



W H A T
J E S U S
P R A Y S
W H E N
J E S U S
P R A Y S
F O R Y O U

21 DAYS OF PRAYER AND FASTING
PRAYER GUIDE
WEEK 1



HOW TO USE THIS BOOKLET

There isn't one specific formula to use for talking with God, but practicing different ways to pray can help us find deeper purpose and connection to God through our prayer time.

Over these 21 Days, the Prayer Guides will provide various scripturally based Prayer Models along with daily Points of Focus to lead you in your personal prayer time.

Each week:

1: Use the Sermon Notes to follow along with today's teaching. (pages 2-3)

2: Read about the Prayer Model for the week. (pages 4-9)

3: Practice the Prayer Model daily...

a. **on your own**, using **Prayer Points of Focus** (pages 10-12) to help you go further with today's teaching.

b. **with the community**, at our daily prayer gatherings:
Monday through Friday at 6am.

4: Join us on Saturday morning at 9am to prepare yourself for the next Sunday.

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It's my hope that these prayer models will give life to your prayer time and help you - over these 21 Days - to engage with God, yourself, and your Church community in deeper and more life-giving ways than ever before.

- Pastor David

SERMON NOTES (WEEK ONE)

WHAT JESUS PRAYS WHEN JESUS PRAYS FOR YOU

PART ONE: WHAT HE WANTS YOU TO KNOW

John 17:1-8

WHAT JESUS PRAYS (verses 1-3)

Jesus prays for the Father and the Son to win: _____

and for you to win: _____

“Eternal Life” = _____ God _____ knowing Jesus

WHEN JESUS PRAYS FOR YOU, JESUS PRAYS THAT
YOU WILL _____

WHAT JESUS DOES (verses 4-6)

Jesus reveals God’s...

- _____
- _____
- _____
- _____

A GUIDE FOR PERSONAL PRAYER

CREATING A LIFESTYLE OF PRAYER

Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed. MARK 1:35

Prayer is most effective when it's a lifestyle we cultivate. To understand how to have a lifestyle of prayer, we can look at the example Jesus gave during His life on earth.

HAVE A CERTAIN TIME

Jesus got up very early in the morning to spend time with His Heavenly Father. Make a daily appointment with God - whether it's first thing in morning, at lunchtime, or in the evening - and faithfully keep it.

HAVE A CERTAIN PLACE

Jesus had a specific place he went to pray. Having a designated place to pray helps us remove distractions and frees us to worship and pray out loud.

HAVE A CERTAIN PLAN

When Jesus taught His disciples how to pray, He gave His disciples a prayer outline. We call it "The Lord's Prayer." This outline is the prayer plan we used to create this week's guide. As we pray every day our plans for our prayer time may vary, maybe including worship music, Bible Reading, and quiet time to listen to God. It doesn't always have to look the same, it just helps when we have a plan for connecting regularly with God.

THE LORD'S PRAYER

The Lord's Prayer - which is better thought of as "the disciples' prayer, taught by the Lord" - is a model for prayer that Jesus gave to His followers when they asked Him, "Lord, teach us to pray." LUKE 11:1 NIV. It was never meant to be mere liturgy. It is a beautiful pathway to prayerful connection with God.

*Our Father in heaven, Hallowed be Your name.
Your kingdom come. Your will be done on earth as
it is in heaven.
Give us this day our daily bread. And forgive us
our debts, as we forgive our debtors. And do
not lead us into temptation, but deliver us from
the evil one.
For Yours is the kingdom and the power and the
glory forever. Amen.*

MATTHEW 6:9-13 NKJV

In this week's guide, you will learn to use the four-step model of the Lord's Prayer to guide your prayer time.

step 01. **ADORE**

“Our Father in heaven, Hallowed be Your name.”

Prayer commonly consists of giving God a big todo list. But prayer can be so much more! It can be a time of intimate connection with the Creator of the universe. Jesus taught us how to approach God in a way that’s powerful and effective. He doesn’t forbid us from making requests to God. That’s a part of it. But He taught, set your heart and mind in the right place first.

The first step to powerful prayer is Adoration.

God desires a relationship with us. He has adopted us as His children and loves for us to call Him our Father. God also loves when we worship Him as our Creator and our God. There is no power greater.

Start your prayer time by acknowledging your relationship with God: your Heavenly Father who is both intimately close and infinitely powerful. Remind your soul: you’ve got a Dad who can do anything! Thank Him for the relationship you have with Him.

TRY IT: Use your own words to express your adoration (love, gratitude, worship) to God, your Father.

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TIP: Begin by reading a worshipful Psalm in the first person.

step 02. ALIGN

"Your kingdom come. Your will be done on earth as it is in heaven."

Part of being a child of God is caring about what He cares about. We know His will is perfect and we acknowledge his wisdom and sovereignty when we pray His agenda first.

The second step to powerful prayer is Alignment.

Jesus modeled this element of prayer at Gethsemane.

He went on a little farther and bowed with his face to the ground, praying, "My Father! If it is possible, let this cup of suffering be taken away from me. Yet I want your will to be done, not mine."

MATTHEW 26:39, NLT

Spend time confessing that God's will is good. That He knows better than you. That his plan is better for you. And affirm to God that - altho you may not understand his ways - you ultimately want what He wants.

TRY IT: Use your own words to dedicate yourself to God's purposes and His lead.

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TIP: Echo Jesus' Gethsemane prayer by inserting your concern in place of "this cup be taken from me" and then finish the line as your declaration of faith: "Yet I want your will to be done, not mine."

step 03. ASK

“Give us this day our daily bread. And forgive us our debts, as we forgive our debtors. And do not lead us into temptation, but deliver us from the evil one.”

God invites us as His children to come to Him with our problems, needs, and desires. He promises to supply all our needs. He wants us to trust Him to provide.

The third step to powerful prayer is Asking.

Jesus invites, “Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. For everyone who asks receives, and the one who seeks finds, and to the one who knocks it will be opened.”

MATTHEW 7:7-8, NIV

In the Lord’s prayer, Jesus suggested three areas of need to bring to God:

- where there is physical or material need
- where there is relational conflict and/or unforgiveness
- where there is moral or spiritual struggle

TRY IT: Ask God to intervene in these areas of need in your life and in the lives of others.

TIP: Use the PRAYER JOURNAL on pages 14-15 of this booklet to record your requests and the ways God answered and provided.

step 04. ATTEND

“For Yours is the kingdom and the power and the glory forever. Amen.”

I love this last part of the Lord’s Prayer. It’s beautiful; and it gives the prayer to a clear ending: “...forever. Amen!” However, Jesus probably didn’t say it. Modern translations with improved scholarship don’t include it. Without it there’s no neat wrap-up but that may be the point. Maybe Jesus didn’t give a tidy sign-off because prayer isn’t meant to be a one-sided speech. Prayer is meant to be a conversation. Both talking... *and* listening.

The final step to powerful prayer is Attending.

Listening is the most challenging part of prayer but often the most powerful. It’s sitting in silence, attending to God’s voice, giving time for Him to speak to your heart. It’s where God gets to encourage and direct you or simply remind your soul that you’re not alone.

Isaiah wrote, “Those who wait for the Lord will gain new strength; They will mount up with wings like eagles, They will run and not get tired, They will walk and not become weary.”

ISAIAH 40:31, NIV

TRY IT: End your prayer time by silently attending to the Voice of the Spirit. ***This week, use the PRAYER POINTS OF FOCUS on the following pages to guide you.**

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TIP: Distractions happen. It’s okay. To clear your mind of distractions that pop up, jot them down on a piece of paper. Then, refocus and keep listening.

JESUS PRAYS FOR YOU: TO KNOW GOD

Using the Lord's Prayer model outlined in this booklet, join with the community this week to **pray what Jesus Prays when Jesus Prays for you: to know God.**

MONDAY : KNOW GOD'S CHARACTER

- Adore > Align > Ask > Attend
 - Before you attend, read **John 14:6-14**
 - As you "Attend" in prayer today, ask God to reveal His character to you, as seen in Jesus. Dwell on what you know Jesus said and did. This is how you know what God is like.
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TUESDAY : KNOW GOD’S CONCERNS (for you)

- Adore > Align > Ask > Attend
 - Before you attend, read John 10:9-11
 - As you “Attend” in prayer today, ask God to reveal the areas in your life that concern Him (i.e., areas where “the thief” is stealing from you and killing what God intended). Submit yourself to His loving re-direction.
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WEDNESDAY : KNOW GOD’S CONCERNS (for others)

- Adore > Align > Ask > Attend
 - Before you attend, read John 3:16-20; 2 Peter 3:9
 - As you “Attend” in prayer today, ask God to reveal people you know who are far from God. Write down their names and make it a point to intercede for their salvation throughout the day.
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THURSDAY : KNOW GOD'S LOVE

- Adore > Align > Ask > Attend
 - Before you attend, read Romans 5:1-8
 - As you "Attend" in prayer today, ask God to reveal His love to you. Dwell on the Father's mercy, Christ's sacrifice, and Spirit's closeness - all for you!
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FRIDAY : KNOW GOD'S PURPOSES

- Adore > Align > Ask > Attend
 - Before you attend, read 2 Corinthians 5:11-21
 - As you "Attend" in prayer today, ask God to (1) remind you of all that he has made new within you - and (2) reveal how you can be agent of His reconciliation message to the people in your life.
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SATURDAY

- *Join us at Capital at 9am. Give one hour of your time on Saturday to pray for eternity to be changed for others on Sunday.*

21 DAYS OF FASTING

We encourage everyone to participate in our 21 Days of Prayer and Fasting. It doesn't matter what you fast. But it will make a difference for you, and within you, if you fast. Here's how:

1. CHOOSE A FAST

Prayerfully choose a type of fast from the list below. Whichever you choose, commit to it as an exercise in spiritual discipline and expression of worship.

A Financial Fast

Turn non-essential spending into charitable giving. Abstain from all extra spending for 21 days (e.g., dining out, going to movies, buying clothes, apps, etc.). Record what you don't spend. Give that amount to the Church or a charity.

A Food Fast

Abstain from food, fully or partially. Variations include:

- fast all food except water
- fast all solid foods (only drink juices and broths)
- fast a certain type of food (e.g. meat, sweets, etc.)
- "The Daniel Fast" (see daniel-fast.com)

*Always consult your physician prior to any food fast.

*Never fast water.

A Media Fast

Abstain from some or all media forms not required by work or school. Go 21 days without tv, movies, radio, magazines, social media, internet, apps, etc. Replace that time with Bible reading (it's ok to use your phone for that).

A Time Fast

Reorder your daily and weekly schedule and dedicate time to prayer, Bible reading, and serving those in need. E.g., attend the 21Days prayer events, serve the church or at a Mission, serve your neighbors (raking, shoveling, etc.).

A Daylight Fast

For 21 days, fast from 6AM until 6PM each day. You can apply the Daylight Fast to any of the fasts listed above.

2. REMEMBER THE POINT

Biblical Fasting is the act of humbling oneself before God. It's more than just abstaining from something; it's about making room for God-focused devotion through practices like prayer, Bible reading, and serving others. It's about setting your mind on God, allowing Him to re-align your heart to be in harmony with His and to turn your focus from your wants to others' needs.

3. SHARE THE EXPERIENCE

Don't fast alone. Attend the events on the 21 Days schedule. Connect with friends who are also participating in the 21Days, to pray together, encourage one another, and share what you're learning.

From Sunday, January 6 to Saturday, January 26

Sunday	9 & 11am	Worship Services
Monday-Friday	6:00am	Morning Prayer
Saturday	9:00am	Saturday-for-Sunday Prayer

*The sanctuary will also be open for prayer from 7am to Noon, Monday through Friday.