



IMPACT CITY CHURCH

Pray FIRST

**21 DAYS OF PRAYER
& FASTING**

JANUARY 8TH-28TH

21 DAYS OF PRAYER

To receive daily bible readings,
Text BIBLE to (740) 739-4242

Welcome to our 2024
21 days of prayer and fasting!
Check out the scripture journal
section of this book for our
daily scripture readings.

Then, join us LIVE on
Facebook everyday for prayer
and encouragement from
January 8th-January 28th at 7am.

VISION RETREAT

Disclaimer: This process could take days to fully unpack. However, do your best to start the process. Spend at least 1 hour looking back & 1 hour looking ahead. Your answers are just for you, so be honest with God & yourself. Grab a journal, prepare your heart and begin your retreat with the Lord.

Looking Back (last 12 months)

1. **Recap** - Using bullet points, list all the highlights & lowlights that have shaped your last year. Don't expand with any details yet, just list them in whatever order makes sense to you. This list should include all areas of life (family, work, ministry, personal).
2. **Praises** - Review your recap list and choose a few praise worthy highlights. Write a short paragraph(s) expanding on each of these significant highlights.
3. **Laments** - Review your recap list and choose a few lowlights. Write a short paragraph(s) expanding on each of these significant lowlights.
4. **Lessons learned** - Expand on a few lessons you've learned.
5. **Unfinished work** - What are some important things that you set out to do last year that remain unfinished? Now assess, and determine if they are still important.
6. **What else Lord?** - Ask, "Is there anything else that you want to tell me, show me, or remind me from last year?"

Looking Ahead (next 12 months)

7. **One thing** - What is one thing that if improved would make the biggest difference? Consider this question for each of the important areas of your life (family, work, ministry, personal, etc)
8. **One word** - Seek God for your word (or focus) for the year.
9. **Big Ideas** - What are some big ideas in your heart right now?
10. **Just do it** - What are some things that have been lingering that you just need to take care of, asap?
11. **Give up** - Identify at least one thing that you need to stop doing.
12. **Disciples** - Write down the names of a few people that God is leading you to invest in this year.

ONE THING, ONE WORD

In each season of life there is at least ONE THING that you need to focus on. Seeking God for direction is vital to your journey of faith. Conversely, there are stories throughout the Bible about people that were unable to focus on their “one thing.”

For example: *And Jesus answered and said to her, “Martha, Martha, you are worried and troubled about many things. But one thing is needed, and Mary has chosen that good part, which will not be taken away from her.” Luke 10:41-42*

Martha was distracted by many things, but Mary focused on the one thing needed at the time (spending time with Jesus).

Another example: *Jesus looked at him (the rich young ruler) and loved him. “One thing you lack,” he said. “Go, sell everything you have and give to the poor, and you will have treasure in heaven. Then come, follow me.” At this the man’s face fell. He went away sad, because he had great wealth.” Mark 10:21-22*

He walked away sad because he was unwilling to do the “one thing” that Jesus asked him to do.

Your “ONE THING” is important...

- One decision can change where you spend eternity.
- One event can radically change the course of your life.
- One conversation with a mentor can send you down a different path.
- One word of encouragement can sustain you during a difficult season of life.
- One word of affirmation can give your children the confidence they need to believe in themselves.
- One intentional act of love can restore a broken relationship.
- One apology can save a marriage.
- One small thing can make a big difference in your life.

ONE WORD CHALLENGE:

We encourage you to spend time seeking God through prayer and fasting for ONE WORD. Simply ask God to reveal one word to you that will become your theme and focus for the new year. After you know your one word, tell somebody. Then, begin to study Scriptures related to your one word, and allow the Holy Spirit to begin guiding and directing your focus this year.

What’s your ONE WORD? _____

What Scriptures will help you remain focused on your ONE WORD? _____

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. As we resist our earthly temptations, we strengthen our spirit, and experience a deeper level of union with God.

Timing

At Impact City, we choose to spend 21 days each January in fasting and prayer, as a way to draw near to God and hear from Him on what our focus for the year should be. It is often through these times of fasting that God's voice is clearer and His will for our lives is most evident.

Important things to remember:

The goal of a fast is not to lose weight, get healthy, or focus on certain foods and drinks. It can be easy to get so consumed in what we're abstaining from, that we forget the most important element of the fast-- which is drawing near to God through prayer and worship. We encourage you to keep a journal throughout the 21 days of your thoughts, prayers, and what God is speaking to you. Set aside a scheduled time of day to remove distractions and be in the presence of God. Fasting isn't just about discipline, it's about connection to your Heavenly Father!

TYPES OF FASTS

Remember, your personal fast should present a level of challenge, but it is very important to know your body, your options, to seek God in prayer, and follow what the Holy Spirit leads you to do.

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 6:00 am to 3:00 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.

Scripture JOURNAL



Day 1 (1/8): The Only Way—Acts 4:11-12

This Jesus is the stone that was rejected by you, the builders, which has become the cornerstone. And there is salvation in no one else, for there is no other name under heaven given among men by which we must be saved.

WHAT IS GOD SPEAKING TO YOU TODAY?

Day 2 (1/9): Who is Jesus to you? - Mark 8:29

And he asked them, "But who do you say that I am?" Peter answered him, "You are the Christ."

WHAT IS GOD SPEAKING TO YOU TODAY?

Day 3 (1/10): The GOOD Shepherd—John 10: 14-15

I am the good shepherd. I know my own and my own know me, just as the Father knows me and I know the Father; and I lay down my life for the sheep.

WHAT IS GOD SPEAKING TO YOU TODAY?

Day 4 (1/11): The Vine and the Branches—John 15:5

I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing.

WHAT IS GOD SPEAKING TO YOU TODAY?

Day 5 (1/12): The Light of the World—John 8:12

Again Jesus spoke to them, saying, "I am the light of the world. Whoever follows me will not in darkness, but will have the light of life."

WHAT IS GOD SPEAKING TO YOU TODAY?

Day 6 (1/13): The Helper—John 14:26

But the Helper, the Holy Spirit, whom the Father will send in my name, he will teach you all things and bring to your remembrance all that I have said to you.

WHAT IS GOD SPEAKING TO YOU TODAY?

Day 7 (1/14): Freedom in the Spirit–2 Corinthians 3:17

*Now the Lord is the Spirit, and where the Spirit of the Lord is,
there is freedom.*

WHAT IS GOD SPEAKING TO YOU TODAY?

Day 8 (1/15) : Meditate on the Word–Psalm 1:1-2

*Blessed is the man who walks not in the counsel of the
wicked, nor stands in the way of sinners , nor sits in the seat
of scoffers; but his delight is in the law of the Lord, and on his
law he meditates day and night.*

WHAT IS GOD SPEAKING TO YOU TODAY?

Day 9 (1/16) : Anxious for Nothing–Philippians 4:6-7

*Do not be anxious about anything, but in everything by prayer
and supplication with thanksgiving let your requests be made
known to God. And the peace of God, which surpasses all
understanding, will guard your hearts and your minds in
Christ Jesus.*

WHAT IS GOD SPEAKING TO YOU TODAY?

Day 10 (1/17) : Joy in the Trial–James 1:2-3

Count it all joy, my brothers, when you meet trials of various kinds, for you know that the testing of your faith produces steadfastness.

WHAT IS GOD SPEAKING TO YOU TODAY?

Day 11 (1/18) : Selfless service– Philippians 2:3-4

Do nothing from selfish ambition or conceit, but in humility count others more than significant than yourselves. Let each of you look not only to his own interests, but also to the Interests of others.

WHAT IS GOD SPEAKING TO YOU TODAY?

Day 12 (1/19) : Set your Mind to Praise–Philippians 4:8

Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.

WHAT IS GOD SPEAKING TO YOU TODAY?

Day 13 (1/20) :

All Things Through Christ–Philippians 4:12-13

I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. I can do all things through him who strengthens me.

WHAT IS GOD SPEAKING TO YOU TODAY?

Day 14 (1/21) : Seek Him First–Matthew 6:33

But seek first the kingdom of God and his righteousness, and all these things will be added to you.

WHAT IS GOD SPEAKING TO YOU TODAY?

Day 15 (1/22) : Dwell in the Shelter–Psalm 91:1

He who dwells in the shelter of the Most High will abide in the shadow of the Almighty.

WHAT IS GOD SPEAKING TO YOU TODAY?

Day 16 (1/23) : Hold You Up–Isaiah 41:10

Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.

WHAT IS GOD SPEAKING TO YOU TODAY?

Day 17 (1/24) : Lean on Him–Proverbs 3:5-6

Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths.

WHAT IS GOD SPEAKING TO YOU TODAY?

Day 18 (1/25) : Restorer of the Soul–Psalm 23:1-2

The Lord is my shepherd; I shall not want. He makes me lie down in green pastures. He leads me beside still water.

WHAT IS GOD SPEAKING TO YOU TODAY?

Day 19 (1/26) : Strength to the Weary–Isaiah 40:28

Have you not known? Have you not heard? The Lord is the everlasting God, the Creator of the ends of the earth. He does not faint or grow weary; his understanding is unsearchable.

WHAT IS GOD SPEAKING TO YOU TODAY?

Day 20 (1/27) : God our Fortress–2 Samuel 22:2-3

The Lord is my rock and my fortress and my deliverer, my God, my rock, in whom I take refuge, my shield, and the horn of my salvation, my stronghold.

WHAT IS GOD SPEAKING TO YOU TODAY?

Day 21 (1/28) : And so Much More–Ephesians 3:20-21

Now to him who is able to do far more abundantly than all that we ask or think, according to the power at work within us, to him be glory in the church and in Christ Jesus throughout all generations, forever and ever. Amen.

WHAT IS GOD SPEAKING TO YOU TODAY?

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