

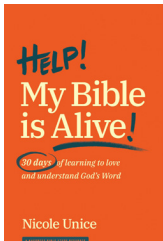
# 21 DAYS OF PRAYER + FASTING

JANUARY 3-23, 2022

## MORNING

### PERSONAL TIME WITH JESUS

Start each morning by meeting with Jesus through His Word in the Spirit! We recommend one of two options:



Join us in our Bible 101 Reading Challenge by spending 15-30 minutes each morning following the "Help! My Bible is Alive" guide.

or



Read, meditate and journal through the daily Scripture portion of the "21 Days of Prayer + Fasting" packet.

#### SAVE THE DATE:

Jan 23 - Vision Sunday (10am)  
 Jan 23 - Prayer Summit (6:30pm)  
 Jan 30 - Family Service

## NOON

### FASTING + INTERCESSION

Instead of eating lunch, go without. Fasting embodies what our mind and spirit are processing. Use the time you'd normally spend preparing and eating your lunch to pray.

Use the "Parkside Prayer Points" on the reverse of this sheet to guide you in what to pray for OR you can use the "Reflect & Pray" section of the "21 Days of Prayer & Fasting" packet.

You might also want to schedule a prayer meeting over lunchtime with one or two fellow Parksideers.

Additionally, you might sense the Lord asking you to fast more than one meal during these 21 days. Consider trying a longer fast than you've done in the past.

For some, fasting food, is not possible (talk to your doctor). In that case, consider giving up something else that you depend on each day (i.e. coffee, social media, tv, etc.).

## NIGHT

### A HOUSEHOLD MOMENT

Go through the "21 Days of Prayer & Fasting" packet each day with your household. Either at the dinner table or after. The blue cover is for adults. The doodle cover is for families with kids. Each kid or tween can have their own. Whatever one works best for you and your household is ok! Go through each day's guide (note: there is a family moment section that requires a bit of forethought and time to prepare and implement).



ADULTS



STUDENTS

#### NEED SOMETHING?

Contact the church office if you need extra copies or have questions along the way!

WE EXIST TO CONTINUE THE MINISTRY OF JESUS IN OUR HOMES, CHURCH, CITY AND WORLD!

# PARKSIDE PRAYER POINTS

## MONDAY: Pray for your church!

- Unity and vitality in our church family
- Wisdom and protection for our leaders
- Healing and support for those that are hurting
- Faithfulness and fruitfulness to grow in us
- Favour with our city

Get specific (write down names, etc.):

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## TUESDAY: Pray for your soul!

- Ask God to grow your love for Him and others.
- Ask Him for openness to His Spirit, Word, and the church.
- Ask Him to fill you with His Spirit and give the gift of tongues.
- Confess and repent of any sin within you.
- Praise the Lord for who He is and what He's done!

Write down what He speaks or impresses upon you:

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## WEDNESDAY: Pray for your household:

- Wisdom and grace to love and lead those around you.
- Growth in our knowledge of Jesus and hunger for holiness.
- Bless those around you - speak out God's favour over them.
- Protection and direction for your household.
- Make your household a bright light to those around you.

Write down what He speaks or impresses upon you:

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## THURSDAY: Pray for your city:

- Pray for your neighbours.
- Pray for your colleagues and workplace.
- Pray for other churches in town.
- Pray for the welfare of our city.
- Pray for our leaders at every level of government.

Get specific (write down names, etc.):

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## FRIDAY: Pray for your world:

- Where is the world broken? Pray!
- Our missionaries who risk so much to share the Gospel.
- Lift up the persecuted church.
- Pray for more folks to go and make disciples of all nations.
- Pray for strongholds to be broken.

Get specific (write down names, etc.):

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## SATURDAY: Spiritual Digestion Part 1

Take some time not to talk, but listen. Grab a pen and journal and write down what's on your mind and heart these days. How's your body feeling (it often is a prophet that tells you when you're stressed)? Write down the good, the bad and the ugly. Pour out your mind and heart to God in prayer. He hears you! Invite Him to speak and impart His will and strength to journey forward.

## SUNDAY: Spiritual Digestion Part 2

Take some time not to talk, but listen. Grab a pen and journal and write down what you're thankful for and what you love about God. Consider the reality that He is the God that can take five loaves and two fish and feed thousands! Allow Him to fill your sails with the fresh wind of His Spirit - to build your faith, increase your vision, and bring strength to your weary bones.