

## 21 DAYS of PRAYER & FASTING

(From 12:01 am Sunday, 10 March to 12 midnight Saturday, 30 March 2024)



**WEEKLY DEVOTIONAL, PRAYER + REFLECTION  
AND FAMILY MOMENT**

## FASTING TIPS

<sup>17</sup> But when you fast, put oil on your head and wash your face, <sup>18</sup> so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you. ([Matthew 6:17-18](#))

1. **SEEK** medical advice. Make sure you are medically fit to fast.
2. **PRAY** – Spiritual fasting is always a discipline directed toward God. Therefore, PRAY! Make a commitment and set yourself apart for your fast period to diligently seek the Lord and experience His presence as never before.
3. **FOCUS ON YOUR GOAL** – **STICK** with your goal on why you fast; what you want to achieve on top of CLG’s goal for the fast. Is it direction you need? or is it healing, restoration of marriage or family issues, financial breakthrough, seeking employment, or facing severe financial struggles or need deliverance to a certain kind of addiction or bondage. ”.. this kind not go out but by prayer and fasting.” Matthew 17:21
4. **SHOP** for everything you need the day before the fast. You are most likely to succeed if you have your Daniel Fast food within your reach each time you need to refuel yourself.
5. **SANCTIFY THE TIME** - Set a time to be with God. If this is your first time, 20 minutes or ½ an hour is a good start. If you can, 1 hour would be great too. Have a notebook, pen and Bible handy. Write God’s insight and revelation to you. Write! Write! And Write, you’ll be amazed how much God wants to talk to you. The focus is not on ‘Not Eating Food’ - The focus is ‘Spending Time With God’. Find a quiet place with NO distractions. Turn off your mobile phone AND keep away from TV when you are with God.
6. **Read and Feast on the Word of God.** Listen to Christian music – Praise and Worship
7. **Drink** plenty of water.

Your body may resist the change in your food intake which can cause you to feel slight headache, hunger pangs, dizziness or vomiting. You can minimise these side effects by taking:

- ✓ Vitamin C – an antioxidant that supports detox and can eliminate mild headaches.
- ✓ Lemon – Lemon supports liver cleansing and is also refreshing to your mouth. Add lemon juice to salad dressings and include lemon slices in some of your water.
- ✓ Dry Skin – Using a body brush in the shower will help eliminate the dry flakes. It also promotes blood flow.
- ✓ Water – Drink plenty of water to flush your body and reduce the physical feelings of hunger.

It can be expected that the withdrawal and detoxification symptoms should pass in a few days. Your level of hunger is also expected to subside after your body becomes more accustomed to a few calories.

**Press on and don’t give up. From experience, these disturbances mostly last in a day or two.**

## DAY 01

### Offering praise

Shift your mind into a place of worship, seeing God’s majesty and praising Him for all He has done.

---

#### TODAY’S SCRIPTURE READING

“Among the gods there is none like You, Lord; no deeds can compare with Yours. All the nations You have made will come and worship before You, Lord; they will bring glory to Your name. For You are great and do marvelous deeds; You alone are God. Teach me Your way, Lord, that I may rely on Your faithfulness; give me an undivided heart, that I may fear Your name. I will praise You, Lord my God, with all my heart; I will glorify Your name forever.” —Psalm 86:8-12 (NIV) “Blessed be Your glorious name, and may it be exalted above all blessing and praise. You alone are the Lord. You made the heavens, even the highest heavens, and all their starry host, the earth and all that is on it, the seas and all that is in them. You give life to everything, and the multitudes of heaven worship You.” —Nehemiah 9:5-6 (NIV)

#### Additional Scripture

Psalm 139:13-18 (NKJV)

---

#### REFLECT ON THE WORD

Let’s begin our collective 21 Days of Prayer + Fasting by looking up and seeing Jesus, high and lifted up, eternally enthroned over all creation. As ministers, a vocational hazard we sometimes face is losing sight of God’s majesty and wonder just as we are trying to present Him as majestic and wondrous to others! Prayer and praise go hand in hand to totally renew our souls. He is worthy of our praise. Let’s pray together.

---

#### PRAYER + CONTEMPLATION

1. Take time right now to recapture the glory and awe of God in whatever way feels right (singing, prayer, etc.).
2. Ask the Holy Spirit to bring to mind areas in your life where God has become tame or small and allow Him to expand in your heart.
3. Go for a walk in a quiet and beautiful setting or drive somewhere peaceful. Pause in a safe place to look up at the sky and allow creation to lead your heart into praise and worship for all God is and what He has done.

#### FAMILY MOMENT: ABCs of praise

Read Psalm 86:10. You just read a prayer of praise! When we praise God, we declare truths about who He is. Can you think of words that describe God? Create your family’s ABCs of praise. Starting with each letter of the alphabet, allow family members to write down or share aloud a word that describes God. Continue your way through the alphabet, celebrating your ABCs of praise when you arrive at letter Z!

## DAY 02

### Expressing gratitude

Remember who God is and what He has done and let us praise His holy name.

---

#### TODAY'S SCRIPTURE READING

“Oh come, let us sing to the Lord! Let us shout joyfully to the Rock of our salvation. Let us come before His presence with thanksgiving; let us shout joyfully to Him with psalms. For the Lord is the great God, and the great King above all gods. In His hand are the deep places of the earth; the heights of the hills are His also. The sea is His, for He made it; and His hands formed the dry land. Oh come, let us worship and bow down; let us kneel before the Lord our Maker. For He is our God, and we are the people of His pasture, and the sheep of His hand.”

—**Psalm 95:1-7 (NKJV)**

“Praise the Lord, my soul; all my inmost being, praise His holy name. Praise the Lord, my soul, and forget not all His benefits—who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle’s.”

—**Psalm 103:1-5 (NIV)**

---

#### REFLECT ON THE WORD

We often remember the things we should forget and forget what we should remember. One of the central roles of prayer is to reorient our hearts toward gratitude and thankfulness to Christ. G.K. Chesterton wrote that “gratitude is happiness doubled by wonder.” These scriptures help us meditate on the wonder of God’s creation and remember His infinite goodness. May the Spirit awaken our hearts in gratitude as we reflect on His Word!

---

#### PRAYER + CONTEMPLATION

1. In your journal, write down anything that comes to your mind throughout the day that is cause for expressing thanks to God. At the end of the day, review your list and give your heavenly Father your gratitude.
  2. When you go for a walk or take a drive today, instead of listening to a podcast, turn on some praise music and crank up the volume louder than you normally would. Let everything within you give thanks to God!
  3. The Apostle Paul encouraged us to “give thanks in all circumstances” (1 Thess. 5:18, NIV). That means even the difficult things we face. Take a moment to thank God for the hard things you’re going through, and trust that He will use them for His glory.
- 

#### FAMILY MOMENT: Seeds of gratitude

Read Psalm 103:1-5. Why do you think it’s important for us to give thanks to God, even for things that might seem ordinary? Make a top 10 list of things you are each thankful for. Share your lists with one another aloud, and thank God together for each thing, no matter how small. Post the list on the fridge or somewhere you can see it and add one more thing you are grateful for each day this week.

## DAY 03

### Seeking His presence

Prayer and fasting are reliable ways to bring us back into God's holy presence. Be still in Him.

---

#### TODAY'S SCRIPTURE READING

“One thing I ask from the Lord, this only do I seek: that I may dwell in the house of the Lord all the days of my life, to gaze on the beauty of the Lord and to seek Him in His temple.” —Psalm 27:4 (NIV) “I want to know Christ—yes, to know the power of His resurrection and participation in His sufferings, becoming like Him in his death, and so, somehow, attaining to the resurrection from the dead. Not that I have already obtained all this, or have already arrived at my goal, but I press on to take hold of that for which Christ Jesus took hold of me. Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.”

—Philippians 3:10-14 (NIV)

---

#### REFLECT ON THE WORD

When we look at Scripture, we don't see stories of morally superior heroes and faultless churches; what we find again and again are people who set their hearts on seeking after God. Even the holiest saint needs to enter God's presence to keep their faith and love for Him from growing cold. Prayer and fasting are a way to accomplish this. Through our actions, Jesus stirs up and renews our love and longing for Him.

---

#### PRAYER + CONTEMPLATION

1. We live in a world with endless counterfeit options for what can “fill” us, but often what we think will guide us merely distracts us. Pray for God to fill your soul to the brim with His goodness.
  2. As you fast in the way that is best for you, pray that God will fill the void left by whatever you have cut out and that your love for Him will grow.
  3. Take time right now to pause and wait on the Lord. Open yourself to Him and be content in silence. As you pray, welcome His transforming Spirit.
- 

#### FAMILY MOMENT: The things we seek.

Read Psalm 27:4. What does it mean to “seek”? The Bible shows us that seeking is what we think about, the things we love and where we spend our time. God knows our lives are filled with lots of distractions. Thankfully, followers of Jesus have the Holy Spirit as guide and helper. Make and decorate a “telescope” out of a paper-towel tube, and write the words from Psalm 27:4 on the tube. Play a game of I Spy and “seek” things while only looking through the telescope. Adults, now guide kids toward finding things like the Bible, the nature God created or framed Scripture. See how much easier it is to seek and find when you have guidance? That's what the Holy Spirit does for us every day!

## DAY 04

### True repentance

Above all else, we desire to walk with God with clean hands, a pure heart and true repentance.

---

#### TODAY'S SCRIPTURE READING

“Have mercy upon me, O God, according to Your lovingkindness; according to the multitude of Your tender mercies, blot out my transgressions. Wash me thoroughly from my iniquity and cleanse me from my sin.”

—Psalm 51:1-2 (NKJV)

“Create in me a clean heart, O God, and renew a steadfast spirit within me. Do not cast me away from Your presence, and do not take Your Holy Spirit from me. Restore to me the joy of Your salvation and uphold me by Your generous Spirit.”

—Psalm 51:10-12 (NKJV)

#### Additional Scripture

1 John 1:7-9 (NIV)

Psalm 51:10-17 (NKJV)

---

#### REFLECT ON THE WORD

As we contend for the gospel, our hearts can become weary and hardened in the struggles of life. Today, let's posture our hearts in repentance as we long to align ourselves rightly as followers of Jesus. In this hour, we believe that the church must return to a first love for Jesus, marked by a genuine fear of the Lord. Above all else, we desire to walk with God with clean hands, a pure heart and true repentance wherever we have allowed our hearts to become calloused. As we do this, may we stand in the forgiveness and transformation of Jesus.

---

#### PRAYER + CONTEMPLATION

1. Take time and reflect on the nature and condition of your heart. Where have you grown weary? Where have you allowed sin a foothold? Where has your heart become hard or numb? Confess, repent, and allow forgiveness to begin to restore your heart.
  2. Make a list of pastors and leaders in CLG church in Sydney, in Manila, and to our partner church in Kiisi, Kenya and pray for God to protect and restore Himself as their first love.
  3. Pray that God would pour out His Spirit upon CLG church communities and reveal any repentance He desires from us.
- 

#### FAMILY MOMENT: Clean hearts

Read 1 John 1:7-9. What does it mean to repent? It's when we turn away from our sin and turn toward God. God loves us so much that when we confess our sins, He is faithful to forgive! Adults, now is a great time to share an example of messing up and seeking forgiveness. Distribute paper and coloring supplies and have everyone draw a heart. Ask the Holy Spirit, “Is there any sin in my heart for which I need to repent?” Give family members time to respond with words or drawings before regrouping and celebrating God's faithful forgiveness!

## DAY 05

### Transparency and trust

Living out a ministry calling requires total trust in the Lord and reliance on Him.

---

#### TODAY'S SCRIPTURE READING

“How long, Lord? Will You forget me forever? How long will You hide Your face from me? How long must I wrestle with my thoughts and day after day have sorrow in my heart? How long will my enemy triumph over me? Look on me and answer, Lord my God. Give light to my eyes, or I will sleep in death and my enemy will say, ‘I have overcome him,’ and my foes will rejoice when I fall. But I trust in Your unfailing love; my heart rejoices in Your salvation. I will sing the Lord’s praise, for He has been good to me.” —**Psalm 13:1-6 (NIV)**

#### Additional Scripture

Proverbs 3:5-6 (NIV)

---

#### REFLECT ON THE WORD

Ministry is costly. Our challenges may differ, but the struggle of leadership is something we all share. Without transparency before God and trusted community, we can often allow these challenges to move us away from hope and faith in God. Today we are praying about the hardships we are experiencing and confessing any places that we must restore trust in the Lord. As leaders, we must fight to live honest and transparent lives, and put on display the faithfulness and goodness of God as He meets us in our needs.

---

#### PRAYER + CONTEMPLATION

1. Take time and reflect on the challenges you are facing. As you name them, begin to pray into every situation for the courage to stand in faith and trust. Where you need help, take this transparency, and invite in a trusted ally. Remind yourself of the God who delivers and take courage in His promises.
  2. Pray for the challenges you know that our CLG pastors and leaders around you are facing. Pray for God’s intervention, that He would cover them in His grace as they contend.
  3. Pray for the challenges facing the church both nationally (CLG Sydney) and internationally (CLG Manila, our partner church in Kiisi, Kenya and our potential partner, Majesty Foundation in Andhra Pradesh, India). Ask God for an impartation of faith over the church so we will trust Him as we lead into the future.
- 

#### FAMILY MOMENT: Trust walk

Read Proverbs 3:5-6. Construct a simple obstacle course in your home. Take turns navigating the course with one person blindfolded and another person guiding. Gather back together for discussion. How did it feel to trust someone to get you through the course? Read Proverbs 3:5-6 again. How do we know we can trust God? He always keeps His promises! Share with your children some examples of when you trusted God in the past. When is it hard to trust God? Pray for one another, trusting in a God who always keeps His promises.

## DAY 06

### Walk worthy!

God has placed a calling on each of our lives; let's choose to live lives worthy of Him.

---

#### TODAY'S SCRIPTURE READING

“For this reason we also, since the day we heard it, do not cease to pray for you, and to ask that you may be filled with the knowledge of His will in all wisdom and spiritual understanding; that you may walk worthy of the Lord, fully pleasing Him, being fruitful in every good work and increasing in the knowledge of God; strengthened with all might, according to His glorious power, for all patience and longsuffering with joy; giving thanks to the Father who has qualified us to be partakers of the inheritance of the saints in the light. He has delivered us from the power of darkness and conveyed us into the kingdom of the Son of His love, in whom we have redemption through His blood, the forgiveness of sins.” —**Colossians 1:9-14 (NKJV)**

#### Additional Scripture

Luke 23:34 (NKJV)

Matt. 6:12-15 (NIV)

---

#### REFLECT ON THE WORD

Jesus has invited us into His greatest desire: that the world would be reconciled back to God. We have been filled with the Spirit, anointed for our generation, and commissioned to see the kingdom of God on Earth as it is in heaven. Considering all that God has done, we desire to live lives worthy of Him. Let's reclaim the privilege of belonging to Jesus and put the radical love of God on display in all that we do.

---

#### PRAYER + CONTEMPLATION

1. Take time and reflect on the moments of calling and purpose that mark your life. Why are you leading? What has God spoken to over the years? What are the prophetic words that have marked your journey? Take hold again of the promises of God over your life. As you pray, reflect on your identity in Christ, and recommit any place in your life that is needed to walk in a manner worthy of the calling you have received.
  2. Pray for CLG pastors and leaders to stand against the lies and schemes of the enemy that are set against them, that God would strengthen them and give them true identity.
  3. Pray that those in CLG church (Sydney, Manila and Kiisi-Kenya and our potential partner, Majesty Foundation in Andhra Pradesh, India) would live a life worthy of our collective calling and fulfill the assignment God has given us.
- 

#### FAMILY MOMENT: Walking worthy

Read Colossians 1:9-14. Make a family foot collage. Using washable paint, stamp the bottom of one foot of each person in your family onto a separate sheet of paper, or trace each person's foot with a marker. When the footprints have dried, cut each piece out and glue them so they overlap onto an 11x17 sheet of paper. Notice the difference in sizes—we are each at a different stage of life and in our walk with Christ. Write the following on the collage: “We choose to walk worthy of the Lord. We will grow to know Him more”.



## DAY 07

### On our knees

Let's posture ourselves to give up anything that is keeping us from God's presence.

---

#### TODAY'S SCRIPTURE READING

Today's Scripture "For this reason I bow my knees to the Father of our Lord Jesus Christ, from whom the whole family in heaven and earth is named, that He would grant you, according to the riches of His glory, to be strengthened with might through His Spirit in the inner man, that Christ may dwell in your hearts through faith; that you, being rooted and grounded in love, may be able to comprehend with all the saints what is the width and length and depth and height—to know the love of Christ which passes knowledge; that you may be filled with all the fullness of God. Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us, to Him be glory in the church by Christ Jesus to all generations, forever and ever. Amen."

—Ephesians 3:14-21 (NKJV)

---

#### REFLECT ON THE WORD

At its foundation, Paul is desperate for one thing: that every part of God would come to live in every part of us, to be totally filled up by God's presence without friction or empty space. This makes the first line imperative: "I bow my knees to the Father." The way to be filled with God is to be emptied of self. The way to receive His strength is to lay down our own. The more we daily surrender our lives, the more fully we come to experience His.

---

#### PRAYER + CONTEMPLATION

1. Reread and reflect on each phrase from this prayer found in Ephesians. Which ones is God highlighting for further contemplation?
  2. What do you need to lay down today to receive the fullness of God? If you're able to, kneel or lie down as you pray in a posture of humility.
  3. Pray for the Holy Spirit to reveal what parts of your life you are holding onto and then trade them in to receive the fullness of God's love there.
- 

#### FAMILY MOMENT: Speak a blessing.

Read Ephesians 3:14-21. What stands out to you in these verses? Take turns praying a blessing over each family member by name: "May God strengthen [name] with power through His Holy Spirit in your inner being. We pray that you will have the power to grasp how wide and long and high and deep the love of Jesus is for you. May you be filled to the measure of all the fullness of God and know that He is able to do more than we can ask or imagine. Amen."