

21 DAYS
OF
PRAYER
AND
FASTING

LYA

YOUTH

21 Days of Prayer + Fasting

At the start of every year we make it a priority to come together as a team to intentionally pray and fast for the year ahead. We're believing that this year will be full of breakthroughs, miracles, and God's favor in the lives of each and every student, volunteer, and leader within our team.

Our hope is that in these next 21 days, we can lean in to God, hear from Him, and step into a new depth within our relationship with Him. No matter what you chose to fast this year, this guide is designed to be a resource for you through your fasting journey. Here you will find key scriptures, prayer points, and daily encouragements from our pastors.

We're believing we will start and finish the fast strong, encouraged, and full of faith! Praying for you through your journey,

- Youth & Young Adult Staff

Be still

When was the last time you were just still? Maybe sat in silence. It's a challenge when life pulls us in every direction but take a moment to just allow yourself to inhale and exhale as you sit and be still. Today, know that your God knows what you have ahead of you and He invites you to be still.

Prayer: Lord, help me to be still. Thank you for the quiet... knowing that no matter what I must face today and the road ahead, the only thing I need to do is be still and trust that you are my God. I trust you Lord, be lifted high as I allow you to be God of ALL. In Jesus name. Amen

Psalm 46:10
Be still and know that I am God; I will be exalted among the nations, I will be exalted in the earth.

Rejoice always.

Take a moment to reflect on all the reasons you have to rejoice (in other words show great joy) in the Lord. It's easy to focus on what we don't have, what didn't go right or what didn't happen. But The Bible emphasizes twice in one verse to always rejoice.

Philippians 4:4
Rejoice in the Lord
always. I will say it
again: Rejoice!

Prayer: Lord, forgive me for the times I've spent focusing on the wrong things. Help me to instead rejoice always in You. You are the one who makes life worth living and you withhold no good thing from us. For that, I'll show great joy. In Jesus' name, Amen.

Dont wind the clock

Genesis 40:14 NLT “And please remember me and do me a favor when things go well for you. Mention me to Pharaoh, so he might let me out of this place.”

Joseph got tired of waiting. He had been in slavery, prison and now was finally in the palace. He was so close to his childhood dream's fulfillment.

If you're tired of waiting, and we all get like that at some point- find the way of faith to believe God at his word. Whether it be through scripture, meditation on God, or encouragement through a godly relationship.

Genesis 41:1 “Two full years later, Pharaoh dreamed that he was standing on the bank of the Nile River.”

God had the exact time already planned for Joseph to come into his destiny in the palace. Joseph couldn't wind the clock and speed anything up, so why not be patient and trust the God who holds the whole world in his hands?

You have value

Reflect on the fact that God of all of the Universe created you. Have you ever believed the lie that you are not valuable?

Prayer: Thank you God that I am your workmanship, created with intention and design. You are the only one who can truly assess and attribute worth. Just as a jeweler knows the worth of each jewel, you know us. In your eyes, we hold high value. Let any other lie be removed in Jesus' name.

Ephesians 2:10 ESV

“For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.”

Light My Way

Have you ever tried to wake up in the middle of the night and walk around in the dark? You're asking to hit your toe on something and scream so loud you wake up the whole house. You need a light, so you can see where you're headed! Why don't we apply that same logic to our lives. It's only the word of God that will illuminate our path and give us great way-finding throughout the journey of our lives. Spend some extra time in the Word today.

Prayer: Father God, help me to stay close to your Word. I need my path consistently lit. I don't want to fumble around in the dark and lose my way or even worse hurt myself. Instead, I want to be able to see walking hand in hand with you. Give me a desire to spend more time reading the Bible. In Jesus' name, Amen.

Psalms 119:105
Your word is a lamp for my feet, a light on my path.

What am I sad about?

Sometimes in our western culture, we push away pain and sadness. We can even try to block it out because we're told not to dwell on it. There's wisdom in that, but often we forget that God wakes us up with pain. He can be speaking through it and use it for our benefit.

The scriptures say that sadness has a refining influence on us. What could the pain in your life be waking you up to?

Spend just 5 minutes and quiet your soul to where you can hear the voice of the Holy Spirit speaking. Maybe try this prayer:

Lord, I am in pain, but I offer this pain to you. Please use it and as I surrender what I feel, I pray you'd send your refinement and show me something you've been longing to speak to me about. Amen.

Ecclesiastes 7:3 NLT
Sorrow is better than laughter, for sadness has a refining influence on us.

Throw it off

A runner runs with clarity, focus & determination. Ever wonder why a runner's clothing is minimal? Its to make them more lightweight & effective in their race. Is there anything that easily entangles you? What are some actions you need to take to "throw off" the weights and run the race God has set for you today?

Prayer: Jesus, thank you for helping me identify what entangles me. Like a runner, help me to run with clarity and determination. Thank you in advance that I will persevere and be all that you created me to be in JESUS name.

Hebrews 12: 1 (NIV)

"Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us."

New Power

We need The Holy Spirit. He is who is active on the inside of us enabling us to live the life that we're called to live. You can't live His way, without His power. If you need extra help, ask for more of the Holy Spirit!

Prayer: Holy Spirit, I'm aware that I need you. Fill me and change me from the inside out. I want to live your way but I need your help to do it. Thank you that you always hear me and will give yourself to me because I asked. In Jesus' name, Amen.

Acts 1:8 “But you shall receive power when the Holy Spirit has come upon you; and you shall be witnesses to Me in Jerusalem, and in all Judea and Samaria, and to the end of the earth.”

Broken but more valuable

Psalms 51:16–17 NLT

You do not desire a sacrifice, or I would offer one. You do not want a burnt offering. The sacrifice you desire is a broken spirit. You will not reject a broken and repentant heart, O God.

Often, in our good little Christian lives, we resist the notion that God wants something in us more than he wants something from us. I can pray for God to have my money, time, energy or skills, but often God wants me. And those things although connected to me, are not what God is after. God has all the money, time and anything else we could offer.

What God is after, is much more valuable. It is our broken and repentant heart. He is the perfect Father who when he encounters his children, he desires our heart above all the things. It is if all of creation has pretend

Some things are better broken. A glow stick only gets fun when you break the glass inside. A good pair of shoes are better worn and danced in when you have finally broken them in. A believer in the hands of God may encounter brokenness while serving Jesus, but then and only then, are we what God desires, a broken and repentant child.

What area of your life is broken, and how can you surrender that part of your life today?

No eye has seen

Isn't it hard to imagine what the future will look like? With so much uncertainty, sometimes people like to predict the future but the reality is your God says, no one can even imagine how magnificent and one hundred percent authentic the things God has prepared for you. Take a moment to THANK God for preparing GOOD things for those who love Him.

Prayer: Jesus, thank you for exceeding my expectations when it comes to what is ahead of me. When the negative reports come, I will be reminded that no one has ever seen, heard or imagined what you have for my life. I know what you have prepared is something I can trust will be FAR greater than what I ever could have planned or prepared, in Jesus name!

1 Corinthians 2:9

“However, as it is written: “What no eye has seen, what no ear has heard, and what no human mind has conceived” – the things God has prepared for those who love him”

Activate your faith

James 1:22

But be doers of the word, and not hearers only, deceiving yourselves.

It's great to hear all of these great sermons and read impactful devotions. Don't forget to take what you've heard and get active with doing exactly what God is instructing. Pray for someone. Share your story. Go the extra mile to love on someone today.

Prayer: Heavenly Father, I pray that today you give me a practical way to do what it is that I've been learning lately from you. I want to be obedient. I know that obedience is better than sacrifice and you desire my activity not just my thoughts. I love you and plan to do what you say. In Jesus' name, Amen.

Celebrate Often

Exodus 13: 8-9 NLT

“On the seventh day you must explain to your children, ‘I am celebrating what the Lord did for me when I left Egypt.’ This annual festival will be a visible sign to you, like a mark branded on your hand or your forehead. Let it remind you always to recite this teaching of the Lord: ‘With a strong hand, the Lord rescued you from Egypt.’”

Do you have any days in your life when you celebrate something God did for you? I know a friend that has a day of celebration when they were healed of a serious illness. They call it something like a birthday for healing. When I first heard that, I thought it was silly, but now I get it.

In times when we feel like life is tough or we feel like we are forgotten, it's good to have a day to celebrate and be reminded of God did already in our lives. I forget all too often what God has already did when I'm hoping for something that hasn't happened yet.

If you're like the children of Israel, then you need a day to remember what God has already done. Take a moment and remind yourself - celebrate what God has already done. Make today a all about celebrating something big that God has done.

Secure

God's love is unwavering.
Has there been a time you
felt unsteady?

Prayer: Jesus, I shift my gaze on you. Your love is constant, especially in life's uncertainties. I stand secure in your steadfast nature and faithfulness set out for each day. Thank you for being my rock. Help me to stand securely fastened to your love no matter the circumstance. In Jesus' name.

Lamentations 3:22–23 ESV
“The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness.”

Wait on Him

Isaiah 40:31

But those who wait on 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.

It's hard to wait on anything. Most of our culture would consider themselves impatient. It's the very reason that Amazon Prime is so popular. Waiting, however, is the prerequisite to renewing strength according to scripture. If you've been waiting on God for something, keep holding on. A fresh wind is coming.

Prayer: God, bless me with the gift of patience. It's hard to wait but waiting on you comes with benefits. I'm looking forward to being renewed as I continue to hold on to the promises you've given me. In Jesus' name, Amen.

Good Perfume

Leviticus 8:21 NLT

After washing the internal organs and the legs with water, Moses burned the entire ram on the altar as a burnt offering. It was a pleasing aroma, a special gift presented to the Lord, just as the Lord had commanded him.

Often times with God and the Bible, we make things too pretty when life is not so much most of the time. It's kinda like those instagram vs. reality photos.

In reality, what pleases God can be messy, gross and often not fit for public consumption. Well that is the difficulty of following Jesus isn't it? We honor those who despise us. We forgive when they don't deserve it. We worship when we feel like we don't have a good reason to worship. I love that Moses burned the entire ram on the altar... not because he wanted to- I'm sure it was gross and smelled crazy. But it wasn't for him was it?

My wife will sometimes wear perfume and so often she'll say it's too strong or that she doesn't like the smell as much as I do. I always end up saying, "well are you wearing it for me?" I find it funny in that example, it's easy to forget who the smell is for.

May you be challenged to live your life in a way that smells good to God. Regardless of how it smells to you... does your life smell like good perfume to God in Heaven?

Seek First

Matthew 6:33 (NIV)

“But seek first his kingdom and his righteousness, and all these things will be given to you as well.”

What comes to mind first when you wake up? Work? Family? Perhaps it is the list of to do's and responsibilities you carry as many often think of when they awake. Today, Jesus is asking you to seek Him first and the promise is that all these things will be given to you. What is one way you can make Jesus priority today?

Prayer: Jesus thank you for the simple reminder that when we seek you, everything else follows. Help me to prioritize seeking you and becoming more like you every day. Today is your day, I give it to you, let everything else come second in place to knowing you and being known by you. In Jesus name, amen.

Community is Important

Matthew 18:20

“For where two or three are gathered together in My name, I am there in the midst of them.”

It's not good enough to live your faith out alone. We're tribal by nature and designed to be in community with other believers. Take a moment to reflect on your circle of friends and pray both for them and with them. Jesus will show up too!

Prayer: God, thank you for the community you've given me. Each person is unique and I thank you that you show up when we gather in your name. Bring us closer together so that iron can sharpen iron and we all can be better followers of you. In Jesus, name. Amen!

Costly

2 Samuel 24:24 NLT

But the king replied to Araunah, “No, I insist on buying it, for I will not present burnt offerings to the Lord my God that have cost me nothing.” So David paid him fifty pieces of silver for the threshing floor and the oxen.

I can think of so many times when I was younger when I asked for discount or expected someone to give me something for free because I felt like an entitled kid. I know most of us do that sometimes, but now I look back and I can't imagine why I did that. It feels cringy and crazy that I expected someone to treat me different because of some reason I concocted.

David understood we can't cheat the system. God doesn't want what looks convenient. He wants what's costly to us. Isn't that crazy lol. God actually knows what's difficult for us to give him, and he doesn't just settle for the “thought that counts”. I know I have thought that way before- God is good with me just making the effort... But in reality, he is always after what we hold near and dear. He desires what we give at a cost.

If it ain't expensive, God don't want it. Is there anything you have that is costly that you haven't committed to God yet? If you've been giving God the cheap stuff, repent and make today a day to commit the costly thing that you hold dear.

Trust

Proverbs 3:5–6 (NIV)

“Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge (or submit) to him, and he will make your paths straight”

Consider the word trust. Where are the areas in your life where it is challenging to trust God in? Reflect on this passage that reminds us, when we acknowledge God, he makes our paths straight. God can be trusted. Look to him today and not on your own understanding, he wants to direct you.

Prayer: Heavenly Father, help me to trust you completely. In moments of doubt, remind me of your faithfulness and guide me along the straight paths you have for me.

Nazarite Vow

Judges 13: 4-5 NLT

So be careful; you must not drink wine or any other alcoholic drink nor eat any forbidden food. You will become pregnant and give birth to a son, and his hair must never be cut. For he will be dedicated to God as a Nazirite from birth. He will begin to rescue Israel from the Philistines.”

You ever get frustrated with being different? As a kid, I'd see other kids who couldn't have milk and they'd be so mad that they would still drink it and suffer the consequences. It can be tough to be held to a different standard as a Disciple of Jesus.

In Judges, Samson was a life long Nazarite. Usually an Israelite would make a Nazarite vow for a certain time period, like a month or a year, but rarely they made a lifelong vow. What's more incredible, is that Samson was born into being a lifelong Nazarite. As disciples of Jesus, we were called before our birth to another level of living, to be holy. And holiness just means to be set a part. So in this life, we can choose to rise or fall below the life we've been born again into. Choose today the level of holiness you'll be obedient to. How Holy do you want to be?

Order

Colossians 1:16 ESV

For by him all things were created, in heaven and on earth, visible and invisible, whether thrones or dominions or rulers or authorities—all things were created through him and for him.”

God displays in scripture that He is a God of order. Has there been a time where it felt like chaos?

Jesus, we thank You for life. We know by scripture that not one thing was created without Your knowledge. In a world full of chaos, we know that You hold supreme power. We ask for Your guidance and peace in the midst of any storm we may be facing. We surrender our circumstance into Your mighty hands. You alone are all powerful and all knowing. We thank you for being our God and put all of our hope in You. In the matchless name of Jesus. Amen.

21 DAYS OF PRAYER AND FASTING | 2024

Our 2024 fast has come to an end! We hope that in the last 21 days, you were able to draw near to God, and truly hear from Him.

As we continue to go about our our lives and face all the demands that we meet on an every day basis, let's not remember the foundations that we set for ourselves during the last couple of weeks.

Let's proceed with the year upholding the same standards that we held during this time.

Let's put Jesus first
Let's intentionally seek Him.
Let's make Him a priority.
Let's ask to hear from Him.
Let's draw near to Him.

We are expectant of what is to come and we believe that this will be your best year yet!

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