levites, bearing it, then you shall set out from your place and go after it. Yet there shall be a space between you and it, about two thousand cubits by measure. Do not come near it, that you may know the way by which you must go, for you have not passed this way before.’ And Joshua said to the people, ‘Sanctify yourselves, for tomorrow the Lord will do wonders among you.’”

◀ JOSHUA 3:2-5 NKJV ▶

### **PRAYER FOR THE DAY:**

Thank You, Lord. I ask You to sanctify me as I push back my earthly desires and press into prayer and fasting. I ask You to break away my fleshly ambitions so I can be used for Your glory. I’m seeking Your face, because I’m hungry for more of You. Thank you for Your promise that when we seek You, we will find You. Holy Spirit, speak to me regarding areas of my life that are holding me back. I lay down “every weight and sin which clings so closely” (Hebrews 12:1). I thank you for your promise to do wonders in my life--not because of my perfection, but because of Yours. There’s a call on my life, and I’m going after it. In Jesus’ name, Amen.

## DAY 5: Freedom From Condemnation

*Thursday, January 10th*

“For God did not send his Son into the world to condemn the world, but in order that the world might be saved through him. Whoever believes in him is not condemned, but whoever does not believe is condemned already, because he has not believed in the name of the only Son of God.”

◀ JOHN 3:17-18 ESV ▶

### **PRAYER FOR THE DAY:**

Lord, I want to go beyond surface living, and move into a deeper relationship with You. I have carried guilt and condemnation, but your promise is, “there is no condemnation to them that are in Christ,” (Romans 8:1). I’m entering into Your rest this day, and I receive Your supernatural peace. I thank You that no condemnation, guilt, or shame is attached to me because, Jesus, You are my righteousness. Thank You for the cross and for the cleansing power Your death and resurrection provided. Because of it, I can have confidence before the Father. Thank You for living in me and loving me while I was yet a sinner. In Jesus’ name, Amen.

# ➤ 21 DAY PRAYER GUIDE

## DAY 6: Wisdom in Parenting

*Friday, January 11th*

“All your children shall be taught by the Lord, and great shall be the peace of your children.”

◀ ISAIAH 54:13 ESV ▶

### **PRAYER FOR THE DAY:**

Father, I believe that Christ-centered homes are positioned for success because You are faithful. Our home and family needs You, Lord. Teach us Your ways; lead us to be the man/woman/children that You call us to be in our home. Let our home be an example to others of Godly relationships. I pray for Your wisdom to create a place of physical and spiritual rest where my family can walk in confident faith. Help me to communicate with my spouse and my children in peace and in love. Your Word is a lamp unto my feet and a light unto my pathway. God, I give You access to every area of my life; infuse your presence into my home, my family, and my every relationship in Jesus' Mighty name, Amen

## DAY 7: Household Salvation

*Saturday, January 12th*

“And they said, ‘Believe in the Lord Jesus and you will be saved, you and your household.’”

◀ ACTS 16:31 ESV ▶

### **PRAYER FOR THE DAY:**

God, save my family and straighten their paths. Continue to pursue them at every stage and draw them back to You. I thank you that You are pursuing my entire family and no weapon formed against us shall prosper. I pray that you anoint me with wisdom to steward my family, their callings, and their giftings. Even when I don't see it, I thank You that the blood of Jesus covers my family. I will never parent alone, because You are with me at every turn. Help me to train my children in the way they should go. I trust you with my family, Lord. In Jesus' name, Amen.

## DAY 8: Marriage

*Sunday, January 13th*

“Therefore a man shall leave his father and mother and be joined to his wife, and they shall become one flesh.”

◀ GENESIS 2:24 NKJV ▶

### **PRAYER FOR THE DAY:**

Lord, we need You in our home, in our marriage, and in our family. Forgive us, and heal us from the angry words spoken or actions taken. Help me today, Lord, to love You by loving my spouse. Allow our children to see parents who care, love, touch, and communicate because the marriage they will duplicate will be the one they see between us. We need Your supernatural power and presence in our marriage to solidify and strengthen our bond. Help us to have a marriage that is centered on you. In Jesus' name, Amen.

# 21 DAY PRAYER GUIDE

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## DAY 9: Finances & Provision

*Monday, January 14th*

“The Lord will open to you his good treasury, the heavens, to give the rain to your land in its season and to bless all the work of your hands. And you shall lend to many nations, but you shall not borrow.”

◀ DEUTERONOMY 28:12 ESV ▶

“And you shall remember the Lord your God, for it is He who gives you power to get wealth, that he may confirm his covenant that he swore to your fathers, as it is this day.”

◀ DEUTERONOMY 8:18 ESV ▶

### PRAYER FOR THE DAY:

Father, I thank You that You are my source and my supply. I lack nothing because of You. Thank You for breaking bondages off your people. Give me wisdom to attack the areas of lack in my life. God, You said that you will bless the work of my hands, and I receive it. Help me to grow in living a life of generosity. Break the desires of materialism off my life as I decree that this is the year of the Lord’s release. Jesus, I thank You that You will bring increase and cause me to flourish despite the challenges that face me. In Jesus’ name, Amen.

## DAY 10: Career

*Tuesday, January 15th*

“In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven.”

◀ MATTHEW 5:16 ESV ▶

### PRAYER FOR THE DAY:

Father, I come to You today, and I want to be a shining light in the marketplace. I want people to see You through me. I receive the call to be radiant in my workplace, and shine a light that pierces the darkness. I recognize the importance of my faithfulness to this calling. Others in my workplace will encounter your grace, truth, and kindness through my actions. I understand my purpose and I will go into the marketplace with a fresh anointing. In unspoken ways, people will know there’s a difference in my life. I receive that anointing right now as I dedicate myself to You. Use my work life for Your Kingdom’s advancement. Help me to be a culture changer where I work. I give You the praise for that, Lord. In Jesus’ name, Amen.

# ➤ 21 DAY PRAYER GUIDE

## DAY 11: Our Pastors

*Wednesday, January 16th*

“Let the elders who rule well be considered worthy of double honor, especially those who labor in preaching and teaching.”

◀ 1 TIMOTHY 5:17 ESV ▶

### **PRAYER FOR THE DAY:**

Father, I pray for our pastors, their spouses, and their families. Multiply the time and resources you have given them to be even more effective with their families and for the Kingdom. Speak to them with fresh wisdom, vision, and direction. I ask that you expand their anointing and influence to preach, teach, lead, and shepherd Your church. I pray for every ministry at Radiant and for every pastor to be led by Your Spirit and to walk in peace. I stand against attack and division, in Jesus’ name, and I pray that You bring a spirit of unity to our church. Let Your Kingdom come, let Your will be done in their lives and in Radiant church as it is in Heaven. In Jesus’ name, Amen.

## DAY 12: Protection

*Thursday, January 17th*

“He who dwells in the shelter of the Most High will abide in the shadow of the Almighty. I will say to the Lord, ‘My refuge and my fortress, my God, in whom I trust.’”

◀ PSALM 91:1-2 ESV ▶

### **PRAYER FOR THE DAY:**

Lord, I want You close in my life. I want to be under the shadow of the Almighty. You are my God, my safety, my refuge, and my strong tower--I will not be afraid. I will not fear because I will call on the name of Jesus, the name that is above every name. Teach me to appreciate my life in this, and in every season. Help me not to look to the future, but to confidently live in the present. You will be with me at every moment. I praise You, that Your presence never leaves me. Remove fears from me and help me to dwell in peace. Through You, all provisions are made, and every protection is formed. I praise you in Jesus’ name, Amen.

## DAY 13: Health

*Friday, January 18th*

“For I will restore health to you and heal you of your wounds,’ says the Lord...”

◀ JEREMIAH 30:17 NKJV ▶

### **PRAYER FOR THE DAY:**

Lord, thank You that You are our Healer. By Your stripes we are healed, and I claim healing in my life and the lives of my loved ones. You are the God that heals. Your Words “are life unto those that find them, and health to all their flesh” (Proverbs 4:22). Thank you for sending Your Son to heal my spirit and my flesh. You are where my help comes from; my hope is in You, God. You are my Healer and the lifter of my countenance. I give you praise and thank You today that my body is being healed and restored. In Jesus’ name, Amen.

# 21 DAY PRAYER GUIDE

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## DAY 14: Worship

*Saturday, January 19th*

“But the hour is coming, and is now here, when the true worshipers will worship the Father in spirit and truth, for the Father is seeking such people.”

◀ JOHN 4:23 ESV ▶

### **PRAYER FOR THE DAY:**

Father, I humble myself before You today to seek Your face. You are worthy of my full worship--my entire heart! You rejoice in the worship of Your people. Teach me to worship You in a greater way. I'm hungry for You, God. I love You and it is my joy to praise You. In Your presence is the fullness of joy. Thank you that Your presence causes strength and faith to rise up. It is my heart's desire to grow more near to You. I give You my worship, my everything. I thank you that I enter into Your rest, Your peace, and into Your grace. Blessed be the name of the Lord. You are worthy of all praise, God. In Jesus' name, Amen.

## DAY 15: Release, Restoration, & Reward

*Sunday, January 20th*

“Yet even now,” declares the Lord, “return to me with all your heart, with fasting, with weeping...” “I will restore to you the years that the swarming locust has eaten...” “You shall eat in plenty and be satisfied, and praise the name of the Lord your God, who has dealt wondrously with you; and My people shall never be put to shame.”

◀ JOEL 2:12, 25-26 ESV ▶

### **PRAYER FOR THE DAY:**

Father, in Jesus' name I humble myself before You in fasting. Thank You for releasing me from my past and forgiving all my sins. Thank You for restoring my life and for the promise of eternal life. I give You praise, glory, and honor. I pray that You bless Your people as we continue to fast, pray, and seek You in a greater way. Bring the release of financial freedom to Your people. Release those that are bound by fear, depression, bondages, burdens, and addiction as You bring restoration to their lives. Release our families from every shame or weight that holds them back. The enemy has attempted to steal the Christian heritage in our families. But You said, that no weapon formed against us shall prosper. We give You glory and praise. You are our great reward. In Jesus' name, Amen.

# ➤ 21 DAY PRAYER GUIDE

## DAY 16: Revival

*Monday, January 21st*

“If my people who are called by My name will humble themselves and pray and seek My face and turn from their wicked ways, then I will hear from heaven and I will forgive their sin and heal their land.”

◀ 2 CHRONICLES 7:14 NKJV ▶

### **PRAYER FOR THE DAY:**

Father, I come to You today to lift up our nation in prayer. I ask for Your Kingdom to come and Your will to be done in this nation and around the world. I stand against all weapons of the enemy, and the strategies of attack against our nations. I ask for a covering and for Your protection over our military. Touch our leaders and their advisors--stir their hearts toward You as never before. Give them supernatural wisdom to lead our country and accomplish Your will. I ask for Your mercy on us! Thank you for Your promise of restoration and healing. Return our nation's gaze upon You, Lord. Bring revival to our world. Let it begin here, in our city. Embolden Your Church to pray for our nation. Heal our land, we pray, in the mighty name of Jesus, Amen.

## DAY 17: Victory

*Tuesday, January 22nd*

“For everyone who has been born of God overcomes the world. And this is the victory that has overcome the world—our faith.”

◀ 1 JOHN 5:4 ESV ▶

### **PRAYER FOR THE DAY:**

God, today I am choosing joy because You are mighty and greater than any situation I encounter. The trials that face me will not phase me because You have said that I am more than a conqueror. Because of this, I refuse to allow my feelings or fears to dictate my actions, and I choose to live by faith. Thank you for providing me the strength to endure. I know this challenge will pass because greater is He who is in me than he who is in the world (1 John 4:4). Thank you for Your presence in my life. In You, there is fullness of joy despite my circumstance. And, in every season, I will continue to praise You. In Jesus' name, Amen.

# 21 DAY PRAYER GUIDE

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## DAY 18: Prayer

*Wednesday, January 23rd*

“And this is the confidence that we have toward him, that if we ask anything according to his will he hears us. And if we know that he hears us in whatever we ask, we know that we have the requests that we have asked of him.”

◀ 1 JOHN 5:14-15 ESV ▶

### **PRAYER FOR THE DAY:**

God, I thank you for Your promise that we can ask anything according to Your will, and You hear us. Allow this promise to sink deep into my heart and compel me to pray to You more; about all things. I pray that, in that place of prayer, You continue to align my heart and my desires with Yours. Psalm 97:5 declares “The mountains melt like wax at the presence of the Lord...” I thank you that You are mighty and nothing is too difficult for You. In Jesus’ name, Amen.

## DAY 19: Compassion

*Thursday, January 24th*

“But if anyone has the world’s goods and sees his brother in need, yet closes his heart against him, how does God’s love abide in him? Little children, let us not love in word or talk, but in deed and in truth.”

◀ 1 JOHN 3:17-18 ESV ▶

### **PRAYER FOR THE DAY:**

Jesus, You were known for Your compassion; touch my heart today and make it more like Yours. Give me Your love for others, and eyes to see their every need. Use me to show the world Your compassion and grace. Lord, give me a generous heart toward others and to be driven by Your desires, rather than my own. Allow me to give of myself and serve others with joy. Thank you for using me in this incredible way. In Jesus’ name, Amen.

## DAY 20: Waiting on God

*Friday, January 25th*

“But they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.”

◀ ISAIAH 40:31 ESV ▶

### **PRAYER FOR THE DAY:**

Lord, thank you for Your promise of renewed strength. I am waiting on You today and asking You to grant me the endurance to finish strong. Thank you for this season of seeking You: for the ways You have already moved in my life, and for ways I am confident You will move in the future. As I continue to wait on You, I thank you that I will mount up with wings like eagles. Thank you for Your faithfulness, God. I receive Your strength, in Jesus’ name, Amen.

# ➤ 21 DAY PRAYER GUIDE

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## DAY 21: The Lost

*Saturday, January 26th*

“And He said to them, ‘Go into all the world and proclaim the gospel to the whole creation.’”

◀ MARK 16:15 ESV ▶

### **PRAYER FOR THE DAY:**

Lord, thank you for entrusting and equipping me. I ask that You use me to witness to all of the lost and hurting. There is opportunity in my family, my friendships, my neighborhood, and my workplace. Here I am, send me. Forgive me for times of complacency, or for not believing that I can be used by You. I ask that You use my influence, my affluence, everything that I have to reach the lost for Your glory right where I am! Father, I ask You to use me as a light to a dark world. I give You praise for all that You will do through me. In Jesus’ name, Amen.

## Break the Fast Tonight!

*Saturday, January 26th*

“And the master said to the servant, ‘Go out to the highways and hedges and compel people to come in, that my house may be filled.’”

◀ LUKE 14:23 ESV ▶

### **A CLOSING PRAYER:**

Lord, I thank you for this wonderful season of SEEK. I praise You for the ways You have already moved, and the ways You will continue to move throughout this upcoming year. Thank you for inviting Your people to fast with You and also to feast with You. Tonight, we celebrate all that You have done. We know You can do abundantly more than we ask, seek or imagine. So, we continue to be prayerful and watchful as You move in our lives and this world. In Jesus’ name, Amen.



# SEEK

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**SEASON OF PRAYER & FASTING**  
*SEEK.RADIANTCOAST.ORG*

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“ASK, AND IT WILL BE GIVEN TO YOU; SEEK, AND YOU WILL FIND;  
KNOCK, AND IT WILL BE OPENED TO YOU.”

[ **MATTHEW 7:7 ESV** ]

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