

21 DAYS

**OF
PRAYER
& FASTING**



VINTAGE

INTRODUCTION

During the next 21 days, we are encouraging you to grow in your walk with Christ in three areas: reading, prayer, and fasting. As a community, we are going to pursue Jesus daily with expectant hearts.

READING

A daily reading plan has been provided. Each day you will be prompted to read:

- a passage from the Old Testament or New Testament
- a Psalm
- a verse from Proverbs

We encourage you to choose a specific time each day to commit to reading. Choose a time when you are at your best and able to be most attentive to God and His word. If you miss a day, don't try to catch up; simply pick up where you left off.

READING

We encourage you to structure your time of reading with prayer, studying, and journaling:

Pray: Ask God to speak to you through His word, to search your heart and transform your life

Study: As you read, take notes in a journal or in your Bible.

- Who is the author of the passage?
- Who is the author writing to?
- What are they writing about?

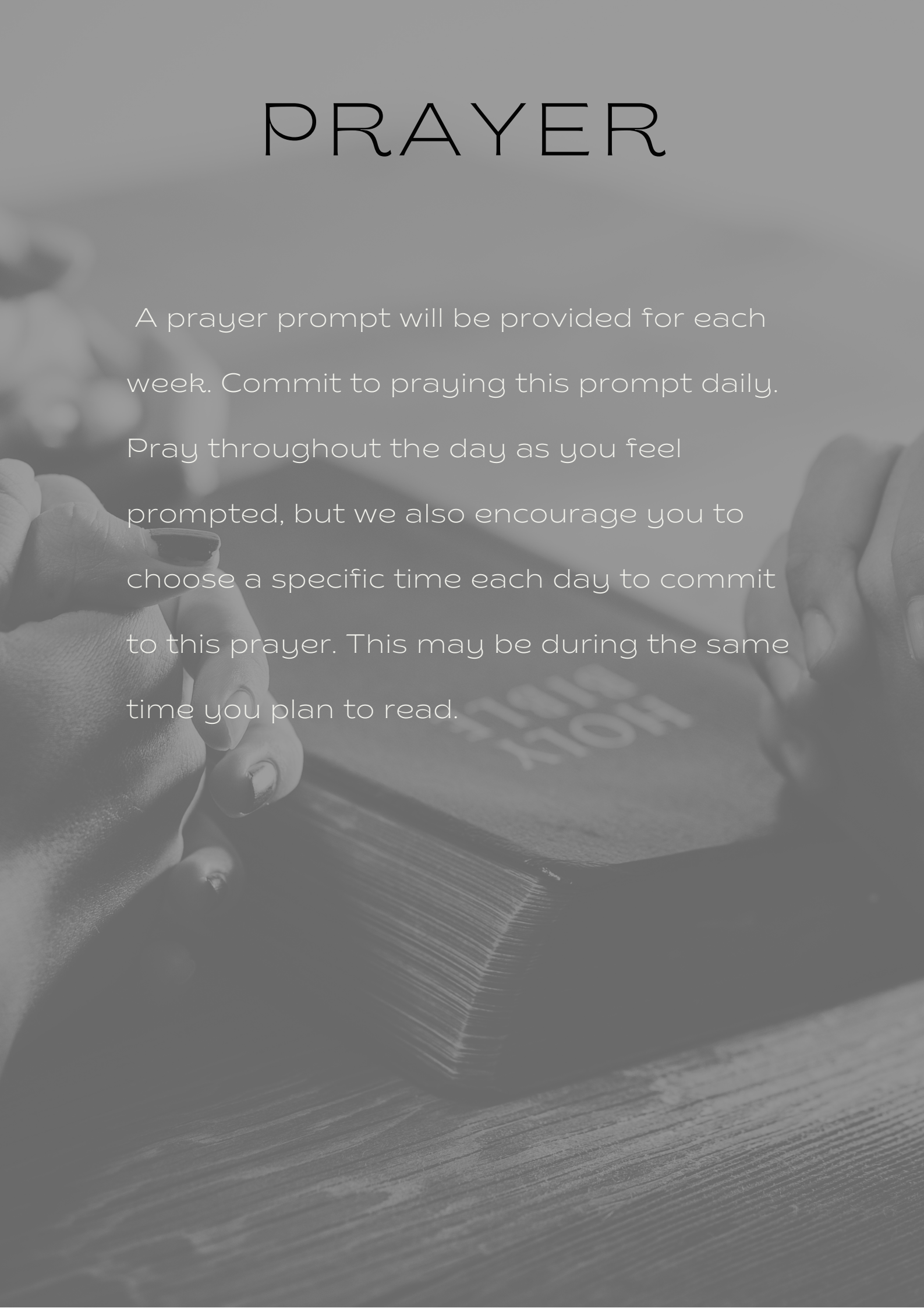
Journal: Record the date and scripture you are reading.

Reflect on what God was saying to you through His word and how it applies to your life. Consider:

- Writing down a verse or two that stood out to you
- Asking and answering questions:
 - What does the passage teach you about God?
 - What does the passage teach you about Jesus?
 - How can the passage be applied to your life?

PRAYER

A prayer prompt will be provided for each week. Commit to praying this prompt daily. Pray throughout the day as you feel prompted, but we also encourage you to choose a specific time each day to commit to this prayer. This may be during the same time you plan to read.



FASTING

Fasting is designed to increase our dependence on God by weakening our dependence on things of this world, such as food or technology. Fasting deepens our hunger for God and reminds us that we are sustained by Him. In his book *Celebration of Discipline*, Richard Foster wrote,

“More than any other discipline, fasting reveals the things that control us. This is a wonderful benefit to the true disciple who longs to be transformed into the image of Jesus Christ. We cover up what is inside us with food and other good things, but in fasting these things surface. If pride controls us, it will be revealed almost immediately. David writes, ‘I humbled my soul with fasting’ (Psalm 69:10). Anger, bitterness, jealousy, strife, fear – if they are within us, they will surface during fasting.”

FASTING

We are encouraging you to fast for the next 21 days. To begin your fast, reflect on the following:

Clarify the purpose of your fast

- Answer the question: Why are you fasting?
- Ask the Holy Spirit to lead you in this fast.

Specify the nature of your fast

- Pray about what type of fast you should begin
 - Abstain from certain foods (meat, sweets, etc.) - Daniel 10:3
 - Abstain from all food - Esther 4:16, Acts 9:9
 - Abstain daily from a meal
 - Abstain from shopping/material consumption
 - Abstain from a form of entertainment: TV, Social media, video games, all reading except the Bible, music, texting
- Consider: How will you commit to commune with Jesus in place of your fast restriction?
 - i.e.: In place of a meal, how will you commune with Jesus?

We are all in different places in our walk with God; Your fast should be personal and purposeful. Know your body, your options, and most importantly, let the Holy Spirit lead you in how you should fast, what you should focus on, and most importantly, how to better commune with God during these 21 days through prayer and reading.

FASTING COMMITMENT

MY REASON FOR FASTING

MY FASTING CONDITIONS

I WILL FAST FROM:

TIME FRAME:

I WILL PRIORITIZE GOD DURING THIS FAST BY:

WEEK 1

PRAYER

Pray for your relationship with God. Pray for deepened intimacy with Him. Spend time in repentance, asking the Holy Spirit to search your heart, and for the opportunity and discipline to know God more deeply. Pray for the discipline and obedience to continuously grow into the image of Christ.

David longed for intimacy with God; consider praying David's prayer in Psalm 63:1-8.

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.
I have seen you in the sanctuary and beheld your power and your glory.
Because your love is better than life, my lips will glorify you.
I will praise you as long as I live and in your name I will lift up my hands.
I will be fully satisfied as with the richest of foods;
with singing lips my mouth will praise you.
On my bed I remember you;
I think of you through the watches of the night.
Because you are my help, I sing in the shadow of your wings.
I cling to you;
your right hand upholds me.

Psalm 63:1-8

READING

Day 1

Matthew 6:5-18

Psalms 63:1-8

Proverbs 1:7

Day 2

John 1:1-18

Psalms 1

Proverbs 15:16

Day 3

Genesis 12:1-8

Psalms 150

Proverbs 28:13

Day 4

Deuteronomy 6:1-15

Psalms 128

Proverbs 30:5

Day 5

Exodus 34:1-9

Psalms 100

Proverbs 18:12

Day 6

Hebrews 4:1-16

Psalms 47

Proverbs 31:30

Day 7

2 Chronicles 7:1-16

Psalms 127

Proverbs 17:22

WEEK 2

PRAYER

Spend time in prayer for your brothers and sisters in Christ, the Vintage community, and the Church of Western New York. Pray that the church would be a place of love, accountability, encouragement, grace, forgiveness, and faithfulness. Pray for authenticity and trust within the house of God. Pray for church leadership. Pray for the church to steward our time, talent, and treasures well for His kingdom.

READING

Day 8

John 15:1-17

Psalms 23

Proverbs 3:5

Day 9

Galatians 5:13-26

Psalms 139:1-12

Proverbs 9:8

Day 10

Deuteronomy 11:13-21

Psalms 139:13-24

Proverbs 15:1

Day 11

Jeremiah 23:1-6

Psalms 16

Proverbs 17:17

Day 12

1 Kings 8:22-30

Psalms 134

Proverbs 27:17

Day 13

1 Corinthians 13

Psalms 11

Proverbs 9:10

Day 14

Matthew 22:29-40

Psalms 27

Proverbs 18:24

WEEK 3

PRAYER

Spend time in prayer over those in your sphere of influence who haven't trusted in Jesus as their Lord and Savior. Pray over family members, friends, classmates, colleagues, acquaintances, neighbors, and those you cross paths with in your daily going (the grocery store, gym, etc.). Ask the Holy Spirit to move in their lives and open their eyes and hearts so they may have new life in Christ. Pray for opportunities to build relationships with these people, opportunities to share your testimony and to share the gospel. Pray for opportunities to invite these people to church.

Specifically spend time in prayer over the college-aged and young adult generation of Western New York. Pray for the gospel to spread over college campuses, and for God to fill the church with this generation.

READING

Day 15

John 3:1-21

Psalms 8

Proverbs 4:23

Day 16

John 3:22-36

Psalms 113

Proverbs 16:3

Day 17

Joshua 1:1-9

Psalms 124

Proverbs 3:1

Day 18

Ephesians 4:20-32

Psalms 4

Proverbs 18:21

Day 19

1 John 4:7-19

Psalms 142

Proverbs 31:25

Day 20

1 Samuel 16:1-13

Psalms 125

Proverbs 19:21

Day 21

Isaiah 41:8-16

Psalms 149

Proverbs 16:9



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