



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 2



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 along with today's teaching (page 2)

2: Read about the Prayer Model for the week (page 4)

3: Practice the Prayer Model daily...

- a. **on your own**, using **Prayer Points of Focus** (page 9) to help you go further with today's teaching
- b. **with the community**, at our **daily prayer gatherings**:
 - Monday through Friday at 6am
 - Monday night at 7pm
 - Saturday morning at 9am

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 TWO)

WHAT JESUS PRAYS WHEN JESUS PRAYS FOR YOU

PART TWO: WHAT HE WANTS YOU TO FIND

John 17:9-15

Jesus prays for those who _____ in Him - because
those who are _____ belong to _____.
(and God has _____)

*The Christian's task is to **remain** in the world without being absorbed into it; to progressively **reflect** Jesus more than one does their own culture, and to **endure** all the malice the world can muster - all while under the protection of God the Father himself. It's a dangerous path for life... but a secure one.*

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

JESUS WANTS YOU TO FIND FREEDOM FROM...

- _____ (v.11)
- _____ (v.13)
- _____ (v.15)

JESUS PRAYS THAT INSTEAD YOU WILL FIND...

- _____ (v.11)
- _____ (v.13)
- _____ (v.14)

SO, _____ WHAT JESUS PRAYS YOU'LL _____

1. Join a Group / Lead a Group
2. _____ Together
 - Submit to God
 - Resist the Devil
 - Rejoice in Faith

On the following pages you'll find the PRAYER MODEL for this week: WARFARE PRAYER. Read about it (pages 4-8) and then use the PRAYER POINTS OF FOCUS (pages 9-14) to guide your personal prayer time Monday through Friday.

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.

SPIRITUAL WARFARE

PRAYER

Prayer is not only communion with God; it is also confrontation with the enemy.

James gives us two-thirds of a good plan for warfare prayer:

*Submit yourselves, then, to God.
Resist the devil, and he will flee from you.*
JAMES 4:7 NIV

Jesus completes it:

However, do not rejoice that the spirits submit to you, but rejoice that your names are written in heaven."
LUKE 10:20 NIV

In this week's guide, you will learn the three-step model of Spiritual Warfare Prayer and how to use it during your prayer time.

step 01. **SUBMIT TO GOD**

Spiritual warfare is about Spiritual Authority.

In **Luke 10:16-20** Jesus taught, *“Whoever listens to you listens to me; whoever rejects you rejects me; but whoever rejects me rejects Him who sent me.” (verse 16)*

God the Father is the Authority over everything. He gave all authority to His Son, Jesus. See **JOHN 13:3**, **MATTHEW 28:18**, and **PHILIPPIANS 2:9-11**.

Jesus in turn gave authority to His followers.

Luke tells us that when Jesus’ disciples saw the authority they had over evil, they *“returned with joy and said, ‘Lord, even the demons submit to us in your name.’” (verse 17)*

Jesus wasn’t surprised. *He replied, “I saw Satan fall like lightning from heaven. (verse 18)*

(When God the Father ejected Satan from heaven, the fight lasted as long as ... well... have you ever seen a lightening bolt? The devil is no match for God.)

“I have given you authority to trample on snakes and scorpions and to overcome all the power of the enemy; nothing will harm you.” (verse 19)

STEP ONE: Submit yourself to God, the ultimate Authority. Your strength in spiritual warfare is directly related to your recognition of God’s authority and power and to your submission to His rule.

step 02. RESIST THE DEVIL

“Resist the devil, and he will flee from you.”

When Jesus was on earth, He came face to face with the devil when He was tempted in the wilderness.

After fasting forty days and forty nights, Jesus was hungry. The tempter came to him and said, “If you are the Son of God, tell these stones to become bread.”

Jesus answered, “It is written: ‘Man shall not live on bread alone, but on every word that comes from the mouth of God.’”

Then the devil took him to the holy city and had him stand on the highest point of the temple. “If you are the Son of God,” he said, “throw yourself down. For it is written: “He will command his angels concerning you, and they will lift you up in their hands, so that you will not strike your foot against a stone.”

Jesus answered him, “It is also written: ‘Do not put the Lord your God to the test.’”

Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor. “All this I will give you,” he said, “if you will bow down and worship me.”

Jesus said to him, “Away from me, Satan! For it is written: ‘Worship the Lord your God, and serve him only.’”

Then the devil left him, and angels came and attended him.

LUKE 4:2-11, NIV

Every time the enemy tried to tempt Him, Jesus confronted him with truth from scripture. Then Jesus told the devil to go away! You can do the same thing.

STEP TWO: Resist the devil. You’ve got the authority to do so. Scripture is your greatest weapon. Read it, build up your ammo.

step 03. REJOICE IN FAITH

“Rejoice that your names are written in heaven.”

1. Submit to God
2. Resist the devil

There’s one last piece...

In Luke 10, after Jesus told his disciples, *“I have given you authority to trample on snakes and scorpions and to overcome all the power of the enemy; nothing will harm you.”* (verse 19)

He told them to keep the right perspective: *“However, do not rejoice that the spirits submit to you, but rejoice that your names are written in heaven.”* (verse 20)

He was telling them, “joy” is the right response to spiritual victory. Jesus wants us to find Joy. It frees us from despair. As long as our reason for joy is not misplaced. Ministry with God is a privilege, and access to God’s power is exciting but the real cause for joy is that we have true and everlasting life before God.

STEP THREE: Rejoice in your Faith - through which you’ve been saved by Grace. Celebrate the hope you have: forever with God!.

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JESUS PRAYS FOR YOU: TO FIND FREEDOM

Using the Spiritual Warfare Prayer Model, **pray what Jesus Prays when Jesus Prays for you: that you will find freedom.**

1. Read the scripture of the day.
2. Pray the spiritual warfare prayer for the day.

Each prayer is written to guide you through the Spiritual Warfare Prayer model: "Submit to God" > "Resist the devil" > "Rejoice in Faith"

These prayers are just examples. You can use and adapt them to your specific situations long after the week is over. At the end of the week, there's a template you can use to write your own.

MONDAY : FREEDOM FROM ISOLATION

- **Read 1 Peter 5:6-11**
- Submit to God > Resist the devil > Rejoice in Faith

Prayer:

“Father God, I humble myself before you. You are above all things. I gratefully submit to your loving leadership. Thank you for lifting me out of the pit of faithlessness; thank you for giving my heart peace even when my mind does not understand; thank you for caring for me as Your child.

I know that the enemy - the liar, the accuser - wants to isolate me and make me believe that I am alone. There he can defeat me. But I am not alone. You are with me. And you have given to me a new family: the Church, my fellow-believers. People who experience the same struggles and sufferings as I do. People with whom I can share life. People who need me as much as I need them. You have given us to each other - that we may stand firm in our faith, together.

I resist the lies that lead to isolation. I will not take for granted the gift of community that you have given to me.

Above all, Father god, I thank you, for your gift of grace to me. I rejoice in the hope I have because of Jesus: that although I may suffer in this life, you will restore me and make me strong, firm and steadfast. In You, I have joy.”

TUESDAY : FREEDOM FROM UNFORGIVENESS

- **Read 2 Corinthians 2:10-11 and Ephesians 4:26-27**
- Submit to God > Resist the devil > Rejoice in Faith

Prayer:

“Lord, I have a confession to make. I have not loved others well. I have resented certain people and have not forgiven them in my heart. I know that you have forgiven me for so much. And I know that you want me to find freedom from unforgiveness in all of my relationships.

I recognize that the enemy wants to use things like anger and unforgiveness to get a foothold into my heart and derail me from the life You have for me.

I resist those schemes. And I call upon You, Lord, to help me forgive them. In faith - that you will work into my heart and my mind what I pray in sincerity - I do now forgive... [name them].

I also forgive and accept myself - because you have made me new - in the name of Jesus Christ.

Thank you for your grace to me. I rejoice that I have found forgiven and righteous before you - because of the sacrifice of Jesus on the cross. Your love amazes me!

WEDNESDAY : FREEDOM FROM BAD THOUGHTS

- **Read 2 Corinthians 10:3-5**
- Submit to God > Resist the devil > Rejoice in Faith

Prayer:

“Father, I bow in worship to praise You. Thank you for making a way for me through Your Son, Jesus. I surrender myself completely in every area of my life to You. I submit myself to the true and living God and refuse any involvement of the enemy in my life. I choose to be transformed by the renewing of my mind.

I know the enemy is a liar and a murderer. Lies are his native tongue. Every spiteful, racist, bigoted, sexist, lustful, greedy, covetous thought comes from the evil one. Everything that contradicts the word of God is a lie spun from hell. Including every negative thought and every word of defeat and self-hated.

By the authority that You, Lord Jesus, have given to me, I take every thought captive to make it obedient to You. You are the way, the truth, and the life. I reject every thought that tries to compete against the knowledge of God.

Thank you for your grace. Thank you for a sound mind, the mind of Christ. I rejoice that my name is in the Book of Life.

THURSDAY : FREEDOM FROM FALLING TO TEMPTATION

- **Read 1 Corinthians 10:13 and Ephesians 6:10-17**
- Submit to God > Resist the devil > Rejoice in Faith

Prayer:

"Lord, it is by Your mighty power that I stand. I know that I am only as strong as I am submitted to You - so I submit myself to you anew today. You are my God and I am Your child.

I recognize that the temptations I will face today are not irresistible and that the struggles I will face are not against my fellow man but against spiritual evil. So I put on the full armor of God that I may stand against the devil's schemes.

I put on the belt of truth. I choose a lifestyle of honesty and integrity. Holy Spirit, expose the lies I have believed, and show me the truths I need today.

Lord, I wear Your righteousness today against all condemnation and corruption. Cover me with Your holiness and purity—defend me from all assaults against my heart.

I choose to live for the Gospel in every moment. Show me where You are working and lead me to it.

I take ahold of my faith in You and shield myself against every lie and assault of the enemy. Nothing is coming today that can overcome me because You are with me.

I commit to sharpen my mind with your Word. Holy Spirit, show me the truths of scripture that I will need to counter the traps of the enemy. Bring those to mind today.

Finally, I thank You, Lord, for my salvation. I rejoice that nothing can separate me from the love of Christ and the place I have in Your Kingdom."

FRIDAY : FREEDOM FROM PRIDE

- **Read Proverbs 8:13, 11:2 and 1 Timothy 3:6-7**
- Submit to God > Resist the devil > Rejoice in Faith

Prayer:

“Father God, I come to You in the Name of Jesus. I know pride only keeps me from You.

When I am prideful and arrogant I am falling into the devil’s trap. It was his pride that came before his fall. I put down anything that would cause me to have pride in my heart in dealing with other people.

Holy Spirit, help me to prioritize others over myself. I ask you God to remind me daily that true humility is not thinking less of myself, it’s thinking of myself less.

I humble myself before You and come to you like a child. Thank you for Your promise to lift me up and give me wisdom when I humble myself before you. Your grace is amazing. Thank you for saving me and leading me.”

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 PRAYER:

Using the template, write your own warfare prayers.

TOPIC: Freedom from _____

**SUBMIT
TO GOD:** _____

**RESIST THE
DEVIL:** _____

**REJOICE
IN YOUR
FAITH :** _____

WARFARE PRAYER

"The One who is in you is greater than the one who is in the world." 1 JOHN 4:4, NIV

TOPIC: Freedom from _____

SUBMIT TO GOD: _____

RESIST THE DEVIL: _____

REJOICE IN YOUR FAITH : _____

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.