

REDEMPTION CHURCH

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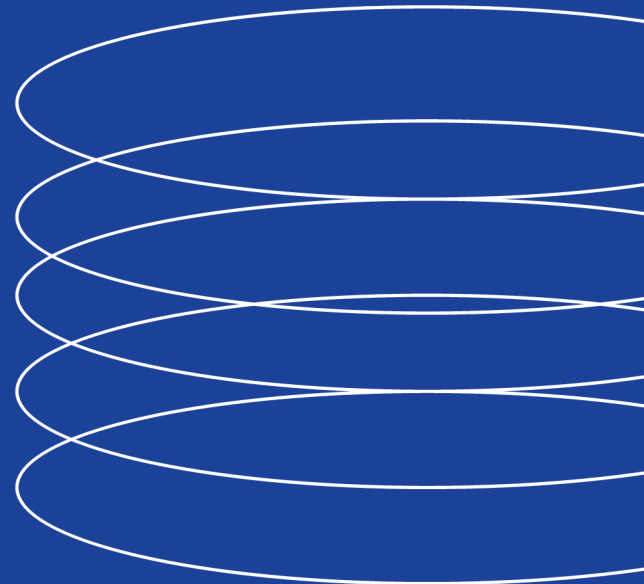


# Prayer 21 Guide

## Praying with Purpose



A STEP-BY-STEP GUIDE  
FOR PRAYER 21 CHALLENGE.



# What is PRAYER 21?

A photograph of two pastors, a woman and a man, smiling. The woman is wearing a bright blue blazer over a black top and has her arm around the man's shoulder. The man is wearing a black hoodie with a logo that says "REDEMPTION CHURCH" and is sitting on a chair. The background is white with a thin black line forming a partial circle around the couple.

HEY, IT'S PASTOR DEVIN AND PASTOR SAM!

We'd like to formally introduce you to Prayer 21! Prayer 21 is an intentional time of prayer that catapults our faith. By praying through specific topics daily, we'll see miracles break out. Prayer will be hosted virtually via Redemption's YouTube Live every morning at 6:21AM. We will kickoff on January 6th and wrap up January 26th! Remember, prayer and fasting changes everything. We love you and see you there!

[FIND MORE ON REDEMPTION CHURCH YOUTUBE'S PAGE](#)



# Fasting The Goal

**The goal of fasting is to  
draw near to God**

It hits the reset button of our soul and renews us from the inside out.

Fasting enables us to celebrate the goodness and mercy of God. It prepares our hearts for all the good things God desires to bring into our lives.

When deciding on a fast, we encourage you to seek God in prayer and follow what the Holy Spirit leads you to do.



# Fasting Scriptures

## Scripture References About Fasting

Matthew 6:16-18

Matthew 9:14-15

Luke 18:9-14

Acts 27:33-37

Nehemiah 9:1-3



# Fasting Types

## **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.



# Fasting Types

## **Complete Fast**

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

## **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.



# Fasting Tips

The timing of your fast is not as important as the strength of your focus on God as you fast.

We encourage fasting for 21 days each year in the month of January. This is part of our 21 Days of Prayer and Fasting season.

You may also choose to fast at other times during the year for your own spiritual development.

It's very typical to fast a single meal, a whole day, or three days or more.

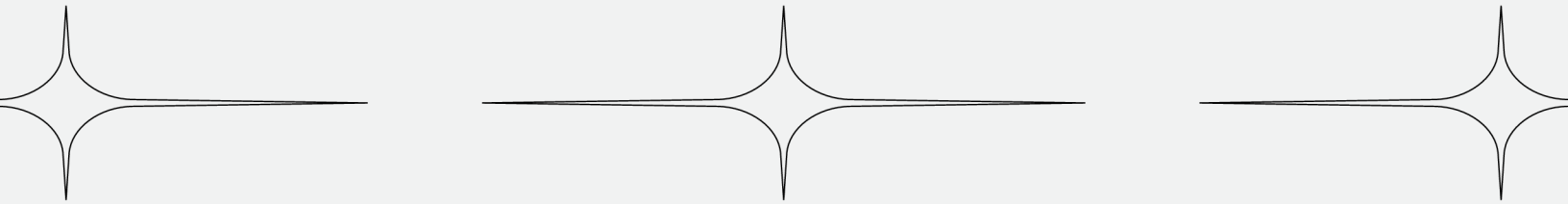
**Let's go to work!**

[FIND MORE ON REDEMPTION CHURCH YOUTUBE'S PAGE](#)

# Day 1: THRIVE

**Scripture:** Jabez cried out to the God of Israel, “Oh, that you would bless me and enlarge my territory! Let your hand be with me, and keep me from harm so that I will be free from pain.” And God granted his request.

**1 CHRONICLES 4:10 NIV**



# Day 2: ANXIETY

**Scripture:** Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

**PHILIPPIANS 4:6-7 NIV**

**Scripture:** Therefore, do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

**MATTHEW 6:34 NIV**



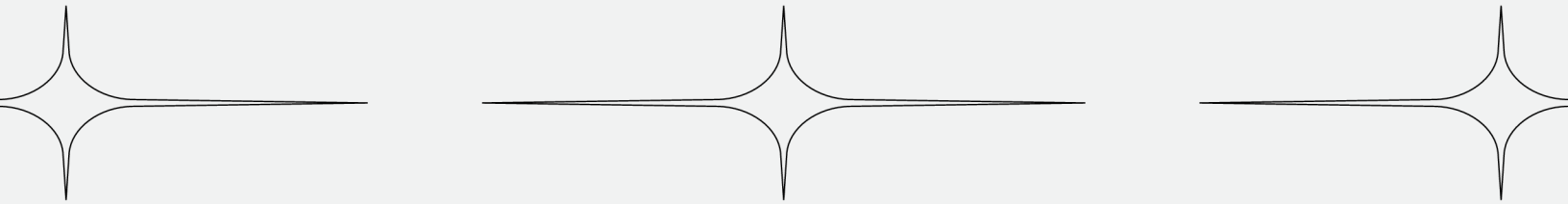
# Day 3: COMFORT

**Scripture:** And we know that in all things God works for the good of those who love Him, who have been called according to His purpose.

**ROMANS 8:28 NIV**

**Scripture:** Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.

**2 CORINTHIANS 1:3-4 NIV**



# Day 4: FAITH

**Scripture:** Now faith is confidence in what we hope for and assurance about what we do not see.

**HEBREWS 11:1 NIV**

**Scripture:** “Everything is possible for one who believes.”

**MARK 9:23 NIV**

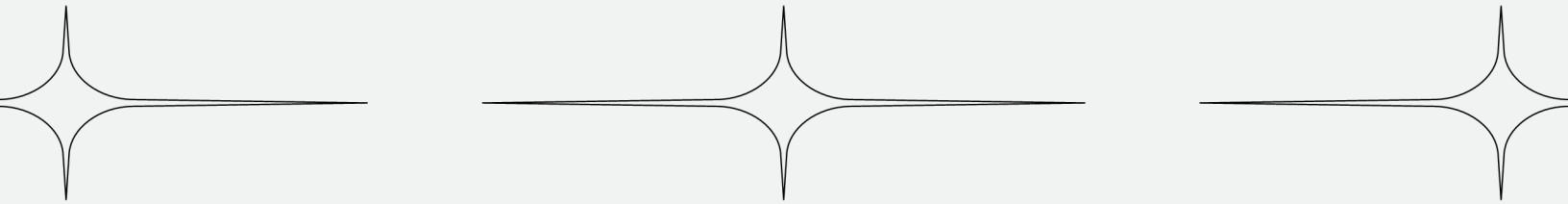
# Day 5: FEAR

**Scripture:** For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.

**2 TIMOTHY 1:7 NIV**

**Scripture:** “So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.”

**ISAIAH 41:10 NIV**



# Day 6: FORGIVENESS

**Scripture:** Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

**EPHESIANS 4:32 NIV**

**Scripture:** Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.

**COLOSSIANS 3:13 NIV**

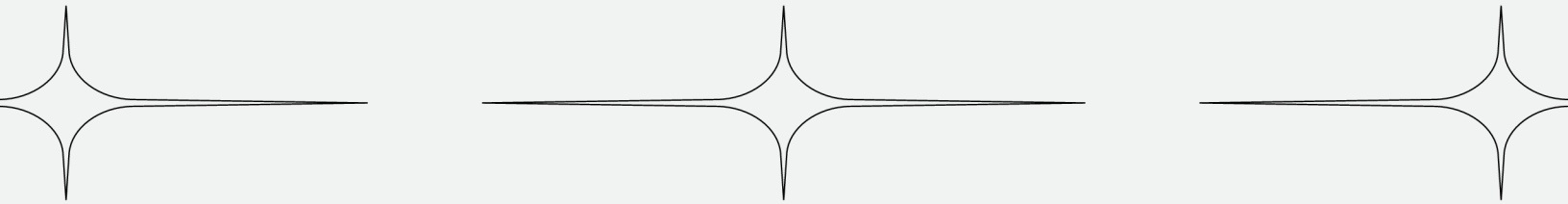
# Day 7: FREEDOM

**Scripture:** Now the Lord is the Spirit, and where the spirit of the Lord is, there is freedom.

**2 CORINTHIANS 3:17 NIV**

**Scripture:** It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.

**GALATIANS 5:1 NIV**



# Day 8: GUIDANCE

**Scripture:** Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to Him, and He will make your paths straight.

**PROVERBS 3:5-6 NIV**

**Scripture:** Whether you turn to the right or to the left, your ears will hear a voice behind you, saying, "This is the way; walk in it."

**ISAIAH 30:21 NIV**

DATE:

PRAYER 21 CHALLENGE: WEEKLY REFLECTION



WINS



CHALLENGES



HOW HAS GOD SHOWED UP OR ANSWERED YOUR PRAYERS  
OVER THE LAST 8 DAYS?

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WHAT ARE YOU EXPECTING GOD TO DO AND PERFORM BY  
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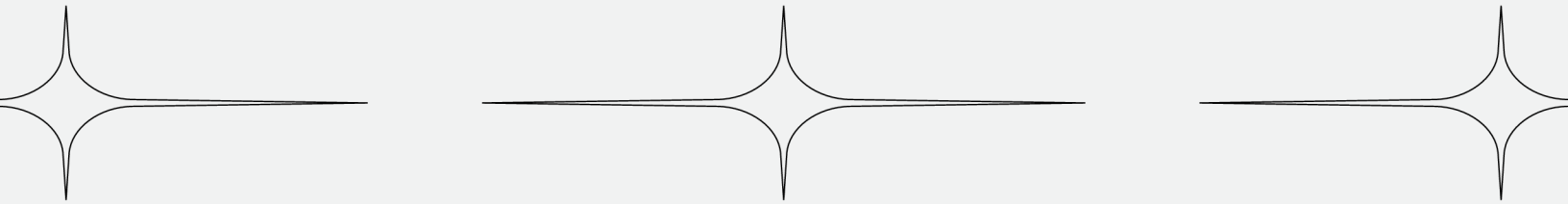
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# Day 9: GUILT/SHAME

**Scripture:** Therefore, there is now no condemnation for those who are in Christ Jesus...  
**ROMANS 8:1 NIV**

**Scripture:** “Though your sins are like scarlet, they shall be as white as snow; though they are red as crimson, they shall be like wool.”  
**ISAIAH 1:18 NIV**



# Day 10: HEALING

**Scripture:** Praise the LORD, my soul, and forget not all His benefits— who forgives all your sins and heals all your diseases...  
**PSALM 103:2-3 NIV**

**Scripture:** But He was pierced for our transgressions, He was crushed for our iniquities; the punishment that brought us peace was on Him, and by His wounds we are healed.  
**ISAIAH 53:5 NIV**

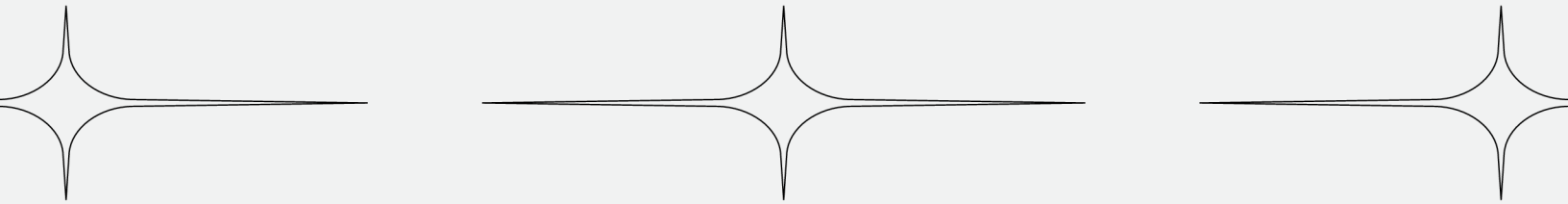
# Day 11: LONELINESS

**Scripture:** “No one will be able to stand against you all the days of your life. As I was with Moses, so I will be with you; I will never leave you nor forsake you.”

**JOSHUA 1:5 NIV**

**Scripture:** God sets the lonely in families, He leads out the prisoners with singing; but the rebellious live in a sun-scorched land.

**PSALM 68:6 NIV**



# Day 12: PRIDE

**Scripture:** “God opposes the proud but shows favor to the humble.”

**JAMES 4:6 NIV**

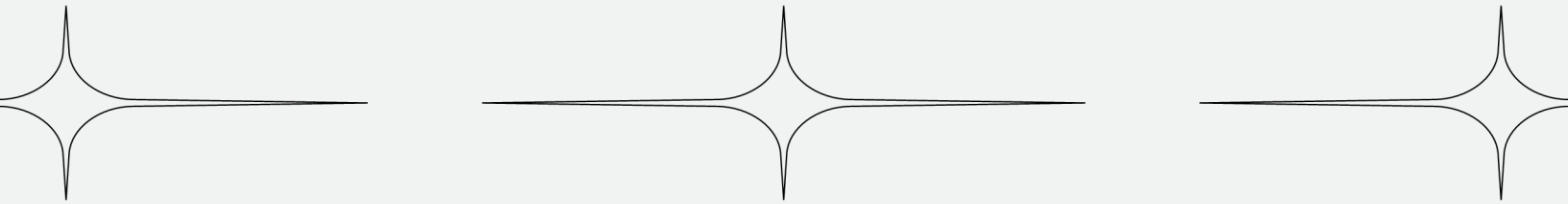
**Scripture:** Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves...

**PHILIPPIANS 2:3 NIV**

# Day 13: PROTECTION

**Scripture:** You will keep in perfect peace those whose minds are steadfast, because they trust in You. Trust in the LORD forever, for the LORD, the LORD Himself, is the Rock eternal. **ISAIAH 26:3-4 NIV**

**Scripture:** May the God of hope fill you with all joy and peace as you trust in Him, so that you may overflow with hope by the power of the Holy Spirit.  
**ROMANS 15:13 NIV**



# Day 14: PROVISION

**Scripture:** And my God will meet all your needs according to the riches of His glory in Christ Jesus.  
**PHILIPPIANS 4:19 NIV**

**Scripture:** And God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work.  
**2 CORINTHIANS 9:8 NIV**

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PRAYER 21 CHALLENGE: WEEKLY REFLECTION



WINS



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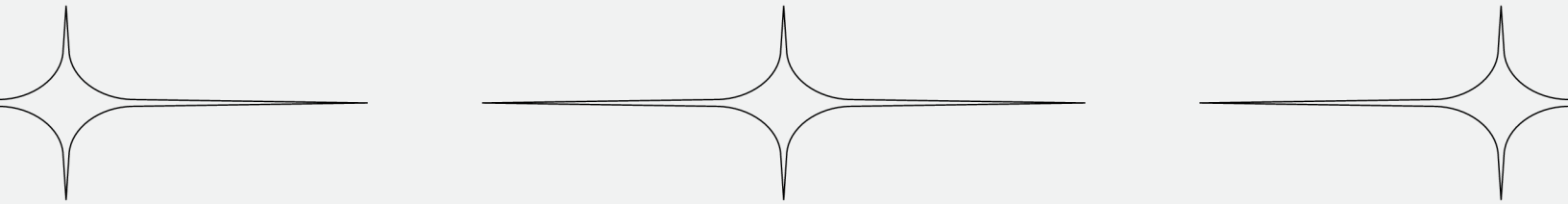


# Day 15: PURITY

**Scripture:** Create in me a pure heart, O God, and renew a steadfast spirit within me.  
**PSALM 51:10 NIV**

**Scripture:** ...let us draw near to God with a sincere heart and with the full assurance that faith brings, having our hearts sprinkled to cleanse us from a guilty conscience and having our bodies washed with pure water.

**HEBREWS 10:22 NIV**



# Day 16: PURPOSE

**Scripture:** “For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future.”

**JEREMIAH 29:11 NIV**

**Scripture:** Being confident of this, that He who began a good work in you will carry it on to completion until the day of Christ Jesus.

**PHILIPPIANS 1:6 NIV**

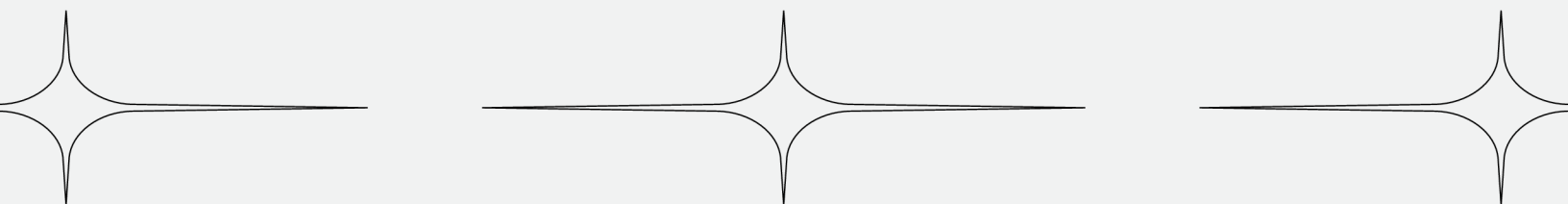
# Day 17: STRENGTH

**Scripture:** But He said to me, “My grace is sufficient for you, for My power is made perfect in weakness.” Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me.

**2 CORINTHIANS 12:9 NIV**

**Scripture:** ...but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

**ISAIAH 40:31 NIV**



# Day 18: THOUGHTS

**Scripture:** Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

**PHILIPPIANS 4:8-9 NIV**

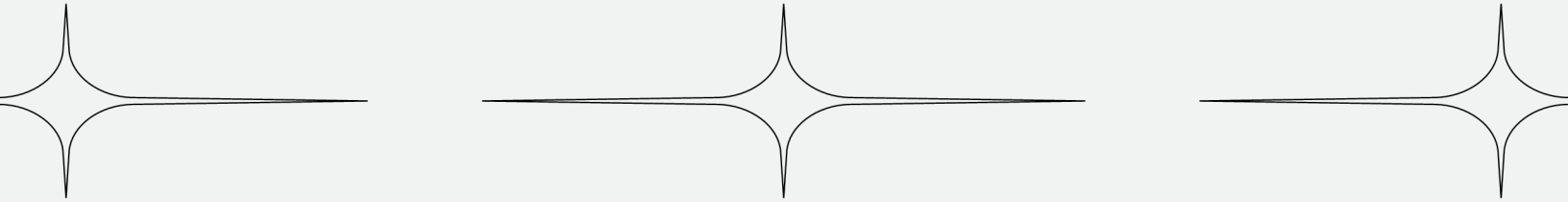
**Scripture:** Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—His good, pleasing and perfect will.

**ROMANS 12:2 NIV**

# Day 19: VICTORY

**Scripture:** “The LORD will fight for you; you need only to be still.”  
**EXODUS 14:14 NIV**

**Scripture:** No, in all these things we are more than conquerors through Him who loved us.  
**ROMANS 8:37 NIV**



# Day 20: WORTH/IDENTITY

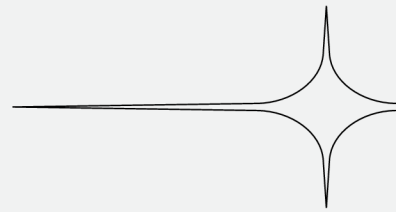
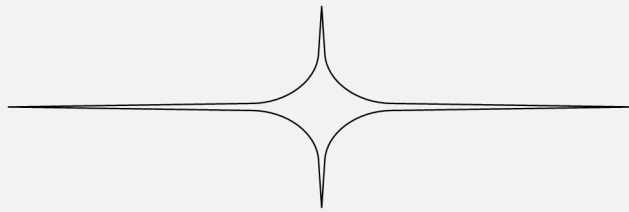
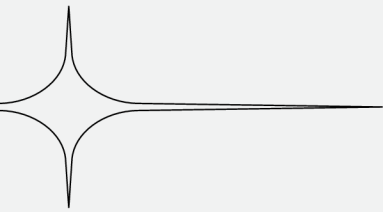
**Scripture:** For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.  
**EPHESIANS 2:10 NIV**

**Scripture:** I praise You because I am fearfully and wonderfully made; Your works are wonderful, I know that full well.  
**PSALM 139:14 NIV**

# Day 21: ASSURANCE

**Scripture:** The LORD is my Shepherd, I lack nothing. He makes me lie down in green pastures, He leads me beside quiet waters, He refreshes my soul. He guides me along the right paths for His name's sake. Even though I walk through the darkest valley, I will fear no evil, for You are with me; Your rod and Your staff, they comfort me. You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. Surely Your goodness and love will follow me all the days of my life, and I will dwell in the house of the LORD forever.

**PSALM 23 NIV**



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