

# 21 Days of Prayer & Fasting – Nov. 1-21, 2021

## Why is St. Paul's asking me to pray and fast for 21 days?

We want to follow the example set before us in Scripture to come to the Lord and seek him before major decisions. Specifically, we are asking you to join your St. Paul's family to seek God's will and provision for the ministry and facility needs of our parish. And, if you have a particular matter in front of you – a crisis, a big decision, a transition – lift them to God in prayer during these 21 days.

## What is fasting?

"Fasting is deliberately abstaining from the normal routines of life. Its purpose is to spend focused time in prayer and the study of God's word, seeking to align our lives with God's will. Fasting is not just giving up something. It is important to replace our physical wants and desires with God. While fasting implies abstaining from food, it more importantly means a feasting on God - an utter dependence upon the presence of God beyond the sustenance of food." Gary Rohrmayer

## What should I pray?

We will provide daily Scripture readings and prayer cards. You are encouraged to add your own prayers as the Holy Spirit leads. Prayer does not mean just talking – it includes being still in His Presence, listening and prayerfully reading Scriptures.

## When and where do I pray?

We're asking you to pray at 12 Noon each day, Nov. 1-21, wherever you are. The church building will be open from 12:00-1:00, Monday-Friday for silent prayer. If Noon is not convenient for you and your family, choose a set time that is (for example at dinner time each night).

## How do I get started?

The first thing to do is to pray and make a commitment. Ask God what kind of fast to partake in. Plan ahead. Consider what adjustments to your daily life will be needed and plan now so that you will be able to persevere. Have your Bible and writing materials ready.

## What types of fast are there?

You can choose to fast from food or from an activity or media. Often something we love, need or gives us comfort is a great place to start (food, alcohol, social media, Netflix, the news). Pray about it:

*Lord, "What is something you'd like me abstain from?" Lovingly respond with, "Lord, I need you more than \_\_\_\_\_ (item) for \_\_\_\_\_ (period of time). Help me to faithfully abstain from this item and spend that time with you."*

Examples of fasting include, but are not limited to:

- **Full Fast:** Drink liquids only for a set time. (Consult your doctor first.)
- **Daniel Fast:** Eat only vegetables, fruit, water and juice (minimal amount of carbohydrates).
- **Partial Fast:** Not eating one or two meals on a specific day or abstaining from certain kinds of food.
- **All-day Food Fast:** Abstaining from food one day or multiple days per week.
- **Alcohol:** Abstaining from alcohol.
- **Activity/Media Fast:** Forgoing a time-consuming activity such as devices, entertainment, hobbies, social media, internet, sports, talking, etc., for a set amount of time.

# Scriptures for Prayer & Fasting

## Nov. 1-21, 2021

Nov. 1 - Day 1 - Assumed Practice  
Scripture Reading: Matthew 6  
Key Passage: 6:16-18

Nov. 2 - Day 2 - Dependence  
Scripture Reading: Psalm 69  
Key Passage: Psalm 69:10

Nov. 3 - Day 3 - Spiritual inventory  
Scripture Reading: Psalm 35  
Key Passage: Psalm 35:13

Nov. 4 - Day 4 - Real hunger  
Scripture Reading: Deuteronomy 8  
Key Passage: Deuteronomy 8:2-3

Nov. 5 - Day 5 - Confession  
Scripture Reading: 1 John 1-2  
Key Passage: 1 Samuel 7:6

Nov. 6 - Day 6 - Yearnings  
Scripture Reading: Matthew 9  
Key passage: Matthew 9:14-15

Nov. 7 - Day 7 - Discerning  
Scripture Reading: Acts 9  
Key Passage: Acts 9:3-6, 9

Nov. 8 - Day 8 - Replacing  
Scripture Reading: Nehemiah 9  
Key Passage: Nehemiah 9:1-3

Nov. 9 - Day 9 - Thirsts  
Scripture Reading: Psalm 63  
Key Passage: Psal 63:1

Nov. 10 - Day 10 - Cravings  
Scripture Reading: Matthew 4  
Key Passage: Matthew 4:2-4

Nov. 11 - Day 11 - Cheerfulness  
Scripture Reading: Matthew 6  
Key Passage: Matthew 6:16-18

Nov. 12 - Day 12 - Satisfaction  
Scripture Reading: Psalm 73  
Key Passage: Psalm 73:25-26

Nov. 13 - Day 13 - Sacrifice  
Scripture Reading: Psalm 109  
Key Passage: Psalm 109:24

Nov. 14 - Day 14 - Authentic fasting  
Scripture Reading: Isaiah 58  
Key Passage: Isaiah 58:3-4

Nov. 15 - Day 15 - God's freedom  
Scripture Reading: Isaiah 58  
Key Passage: Isaiah 58:6

Nov. 16 - Day 16 - God's refreshment  
Scripture Reading: Isaiah 58  
Key Passage: Isaiah 58:6, 8, 11

Nov. 17 - Day 17 - God's light  
Scripture Reading: Isaiah 58 & Psalm 112  
Key Passage: Isaiah 58:8, 10

Nov. 18 - Day 18 - God's victory  
Scripture Reading: Esther 4  
Key Passage: Isaiah 58:6, 8 & Esther 4:15

Nov. 19 - Day 19 - The Presence of God  
Scripture Reading: Isaiah 58 & Psalm 1  
Key Passage: Isaiah 58:6, 11

Nov. 20 - Day 20 - God's guiding hand  
Scripture Reading: Isaiah 58; Psalm 23  
Key Passage: Isaiah 58:6, 11

Nov. 21 - Day 21 - Fasting as a holy habit  
Scripture Reading: Matthew 9  
Key Passage: Matthew 9:14-15