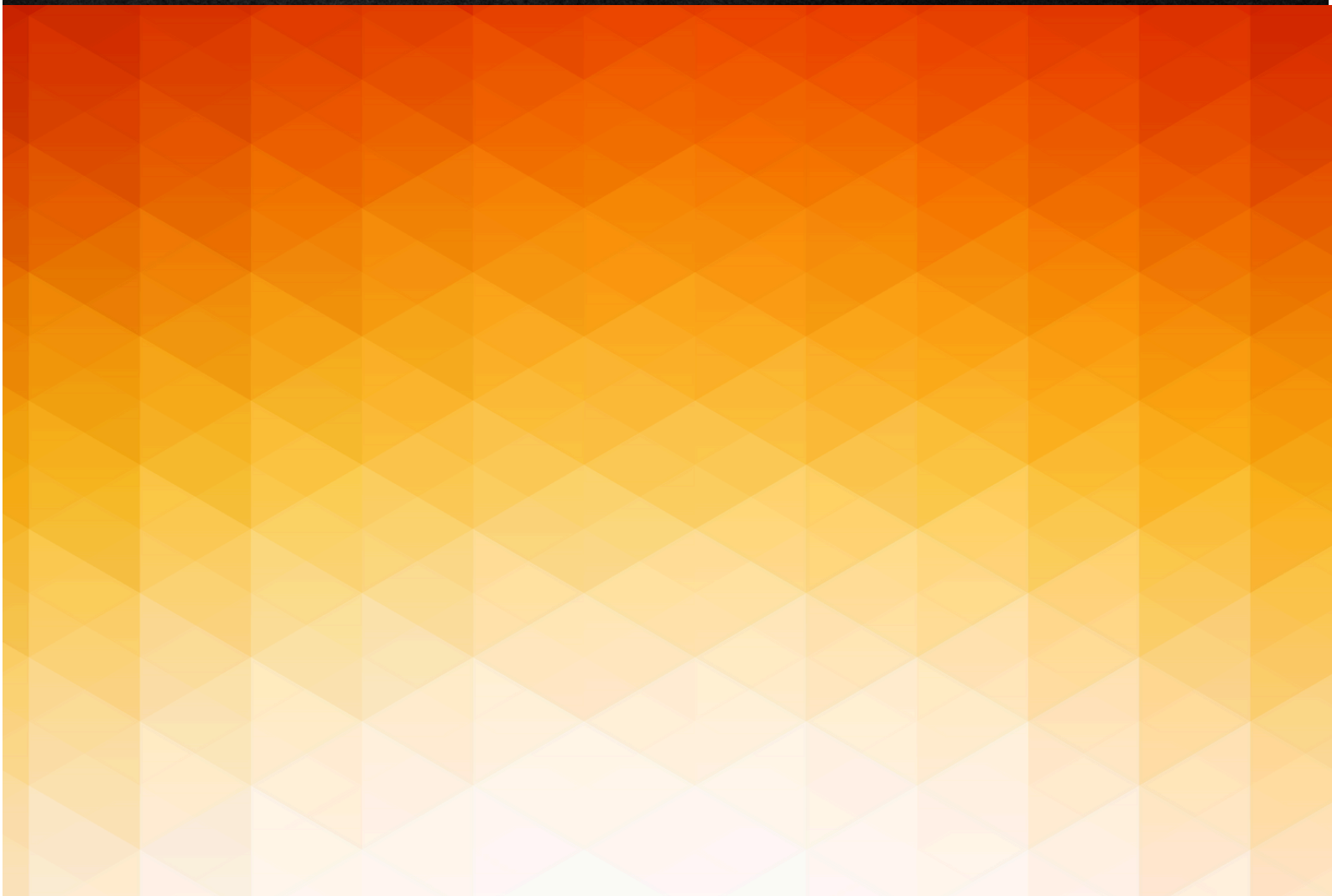




# 21 DAYS OF PRAYER & FASTING



# PRAYER JOURNAL

PRAYER IS NOT OUR LAST RESORT,  
IT'S OUR FIRST RESPONSE.

# **FUNDAMENTALS OF PRAYER**

## **CREATING A LIFESTYLE OF PRAYER**

Prayer is most effective when it isn't something we do every now and then, but when it's a lifestyle we cultivate. To understand how to have a lifestyle of prayer, we can look at the example Jesus gave during His life on earth.

MARK 1:35 "Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where He prayed."

## **HAVE A CERTAIN TIME**

Jesus got up early in the morning to spend time with His Heavenly Father. Make a daily appointment with God — whether it's first thing in the morning, at lunch, or in the evening — and faithfully keep it.

## **HAVE A CERTAIN PLACE**

Jesus had a specific place He went to pray. Having a designated place to pray helps us remove distractions and frees us to worship and pray out loud.

## **HAVE A CERTAIN PLAN**

When Jesus taught His disciples how to pray, He gave them a prayer outline. Why not give a try of 'First 30'. Essentially, it is 10 minutes of worship, 10 minutes of prayer, and 10 minutes of reading your Bible everyday as a starting point to practicing prayer. As we pray every day, our plans for our prayer time can vary, but it helps when we have a plan for connecting regularly with God

## PRAYERS TO START YOUR DAY

The Word of God is one of the most valuable tools we have to build a dynamic daily prayer life. It brings power, truth, and encouragement to our prayer time. Here are a few examples of how you can pray using scriptures:

**SCRIPTURE:** MATTHEW 6:33

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

**PRAYER:** “Your Word tells me that if I seek first Your Kingdom and Your righteousness, You will lead me to a life of blessing, purpose, and freedom. I am Yours today, God, and I give this day to You. Help me to focus on Your priorities first, sharing Your love and making Your Name known. I know that by focusing on You rather than myself, I will receive joy and peace.”

**SCRIPTURE:** 2 TIMOTHY 1:7 “For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.”

**PRAYER:** “Father, I know You have not given me a spirit of fear or timidity, but one of power, love, and self-discipline. When my mind feels out of control, I pray that You will renew my spirit and let power, love, and self-discipline fill me. Help me to look more like You every day. I declare that anything that is not of You has to leave me in Jesus’ mighty Name. I proclaim that I do not have a spirit of fear, but I have a sound and healthy mind.”

**SCRIPTURE:** JAMES 4:8

“Come near to God and He will come near to you.”

**PRAYER:** “Heavenly Father, You have promised that if I draw near to You, You will draw near to me. I need more of Your presence today, and I am drawing near to You through prayer, worship, and reading Your Word. I open my heart to You and ask You to be near to me and change me to be more like You.”

**SCRIPTURE:** JAMES 4:10 “Humble yourselves before the Lord, and He will lift you up.”

**PRAYER:** “God, You have promised that if I humble myself before You, You will lift me up. I recognize today that I cannot succeed on my own, and I need You in every moment. I humble myself before You, and I ask You to work in and through me today. My time, efforts, thoughts, and words are Yours today (name specific parts of your day and give them to God). Use me for Your purposes, Lord. I trust that You will be with me and lift me up.”

DATE: \_\_\_\_\_

DAY 1

A series of horizontal dashed lines for writing, spanning the width of the page.

21 sets of horizontal dashed lines for writing.



**21** DAYS OF  
PRAYER & FASTING

DATE: \_\_\_\_\_

DAY 2

Handwriting practice lines consisting of 20 horizontal dashed lines.



**21** DAYS OF  
PRAYER & FASTING



21 sets of horizontal dashed lines for writing.



**21** DAYS OF  
PRAYER & FASTING

DATE: \_\_\_\_\_

DAY 3

Lined writing area with horizontal dashed lines for text entry.



**21** DAYS OF  
PRAYER & FASTING

21 horizontal dashed lines for writing.



**21** DAYS OF  
PRAYER & FASTING

DATE: \_\_\_\_\_

DAY 4

Handwriting practice area consisting of 20 horizontal dashed lines.



**21** DAYS OF  
PRAYER & FASTING

21 horizontal dashed lines for writing.



**21** DAYS OF  
PRAYER & FASTING

DATE: \_\_\_\_\_

DAY 5

Handwriting practice area consisting of 20 horizontal dashed lines.



**21** DAYS OF  
PRAYER & FASTING

21 horizontal dashed lines for writing.



**21** DAYS OF  
PRAYER & FASTING

DATE: \_\_\_\_\_

DAY 6

Handwriting practice lines consisting of 20 horizontal dashed lines.



**21** DAYS OF  
PRAYER & FASTING



21 horizontal dashed lines for writing.



**21** DAYS OF  
PRAYER & FASTING

DATE: \_\_\_\_\_

DAY 7

Handwriting practice area consisting of 20 horizontal dashed lines.



**21** DAYS OF  
PRAYER & FASTING

21 sets of horizontal dashed lines for writing.



**21** DAYS OF  
PRAYER & FASTING

DATE: \_\_\_\_\_

DAY 8

Handwriting practice area consisting of 20 horizontal dashed lines.



**21** DAYS OF  
PRAYER & FASTING

21 sets of horizontal dashed lines for writing.



**21** DAYS OF  
PRAYER & FASTING

DATE: \_\_\_\_\_

DAY 9

Handwriting practice area consisting of 20 horizontal dashed lines.



**21** DAYS OF  
PRAYER & FASTING

21 horizontal dashed lines for writing.



**21** DAYS OF  
PRAYER & FASTING

DATE: \_\_\_\_\_

DAY 10

Handwriting practice area consisting of 20 horizontal dashed lines.



**21** DAYS OF  
PRAYER & FASTING



21 horizontal dashed lines for writing.



**21** DAYS OF  
PRAYER & FASTING

DATE: \_\_\_\_\_

DAY 11

Handwriting practice area consisting of 20 horizontal dashed lines.



**21** DAYS OF  
PRAYER & FASTING

21 horizontal dashed lines for writing.



**21** DAYS OF  
PRAYER & FASTING

DATE: \_\_\_\_\_

DAY 12

Handwriting practice area consisting of 20 horizontal dashed lines.



**21** DAYS OF  
PRAYER & FASTING

21 sets of horizontal dashed lines for journaling or writing.



**21** DAYS OF  
PRAYER & FASTING

DATE: \_\_\_\_\_

DAY 13

Handwriting practice area consisting of 20 horizontal dashed lines.



**21** DAYS OF  
PRAYER & FASTING

21 sets of horizontal dashed lines for journaling or writing.



**21** DAYS OF  
PRAYER & FASTING

DATE: \_\_\_\_\_

DAY 14

Handwriting practice area consisting of 20 horizontal dashed lines.



**21** DAYS OF  
PRAYER & FASTING



21 horizontal dashed lines for writing.



**21** DAYS OF  
PRAYER & FASTING

DATE: \_\_\_\_\_

DAY 15

Handwriting practice area consisting of 20 horizontal dashed lines.



**21** DAYS OF  
PRAYER & FASTING

21 sets of horizontal dashed lines for journaling or writing.



**21** DAYS OF  
PRAYER & FASTING

DATE: \_\_\_\_\_

DAY 16

Handwriting practice lines consisting of 20 horizontal dashed lines.



**21** DAYS OF  
PRAYER & FASTING

21 horizontal dashed lines for writing.



**21** DAYS OF  
PRAYER & FASTING

DATE: \_\_\_\_\_

DAY 17

Horizontal dashed lines for journaling.



21 sets of horizontal dashed lines for journaling or writing.



**21** DAYS OF  
PRAYER & FASTING

DATE: \_\_\_\_\_

DAY 18

Handwriting practice area consisting of 20 horizontal dashed lines.





21 sets of horizontal dashed lines for writing.



**21** DAYS OF  
PRAYER & FASTING

DATE: \_\_\_\_\_

DAY 19

Handwriting practice area consisting of 20 horizontal dashed lines.



**21** DAYS OF  
PRAYER & FASTING

21 sets of horizontal dashed lines for writing.



**21** DAYS OF  
PRAYER & FASTING

DATE: \_\_\_\_\_

DAY 20

Handwriting practice area consisting of 20 horizontal dashed lines.



**21** DAYS OF  
PRAYER & FASTING

21 sets of horizontal dashed lines for writing.



**21** DAYS OF  
PRAYER & FASTING

DATE: \_\_\_\_\_

DAY 21

Handwriting practice area consisting of 20 horizontal dashed lines.



**21** DAYS OF  
PRAYER & FASTING

21 horizontal dashed lines for writing.



**21** DAYS OF  
PRAYER & FASTING



*The Lighthouse*

**21**  
**DAYS OF**  
**PRAYER & FASTING**