



# 21-day Prayer and Fasting



18 Jan '21 – 24 Jan '21

## WEEK ONE

*Daniel 10:2-3 At that time I, Daniel, mourned for three weeks. I ate no choice food; no meat or wine touched my lips...*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
18	19	20	21	22	23	24
<b>Day 01</b> <b>My Personal Reflections and Self Examination</b> 2 Corinthians 3:18	<b>Day 02</b> <b>My Relationship with Others (Family)</b> Luke 1:17	<b>Day 03</b> <b>My Relationship with Others (Church)</b> 1 Corinthians 12:12	<b>Day 04</b> <b>My Relationship with Others (Community)</b> Hebrews 12:14	<b>Day 05</b> <b>My Relationship with God the Father</b> Romans 8:15	<b>Day 06</b> <b>My Relationship with Lord Jesus Christ</b> John 15:5	<b>Day 07</b> <b>My Relationship with the Holy Spirit</b> Romans 8:14
<u>Reading Plan:</u> Gospel of John Chapters 1,2 and 3	<u>Reading Plan:</u> Gospel of John Chapters 4,5 and 6	<u>Reading Plan:</u> Gospel of John Chapters 7,8 and 9	<u>Reading Plan:</u> Gospel of John Chapters 10,11 and 12	<u>Reading Plan:</u> Gospel of John Chapters 13,14 and 15	<u>Reading Plan:</u> Gospel of John Chapters 16,17 and 18	<u>Reading Plan:</u> Gospel of John Chapters 19,20 and 21

## General Guidance

- As the leadership of Frontline Church, we congratulate you for choosing to walk this journey with us as we take this time to connect intimately and personally with God.
- We encourage you to replace the time you would normally take for physical meals to study the Word, pray and worship God.
- We have included for you some portion of scripture to read each day and some reflective questions to search your heart with appropriate bible references.
- We recommend to anyone with medical conditions, taking prescription medicine, pregnant and nursing mothers to seek professional medical advice before participating.

## Proposed Foods allowed

- **Whole Grains:** brown rice, oats, barley, corn, popcorn, whole wheat, grain pasta, corn pap, millet pap, rice cakes & corn cakes.
- **Legumes:** dried brown beans, pinto beans, split peas, lentils, black eyed peas, green beans, green peas, bean flour.
- **Fruits:** apples, oranges, paw-paw, pineapples, avocados, plantains, bananas, breadfruit, coconuts, dates, figs, grapes, guava, mangoes, melons, lemons, limes, oranges, tangelos, tangerines, watermelon, pineapples, papayas, pears, plums, prunes, raisins, dried mixed fruits, olives, strawberries, apricots, berries, cantaloupe, cherries, cranberries, grenadine, nectarines, peaches, etc.
- **Vegetables:** Spinach, tomatoes, onions, cabbage, carrots, cauliflower, broccoli, asparagus, sprouts, celery, parsley,

eggplant, lettuce, cucumbers, mushrooms, garlic, ginger root, yams, potatoes and corn

- **Nuts & Seeds:** Melon seeds, cashew nuts, peanuts, almonds, coconuts, sunflower seeds, pine nuts, peanut/almond butter.
- **Beverages:** Water! Water! Water! 2-3 liters of liquid per day, including vegetable and natural fruit juices without sugar.

## Day 01 My Personal Reflections and Self Examination

- ‘Hear Him’ (Matthew 17:5). Hear from Him how to prepare your heart. Pray for the Spirit of Truth.
- Examine yourself in His Light. Ask Holy Spirit to search your heart. Do not zip yourself up. This can mean the difference between condemnation and conviction.
- Some questions to ask yourself: How is my relationship with the Lord? Am I faithful in keeping my times with Lord? Do I give His Word first place in my heart daily? Do I mix His Word with faith or am I unbelieving? (Hebrews 4:2). Do I trust Him or speak unbelievably?
- Acknowledge where you have failed.
- (1 John 1:9)
- Additional Scriptures: 2 Corinthians 13:5, Psalm 139:23-24; Psalm 26:1-12)

## Day 02 My Relationship with Others (Family)

- How is my relationship with my spouse, children, parent and sibling? ‘Hear Him’ (Matthew 17:5).
- Have I been loving, obedient and submissive towards my children, partner, and parents (Ephesian 5:22-33, Malachi 4:5-6, Colossians 3:21; Ephesians 6:1-4)?
- Pray for the Spirit of Truth to open your heart to check for anything in your

relationship that could prevent your prayers from being answered (1 Peter 3:7).

### **Day 03 My Relationship with Others (Church)**

- You are the body of the Anointed One, and each of you is a unique and vital part of it
- (1 Corinthians 12:27). Is this how I see myself and everyone in church?
- (1 Corinthians 12:12-27)
- How are my thoughts towards others-critical, judgmental, slanderous, unforgiving, competitive, prideful or are they thoughts of love? (Hebrews 12:14-15; John 15:12; 1 Corinthians 13:4-7; Matthew 7:2).
- So then from now on, we have a new perspective that refuses to evaluate people merely by their outward appearances... if anyone is in Christ, he is a new creation... (2 Corinthians 5:16-17)

### **Day 04 My Relationship with Others (Community)**

- Does my speaking about, and with my neighbor please my Father? (Matthew 12:36; James 3:1-10; Ephesians 4:29; Ephesians 5:4).
- What is my attitude towards my neighbor, masters and servants is it aligned to God's Word? (Colossians 3:14-15, 23-24; Colossians 4:1; Ephesians 6:5-10; Romans 12:9-21)
- Have I been submissive to authorities as commanded by God (1 Peter 2:13-25; Romans 13:1-6)? Seek God's mercy?

### **Day 05 My Relationship with God the Father (Abba)**

- Do I seek to know the Father better every day? (Jeremiah 9:23-24)

- Do I trust Him to heal my wounds? (Psalm 103:1-5)
- Do I get discouraged when I am chastened by the Father?
- Do I grow in my realization of His love for me? (Hebrews 12:3-11; Romans 8:31-39).
- Do I experience the Father's adoption? (Romans 8:15)
- Am I grateful? (Psalm 100:4; 1 Thessalonians 5:18).

### **Day 06 My Relationship with Lord Jesus Christ (Son)**

- We are being transformed into His image. (Romans 8:29; 2 Corinthians 3:18)
- What was He like on earth? His humility, His compassion and sympathy? (Philippians 2:5-8)  
Consider His suffering. (Hebrews 12:1-2)
- Do I honour His Name? (Psalm 8:1; Psalm 9:10; Philippians 2: 9-11)
- Do I honour His Blood? Use it daily for forgiveness, strength and victory. (Hebrews 9:14; Revelation 12:11; Exodus 15:2)
- Jesus is now seated at the right hand of God. He is our Intercessor. Do we come boldly to Him in prayer? (Hebrews 10:19)
- We are His Bride! What is our 'first love' to Jesus like? (Revelation 19:7)

### **Day 07 My Relationship with the Holy Spirit (Spirit)**

- Do I have access to the Mind of the Spirit and wait on the Lord until I see and know before acting?
- Do I allow Him to lead me? (Romans 8:14)
- He wants to guide us. (John 16:13)
- He is a Person and can be grieved, quenched and ignored. (Ephesians 4:30; 1 Thessalonians 5:19)

- Am I grieving the Spirit through complaining?
- Am I endeavoring to follow Jesus' example daily to only do and speak what the Spirit says? (John 5:30; John 5:19)
- Do I endeavor to live in total dependency on the Spirit?