Holy Encounters Lead to Holy ENDEAVORS

21 Days of Prayer + Fasting

As you set your goals for the year, God wants to take us to this theme in His Word that Holy Encounters lead to Holy Endeavors. Encounters with God lead to endeavors for God. A purpose for God is birthed from the presence of God.

21 Days of Prayer and Fastin

Name
Email
Month / Year

INTRO TO PRAYER JOURNAL







We are praying and fasting these 21 days so that our goals align with God. The questions for us to consider are: Is my goal of God and for God? Are my holy endeavors immersed by Holy encounters?

So, we pray that these 21 days would fill you with encounters with God to affirm and strengthen your endeavors for God! Let's lean into the Lord now, and let His Holy encounters lead to Holy endeavors.

Guide to your prayer journal



THIS PRAYER JOURNAL IS WHAT YOU MAKE OUT OF IT. YOU CAN WRITE AS MUCH AS YOU WANT OR AS LITTLE AS YOU WANT. WE ONLY ASK THAT YOU MAKE IT INTENSE AND INTIMATE. WRITE OUT YOUR PRAISE AND YOUR LAMENT, YOUR CONFESSIONS AND YOUR INTERCESSIONS, YOUR PETITIONS, AND YOUR EXALTATIONS. LET EVERY WORD BE ADDRESSED TO HIM AND HOW HE IS SPEAKING TO YOU. AND WHEN YOU LOOK BACK ON THESE PAGES, YOU WILL HAVE A RECORD OF YOUR HOLY ENCOUNTERS WITH GOD DURING THESE 21 DAYS!

WHY FAST?

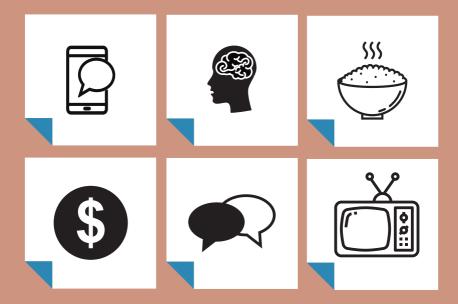
It is important that we not just fast from something but for something. We fast from food for more desperation for God. We fast from social media for more focus on spiritual things. We fast from creature comforts for the opportunity to be more generous. We don't just refrain, we replace. We fast so we can simply feast on the things of God (Ps. 36:7-9). So, as we implement the discipline of fasting, let's remember that this is an opportunity for more. More of God, more impact on our city, more unity in our church.



10 practical ways to fast these 21 days.

01	Fast a meal once a week
02	Fast a whole day once a week
03	Fast from social media or other phone usage
04	Fast from entertainment (tv, music, other media)
05	Fast from junk food / caffeinated drinks
06	Fast from reading any other book but the Bible
07	Fast with your Lighthouse on days you meet
08	Fast from creature comforts (like getting fast food or Amazon Prime)
09	Fast from meat for 21 days
10	Juice fast for 21 days

a few notes-



prepare for your fast.

As you begin to fast, it's a good idea to make a plan! The first step is to choose which fast you will participate in. Then think through/write down some practical steps to achieve this plan. For example: If you choose to fast a meal once a week, pick in advance which meal, and have a structure of what that fasting time will look like.

SUNDAY

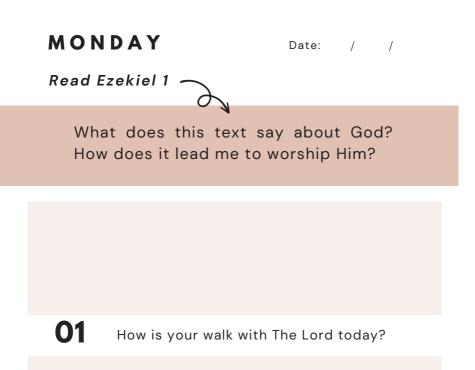
SERMON TITLE

Date: / /

Ezekiel WEEK ONE

PASSAGE





What are you asking him to do with your life during these 21 days?





Re-Read Ezekiel 1 —

What does this text say about how God relates to His people specifically or the world in general?



How is your walk with the Lord today?





WEDNESDAY Date: / /

Think about Ezekiel 1 -

What does this text say about how God relates with me?



02 What was your big takeaway from Sunday?





Look over Ezekiel 1 -

What does this text tell me to do?

O1 How is your walk with The Lord today?

02 How is your fast going so far?









Think about your week 🥱

As we close our final week of prayer and fasting, reflect on these questions:

O1 What is The Lord speaking to your heart right now? How have you encountered Him this week?

O2 How do you want God to show up for you next week?

REFLECTION

SUNDAY

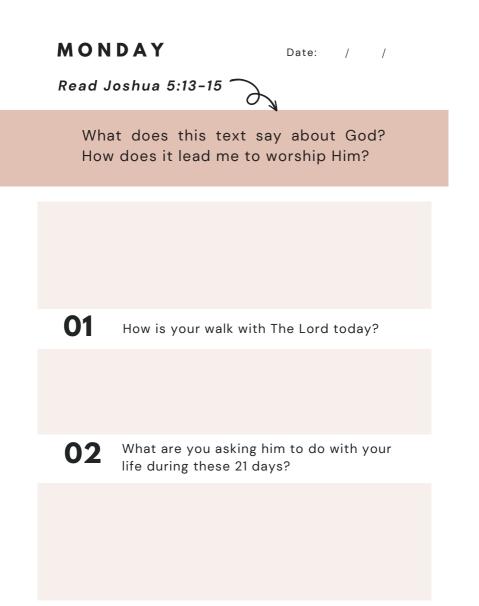
SERMON TITLE

PASSAGE

Date: / /

Joshua WEEK TWO









Date: / /

Re-Read Joshua 5:13-15 🦟

What does this text say about how God relates to His people specifically or the world in general?





What are you asking him to do with your life this week?



WEDNESDAY

Date: / /



What does this text say about how God relates with me?

O1 How is your walk with The Lord today?

02 What was your big takeaway from Sunday?





What does this text tell me to do?



02 How is your fast going so far?



FRIDAY

Date: / /

Read back over Joshua 5:13-15

How does Jesus fulfill or clarify this text?



02 What more do you have to surrender?





Think about your week ~

As we close our final week of prayer and fasting, reflect on these questions:

O1 What has the Lord been speaking to your heart? How have you encountered Him this week?

O2 How do you want God to show up for you next week?

REFLECTION

SUNDAY

SERMON TITLE

PASSAGE

Date: / /

ACTS WEEK THREE





Date: / /

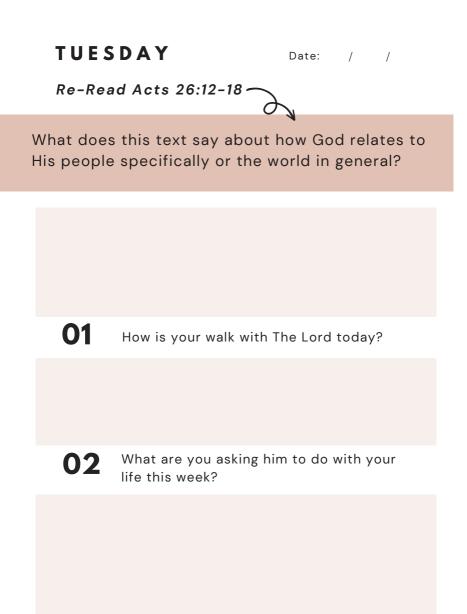
Read Acts 26:12-18 —

What does this text say about God? How does it lead me to worship Him?



02 What are you asking him to do with your life during these 21 days?







WEDNESDAY Date: / /

Think about Acts 26:12-18 -

What does this text say about how God relates with me?

01 How is your walk with The Lord today?

02 What was your big takeaway from Sunday?



THURSDAY

Date: / /

Look over Acts 26:12-18

What does this text tell me to do?



02 How is your fast going so far?



FRIDAY

Date: / /

Read back over Acts 26:12-18 -

How does Jesus fulfill or clarify this text?



02 What more do you have to surrender?





Think about your week 🥱

As we close our final week of prayer and fasting, reflect on these questions:

O1 Where is The Lord speaking to your heart? How have you encountered Him this week?

O2 How do you want God to show up for you next week?

REFLECTION

SUNDAY

SERMON TITLE

PASSAGE

Date: / /

Acts WEEK FOUR











Don't let this end here! Continue to encounter God and write down what he does in your life.

You've got the hang of the format now, use it to grow!

Be honest and vulnerable, only you will read this.

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