

**21** Days of  
Prayer &  
Fasting

# PRAYER GUIDE



*HOW TO: Find a new level of purpose,  
effectiveness, and enjoyment in your prayer life.*

## PRAY FIRST

We have set our hearts to be a people of prayer. Our rally cry has simply been, “Pray First.” In every situation, whether good or bad, we try to pray before we act. Many times people act first and then want God to bail them out of that situation, but prayer should be our first response, not our last resort.

Understanding the necessity of prayer is not enough. In order for it to become a part of our life, it needs to become something we look forward to. I’m convinced most people don’t enjoy prayer because they have never been taught how to pray. That’s where this simple prayer journal can help. Using several prayer models out of the Bible and having some guides to make prayer more personal, this booklet is designed to help bring joy into your time with God.

When you discover the beauty of daily conversation with Him, you’ll experience the presence of God that will change your life. Once you learn how to pray, prayer can become part of everyday life. And then...

*Before the day begins—*

*Before you go to bed—*

*Before you go to work or school—*

*Before you send that text—*

*Before you react—*

*Before bad things happen—*

*Before you eat, drive, or travel—*

*In every situation—*

**PRAY FIRST!** *Prayer changes everything.*

## A NOTE FROM PASTOR JASON

The heart of this guide is to help you find a new level of purpose, effectiveness, and enjoyment in your prayer life. While prayer does take commitment and can require discipline to develop into a daily habit, we also want to remember that it's a "get to" not a "got to." It's a privilege to be able to come to God in 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 isn't something we do every now and then, but 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 early in the morning to spend time with His Heavenly Father. Make a daily appointment with God—whether it's first thing in the morning, at lunch, 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 them a prayer outline. We call it “The Lord’s Prayer.” This outline, along with several other tools, is available in this guide.

As we pray every day, our plans for our prayer time can 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.

## FASTING

The goal of fasting is to draw nearer to God. Biblical fasting always has to do with eliminating distractions for a spiritual purpose; it hits the reset button of our soul and renews us from the inside out. It also enables us to celebrate the goodness and mercy of God and prepares our hearts for all the good things God desires to bring into our lives. Remember, your personal fast should present a level of challenge, but it is very important to know your body, your options, and, most importantly, to seek God in prayer and follow what the Holy Spirit leads you to do.

### TIMING OF A FAST

At Motion Church, we encourage fasting each year in January. This is part of 21 Days of Prayer and Fasting, a season of focused prayer as a church family. You may also choose to fast at other times in the year for your own spiritual development. It's very typical to fast a single meal, 1 day, 3 days at a time, or more. **The timing of your fast is not as important as the strength of your focus on God as you fast.**

*Scripture References: Matthew 6:16-18, 9:14-15; Luke 18:9-14; Acts 27:33-37; Nehemiah 9:1-3*

## TYPES OF FASTS



### COMPLETE FAST



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



### 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 am to 3 pm, or from sunup to sundown.



### 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.