

**21 DAYS OF  
PRAYER & FASTING  
FOR YOUNG ADULTS  
JAN. 11 - 31, 2021**

Fasting is a spiritual discipline where we deny ourselves things in our lives that can distract us, so we can focus our minds more completely on God. In the Bible, fasting involved food and often took place when there was a big decision to make or a situation where someone needed special guidance from or intervention by God. At other times, people fasted as a way to grow closer to God. Even Jesus fasted (see

Matthew 4)! Regardless of why you fasting, it is always a special time of sacrifice, prayer and devotion when you give up something we think we “can’t live without” to discover that what really can’t live without is a close relationship with God.

**What will you GIVE UP for God during your fast?**

It doesn't really count if you won't miss it. Choose wisely.

Cell phone

Social Media

Electronics--video games, tablet/iPad

TV/Netflix/Hulu

Secular Music

Favorite foods/sweets/soda

**\*\*Adults usually fast from food & drink\*\***

**How will you FILL UP during your God time?**

**BE INTENTIONAL!**

**Pray throughout each day**

**Read your Bible**

*choose a certain book, character or story to focus on*

**Study your Bible**

*choose a topic and find as many verses about it as you can*

**Memorize Verses that are important to you**

**Keep a Prayer Journal**

*remember to go back and record God's answers*

**Some verses about FASTING**

Ezra 8:21-23\*\*Esther 4:16\*\*Daniel 6:18\*\*Daniel 9\*\*Matthew 4\*\*Matthew 6:16-18

**PRAYER from Philippians 4:6-7**

Be anxious for nothing, but in everything by prayer and supplication (petition, asking God for what you need), with thanksgiving let your requests be made known to God.

And the peace of God, which surpasses all comprehension, will guard your hearts and minds in Christ Jesus.  
(NASB version)

Don't worry about anything; instead, pray about everything. Tell God what you need and thank Him for all He has done. Then you will experience God's peace, which exceeds anything we can understand.

His peace will guard your hearts and minds  
as you live in Christ Jesus.  
(NLT version)

**A-Adoration (1 Chronicles 29:11)**

Praise. Recognizing God for Who He is and how much He loves and cares for us. Praise and adoration remind us that God is in control of all things and always at work in our lives.

**C-Confession (1 John 1:9)**

Because sin creates a wall between us and God, we realize that we need a Savior (Jesus). Believing that Jesus took our sins upon himself (took our punishment) on the cross, when we admit our mistakes to Him (repent) we can know that we are forgiven!

**T-Thanksgiving (Ephesians 5:20)**

Thanking God for all the things He has already done in our lives.

**S-Supplication (Matthew 7:7)**

Asking God for what we need (petition) and talking to Him about things we need His guidance and direction about. Nothing is too big or too small! Supplication also includes praying for the needs of others, like friends, family, those in need or people who are not believers (intercession).

