

21 DAYS OF

*P*RAYER
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*F*ASTING

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P RAYER

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F ASTING

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INTRODUCTION

21 Days of Prayer and Fasting is a way for our church to collectively enter a rhythm of longing for God. We desire for God to grow our intimacy with Him, strengthen us to advance His Kingdom, restore those who are hurting and reach the lost in our city. We're excited for you to join us!

Why prayer?

As a church that seeks to live out the Great Commission (Matthew 28:16-20), we want everything to begin and end with prayer. It is one of the primary ways we commune with God, and we strongly believe the Church's mission is fueled by the prayer of His people and the power of the Holy Spirit.

What is fasting?

Fasting is essentially the practice of giving up food (or another habit) for a period of time to better focus our thoughts and attention on God. It is us saying, "What we're praying for is so important that we're willing to set aside our everyday life to focus on praying for it."

Whether you choose to fast for one day, several days, or the entire 21 days, the point is to humble yourself in a new way and draw near to God. Here are some ideas of what you could choose:

- You might choose a selective fast, eliminating certain things from your diet. Eating only fruits and vegetables, what some might call a “Daniel fast,” is an example of this type of fasting.
- Another option is a partial fast, which is refraining from eating for a set period of time each day. You could choose to fast from a single meal or from sunup to sundown.
- Some of you may feel led to engage in a complete fast, refraining from eating and only drinking liquids for particular days or even an extended period of time.
- If fasting from food is not possible, you may feel led by the Lord to fast from something else, such as social media, television, or certain times or activities on your cell phone.

Does your family want to participate in the 21 Days of Prayer and Fasting together? We have a series of resources and tips for you to build these spiritual rhythms as a family. You can find them at tpcc.org/prayerandfasting or by scanning the QR code.



HOW TO PREPARE

HAVE A CERTAIN TIME

Jesus got up early in the morning to spend time with His heavenly Father. Make a daily appointment with God—whether it’s first thing in the morning, at lunch or in the evening—and faithfully keep it.

HAVE A CERTAIN PLACE

Jesus had a specific place He went to pray. Having a designated place to pray helps us remove distractions and frees us to worship and pray out loud.

HAVE A CERTAIN PLAN

When Jesus taught His disciples how to pray, He gave them a prayer outline. We call it “The Lord’s Prayer” (more on this later). Our desire is for this guide to be a resource for your time with God. As we pray every day, consider incorporating some worship music, additional time to read the Bible or journaling. Not everyone’s approach will look the same, but it does help to have a plan for connecting regularly with God.

ARE YOU IN?

For the next 21 days:

I will commit to daily entering God's presence through prayer.

I will commit to fasting from _____.

DISCLAIMER: There may be a number of reasons why fasting from food may not be safe or wise for some. If there are medical concerns, we encourage anyone to first consult their physician or choose something else to fast from.

Signature: _____

BEFORE YOU BEGIN...

We'd love to know where you're at with your current faith journey and what you hope to get out of this experience. Please scan the QR code to complete the pre-experience survey.



RESOURCES

If you're looking for ways to enhance this experience (like playlist recommendations and Scripture references), access the pre- and post-experience surveys or have your questions answered, head to our 21 Days of Prayer and Fasting resource page at tpcc.org/prayerandfasting.



THE LORD'S PRAYER

How did you learn to pray?

Most of us were never formally taught how to pray. Instead, we've pieced it together over time—adopting phrases, habits and structures from friends, family, mentors and preachers.

We know that we should pray, but we don't often do it. Why is that?

Maybe you can relate to the words of pastor and author Eugene Peterson, *"Faced with the prospect of conversation with a holy God who speaks worlds into being, it's not surprising that we have trouble with prayer."* What do we say to a God who speaks worlds into being? Where do we even begin?

If you've ever felt this way, you're in good company. The first disciples of Jesus wondered the same thing. They personally watched Him pray in ways they had never seen before. He prayed consistently and frequently—early in the morning and sometimes even throughout the night.

They wanted to know how He did it. How do you pray like that? What do you talk about? Their curiosity brought them to make an ask of Jesus that would forever revolutionize what it means to pray.

"Lord, teach us to pray." Luke 11:1

Now, what's surprising is that Jesus's first response was to answer their question. Usually, when anyone asked Him something, He was notorious for answering their question with another question. But that's not what He does here. Jesus gives them exactly what they ask for.

He says, "Pray like this..."

**Our Father in heaven,
may your name be kept
holy. May your
Kingdom come soon.
May your will be done
on earth, as it is in
heaven. Give us today
the food we need, and
forgive us our sins, as
we have forgiven those
who sin against us. And
don't let us yield to
temptation, but rescue
us from the evil one.**

Matthew 6:9-13 NLT

Over the years, this has become known as the Lord's Prayer. Usually, this prayer is reduced to something we learn to memorize or chant during a worship service. What if Jesus had a different idea for how this prayer would be used?

The Lord's Prayer isn't a poem that we recite occasionally; it's an outline that we use daily. The lines of the prayer are headings that we fill in with words unique to that day. This is Jesus teaching us exactly what we should be praying for.

For the next 21 days, this book will be our guide. Set up in three-week increments, we'll spend the first week diving into each line of The Lord's Prayer, learning what it means and how to incorporate it into our conversations with God. This first week is especially important, as it will help you build a foundation for practicing the framework Jesus taught.

As you move into week two, you'll notice the prompts becoming less detailed. That's intentional. While we'll still provide guidance, we want to encourage you to personalize your prayers and talk to God in your own words.

In the final week, you'll pray The Lord's Prayer independently. This isn't about following a script but about creating space to connect with God—bringing your praises, confessions and requests directly to Him.

Though we're embarking on this journey together as a church, our hope is that it sparks a deeper, more consistent personal prayer life for you. Let this be the starting point for a meaningful, ongoing conversation with God.

WEEK ONE

WEEK 1 | DAY 1

“Our Father in heaven...”

The first line of this prayer defines our relationship with God. Why does this matter? Because, in a lot of ways, who we’re speaking to will determine what we’re willing to share and, just as important, what we aren’t willing to share. *What’s appropriate? What does the other person care about? What can I trust them with?* For example, we have very different conversations with our best friend than we do with our boss.

Here’s what Jesus teaches us about how God wants to relate to us: He is our Father, and we are His children. When we placed our faith in Jesus, everything changed. We received the gift of salvation; our sins were forgiven, and we were set free. Additionally, we were adopted as His own. God is now our heavenly Father, having embraced us into His family.

This is a difficult starting point for some because the word “father” is often colored by our experience—or lack of experience—with our earthly fathers. We must separate the two because they are not the same. If you find yourself in this place, use these next 21 days to let God redeem the concept of fatherhood for you.

God is the perfect Father. He never breaks a promise; He is always present, and He wants what is best for you. He wants you to share everything with Him, because He cares about you (1 Peter 5:7).

Prayer

Use the space below to write a prayer for the following prompts:

- Celebrate the relationship you have with God. Address Him as your heavenly Father. With a spirit of gratitude, thank Him that you're His child.
- If you're having trouble calling Him your Father, talk to Him about it. He wants to hear it.
- Pray that other people would come to know God as a loving Father.

Fast

Describe your approach to or experience with fasting today.

Daily Check-In:

- Read the Lord's Prayer
- Read the teaching
- Pray
- Journal
- Fast

WEEK 1 | DAY 2

“May your name be kept holy...”

In the opening line of this prayer, Jesus defines our relationship with God: He is our Father, and we are His children. The next line reveals why God is a Father we can trust—because He is “holy.” Another word for “holy” is “unique.” There is no one like our God. His holiness is what makes Him the perfect Father, and it is why He alone is worthy of our worship. This is a moment to pause and worship God for who He is.

Use this time to reflect on God's greatness and worship Him for who He is. You can pray through God's character traits or the attributes that make Him unique. A great place to start is Exodus 34, one of the most quoted passages in the Bible. In this chapter, God describes Himself and reveals what He wants us to know about who He is.

“The Lord passed in front of Moses, calling out,
“Yahweh! The Lord!
The God of **compassion** and **mercy**!
I am **slow to anger**
and filled with **unfailing love** and **faithfulness.**” Exodus 34:6 NLT

GOD IS:

- Compassionate
- Gracious
- Slow to Anger
- Loving
- Faithful

You can find more verses about God's character on our 21 Days of Prayer and Fasting webpage at tpcc.org/prayerandfasting.

Prayer

Use the space below to write a prayer for the following prompts:

- Praise God for the ways you've seen His compassion, grace, slowness to anger, love and faithfulness.
- Are you struggling to believe these things about God? Share it with Him.
- Pray that others would come to know the real God. So many reject God because of who they think He is. Pray they would come to know the God of Exodus, who is the God of the Bible.

Fast

Describe your approach to or experience with fasting today.

Daily Check-In:

- Read the teaching
- Pray
- Journal
- Fast

WEEK 1 | DAY 3

“May your Kingdom come soon. May your will be done on earth, as it is in heaven.”

So far, Jesus has defined our relationship with God and why He is the perfect Father. Today’s verse describes what God wants for His children. In many ways, our purpose is found in these two lines.

God’s will for us has always been the same: He wanted us to rule over His Kingdom. In the garden, God placed everything under the authority of Adam and Eve. It was the place where heaven and earth overlapped; the perfect picture of how God wanted the whole earth to be. Adam and Eve were supposed to advance God’s Kingdom to the ends of the earth but, in the end, they failed. God didn’t give up on them, though. He continued to advance His Kingdom mission through imperfect people.

But as time went on, they still failed to live out their purpose due to their disobedience, distraction and distrust.

...until God sent Jesus.

Jesus succeeded where everyone else failed. He perfectly lived out the will of God and came to usher in the Kingdom of God. This was His main message! Jesus talked more about God’s Kingdom than anything else. In the Gospel of Matthew alone, Jesus mentions the Kingdom over 50 times.

What is the Kingdom of God? It’s anywhere in heaven or on earth where the way of Jesus rules.

This is a prayer for us to place God’s will above our own. We don’t want to just build little earthly kingdoms here. We should want to partner with God to build His Kingdom on earth. Let’s pray that our hearts will be aligned with His.

Prayer

Use the space below to write a prayer for the following prompts:

- Pray for everyone to know and place their faith in Jesus.
- Pray for the Church around the world.
- Pray that disciples would be made and they would teach others to obey all that Jesus has commanded.
- Are you struggling with putting God’s will above your own? Share that with Him.

Fast

Describe your approach to or experience with fasting today.

Daily Check-In:

- Read the teaching
- Pray
- Journal
- Fast

WEEK 1 | DAY 4

“Give us today the food we need...”

Up to this point, The Lord's Prayer has helped us rightly orient our relationship with God our Father. We've been reminded of the need to see the greatness of God's character and align ourselves to the Kingdom mission we're called to participate in.

In the second half of the prayer, Jesus helps us focus on what living in God's Kingdom looks like practically in our day-to-day lives. The first element of this focus is something we probably wouldn't expect: Food. Jesus says, "Give us today the food we need." As His Jewish audience heard this, they would have automatically connected this line of the prayer to a familiar story: their ancestors who were freed from Egyptian slavery, in the wilderness, with no source of consistent food. They relied on God daily to provide what they needed (Exodus 16:15-21).

Essentially, this part of The Lord's Prayer centers us on one critical thing: Dependence. If we're honest, this flies in the face of our Western culture, which is marked by earning, hard work and self-sufficiency. Jesus is not against working hard, but He gives us this line of the prayer to remind us that there's competition for our loyalty. The world can deceive us into thinking that "Everything you have is because you worked for it."

How do we combat this? By cultivating a heart of dependence on God. As disciples of Jesus, this line of the prayer calls us to have a mindset that sees each day's basic provisions (food, shelter, clothing, relationships, etc.) as complete *gifts* – not things to be taken for granted. Just like the ancient Israelites depended on God daily for food, we too can see our basic needs as total gifts – asking God to keep us dependent on Him.

Prayer

Use the space below to write a prayer for the following prompts:

- Tell God what you need, and thank Him for what you have: faith, food, shelter, transportation, finances, health (physical, emotional, mental), relationships, career/school, etc.
- Is there anything you're struggling to believe God will provide for you? Share it with Him.

Fast

Describe your approach to or experience with fasting today.

Daily Check-In:

- Read the teaching
- Pray
- Journal
- Fast

WEEK 1 | DAY 5

“And forgive us our sins...”

After asking God to provide our daily needs and help us have a heart of dependence, Jesus draws our attention to forgiveness. This is something that is at the center of God’s Kingdom movement. In fact, forgiveness is woven throughout the narrative of the Bible. God creates humanity to be in relationship with Him. We choose to rebel and seek our own way. God shows His mercy and forgiveness toward us when we don’t deserve it, calling us to return to the relationship He desires to have with us.

The question, however, is “Why do we need God’s forgiveness?” The answer to this question rests in one of the opening lines of this prayer, “May your name be kept holy.” God, in His holiness, is perfect, and we are not. In fact, Jesus encourages us to come before God and be reminded that we don’t measure up to His perfect holiness. We fall short of it every single day through our actions and disobedience. This is what sin is – missing the mark of God’s holy standard. This should humble us.

At the same time, because of Jesus, we should be overwhelmed with gratitude that no amount of effort can put us in God’s good graces. His love and forgiveness are a gift, a gift that we receive by believing in the sacrifice of His Son.

So why still ask for forgiveness? Well, remember that this is about a relationship with our heavenly Father. We don’t desire to hurt those we love. When we embrace what Jesus has done for us on the cross, we no longer want to break God’s heart by sinning. And when we do, God delights when we don’t hide it or excuse it. He wants us to lovingly come before Him to confess it, turn from it and embrace the forgiveness available through Jesus!

Prayer

Use the space below to write a prayer for the following prompts:

- Confess any unrepentant sin and ask God to show you sin that you're unaware of.
- Ask for forgiveness.
- Are you struggling to believe God has forgiven you? Are you having a hard time forgiving yourself? Share that with Him.
- Intercede on behalf of others.

Fast

Describe your approach to or experience with fasting today.

Daily Check-In:

- Read the teaching
- Pray
- Journal
- Fast

WEEK 1 | DAY 6

“As we have forgiven those who sin against us.”

One of the gospel's most beautiful truths is that we are forgiven. Jesus calls us to remember this first. Our relationship with God includes undeserved forgiveness. But not only is there a vertical aspect to this amazing truth, but there is also a horizontal one. And it's that we're called, as disciples, to forgive. Jesus makes it clear that these truths are two sides of the same coin.

However, the issue with humanity is that forgiving others does not come naturally. We have a propensity to retaliate when wronged. As a child, when someone took a toy that you were playing with, no one had to teach you to seek revenge by taking something of theirs. You likely did it on your own. This doesn't just go away as we get older. Because of our nature, we are inclined to “get even.” It's why we need to constantly be reminded of God's grace toward us.

Jesus teaches us that the same forgiveness we've been shown by God should be what we show the world. Why? Not because forgiving others makes us good people or because it's the Christian thing to do. It's much deeper than that. We forgive because it is one of the fundamental ways we show the love and mercy of God to others. More importantly, it's a sign that the grace of God has deeply sunk into our own hearts.

What's amazing is that Jesus doesn't just package this as a concept in a prayer. He lived it. He chose to give up His right to retaliate. He was wrongly accused and unjustly crucified, yet He did not hold it against those who wronged Him. He chose to forgive. We can look to Him as the ultimate picture of forgiveness, asking God the Father to help us show this same grace to others.

Prayer

Use the space below to write a prayer for the following prompts:

- Ask God to help you forgive those who've hurt you.
- Is there anyone you're having a hard time forgiving? Ask God to help you.
- Pray that the church would model the same kind of forgiveness that Jesus has shown all of us.

Fast

Describe your approach to or experience with fasting today.

Daily Check-In:

- Read the teaching
- Pray
- Journal
- Fast

WEEK 1 | DAY 7

“And don’t let us yield to temptation, but rescue us from the evil one.”

One of the final realities that Jesus draws us to is this: If you truly seek to live all of this out – cultivating a relationship with God, partnering with Him in a movement that is taking place on Earth, depending on Him for what you need, and living a life of forgiveness – it will not be easy. In fact, there will be opposition. The word used is “temptation.” This can be translated as “test.” These are tests that we experience as we bring His countercultural, upside-down Kingdom to earth.

So, what is being tested? What’s being tested is our loyalty and allegiance to God. It is a matter of trust. Will we trust Him and the way of life He offers, or trust the life the world defines – marked by pride, self-sufficiency, power and revenge? What’s interesting is that Jesus doesn’t pose this as a matter of chance. He doesn’t say if we face temptation. Instead, He urges us to pray when we face temptation. *“God when I face it, don’t let me yield to it. Father, by Your power and Your presence, help me resist the temptation to abandon Your ways. When tests arise and I want to question Your holiness, provision and grace, help me to be faithful!”*

As these tests present themselves, we have an opportunity to invite God in. We aren’t asking Him to remove us from the tests but to give us the power to choose Him during them. We can remind ourselves that temptation is not a sign that the Father has abandoned us. Rather, it’s an opportunity to be reminded that He is with us. He will deliver us from the power of the evil one (Satan) who wants to discourage and distance us from the Kingdom life we’ve been called to.

Prayer

Use the space below to write a prayer for the following prompts:

- Share with God where/how you're being tempted.
- Ask God to help you choose His way when tested.
- Pray for God to strengthen others around you during temptation.

Fast

Describe your approach to or experience with fasting today.

Daily Check-In:

- Read the teaching
- Pray
- Journal
- Fast
- Weekly Reflection

WEEKLY REFLECTION

You've finished week one of the 21 Days of Prayer and Fasting. How did it go for you? Use the space below to journal any experiences, struggles, new learnings, or anything else you want to document from the past week.

This guide will help you build your relationship with God using the prayer model Jesus gave us. We don't just want this to be an experience you participate in; we want it to be a practice that results in long-term life change. Please know we're continuing to pray for you as you go through this experience.

We've compiled a list of resources to assist you during this prayer and fasting experience. You can find them on our 21 Days of Prayer and Fasting resource page at tpcc.org/prayerandfasting.

WEEK TWO

As we begin week two, remember that this is a journey. There may be aspects of your experience in week one that you want to continue, as well as opportunities to change or improve. The goal isn't perfection, but progress. At the end of the day, it's about spending time with your heavenly Father!

The prompts for this week are simpler and leave more room for you to fill in the gaps. Take time each day to step into a more personal conversation with God, speaking to Him in your own words as you grow in prayer.

WEEK 2 | DAY 8

Our Father in heaven,

Connect with God as your heavenly Father

May your name be kept holy.

Reflect on the greatness and beauty of God's character

May your Kingdom come soon. May your will be done on earth, as it is in heaven.

Align your heart with God's and pray for His Kingdom

Give us today the food we need,

Tell God what you need and thank Him for what you have

WEEK 2 | DAY 8

And forgive us our sins

Confess any unrepented sin

As we have forgiven those who sin against us.

Ask God to help you forgive those who've hurt you

And don't let us yield to temptation, but rescue us from the evil one.

Express any form of current temptation, and ask for strength to fight it

WEEK 2 | DAY 8

Fast

Describe your approach to or experience with fasting today.

Daily Check-In:

- Pray
- Journal
- Fast

WEEK 2 | DAY 9

Our Father in heaven,

Connect with God as your heavenly Father

May your name be kept holy.

Reflect on the greatness and beauty of God's character

May your Kingdom come soon. May your will be done on earth, as it is in heaven.

Align your heart with God's and pray for His Kingdom

Give us today the food we need,

Tell God what you need and thank Him for what you have

WEEK 2 | DAY 9

And forgive us our sins

Confess any unrepented sin

As we have forgiven those who sin against us.

Ask God to help you forgive those who've hurt you

And don't let us yield to temptation, but rescue us from the evil one.

Express any form of current temptation, and ask for strength to fight it

WEEK 2 | DAY 9

Fast

Describe your approach to or experience with fasting today.

Daily Check-In:

- Pray
- Journal
- Fast

WEEK 2 | DAY 10

Our Father in heaven,

Connect with God as your heavenly Father

May your name be kept holy.

Reflect on the greatness and beauty of God's character

May your Kingdom come soon. May your will be done on earth, as it is in heaven.

Align your heart with God's and pray for His Kingdom

Give us today the food we need,

Tell God what you need and thank Him for what you have

WEEK 2 | DAY 10

And forgive us our sins

Confess any unrepented sin

As we have forgiven those who sin against us.

Ask God to help you forgive those who've hurt you

And don't let us yield to temptation, but rescue us from the evil one.

Express any form of current temptation, and ask for strength to fight it

WEEK 2 | DAY 10

Fast

Describe your approach to or experience with fasting today.

Daily Check-In:

- Pray
- Journal
- Fast

WEEK 2 | DAY 11

Our Father in heaven,

Connect with God as your heavenly Father

May your name be kept holy.

Reflect on the greatness and beauty of God's character

May your Kingdom come soon. May your will be done on earth, as it is in heaven.

Align your heart with God's and pray for His Kingdom

Give us today the food we need,

Tell God what you need and thank Him for what you have

WEEK 2 | DAY 11

And forgive us our sins

Confess any unrepented sin

As we have forgiven those who sin against us.

Ask God to help you forgive those who've hurt you

And don't let us yield to temptation, but rescue us from the evil one.

Express any form of current temptation, and ask for strength to fight it

WEEK 2 | DAY 11

Fast

Describe your approach to or experience with fasting today.

Daily Check-In:

- Pray
- Journal
- Fast

WEEK 2 | DAY 12

Our Father in heaven,

Connect with God as your heavenly Father

May your name be kept holy.

Reflect on the greatness and beauty of God's character

May your Kingdom come soon. May your will be done on earth, as it is in heaven.

Align your heart with God's and pray for His Kingdom

Give us today the food we need,

Tell God what you need and thank Him for what you have

WEEK 2 | DAY 12

And forgive us our sins

Confess any unrepented sin

As we have forgiven those who sin against us.

Ask God to help you forgive those who've hurt you

And don't let us yield to temptation, but rescue us from the evil one.

Express any form of current temptation, and ask for strength to fight it

WEEK 2 | DAY 12

Fast

Describe your approach to or experience with fasting today.

Daily Check-In:

- Pray
- Journal
- Fast

WEEK 2 | DAY 13

Our Father in heaven,

Connect with God as your heavenly Father

May your name be kept holy.

Reflect on the greatness and beauty of God's character

May your Kingdom come soon. May your will be done on earth, as it is in heaven.

Align your heart with God's and pray for His Kingdom

Give us today the food we need,

Tell God what you need and thank Him for what you have

WEEK 2 | DAY 13

And forgive us our sins

Confess any unrepented sin

As we have forgiven those who sin against us.

Ask God to help you forgive those who've hurt you

And don't let us yield to temptation, but rescue us from the evil one.

Express any form of current temptation, and ask for strength to fight it

WEEK 2 | DAY 13

Fast

Describe your approach to or experience with fasting today.

Daily Check-In:

- Pray
- Journal
- Fast

WEEK 2 | DAY 14

Our Father in heaven,

Connect with God as your heavenly Father

May your name be kept holy.

Reflect on the greatness and beauty of God's character

May your Kingdom come soon. May your will be done on earth, as it is in heaven.

Align your heart with God's and pray for His Kingdom

Give us today the food we need,

Tell God what you need and thank Him for what you have

WEEK 2 | DAY 14

And forgive us our sins

Confess any unrepented sin

As we have forgiven those who sin against us.

Ask God to help you forgive those who've hurt you

And don't let us yield to temptation, but rescue us from the evil one.

Express any form of current temptation, and ask for strength to fight it

WEEKLY REFLECTION

You made it to the end of week two! How did it go for you? Are there any experiences, struggles or learnings you want to document from the past week?

We're praying for you as you go through this experience – that new rhythms are forming and you're getting to see God move in new ways.

We've compiled a list of resources to assist you during this prayer and fasting experience. You can find them on our 21 Days of Prayer and Fasting resource page at tpcc.org/prayerandfasting.

WEEK THREE

For the last week of this experience, this journal will give you space to pray to God in your own words, using The Lord's Prayer as a guide. Use this week to be intentional with your praises, confessions and requests, and let each day be a space for meaningful connection with God.

As you move forward, feel free to revisit the first week of this guide to refresh your understanding of the purpose behind each line of The Lord's Prayer.

WEEK 3 | DAY 15

**Our Father in heaven,
May your name be kept holy.
May your Kingdom come soon.
May your will be done on earth, as it is in heaven.**

**Give us today the food we need,
And forgive us our sins, as we have forgiven
those who sin against us.
And don't let us yield to temptation, but rescue us
from the evil one.**

WEEK 3 | DAY 15

Fast

Describe your approach to or experience with fasting today.

Daily Check-In:

- Pray
- Journal
- Fast

WEEK 3 | DAY 16

**Our Father in heaven,
May your name be kept holy.
May your Kingdom come soon.
May your will be done on earth, as it is in heaven.**

**Give us today the food we need,
And forgive us our sins, as we have forgiven
those who sin against us.
And don't let us yield to temptation, but rescue us
from the evil one.**

WEEK 3 | DAY 16

Fast

Describe your approach to or experience with fasting today.

Daily Check-In:

- Pray
- Journal
- Fast

WEEK 3 | DAY 17

**Our Father in heaven,
May your name be kept holy.
May your Kingdom come soon.
May your will be done on earth, as it is in heaven.**

**Give us today the food we need,
And forgive us our sins, as we have forgiven
those who sin against us.
And don't let us yield to temptation, but rescue us
from the evil one.**

WEEK 3 | DAY 17

Fast

Describe your approach to or experience with fasting today.

Daily Check-In:

- Pray
- Journal
- Fast

WEEK 3 | DAY 18

**Our Father in heaven,
May your name be kept holy.
May your Kingdom come soon.
May your will be done on earth, as it is in heaven.**

**Give us today the food we need,
And forgive us our sins, as we have forgiven
those who sin against us.
And don't let us yield to temptation, but rescue us
from the evil one.**

WEEK 3 | DAY 19

**Our Father in heaven,
May your name be kept holy.
May your Kingdom come soon.
May your will be done on earth, as it is in heaven.**

**Give us today the food we need,
And forgive us our sins, as we have forgiven
those who sin against us.
And don't let us yield to temptation, but rescue us
from the evil one.**

WEEK 3 | DAY 19

Fast

Describe your approach to or experience with fasting today.

Daily Check-In:

- Pray
- Journal
- Fast

WEEK 3 | DAY 20

**Our Father in heaven,
May your name be kept holy.
May your Kingdom come soon.
May your will be done on earth, as it is in heaven.**

**Give us today the food we need,
And forgive us our sins, as we have forgiven
those who sin against us.
And don't let us yield to temptation, but rescue us
from the evil one.**

WEEK 3 | DAY 20

Fast

Describe your approach to or experience with fasting today.

Daily Check-In:

- Pray
- Journal
- Fast

WEEK 3 | DAY 21

**Our Father in heaven,
May your name be kept holy.
May your Kingdom come soon.
May your will be done on earth, as it is in heaven.**

**Give us today the food we need,
And forgive us our sins, as we have forgiven
those who sin against us.
And don't let us yield to temptation, but rescue us
from the evil one.**

WEEK 3 | DAY 21

Fast

Describe your approach to or experience with fasting today.

Daily Check-In:

- Pray
- Journal
- Fast
- Weekly Reflection

WEEKLY REFLECTION

You've reached the end of our 21 Days of Prayer and Fasting! Our hope at the beginning of this journey was for you to walk away with a new or refreshed rhythm of connecting with God through prayer and fasting. It's important to take time to reflect. How do you feel at the end of this experience? Did your relationship with God grow stronger? Did you experience any revelations during these last 21 days? What are you looking to continue or take with you after this experience?

Celebrate what went well and give yourself grace in the areas you could've done better. Take time to journal about your experience so you have something to look back on and remember how God moved.

BEFORE YOU GO

We'd love to know how this prayer and fasting journey went for you, and if anything has changed about your faith journey since participating. Please complete the post-experience survey by scanning the QR code.



