

Day 1 – Prayer Changes Us

Psalms 25:4-5

*⁴ Show me the right path, O Lord,
point out the road for me to follow.
⁵ Lead me by your truth and teach me,
for you are the God who saves me.
All day long I put my hope in you.*

If you are following our Prayer and Fasting Calendar, today's fast consists of fruits and vegetables.

Day 2 – Pray for Growth in God

Colossians 1:10

*¹⁰ Then the way you live will always honor and please the Lord,
and your lives will produce every kind of good fruit.
All the while, you will grow as you learn to know God better and better.*

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Day 3 – Prayer Prepares Our Future

Philippians 3:13-14

¹³ No, dear brothers and sisters, I have not achieved it, but I focus on this one thing: Forgetting the past and looking forward to what lies ahead, ¹⁴ I press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus, is calling us.

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Day 4 – Fast and Pray

Ezra 8:23

²³ So we fasted and earnestly prayed that our God would take care of us, and he heard our prayer.

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Day 5 – Prayer Enlarges Our Vision

Isaiah 54:2-3

*² "Enlarge your house; build an addition.
Spread out your home, and spare no expense!
³ For you will soon be bursting at the seams.
Your descendants will occupy other nations
and resettle the ruined cities.*

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Day 6 – Fast and Pray

Mark 9:29 NKJV

²⁹ So He said to them, “This kind can come out by nothing but prayer and fasting.”

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Day 7 – Prayer Relinquishes Control

Luke 22:42

*²² “Father, if you are willing,
please take this cup of suffering away from me.
Yet I want you will to be done, not mine.”*

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Day 8 – Prayer Places Value on People

Philippians 2:3-5

³ Don't be selfish; don't try to impress others. Be humble, thinking of others as better than yourselves. ⁴ Don't look out only for your own interests, but take an interest in others, too.

⁵ You must have the same attitude that Christ Jesus had.

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Day 9 – Prayer Preserves Our Families

Nehemiah 4:14

¹⁴ Then as I looked over the situation, I called together the nobles and the rest of the people and said to them, “Don't be afraid of the enemy! Remember the Lord, who is great and glorious, and fight for your brothers, your sons, your daughters, your wives, and your homes!”

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Day 10 – Pray for Our Churches' Potential

John 17:20-21

*²⁰ “I am praying not only for these disciples but also for all who will ever believe in me through their message.
²¹ I pray that they will all be one, just as you and I are one— as you are in me, Father, and I am in you.
And may they be in us so that the world will believe you sent me.”*

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Day 11 – Fast and Pray

Matthew 9:14-15

¹⁴ One day the disciples of John the Baptist came to Jesus and asked him, “Why don't your disciples fast[a] like we do and the Pharisees do?”

¹⁵ Jesus replied, “Do wedding guests mourn while celebrating with the groom? Of course not. But someday the groom will be taken away from them, and then they will fast.

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Day 12 – Prayer Accesses God's Strength

Isaiah 40:29-31

*29 He gives power to the weak
and strength to the powerless.
30 Even youths will become weak and tired,
and young men will fall in exhaustion.
31 But those who trust in the Lord will find new strength.
They will soar high on wings like eagles.
They will run and not grow weary.
They will walk and not faint.*

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Day 13 – Pray for Our Leaders

1 Timothy 2:1-2

1 I urge you, first of all, to pray for all people. Ask God to help them; intercede on their behalf, and give thanks for them. 2 Pray this way for kings and all who are in authority so that we can live peaceful and quiet lives marked by godliness and dignity.

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Day 14 – Pray for Wisdom

James 1:5

*5 If you need wisdom, ask our generous God, and he will give it to you.
He will not rebuke you for asking.*

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Day 15 – Prayer Renews Faith

Isaiah 54:10

*10 For the mountains may move
and the hills disappear,
but even then my faithful love for you will remain.
My covenant of blessing will never be broken,"
says the Lord, who has mercy on you.*

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Day 16 – Prayer Invokes God's Favor

Psalms 5:11-12

*11 But let all who take refuge in you rejoice;
let them sing joyful praises forever.
Spread your protection over them,
that all who love your name may be filled with joy.
12 For you bless the godly, O Lord;
you surround them with your shield of love.*

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Day 17 – Prayer Brings Divine Results

Daniel 11:32

³² He will flatter and win over those who have violated the covenant. But the people who know their God will be strong and will resist him.

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Day 18 – Prayer Invites God's Will to Earth

1 John 5:14

¹⁴ And we are confident that he hears us whenever we ask for anything that pleases him.

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Day 19 – Fast and Pray

Nehemiah 1:4-5

*⁴ When I heard this, I sat down and wept. In fact, for days I mourned, fasted, and prayed to the God of heaven.
⁵ Then I said,*

“O Lord, God of heaven, the great and awesome God who keeps his covenant of unfailing love with those who love him and obey his commands,

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Day 20 – Fast and Pray

Matthew 6:16-18

¹⁶ “And when you fast, don't make it obvious, as the hypocrites do, for they try to look miserable and disheveled so people will admire them for their fasting. I tell you the truth, that is the only reward they will ever get. ¹⁷ But when you fast, comb your hair and wash your face. ¹⁸ Then no one will notice that you are fasting, except your Father, who knows what you do in private. And your Father, who sees everything, will reward you.

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Day 21 – Fast and Pray

Matthew 6:33

³³ Seek the Kingdom of God[a] above all else, and live righteously, and he will give you everything you need.

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