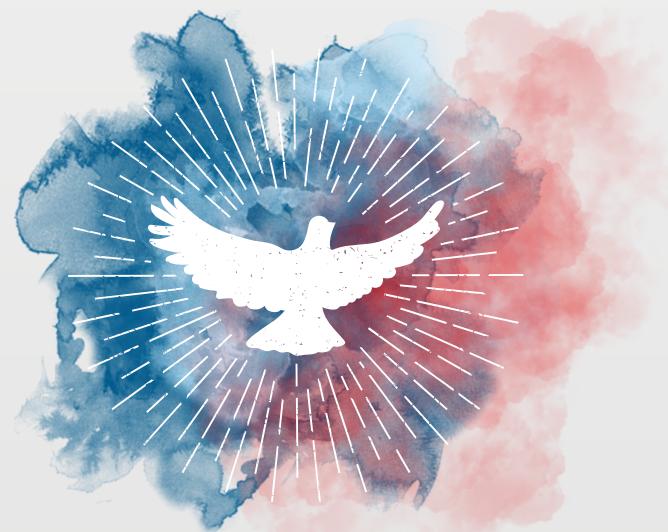


**AWAKEN**  
**21 DAYS OF PRAYER & FASTING**

# WELCOME TO AWAKEN

OVER THE NEXT 21 DAYS I AM FULLY CONVINCED THAT GOD WILL TAKE THOSE WHO ARE HUNGRY AND THIRSTY FOR THE KINGDOM, DEEPER WITH JESUS. THIS FASTING AND PRAYER GUIDE IS DESIGNED TO HELP YOU NAVIGATE THESE NEXT THREE WEEKS IN A WAY THAT FEELS SIMPLE, AND RELATIONAL. MY PRAYER IS THAT OUR JESUS COMMUNITY WOULD FEEL THE HOLY SPIRIT WORKING IN THEIR LIVES EVERY STEP OF THE WAY.

- CHRIS MALONE (SENIOR PASTOR)



# WHAT IS PRAYER?

PRAYER IS A CONVERSATION WITH GOD WHERE WE LISTEN AND SHARE. IN PRAYER WE SHARE OUR HEARTS, EXPRESS OUR GRATITUDE, AND CELEBRATE OUR VICTORIES. IN PRAYER WE ALSO SEEK VISION, REVELATION, AND GUIDANCE FROM GOD BY LISTENING, AND WAITING FOR HIM TO ANSWER.

## RECOMMENDED READING

- THE PRAYER LIFE BY ANDY MURRAY
- PRAYER: FINDING THE HEART'S TRUE HOME BY RICHARD FOSTER
- THE CIRCLE MAKER BY MARK BATTERSON

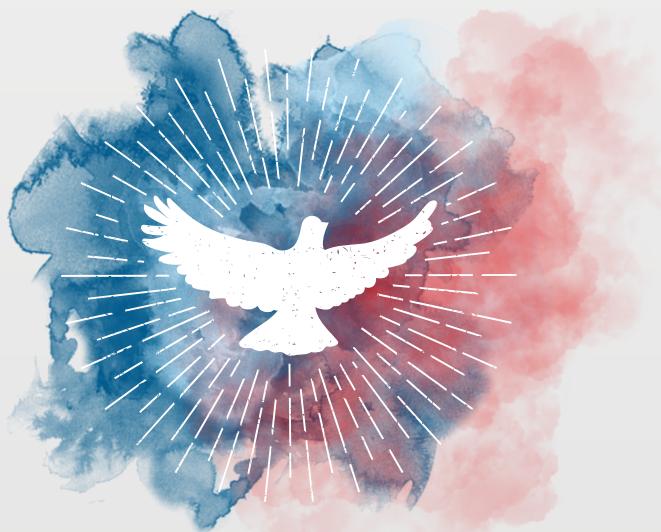


# WHAT IS FASTING?

A BIBLICAL FAST IS SIMPLY ABSTAINING FROM FOOD FOR SPIRITUAL PURPOSES. OTHERS ABSTAIN FROM TELEVISION, AND OTHER FORMS OF ENTERTAINMENT AND SPEND THAT TIME DRAWING CLOSER TO GOD INSTEAD. THEY LEVERAGE THOSE MOMENTS TO PRAY, READ THE BIBLE, AND WORSHIP GOD INSTEAD. FASTING IS WHERE WE DENY OURSELVES PHYSICALLY TO EXPERIENCE GREATER DEPTHS SPIRITUALLY.

RECOMMENDED READING

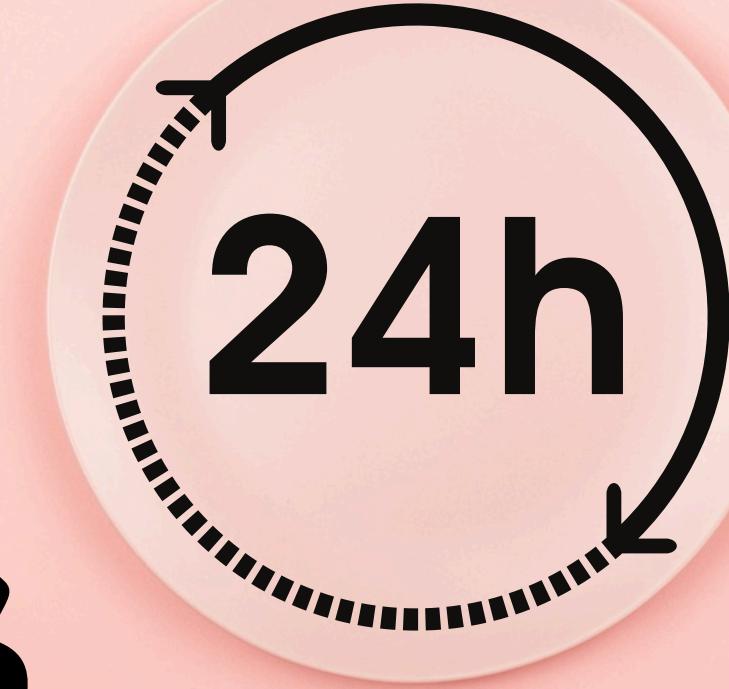
- FASTING BY JENTEZEN FRANKLIN



INTERMITTENT FAST



ALL-DAY FAST

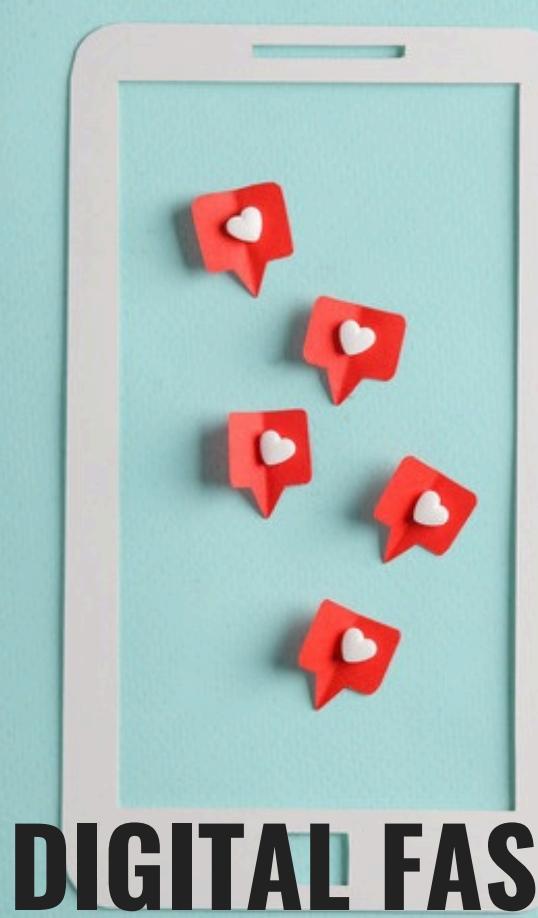


PICK YOUR  
FAST



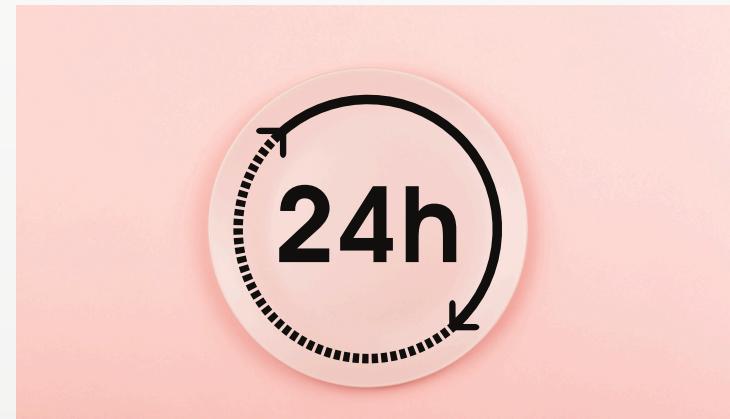
SUN RISE TO SUNSET

DIGITAL FAST

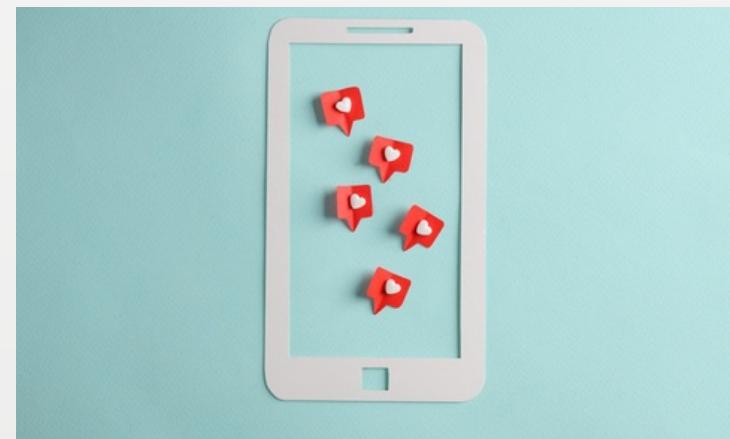




**Intermittent Fasting:** You will pick an 8-hour window during the day in which you will eat. Example (12pm-8pm)



**Twenty-Four Hour Fast:** Fasting from food for a 24-hour period.



**Social Media Fast:** You will fast from all social media apps.



**Sunrise to Sunset Fast:** Fasting from sunrise to sunset.

# DIGITAL DETOX

## GOALS

- LESS TEMPTING
- LESS TIME CONSUMING
- LESS DISTRACTION

## THE WHY

NO ONE NEEDS TO BE CONVINCED OF HOW ADDICTED WE ALL ARE TO OUR PHONES. CHOOSING A DIGITAL FAST IS A COUNTERCULTURAL PRACTICE FOR US TO REPLACE TIME SPENT ON APPS WITH DRAWING NEAR TO JESUS, AND CREATING MEMORIES WITH PEOPLE WE LOVE. WHILE YOU MAY EXPERIENCE MOMENTS OF DISCOMFORT OR WITHDRAWAL AT FIRST, THE BENEFITS WILL SOON OUTWEIGH THE CHALLENGES.



## ● SIMPLIFY YOUR SMARTPHONE

REMOVE APPS THAT PULL YOUR ATTENTION. ASKS  
CAN I DO THIS ON MY COMPUTER?

## ● DISTRACTIONS

SOCIAL MEDIA, NEWS APPS, YOUTUBE, VIDEO  
GAMES, TABLETS, ETC.

## ● THIS IS YOUR JOURNEY

THIS CONTENT IS MEANT TO HELP YOU GET STARTED  
WITH A DIGITAL FAST. THERE ARE MANY GOOD  
RESOURCES AND APPROACHES, SO FEEL FREE TO  
ADAPT THIS GUIDE AS NEEDED



### ADORATION

PRAISE GOD'S CHARACTER (LOVING, HOLY, FAITHFUL, JUST)

### CONFESION

CONFESS THE PLACES YOU NEED HIS GRACE.

### THANKFULNESS

THANK THE LORD FOR ALL HE'S DONE FOR YOU.

### SUPPLICATION

PRAY FOR YOUR NEEDS AND OTHERS

**ACTS**

- a prayer tool -

**AWAKEN**

21 DAYS OF PRAYER & FASTING

# PRAYER LIST



## CALLING

hunger for your presence.  
clean heart  
become love



## CHURCH

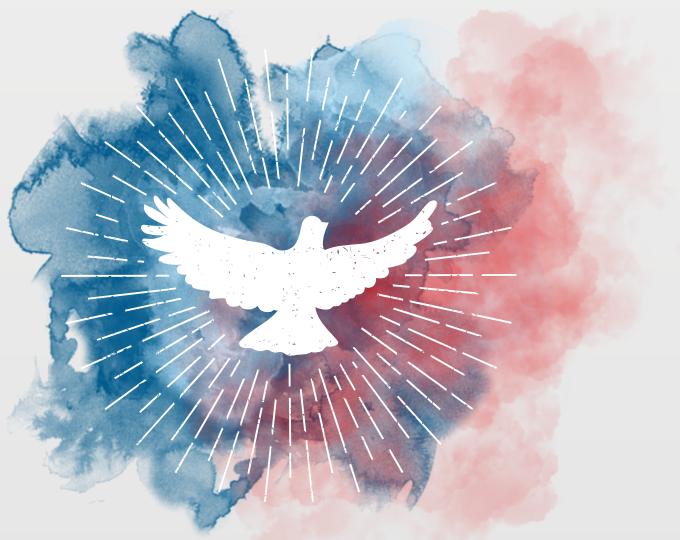
unity  
diversity  
revival



## CITY

lost  
peace  
justice

“When we fast without reading scripture  
and fast without praying to God we are  
simply participating in a diet.”

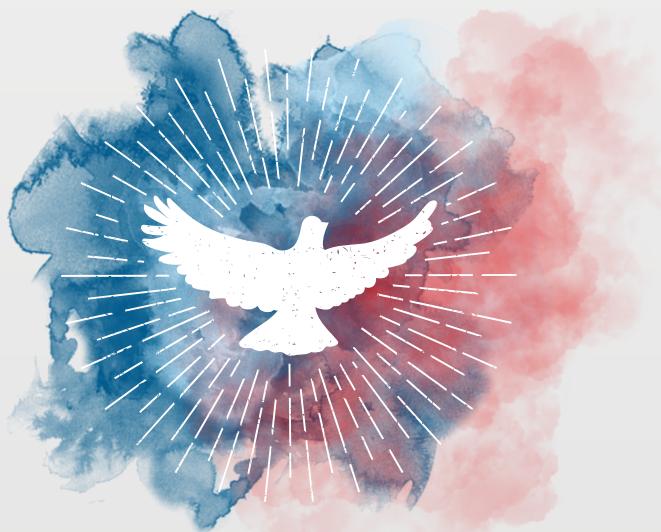


# DAY 1

But seek first the kingdom of God and his righteousness, and all these things will be given to you as well.” – Matthew 6:33

**PRAYER:** Ask God to align your desires with His kingdom. Pray for clarity in your priorities and for a heart that seeks Him above all else.

Communal Scripture Reading: Matthew 5-7

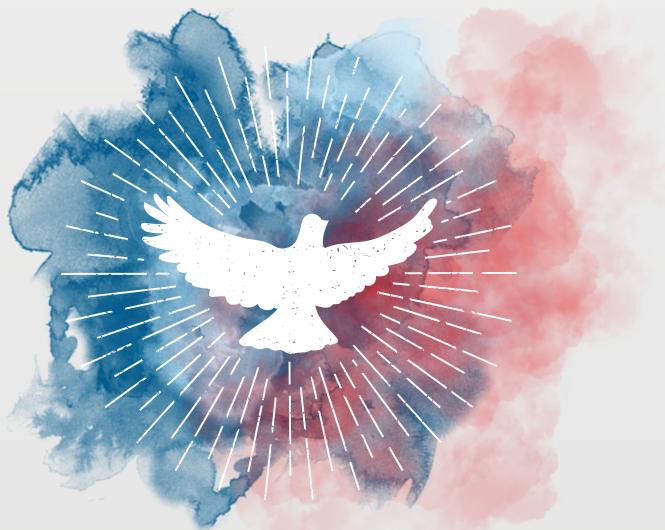


# DAY 2

**“Do not conform to the pattern of this world, but be transformed by the renewing of your mind.” – Romans 12:2**

**PRAYER:** Pray for a renewed mind. Ask the Holy Spirit to transform your thoughts, attitudes, and perspectives to reflect Christ.

Communal Scripture Reading: Romans 8



# DAY 3

**“Trust in the Lord with all your heart and lean not on your own understanding.”**  
– Proverbs 3:5

**PRAYER:** Surrender your plans and worries to God. Ask Him to build your trust in His timing and wisdom.

Communal Scripture Reading: Proverbs 3

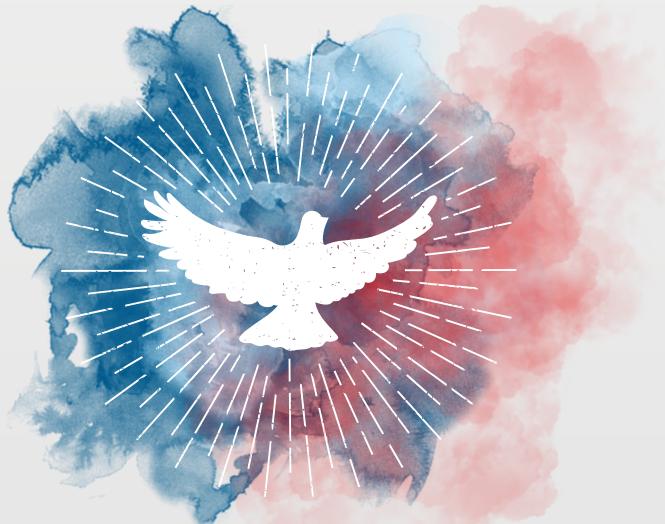


# DAY 4

**“The Lord is close to the brokenhearted and saves those who are crushed in spirit.”**  
– Psalm 34:18

**PRAYER:** Bring your hurts, fears, and burdens to God. Pray for His healing and nearness in areas of pain or brokenness.

Communal Scripture Reading: Psalm 34

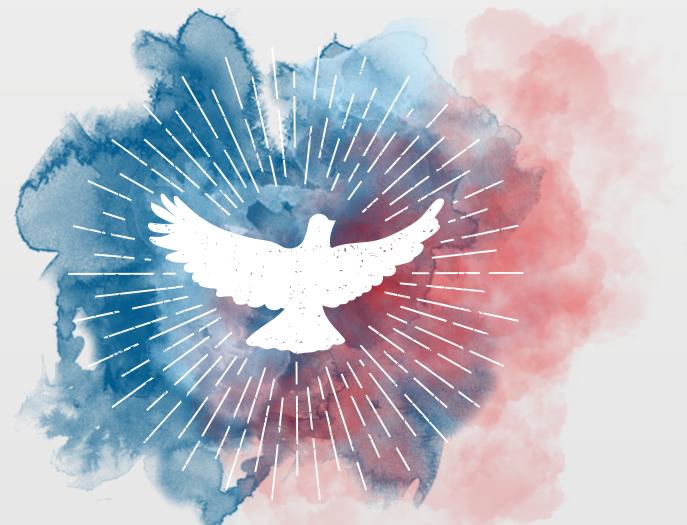


# DAY 5

**“Let your light shine before others, that they may see your good deeds and glorify your Father in heaven.” – Matthew 5:16**

**PRAYER:** Ask God to make you a beacon of His love and truth.  
Pray for opportunities to serve and reflect Jesus in your community.

Communal Scripture Reading: Matthew 28



# DAY 6

“For I am convinced that neither death nor life... nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.”

— Romans 8:38–39

**PRAYER:** Thank God for His unbreakable love. Pray for a deep, unwavering assurance of your identity and security in Christ.

Communal Scripture Reading: Ephesians 3

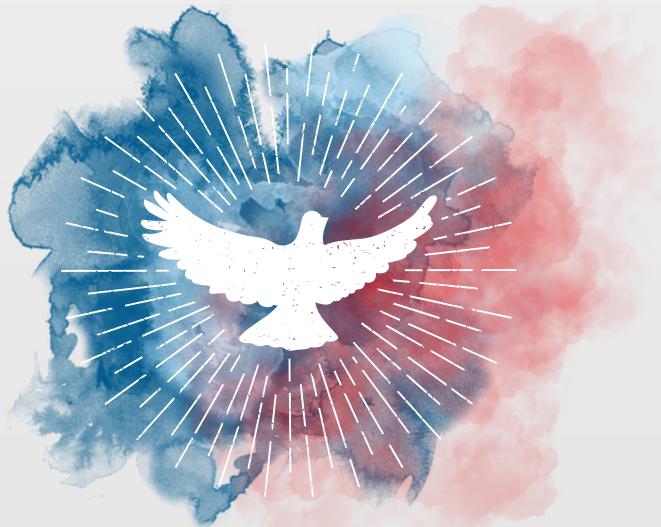


# DAY 7

“If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.” – James 1:5

**PRAYER:** Ask God for wisdom in decisions, relationships, and daily life. Pray for discernment to follow His guidance.

Communal Scripture Reading: James 1



# DAY 8

**“Be still, and know that I am God.” – Psalm 46:10**

**PRAYER:** Practice stillness. Listen for God's voice.  
Pray for a quiet heart that rests in His sovereignty.

**Communal Scripture Reading: Psalm 46**



DAY 9

“Carry each other’s burdens, and in this way you will fulfill the law of Christ.”  
– Galatians 6:2

**PRAYER:** Pray for your church family—for unity, compassion, and willingness to support one another in love

Communal Scripture Reading: Galatians 6



# DAY 10

“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

**PRAYER:** Ask God to reveal the purpose He has for you.  
Pray for courage to step into the good works He has prepared.

Communal Scripture Reading: Ephesians 2



# DAY 11

“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

**PRAYER:** Pray for a fresh infilling of joy, peace, and hope.  
Ask the Holy Spirit to overflow in and through you.

Communal Scripture Reading: Romans 15



# DAY 12

“Therefore go and make disciples of all nations...” – Matthew 28:19

**PRAYER:** Pray for a heart for the lost. Ask God to give you boldness and love to share the gospel with those around you.

Communal Scripture Reading: Acts 1



# DAY 13

“But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control.” – Galatians 5:22–23

**PRAYER:** Ask the Holy Spirit to grow His fruit in your life.  
Pray for increased kindness, patience, and faithfulness.

Communal Scripture Reading: Galatians 5

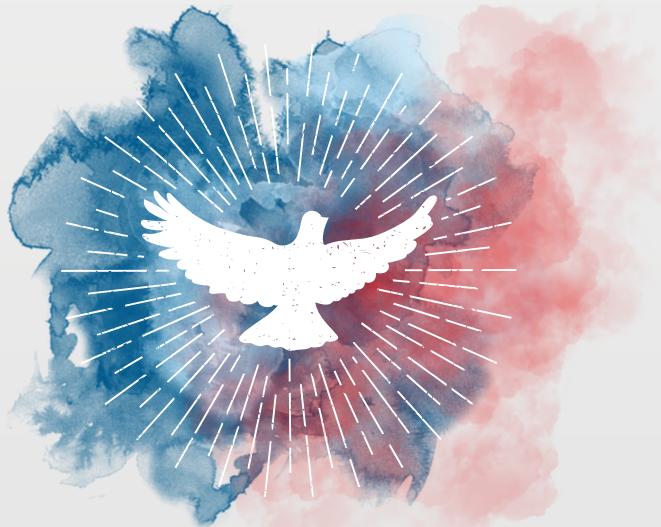


# DAY 14

“Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.” – Galatians 6:9

**PRAYER:** Pray for perseverance in faith and service.  
Ask God to renew your strength and keep you steadfast.

Communal Scripture Reading: Hebrews 5



# DAY 15

“And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.” – Colossians 3:17

**PRAYER:** Pray for a life that honors Jesus in every action and word.  
Ask for a grateful heart in all circumstances.

Communal Scripture Reading: Colossians 3

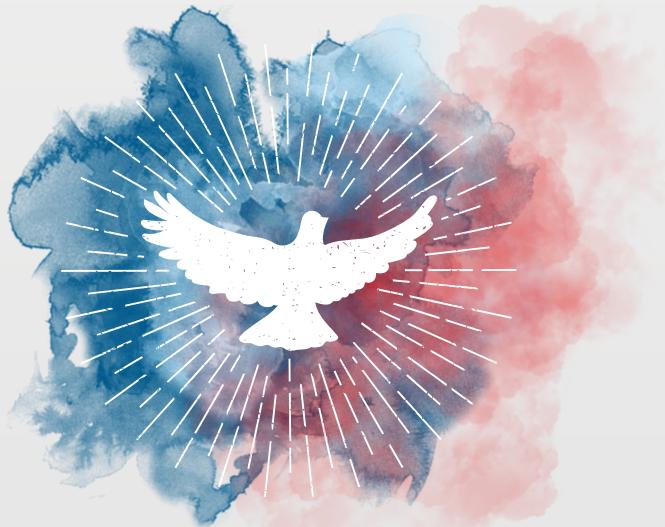


# DAY 16

**“The prayer of a righteous person is powerful and effective.” – James 5:16**

**PRAYER:** Pray for increased faith in the power of prayer. Ask God to work miraculously in your life and the lives of those you pray for.

**Communal Scripture Reading: James 5**

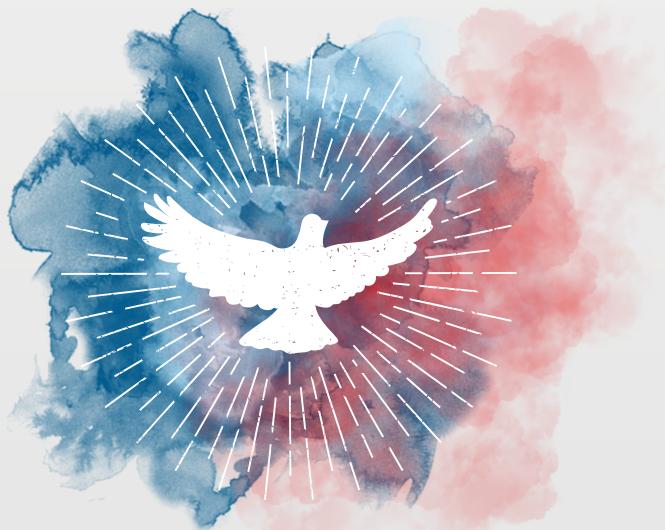


# DAY 17

“Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver.” – 2 Corinthians 9:7

**PRAYER:** Pray for a generous heart. Ask God to show you how to give freely—of your time, resources, and love.

Communal Scripture Reading: 2 Corinthians 9



# DAY 18

“Teach us to number our days, that we may gain a heart of wisdom.” – Psalm 90:12

**PRAYER:** Reflect on the brevity and gift of life.  
Ask God to help you live intentionally and for eternal impact.

Communal Scripture Reading: Psalm 90



# DAY 19

“Pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord’s people. Pray also for me, that whenever I speak, words may be given to me so that I will fearlessly make known the mystery of the gospel, for which I am an ambassador in chains. Pray that I may declare it fearlessly, as I should.” - Ephesians 6:18–20

**PRAYER:** Pray that God would create within our community a sense of fearlessness and faithfulness in sharing the gospel with those who don't know Jesus.

Communal Scripture Reading: Ephesians 6

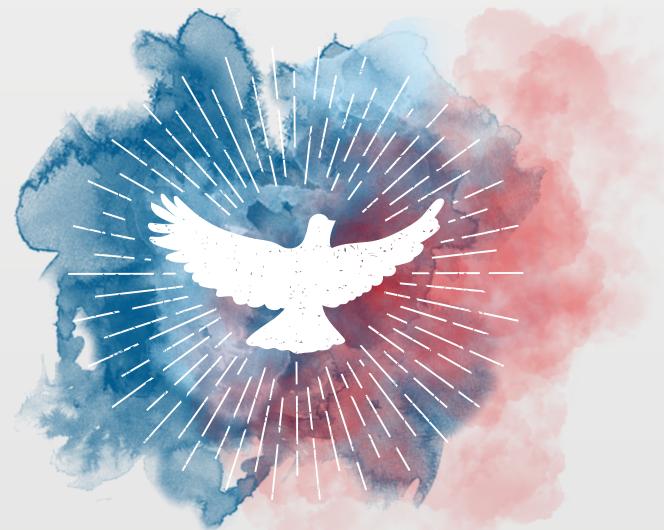


# DAY 20

“As for other matters, brothers and sisters, pray for us that the message of the Lord may spread rapidly and be honored, just as it was with you.” - 2 Thessalonians 3:1

**PRAYER:** At King & City we exist to bring the ways of the Kingdom of God to the city. As Awaken comes to a close join us in praying that we would see many come to faith in Jesus and be baptized this year.

Communal Scripture Reading: 2 Thessalonians 3



# DAY 21

“God is always within call; it is true. His ear is ever attentive to the cry of His child, but we can never know Him if we use the vehicle of prayer as we use the telephone for a few words of hurried conversation. Intimacy requires development.” E.M. Bounds

**PRAYER:** Today I want us to reflect upon the ways that we have seen ourselves grow in our intimacy with God since starting Awaken. E.M. Bounds said that “intimacy requires development.” Stop and reflect today on how you have seen your intimacy with God develop and grow over the last 21 days.

Communal Scripture Reading: John 21

