



*Holy*  
**ENCOUNTERS**  
**LEAD TO**  
*Holy*  
**ENDEAVORS**

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*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.

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!

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# 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

Date:     /     /

SERMON TITLE

*Ezekiel*

WEEK  
ONE

PASSAGE

NOTES

# MONDAY

Date:     /     /

*Read Ezekiel 1*



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

**01**

How is your walk with The Lord today?

**02**

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

PRAYER

# TUESDAY

Date:     /     /

*Re-Read Ezekiel 1*



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

**01**

How is your walk with the Lord today?

**02**

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

PRAYER

# WEDNESDAY

Date:     /     /

*Think about Ezekiel 1*



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?

PRAYER

# THURSDAY

Date:     /     /

*Look over Ezekiel 1*



What does this text tell me to do?

**01**

How is your walk with The Lord today?

**02**

How is your fast going so far?

PRAYER

# FRIDAY

Date:     /     /

*Read back over Ezekiel 1*



How does Jesus fulfill or clarify this text?

**01**

How is your walk with The Lord today?

**02**

What more do you have to surrender?

PRAYER

# SATURDAY

Date:     /     /

*Think about your week*



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

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

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

REFLECTION

# SUNDAY

Date:     /     /

SERMON TITLE

PASSAGE

*Joshua*

WEEK  
TWO

NOTES

# MONDAY

Date:     /     /

*Read Joshua 5:13-15*



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

**01**

How is your walk with The Lord today?

**02**

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

PRAYER

# TUESDAY

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?

**01**

How is your walk with The Lord today?

**02**

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

PRAYER

# WEDNESDAY

Date:     /     /

*Think about Joshua 5:13-15*



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?

PRAYER

# THURSDAY

Date:     /     /

*Look over Joshua 5:13-15*



What does this text tell me to do?

**01**

How is your walk with The Lord today?

**02**

How is your fast going so far?

PRAYER

**FRIDAY**

Date:     /     /

*Read back over Joshua 5:13-15*



How does Jesus fulfill or clarify this text?

**01**

How is your walk with The Lord today?

**02**

What more do you have to surrender?

PRAYER

# SATURDAY

Date:     /     /

*Think about your week*



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

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

- 02** How do you want God to show up for you  
next week?

REFLECTION

# SUNDAY

Date:     /     /

SERMON TITLE

PASSAGE

*ACTS*

**WEEK  
THREE**

NOTES

# MONDAY

Date:     /     /

*Read Acts 26:12-18*



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

**01**

How is your walk with The Lord today?

**02**

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

PRAYER

# TUESDAY

Date:     /     /

*Re-Read Acts 26:12-18*



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

**01**

How is your walk with The Lord today?

**02**

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

PRAYER

# 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?



PRAYER



# THURSDAY

Date:     /     /

*Look over Acts 26:12-18*



What does this text tell me to do?

**01**

How is your walk with The Lord today?

**02**

How is your fast going so far?

PRAYER

**FRIDAY**

Date:     /     /

*Read back over Acts 26:12-18*



How does Jesus fulfill or clarify this text?

**01**

How is your walk with The Lord today?

**02**

What more do you have to surrender?

# PRAYER

# SATURDAY

Date:     /     /

*Think about your week*



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

**01**

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

A large, empty rectangular box with a light beige background, intended for the user to write their reflection for question 01.

**02**

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

A large, empty rectangular box with a light beige background, intended for the user to write their reflection for question 02.

REFLECTION

# SUNDAY

Date:     /     /

SERMON TITLE

PASSAGE

*Acts*

**WEEK  
FOUR**

# NOTES

SPACE

SPACE

SPACE



*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.*

## ENCOUNTER



