

AWAKEN

21 DAYS OF PRAYER & FASTING



**KING & CITY
CHURCH**

MOUNT JULIET
TENN.

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



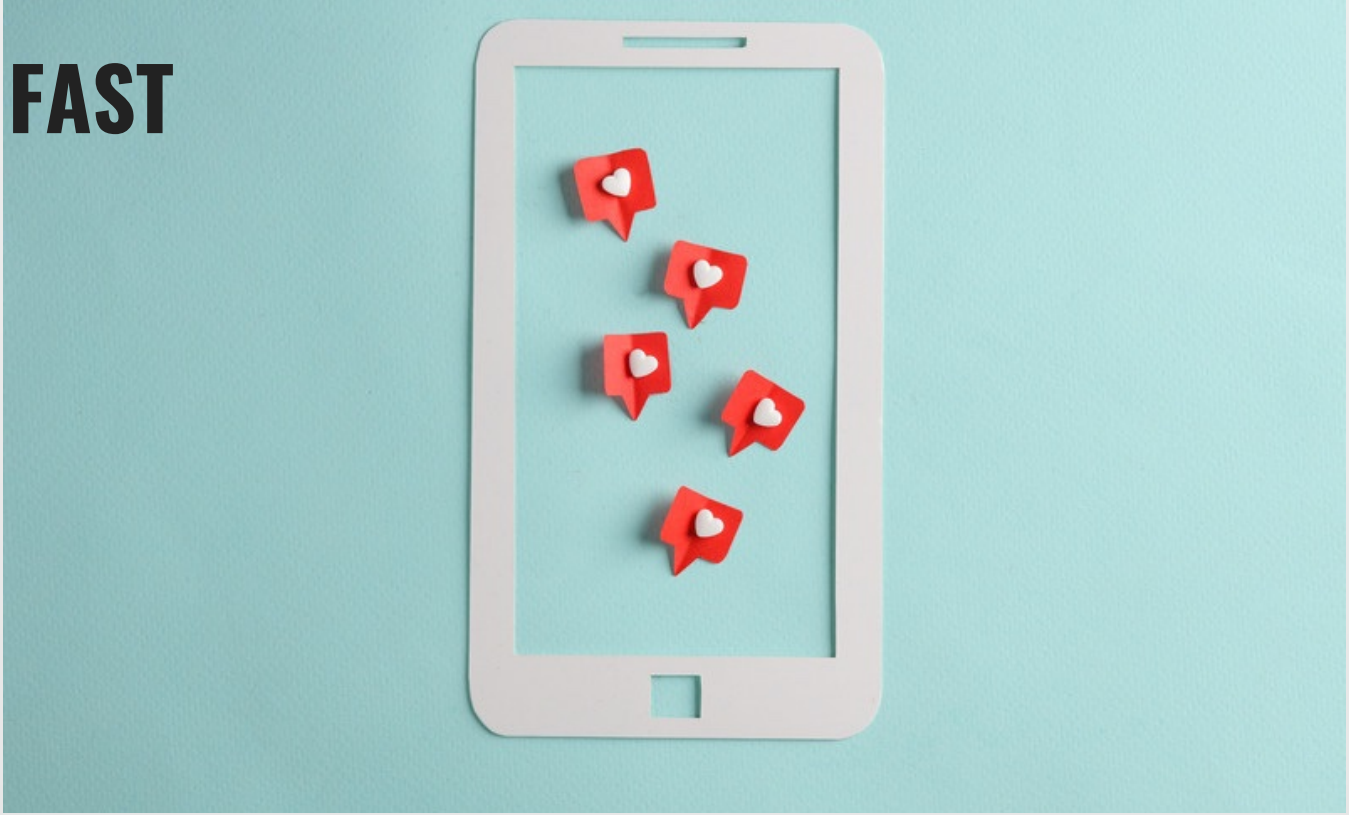
ALL-DAY FAST



SUN RISE TO SUNSET



DIGITAL FAST



**PICK YOUR
FAST**

EACH FAST

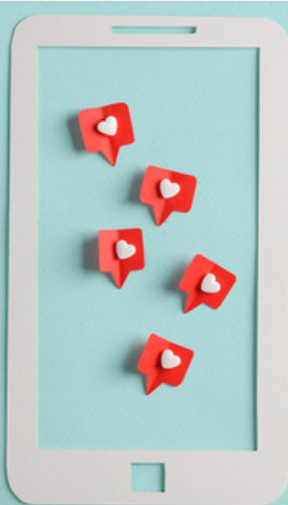
EXPLAINED



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.



Digital Fast: You will fast digitally



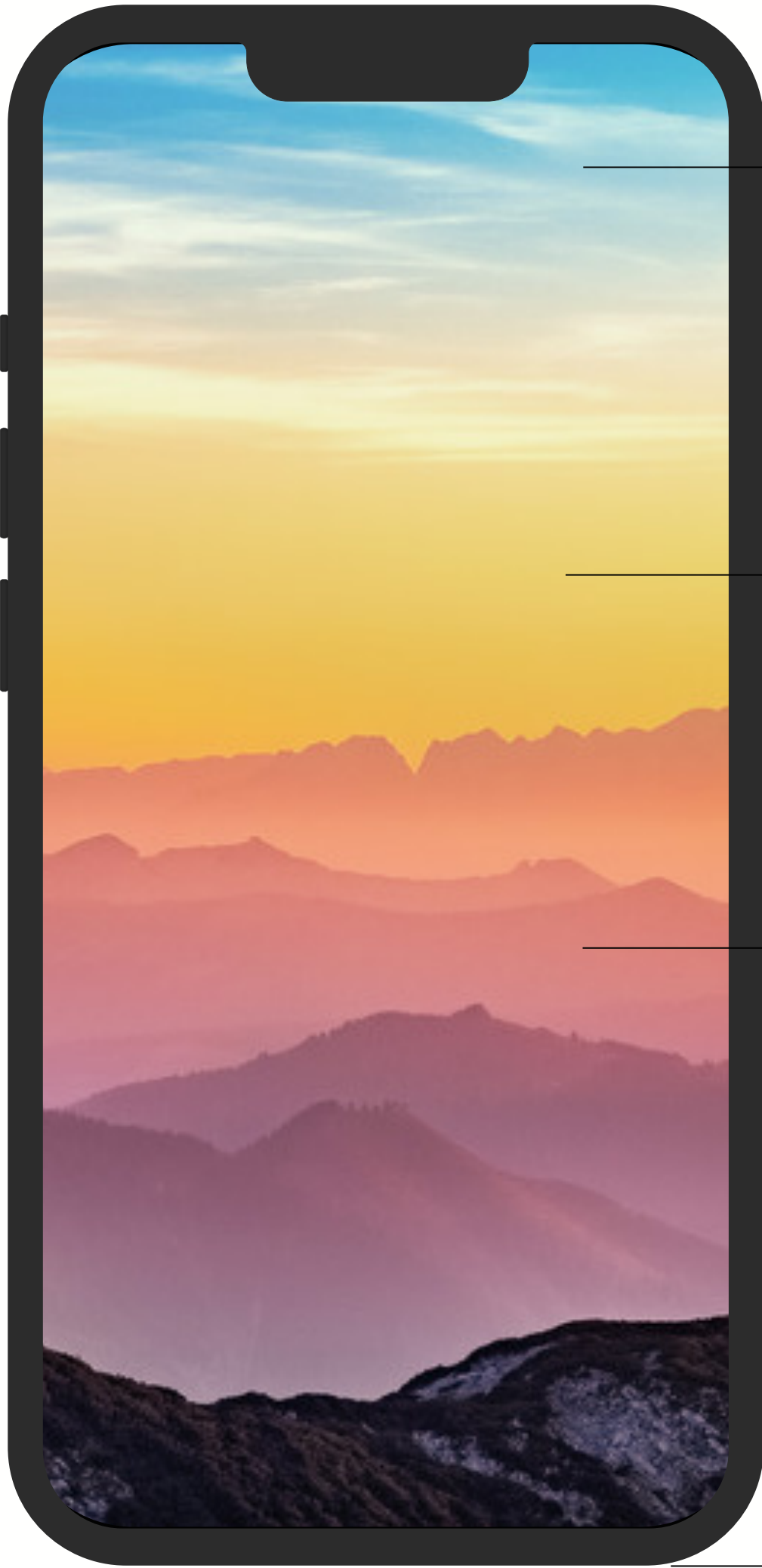
Sunrise to Sunset Fast: Fasting from sunrise to sunset.



DIGITAL DETOX

GOALS

LESS TEMPTING
LESS TIME CONSUMING
LESS DISTRACTION



● 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.

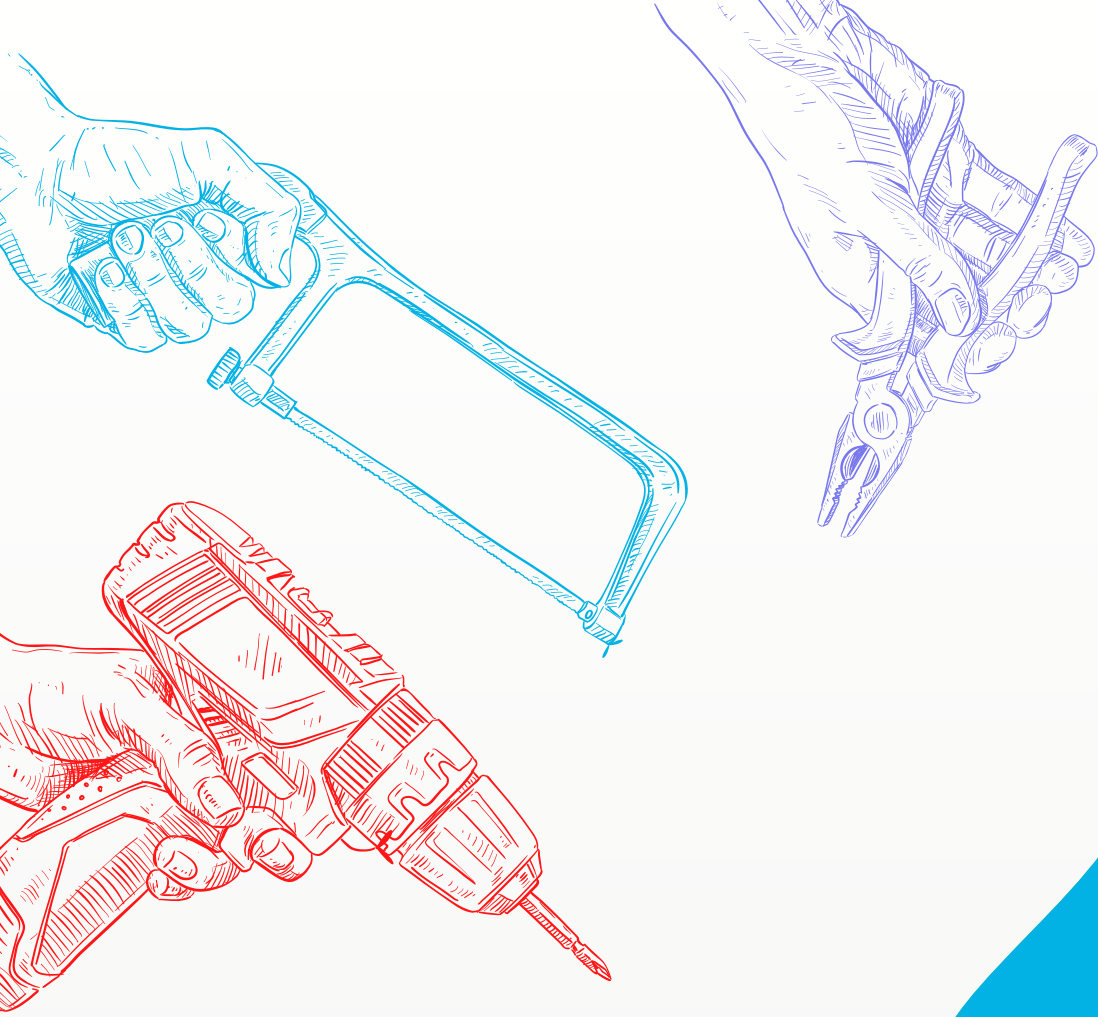
● THIS IS YOUR JOURNEY

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

● 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 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. A DIGITAL DETOX ISN'T ABOUT REJECTING TECHNOLOGY FOREVER—IT'S ABOUT RECLAIMING CONTROL SO THAT TOOLS SERVE YOU (AND GOD'S PURPOSES) RATHER THAN MASTERING





ACTS

A PRAYER TOOL

ADORATION

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

CONFESSION

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

AWAKEN

21 DAYS OF PRAYER & FASTING



THANK
YOU



PRAYER LIST

2026



AWAKEN

21 Days



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.”**

AWAKEN

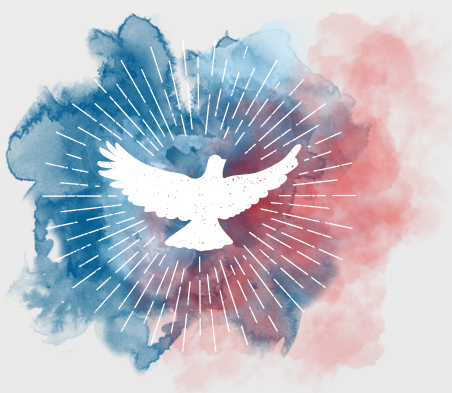
21 DAYS OF PRAYER & FASTING

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**



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21 DAYS OF PRAYER & FASTING

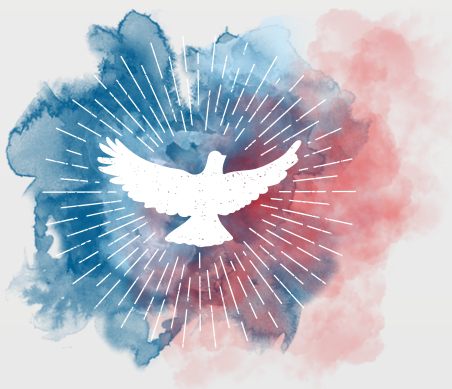
DAY 2

**“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**



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21 DAYS OF PRAYER & FASTING

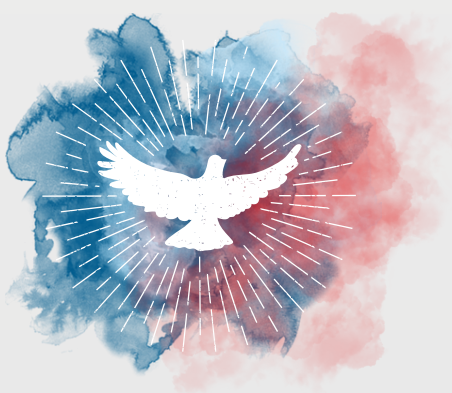
DAY 3

**“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**



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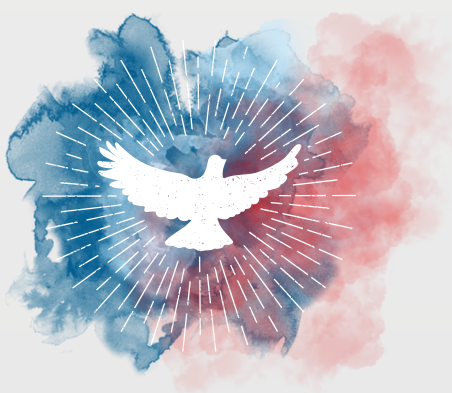
DAY 4

**“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**



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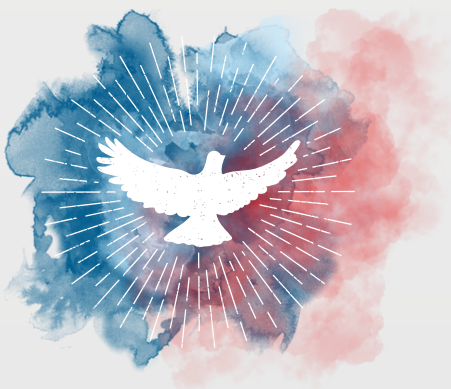
DAY 5

**“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**



AWAKEN

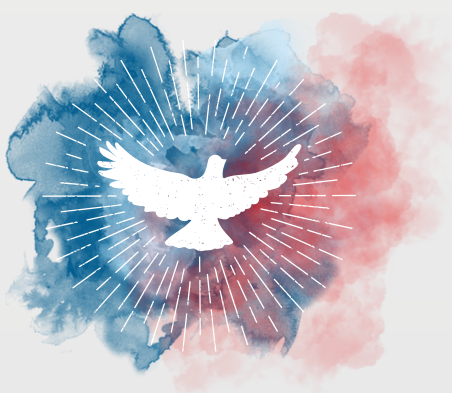
21 DAYS OF PRAYER & FASTING

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: ROMANS 8**



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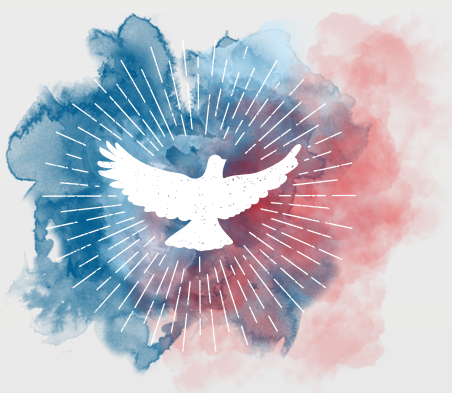
DAY 7

“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**



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DAY 8

“BE STILL, AND KNOW THAT I AM GOD.”

– PSALM 46:10

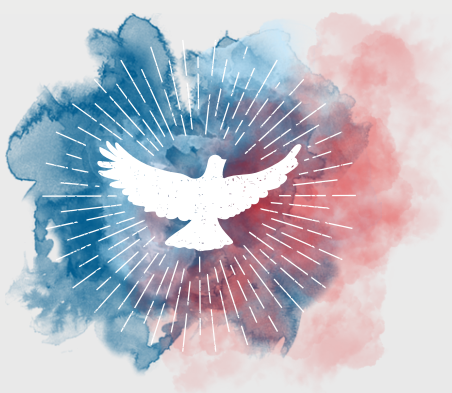
PRAYER: PRACTICE STILLNESS.

LISTEN FOR GOD’S VOICE.

**PRAY FOR A QUIET HEART THAT RESTS
IN HIS SOVEREIGNTY.**

COMMUNAL SCRIPTURE

READING: PSALM 46



AWAKEN

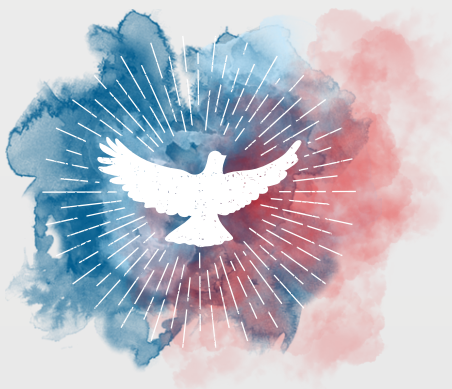
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DAY 9

**“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**



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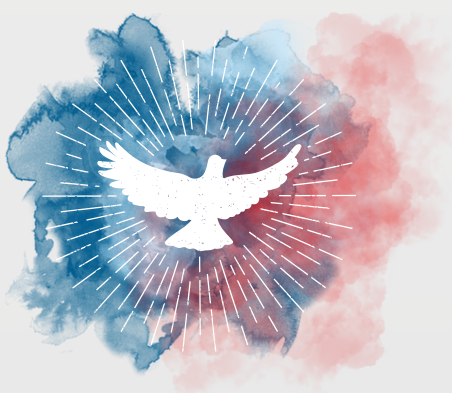
DAY 10

**“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**



AWAKEN

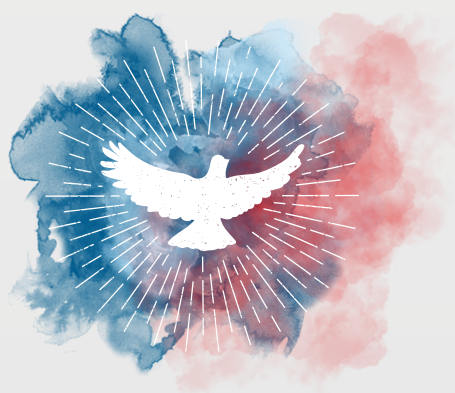
21 DAYS OF PRAYER & FASTING

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**



AWAKEN

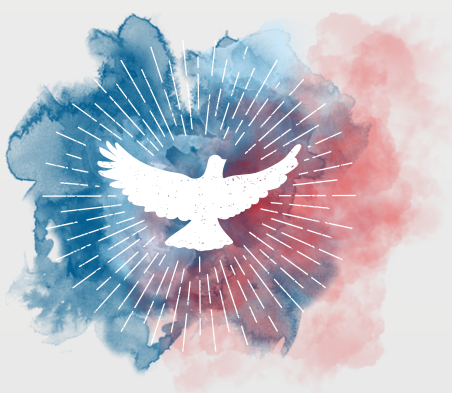
21 DAYS OF PRAYER & FASTING

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**



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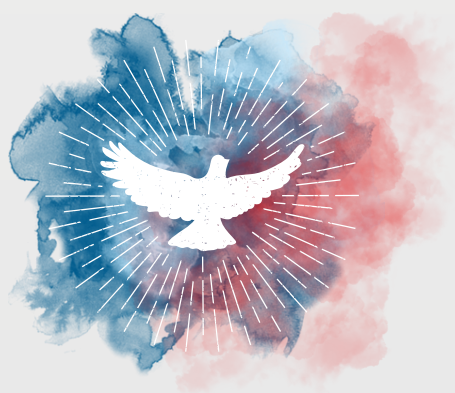
DAY 13

**“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**



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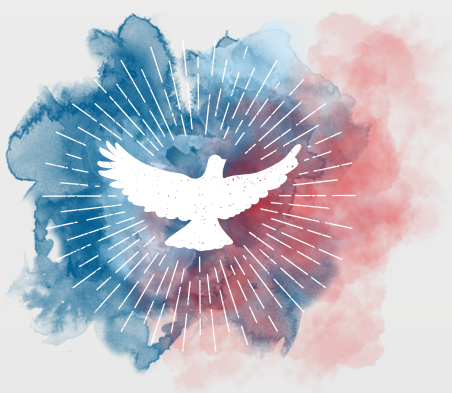
DAY 14

“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**



AWAKEN

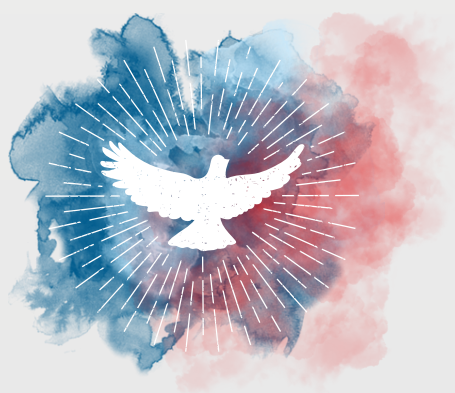
21 DAYS OF PRAYER & FASTING

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**



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21 DAYS OF PRAYER & FASTING

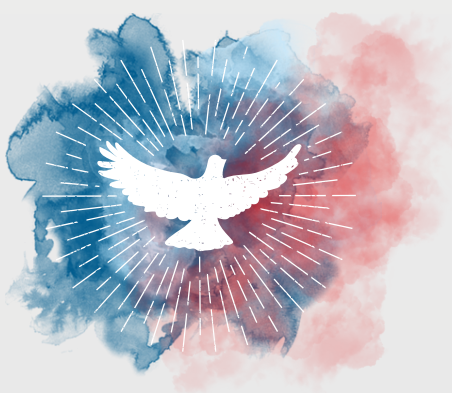
DAY 16

**“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**



AWAKEN

21 DAYS OF PRAYER & FASTING

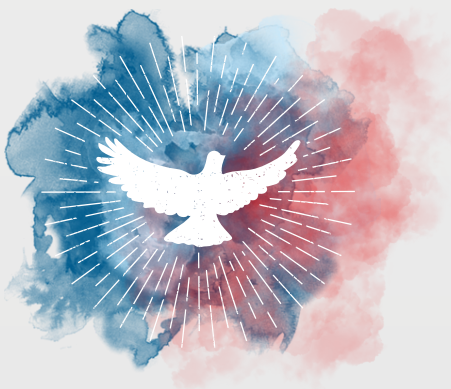
DAY 17

“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**



AWAKEN

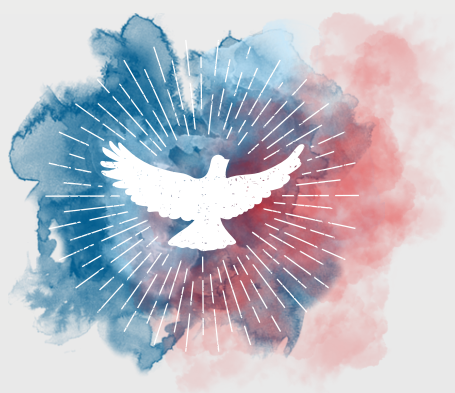
21 DAYS OF PRAYER & FASTING

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**



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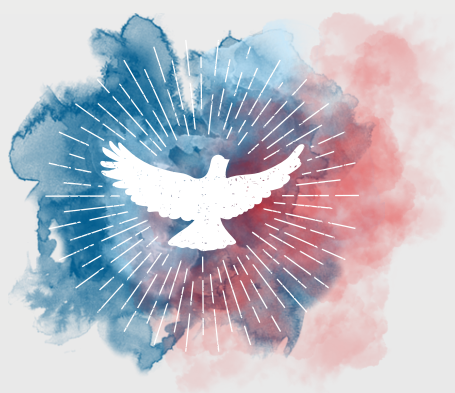
DAY 19

**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.**

- EPHESIANS 6:18–19

**PRAYER: PRAY THAT GOD WOULD
CREATE WITHIN OUR CHURCH A
SENSE OF FEARLESSNESS AND
FAITHFULNESS IN SHARING THE
GOSPEL**

**COMMUNAL SCRIPTURE
READING: EPHESIANS 6**



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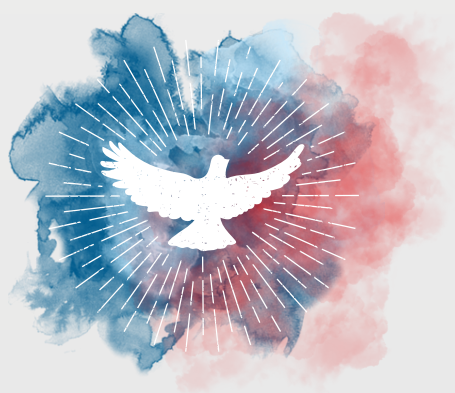
DAY 20

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**



AWAKEN

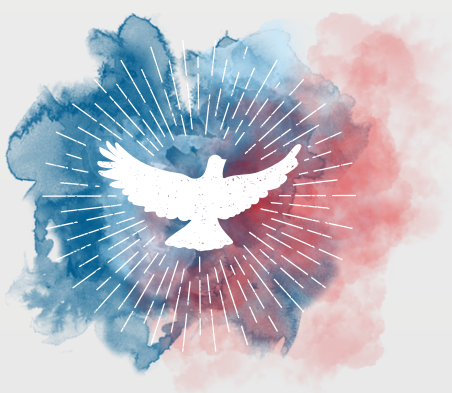
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DAY 21

“GOD IS ALWAYS WITHIN CALL; HIS EAR IS EVER ATTENTIVE TO THE CRY OF HIS CHILD, BUT WE CAN NEVER KNOW HIM IF WE USE PRAYER AS WE USE THE TELEPHONE. A FEW WORDS OF HURRIED CONVERSATION.”

- E.M. BOUNDS

JOURNAL: TODAY REFLECT UPON THE WAYS THAT YOU HAVE SEEN YOURSELF GROW IN YOUR 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.



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