



21 DAYS PRAYER AND FASTING

Follow the prayer guide below as we journey, together, through 21 days of prayer and fasting.

EACH DAY, AS A CHURCH, WE WILL PRAY:

- JAN 9:** For God to purify our heart and mind
- JAN 10:** To hear the voice of the Lord
- JAN 11:** For our hearts to be aligned with the heart of the Father
- JAN 12:** For God to empower us with creative ideas to reach the community
- JAN 13:** For God's healing power to flow; that there be no sick or weak among us
- JAN 14:** For supernatural intervention and direction, and for the Holy Spirit to move in HSC's corporate worship services
- JAN 15:** That our individual and collective praise and worship reach new intimate levels
- JAN 16:** That the fire of God touches the body of Christ like never before
- JAN 17:** That all our needs are met and that we have the overflow to help others
- JAN 18:** That our hunger and desire for God's presence increases daily
- JAN 19:** Psalms 91 (read and pray); that we are protected by the blood of Jesus
- JAN 20:** That we become doers of the Word not only hearers
- JAN 21:** That our nation remains free
- JAN 22:** That all the enemy's plans are canceled
- JAN 23:** That HSC continuously pursues a spirit of excellence in everything we do
- JAN 24:** For our youth and children's leaders, that they: have patience and operate with the wisdom of God; receive discernment to help counsel the children; are directed by the Holy Spirit in their teachings
- JAN 25:** For Pastor Chris and Susy to get more help as the ministry of HSC increases
- JAN 26:** For the worship team to always be receptive to the Spirit of God leading us into new realms of the Spirit
- JAN 27:** That new doors will be open for people that need employment
- JAN 28:** For increase in wisdom concerning managing our finances as a church body
- JAN 29:** That we come together with other churches to lift up the name of Jesus



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GUIDE TO FASTING

COMPLETE FAST

In this type of fast, you drink only liquids, typically water with light juices as an option.

SELECTIVE FAST

This type of fast involves removing certain elements from your diet. One example of a selective fast is the Daniel Fast, during which you remove meat, sweets, and bread from your diet and consume water and juice for fluids and fruits and vegetables for food.

PARTIAL FAST

This fast is sometimes called the “Jewish Fast” and involves abstaining from eating any type of food in the morning and afternoon. This can either correlate to specific times of the day, such as 6:00 am to 3:00 pm, or from sunup to sundown.

SOUL FAST

This fast is a great option if you do not have much experience fasting food, have health issues that prevent you from fasting food, or if you wish to refocus certain areas of your life that are out of balance. For example, you might choose to stop using social media or watching television for the duration of the fast and then carefully bring that element back into your life in healthy doses at the conclusion of the fast.

NEED PRAYER?

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