



IMPACT CITY CHURCH

Pray
FIRST

**21 DAYS OF PRAYER
& FASTING**

JANUARY 6-26

21 DAYS OF PRAYER

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

Welcome to our 2025
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 6-26 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



WEEK 1: GOD

Day 1 (1/6): Loving Lord - 1 John 4:8

Anyone who does not love does not know God, because God is love.

WHAT IS GOD SPEAKING TO YOU TODAY?

Day 2 (1/7): Powerful Presence - 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 3 (1/8): Holy Kind - Isaiah 6:3

And one called to another and said: "Holy, holy, holy is the Lord of hosts; the whole earth is full of his glory!"

WHAT IS GOD SPEAKING TO YOU TODAY?

Day 4 (1/9): Merciful Savior - Luke 23:34

And Jesus said, "Father, forgive them, for they know not what they do." And they cast lots to divide his garments.

WHAT IS GOD SPEAKING TO YOU TODAY?

Day 5 (1/10): Faithful Father - Romans 8:15

For you did not receive the spirit of slavery to fall back into fear, but you have receive the Spirit of adoption as sons, by whom we cry, "Abba, Father!"

WHAT IS GOD SPEAKING TO YOU TODAY?

Day 6 (1/11): Caring Friend - John 15:15

No longer do I call you servants, for the servant does not know what his master is doing; but I have called you friends, for all that I have heard from my Father I have made known to you.

WHAT IS GOD SPEAKING TO YOU TODAY?

Day 7 (1/12): Creative Creator - Genesis 1:1

In the beginning, God created the heavens and the earth.

WHAT IS GOD SPEAKING TO YOU TODAY?

WEEK 2: SELF

Day 8 (1/13) : My Health - Jeremiah 17:14

Heal me , O Lord, and I shall be healed; save me, and I shall be saved, for you are my praise.

WHAT IS GOD SPEAKING TO YOU TODAY?

Day 9 (1/14) : My Heart - Psalm 139:23

Search me, O God, and know my heart! Try me and know my thoughts!

WHAT IS GOD SPEAKING TO YOU TODAY?

Day 10 (1/15) : My Relationships - I Peter 3:8

Finally, all of you, have unity of mind, sympathy, brotherly love, a tender heart, and a humble mind.

WHAT IS GOD SPEAKING TO YOU TODAY?

Day 11 (1/16) : My Path - 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 12 (1/17) : My Mind - Philippians 4:7

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 13 (1/18) : My Growth - 2 Corinthians 3:18

And we all, with unveiled face, beholding the glory of the Lord, are being transformed into the same image from one degree of glory to another. For this comes from the Lord who is the Spirit.

WHAT IS GOD SPEAKING TO YOU TODAY?

Day 14 (1/19) : My Rest - Ephesians 20:11

For in six days the Lord made heaven and earth, the sea, and all that is in them, and rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.

WHAT IS GOD SPEAKING TO YOU TODAY?

WEEK 3: OTHERS

Day 15 (1/20) : Missionaries - Romans 8:36

As it is written: For your sake we are being killed all the day long; we are regarded as sheep to be slaughtered.

WHAT IS GOD SPEAKING TO YOU TODAY?

Day 16 (1/21) : Lost - Luke 15:4

What man of you, having a hundred sheep, if he has lost one of them, does not leave the ninety-nine in the open country, and go after the one that is lost, until he finds it?

WHAT IS GOD SPEAKING TO YOU TODAY?

Day 17 (1/22) : Children - Matthew 5:8

Blessed are the pure in heart, for they shall see God.

WHAT IS GOD SPEAKING TO YOU TODAY?

Day 18 (1/23) : Spiritual Leaders - 1 Thessalonians 5:12

We ask you, brothers, to respect those who labor among you and are over you in the Lord and admonish you.

WHAT IS GOD SPEAKING TO YOU TODAY?

Day 19 (1/24) : National Leaders - 1 Timothy 2:2

For kings and all who are in high positions, that we may lead a peaceful and quiet life, godly and dignified in every way.

WHAT IS GOD SPEAKING TO YOU TODAY?

Day 20 (1/25) : Sick - James 5:14

Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord.

WHAT IS GOD SPEAKING TO YOU TODAY?

Day 21 (1/26) : Church Family - Ephesians 6:18

Praying at all times in the Spirit, with all prayer and supplication. To that end, keep alert with all perseverance, making supplication for all the saints.

WHAT IS GOD SPEAKING TO YOU TODAY?



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