

# 21 DAYS OF PRAYER & FASTING





**21 DAYS OF**  
**PRAYER &**  
***FASTING***

Copyright © 2025 by Traders  
Point Christian Church

All rights reserved. No part of  
this book may be reproduced  
in any form without permission  
in writing from Traders Point  
Christian Church, except in the  
case of brief quotations that  
are referenced back to this  
book.

For permission to reproduce  
selections from this book,  
contact:

Communications Department  
Traders Point Christian Church  
6590 S. Indianapolis Rd.  
Whitestown, Indiana 46075

Created by the Discipleship  
and Creative Teams of Traders  
Point Christian Church

Unless otherwise indicated, all  
Scripture quotations are from  
the Holy Bible, New Living  
Translation, copyright © 1996,  
2004, 2015 by Tyndale House  
Foundation. Used by  
permission of Tyndale House  
Publishers, Inc., Carol Stream,  
Illinois 608188. All rights  
reserved.

[www.tpcc.org](http://www.tpcc.org)

# TABLE OF CONTENTS

Introduction.....	02	Day 09.....	17
Daily Rhythm.....	03	Day 10.....	18
P.R.A.Y.....	05	Day 11.....	19
Kneeling Prayer.....	06	Day 12.....	20
What is Fasting?.....	07	Day 13.....	21
Before You Begin.....	08	Day 14.....	22
Day 01.....	09	Day 15.....	23
Day 02.....	10	Day 16.....	24
Day 03.....	11	Day 17.....	25
Day 04.....	12	Day 18.....	26
Day 05.....	13	Day 19.....	27
Day 06.....	14	Day 20.....	28
Day 07.....	15	Day 21.....	29
Day 08.....	16	Day 22.....	30
		Challenges.....	31



# INTRODUCTION

21 Days of Prayer and Fasting is a way for our church to collectively enter a rhythm of longing for God—to deepen our dependence on Him, see the hurting restored, reach the lost in our city, and take ground for the Kingdom across Indy and beyond.

These three weeks will be an investment. They will require rearranging your schedule and priorities to pursue what is best. But what you give won't compare to what you gain: to know God more deeply, to be awakened to what He wants to do in and through you, and to be deployed daily to make a difference in the lives of those around you.

21 Days of Prayer and Fasting is designed to be experienced in community. Invite friends and family to join you, encourage one another, and hold each other accountable as you make space for God to move.

02



Each day follows the same rhythm:

**Scripture • Kneeling Prayer • Daily Challenge • Fasting • Journal**

01

## **SCRIPTURE**

Each day you'll read a passage and respond through four themes: Praise, Repent, Ask, and Yield (P.R.A.Y.). This rhythm keeps our focus on who God is, how He's forming us, and how we can live surrendered to His Spirit. Use the prompts provided to reflect, write down what God is showing you, and pray through it.

02

## **KNEELING PRAYER**

We're inviting our whole church to pause three times a day—morning, midday, and evening—to kneel in prayer. This simple act of bowing before God is a physical reminder of our dependence on Him and our allegiance to Him alone. You can follow the prompts in the Traders Point app or pray in your own words. What matters most is the posture of your heart.

03

## **DAILY CHALLENGE**

Jesus said that the wise are the ones who not only hear the words of God but put them into practice (Matthew 7:24). As you work through the daily rhythms, always be asking the question, "What do I need to do to obey Him?"

Each day you'll be challenged to live out what you're reading and praying, whether that's a moment of solitude, a note of encouragement, an act of service, or a conversation of reconciliation. These are small, practical, and intentional steps to help you practice living out your faith in everyday life.

If you need ideas, you can find lists in the back of the book (pg. 31-34) that include personal challenges, family or group challenges, and outreach challenges.

03

Each day follows the same rhythm:

**Scripture • Kneeling Prayer • Daily Challenge • Fasting • Journal**

04

## **FASTING**

Whether you choose to fast for one day, several days, or the entire 21 days, we're using this time to humble ourselves in a new way and draw near to God.

You can read more about fasting and different ways to fast on page 7.

05

## **JOURNAL**

Throughout this journey, keep a record of what God is teaching you in a notebook or in the notes app on your phone. Write down what stands out to you from Scripture, what you sense in prayer, and how you see God moving through your daily challenges. These reflections will become markers of His faithfulness—reminders you can return to long after the 21 days are over.



04

# P.R.A.Y.

P.R.A.Y. stands for Praise, Repent, Ask, and Yield—a simple framework to help us engage with God in prayer.

P

R

## **PRAISE**

Before praying, take a moment to slow down, clear your mind, and center your focus on God. Use a simple phrase like “Father, here I am.” Then move into praise—adoring God for who He is and thanking Him for what He’s done. As Jesus prayed, “Our Father in heaven, may your name be kept holy,” praise helps align our hearts with His (Matthew 6:9).

## **REPENT**

Next, move to confession and repentance. Confess your sins and invite God to search your heart. Be honest and specific. Scripture says, “If we confess our sins, He is faithful and just to forgive us ...” (1 John 1:9). Repentance is not about guilt but returning to God with a sincere heart, knowing that’s what He desires (Psalm 51:17).

A

Y

## **ASK**

Because of Jesus, we can confidently bring our requests to God (Hebrews 4:16). After repentance, we come to Him with clean hearts and gratitude, presenting our needs and desires before Him (Philippians 4:6). With boldness and hope, we ask God to move, intervene, and save!

## **YIELD**

Finally, surrender to God’s will. Pray, “Your will be done, not mine.” Take a few quiet moments to listen. God may bring a verse, person, or prompting to mind. Prayer is a two-way conversation, and yielding helps us align with God’s heart and direction.

# KNEELING PRAYER



You might wonder, Is there a proper way to pray? Does posture matter? While there isn't a proper posture, Scripture gives some insight: "Come, let us worship and bow down; let us kneel before the Lord our Maker" (Psalm 95:6). The Hebrew word for "worship," shachah, literally means "to bow down."

Kneeling or bowing in prayer outwardly displays reverence and humility. In Exodus 20:4–5, God commanded His people not to bow before idols, as this posture was to be reserved for Him alone. When we kneel, we express our allegiance to God and humble ourselves before our Creator.

These actions don't make God hear us more; He cares more about the posture of our hearts than the position of our bodies. Still, they can serve as physical expressions of our devotion.

Throughout Scripture, people knelt or bowed in prayer—Daniel prayed on his knees (Daniel 6:10), and Jesus bowed before the Father in Gethsemane (Matthew 26:39). Romans 14:11 reminds us, "Every knee will bend to Me, and every tongue will declare allegiance to God."

As followers of Jesus, we can practice that reverence now, knowing our worship is more than a style of prayer, but a lifestyle that reflects our relationship with Him.

# 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."

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 God to fast from something else, such as social media, television, or certain times or activities on your cell phone.



# *BEFORE YOU BEGIN*

Help us out by scanning the QR code on this page to complete a short assessment and let us know you're joining the journey. You'll also find additional resources to help you make the most of these 21 days—tools for prayer and fasting, playlist recommendations, guidance on how to engage with our app, and a place to share stories of what God is doing in and through you.



08

**SCAN  
HERE**

# DAY 01 | PRAISE

## **SCRIPTURE**

Read Exodus 34:4-6

## **KNEELING**

### **PRAYER**

- Morning
- Midday
- Evening

## **CHALLENGE**

Challenge:

---

Pick from one of the challenges on pages 31-34. Ask Jesus which one you should do, then make a plan to follow through. If you have an idea that's not on the list—great! Go for it!

## **FASTING**

I fasted from what I said I would today.

## **JOURNAL**

Take a few minutes to pause and reflect on your day. How did you see or hear God move through Scripture, prayer, your challenge, or your fast? What felt surprising, encouraging, or difficult? Write down what God is teaching you and how He's shaping your heart through this journey.

Prior to these verses, Moses asked to see God's glory (Exodus 33:18), and this is how God responded. God's description is foundational to our praise because it's what He says about Himself. What do these words reveal about His character? What attributes stand out to you most and why? Take some time to reflect, and write down your own words of praise in your journal or notes app.

# DAY 02 | REPENT

## SCRIPTURE

Read Psalm 139:23-24

## KNEELING

### PRAYER

- Morning
- Midday
- Evening

## CHALLENGE

Challenge:

---

Pick from one of the challenges on pages 31-34. Ask Jesus which one you should do, then make a plan to follow through. If you have an idea that's not on the list—great! Go for it!

## FASTING

I fasted from what I said I would today.

## JOURNAL

Take a few minutes to pause and reflect on your day. How did you see or hear God move through Scripture, prayer, your challenge, or your fast? What felt surprising, encouraging, or difficult? Write down what God is teaching you and how He's shaping your heart through this journey.

Have you ever asked God to fully search your heart? These verses are a call to let Him see the real you. As C.S. Lewis once said, "We must lay before Him what is in us, not what ought to be in us." Take a minute now to examine your thought patterns or behaviors. What is God asking you to repent of? Write it in your journal or notes app and lay it before Him today.

*We must lay before Him what is in us, not what ought to be in us.*

— C.S. Lewis



# DAY 03 | ASK

## **SCRIPTURE**

Read Luke 11:11-13

## **KNEELING**

### **PRAYER**

- Morning
- Midday
- Evening

## **CHALLENGE**

Challenge:

---

Pick from one of the challenges on pages 31-34. Ask Jesus which one you should do, then make a plan to follow through. If you have an idea that's not on the list—great! Go for it!

## **FASTING**

I fasted from what I said I would today.

## **JOURNAL**

Take a few minutes to pause and reflect on your day. How did you see or hear God move through Scripture, prayer, your challenge, or your fast? What felt surprising, encouraging, or difficult? Write down what God is teaching you and how He's shaping your heart through this journey.

Jesus emphasized that the abundant and full life is only possible with the Holy Spirit working inside us. When you come to God in prayer, do you solely ask for material things, like food or physical wants? When is the last time you asked God to fill you with His Spirit? Take time to do that now, and write down your thoughts in your journal or notes app.

# DAY 04 | YIELD

## SCRIPTURE

Read Galatians 5:24-25

## KNEELING

### PRAYER

- Morning
- Midday
- Evening

## CHALLENGE

Challenge:

---

Pick from one of the challenges on pages 31-34. Ask Jesus which one you should do, then make a plan to follow through. If you have an idea that's not on the list—great! Go for it!

## FASTING

I fasted from what I said I would today.

## JOURNAL

Take a few minutes to pause and reflect on your day. How did you see or hear God move through Scripture, prayer, your challenge, or your fast? What felt surprising, encouraging, or difficult? Write down what God is teaching you and how He's shaping your heart through this journey.

These verses invite you to follow the Holy Spirit's leading in every part of your life. Some Bible translations describe it as keeping "in step with the Spirit." Picture all the different places you take steps in a day, such as your home, job, school, or neighborhood. Is there a part of your life where you aren't following the Spirit's leading? What is He asking you to do differently? Jot down any observations in your journal or notes app.

# DAY 05 | PRAISE

## **SCRIPTURE**

Read Psalm 8

## **KNEELING**

### **PRAYER**

- Morning
- Midday
- Evening

## **CHALLENGE**

Challenge:

---

Pick from one of the challenges on pages 31-34. Ask Jesus which one you should do, then make a plan to follow through. If you have an idea that's not on the list—great! Go for it!

## **FASTING**

I fasted from what I said I would today.

## **JOURNAL**

Take a few minutes to pause and reflect on your day. How did you see or hear God move through Scripture, prayer, your challenge, or your fast? What felt surprising, encouraging, or difficult? Write down what God is teaching you and how He's shaping your heart through this journey.

This psalm focuses on the connection between God, people, and the rest of creation. Its aim is to praise God as the majestic Creator of all. Note any details or phrases that stand out to you. What aspects of God's creation fill you with awe? Use your journal or notes app to praise Him for these things.

# DAY 06 | REPENT

## **SCRIPTURE**

Read Colossians 3:5

## **KNEELING**

### **PRAYER**

- Morning
- Midday
- Evening

## **CHALLENGE**

Challenge: \_\_\_\_\_

Pick from one of the challenges on pages 31-34. Ask Jesus which one you should do, then make a plan to follow through. If you have an idea that's not on the list—great! Go for it!

## **FASTING**

I fasted from what I said I would today.

## **JOURNAL**

Take a few minutes to pause and reflect on your day. How did you see or hear God move through Scripture, prayer, your challenge, or your fast? What felt surprising, encouraging, or difficult? Write down what God is teaching you and how He's shaping your heart through this journey.

We all have “earthly things lurking” inside us, but these verses urge us to put them to death. Take a minute right now to evaluate your heart and actions. Is there any sexual sin, impurity, lust, or greed that has taken root? Would you say you worship the things of this world more than God? Repent of whatever comes to mind and tell a trusted friend \_\_\_\_\_ for accountability. Write down your next steps in your journal or notes app.

# DAY 07 | ASK

## **SCRIPTURE**

Read 1 Peter 4:10

## **KNEELING**

### **PRAYER**

- Morning
- Midday
- Evening

## **CHALLENGE**

Challenge:

---

Pick from one of the challenges on pages 31-34. Ask Jesus which one you should do, then make a plan to follow through. If you have an idea that's not on the list—great! Go for it!

## **FASTING**

I fasted from what I said I would today.

## **JOURNAL**

Take a few minutes to pause and reflect on your day. How did you see or hear God move through Scripture, prayer, your challenge, or your fast? What felt surprising, encouraging, or difficult? Write down what God is teaching you and how He's shaping your heart through this journey.

God has given you specific gifts to make a difference for His Kingdom. The question is, are you using them well to serve others? If not, what is holding you back? Spend time asking God to show you what your gifts are and how He can make a difference through you. Use your journal or notes app to jot down any observations.

*Not sure what your spiritual gifts are? Take this assessment:*



# DAY 08 | YIELD

## **SCRIPTURE**

Read 2 Corinthians 5:14-20

## **KNEELING**

### **PRAYER**

- Morning
- Midday
- Evening

## **CHALLENGE**

Challenge:

---

Pick from one of the challenges on pages 31-34. Ask Jesus which one you should do, then make a plan to follow through. If you have an idea that's not on the list—great! Go for it!

## **FASTING**

I fasted from what I said I would today.

## **JOURNAL**

Take a few minutes to pause and reflect on your day. How did you see or hear God move through Scripture, prayer, your challenge, or your fast? What felt surprising, encouraging, or difficult? Write down what God is teaching you and how He's shaping your heart through this journey.

These verses point out specific ways that Jesus followers are called to live. Note the connections you see between how we should live in relation to God, ourselves, and others. Implied in all of these is a brokenhearted boldness. Reread today's verses, and note what phrases stand out. In what ways do you sense God asking you to yield to Him? Write down your thoughts in your journal or notes app.

# DAY 09 | PRAISE



## SCRIPTURE

Read 1 Chronicles 29:10-20



## KNEELING

### PRAYER

- Morning
- Midday
- Evening



## CHALLENGE

Challenge:

---

Pick from one of the challenges on pages 31-34. Ask Jesus which one you should do, then make a plan to follow through. If you have an idea that's not on the list—great! Go for it!



## FASTING

I fasted from what I said I would today.



## JOURNAL

Take a few minutes to pause and reflect on your day. How did you see or hear God move through Scripture, prayer, your challenge, or your fast? What felt surprising, encouraging, or difficult? Write down what God is teaching you and how He's shaping your heart through this journey.

David praised God after receiving a generous offering to build the temple. In his prayer, he acknowledged where material things come from, but then he made a request. Note what David asked for and then invite God to search your own heart. When it comes to material possessions, are you able to praise God the same way David did? Use your journal or notes app to write your own words of praise.

# DAY 10 | REPENT

## **SCRIPTURE**

Read Psalm 139:23-24

## **KNEELING**

### **PRAYER**

- Morning
- Midday
- Evening

## **CHALLENGE**

Challenge:

---

Pick from one of the challenges on pages 31-34. Ask Jesus which one you should do, then make a plan to follow through. If you have an idea that's not on the list—great! Go for it!

## **FASTING**

I fasted from what I said I would today.

## **JOURNAL**

Take a few minutes to pause and reflect on your day. How did you see or hear God move through Scripture, prayer, your challenge, or your fast? What felt surprising, encouraging, or difficult? Write down what God is teaching you and how He's shaping your heart through this journey.

These verses warn against roadblocks that impact our relationships with other people. Bitterness is important to address because it can lead to more damaging behaviors. Pause right now and ask God to reveal any bitterness in your heart. Is it expressing itself in harmful ways to others? Repent of anything keeping you from being kind, compassionate, and forgiving, and if needed, reach out to someone you've wronged. Write down any next steps in your journal or notes app.



*Forgive us our sins,  
as we have forgiven  
those who sin  
against us.*

*- The Lord's Prayer,  
Matthew 6:12*

# DAY 11 | ASK

## **SCRIPTURE**

Read Colossians 3:12-14

## **KNEELING**

### **PRAYER**

- Morning
- Midday
- Evening

## **CHALLENGE**

Challenge:

---

Pick from one of the challenges on pages 31-34. Ask Jesus which one you should do, then make a plan to follow through. If you have an idea that's not on the list—great! Go for it!

## **FASTING**

I fasted from what I said I would today.

## **JOURNAL**

Take a few minutes to pause and reflect on your day. How did you see or hear God move through Scripture, prayer, your challenge, or your fast? What felt surprising, encouraging, or difficult? Write down what God is teaching you and how He's shaping your heart through this journey.

Imagine if these verses were lived out in your home, your friendships, and your church family. This is the vision God has for His children, and that includes you. Ask God to grow each of these attributes within you, as well as in your local church. Pray for unity to permeate the body of Christ across the globe. As God brings things to mind, write them in your journal or notes app.

# DAY 12 | YIELD

## **SCRIPTURE**

Read Proverbs 3:5-6

## **KNEELING**

### **PRAYER**

- Morning
- Midday
- Evening

## **CHALLENGE**

Challenge:

---

Pick from one of the challenges on pages 31-34. Ask Jesus which one you should do, then make a plan to follow through. If you have an idea that's not on the list—great! Go for it!

## **FASTING**

I fasted from what I said I would today.

## **JOURNAL**

Take a few minutes to pause and reflect on your day. How did you see or hear God move through Scripture, prayer, your challenge, or your fast? What felt surprising, encouraging, or difficult? Write down what God is teaching you and how He's shaping your heart through this journey.

These verses contain three action verbs required of us and one action that God promises in return. Note what actions are mentioned and spend some time reflecting on your own life. How are you living out these verses? How are you not living them out? What is God asking you to yield today? Write it down in your journal or notes app, and invite God to lead you on the path He has for you.

# DAY 13 | PRAISE

## **SCRIPTURE**

Read Daniel 2:19-23

## **KNEELING**

### **PRAYER**

- Morning
- Midday
- Evening

## **CHALLENGE**

Challenge:

---

Pick from one of the challenges on pages 31-34. Ask Jesus which one you should do, then make a plan to follow through. If you have an idea that's not on the list—great! Go for it!

## **FASTING**

I fasted from what I said I would today.

## **JOURNAL**

Take a few minutes to pause and reflect on your day. How did you see or hear God move through Scripture, prayer, your challenge, or your fast? What felt surprising, encouraging, or difficult? Write down what God is teaching you and how He's shaping your heart through this journey.

Daniel asked God to reveal a dream for the king, knowing his life was on the line if he didn't deliver. When God answered, Daniel praised Him. Daniel's words speak to the sovereignty of God (meaning He controls all things). Where in your life do you need to be reminded of this truth? Have you seen any specific answers to prayer lately? Use your journal or notes app to praise God for these things.

# DAY 14 | REPENT

## **SCRIPTURE**

Read Psalm 51

## **KNEELING**

### **PRAYER**

- Morning
- Midday
- Evening

## **CHALLENGE**

Challenge:

---

Pick from one of the challenges on pages 31-34. Ask Jesus which one you should do, then make a plan to follow through. If you have an idea that's not on the list—great! Go for it!

## **FASTING**

I fasted from what I said I would today.

## **JOURNAL**

Take a few minutes to pause and reflect on your day. How did you see or hear God move through Scripture, prayer, your challenge, or your fast? What felt surprising, encouraging, or difficult? Write down what God is teaching you and how He's shaping your heart through this journey.

David wrote this psalm after he was confronted about committing adultery. Throughout these verses, there's a repeating contrast between the condition of David's heart and the character of God. Which contrasts or character traits stand out to you? In what ways do you relate to this psalm? Have you felt conviction over a choice you've made recently? Bring it to God now and let Him wash you clean. Write any thoughts in your journal or notes app.

In Psalm 51:7, some Bible translations say, "Cleanse me with hyssop..."

In Bible times, hyssop was an herb used for cleansing and medicinal purposes. It symbolized purification from disease. To learn more about its significance in the Bible, scan this code:



# DAY 15 | ASK

## SCRIPTURE

Read Philippians 4:6-7

## KNEELING

### PRAYER

Morning

Midday

Evening

## CHALLENGE

Challenge:

---

Pick from one of the challenges on pages 31-34. Ask Jesus which one you should do, then make a plan to follow through. If you have an idea that's not on the list—great! Go for it!

## FASTING

I fasted from what I said I would today.

## JOURNAL

Take a few minutes to pause and reflect on your day. How did you see or hear God move through Scripture, prayer, your challenge, or your fast? What felt surprising, encouraging, or difficult? Write down what God is teaching you and how He's shaping your heart through this journey.

"Anything" and "everything" are foundational words. They encompass every possible worry that may cross your mind and every possible situation you may face. No matter what, you can turn your anxious thoughts into a prayer to God. What specific worries or situations are weighing you down right now? Use your journal or notes app to turn them into a prayer list. Ask God to fill you with peace as you trust Him with your "anything" and "everything."

# DAY 16 | YIELD

## **SCRIPTURE**

Read Luke 9:21-27

## **KNEELING**

### **PRAYER**

- Morning
- Midday
- Evening

## **CHALLENGE**

Challenge:

---

Pick from one of the challenges on pages 31-34. Ask Jesus which one you should do, then make a plan to follow through. If you have an idea that's not on the list—great! Go for it!

## **FASTING**

I fasted from what I said I would today.

## **JOURNAL**

Take a few minutes to pause and reflect on your day. How did you see or hear God move through Scripture, prayer, your challenge, or your fast? What felt surprising, encouraging, or difficult? Write down what God is teaching you and how He's shaping your heart through this journey.

In these verses, Jesus laid out the reality of what it means to follow Him. It's not an easy, euphoric life. It costs something. If you're His disciple, what should be picked up? What should be released? Now do an evaluation of your own life. Are you truly following Jesus, or are you chasing the world and following Jesus in name only? Use your journal or notes app to write what He's asking you to give up.

# DAY 17 | PRAISE

## SCRIPTURE

Read Revelation 4:8-11

## KNEELING

### PRAYER

- Morning
- Midday
- Evening

## CHALLENGE

Challenge:

---

Pick from one of the challenges on pages 31-34. Ask Jesus which one you should do, then make a plan to follow through. If you have an idea that's not on the list—great! Go for it!

## FASTING

I fasted from what I said I would today.

## JOURNAL

Take a few minutes to pause and reflect on your day. How did you see or hear God move through Scripture, prayer, your challenge, or your fast? What felt surprising, encouraging, or difficult? Write down what God is teaching you and how He's shaping your heart through this journey.

These verses give us a glimpse of the throne room of heaven. Whenever words are repeated in the Bible, particularly in threes, they're meant to emphasize an idea. Look at the descriptions of God again. Where do you see sets of three? What do those attributes mean to you personally? What else stands out to you in the passage? Write down your own words of praise in your journal or notes app.

*In verse 10, the 24 elders lay their crowns before the throne. In the Roman empire, crowns symbolized status, honor, and authority. How is it an act of worship to lay them down? Are there any "crowns" in your life that you need to lay down before God today?*

# DAY 18 | REPENT

## **SCRIPTURE**

Read Revelation 3:14-22

## **KNEELING**

### **PRAYER**

- Morning
- Midday
- Evening

## **CHALLENGE**

Challenge:

---

Pick from one of the challenges on pages 31-34. Ask Jesus which one you should do, then make a plan to follow through. If you have an idea that's not on the list—great! Go for it!

## **FASTING**

I fasted from what I said I would today.

## **JOURNAL**

Take a few minutes to pause and reflect on your day. How did you see or hear God move through Scripture, prayer, your challenge, or your fast? What felt surprising, encouraging, or difficult? Write down what God is teaching you and how He's shaping your heart through this journey.

The church in Laodicea made bold claims, indicating a reliance on self. However, self-sufficiency in this world often leads to complacency in the things of God. Note the phrases that describe these traits in the Laodicean church, and ask God to reveal any ways that you operate out of this mentality, too. In your journal or notes app, write a prayer of repentance, and ask God to stir a genuine fire in you to live for Him.

# DAY 19 | ASK

## SCRIPTURE

Read 2 Corinthians 4:3-6

## KNEELING

### PRAYER

- Morning
- Midday
- Evening

## CHALLENGE

Challenge:

---

Pick from one of the challenges on pages 31-34. Ask Jesus which one you should do, then make a plan to follow through. If you have an idea that's not on the list—great! Go for it!

## FASTING

I fasted from what I said I would today.

## JOURNAL

Take a few minutes to pause and reflect on your day. How did you see or hear God move through Scripture, prayer, your challenge, or your fast? What felt surprising, encouraging, or difficult? Write down what God is teaching you and how He's shaping your heart through this journey.

The enemy of this world has blinded people who don't know God, but those of us who believe can shine His light into the darkness. Think of the people in your life who don't know Jesus and pray for them by name. Ask for the scales to be removed from their eyes and for God to help you reflect His light to them. Use your journal or notes app to write down who and what comes to mind.

# DAY 20 | YIELD

## **SCRIPTURE**

Read John 3:30-31

## **KNEELING**

### **PRAYER**

- Morning
- Midday
- Evening

## **CHALLENGE**

Challenge:

---

Pick from one of the challenges on pages 31-34. Ask Jesus which one you should do, then make a plan to follow through. If you have an idea that's not on the list—great! Go for it!

## **FASTING**

I fasted from what I said I would today.

## **JOURNAL**

Take a few minutes to pause and reflect on your day. How did you see or hear God move through Scripture, prayer, your challenge, or your fast? What felt surprising, encouraging, or difficult? Write down what God is teaching you and how He's shaping your heart through this journey.

John the Baptist's mission was to prepare the way for the Messiah, and he knew that Jesus was far greater than him. Understanding our position and purpose is critical in order to clear the way for others to know Jesus. It's not about us; it's about pointing others to Him. Ask God to reveal any pride that's keeping you from amplifying Jesus above yourself. Write in your journal or notes app what He's asking you to yield to Him.

# DAY 21 | PRAISE

## **SCRIPTURE**

Read Ephesians 1:3-14

## **KNEELING**

### **PRAYER**

- Morning
- Midday
- Evening

## **CHALLENGE**

Challenge:

---

Pick from one of the challenges on pages 31-34. Ask Jesus which one you should do, then make a plan to follow through. If you have an idea that's not on the list—great! Go for it!

## **FASTING**

I fasted from what I said I would today.

## **JOURNAL**

Take a few minutes to pause and reflect on your day. How did you see or hear God move through Scripture, prayer, your challenge, or your fast? What felt surprising, encouraging, or difficult? Write down what God is teaching you and how He's shaping your heart through this journey.

These verses encompass God's work through all of time—before the creation of the world to the day when all things will be made right in heaven and on earth. They also reference the three parts of the Trinity (Father, Son, Holy Spirit). Note where you see these references and where you fit into all of it. Use your journal or notes app to praise God for redeeming you and including you in His plan.

# DAY 22

# WHAT NOW?



The last 21 days were just the beginning. God has been stirring something in you. Don't let it stop here. Keep pursuing Him through daily prayer, Scripture, and obedience.

Scan the QR code to take the assessment below again, share what God has done and to discover your next step in continuing the journey.



# 30

**SCAN  
HERE**

# CHALLENGES

These challenges are designed to help you live out what you're learning—**personally**, with your **family or group**, and in your **community**. Ask the Holy Spirit to guide you as you choose one each day, and let these simple acts become daily expressions of your faith.



# PERSONAL CHALLENGES

**1. Silent Walk** – Take a 20-minute walk outside without headphones. Notice what God might be saying through creation. You can go alone or with someone.

**2. Letter of Gratitude** – Write a note to someone who's influenced your life or faith. Tell them what they mean to you.

**3. Scripture by Heart** – Choose one verse to memorize today. Repeat it throughout the day and let it shape your thoughts and decisions.

**4. Digital Sabbath** – Pick one evening to put away all screens. Read, rest, connect with someone, or pray.

**5. Encourage Someone Daily** – Send one encouraging text or message every day this week.

**6. Forgive** – Is there someone you've been holding back forgiveness from? Take the step and forgive them today.

**7. Body & Spirit** – Each time you crave what you're fasting from, use that moment to pray instead.

**8. One Conversation** – Do you have a conversation you've been avoiding but would bring healing? Stop avoiding it and have the conversation.

**9. Create Space** – Declutter a small area of your home. As you do, thank God for what you have and pray for contentment.

**10. Gratitude List** – Write down ten things you're thankful for. Turn each one into a short prayer of thanks.

# FAMILY OR GROUP CHALLENGES

**1. Board Game Night** – Play a favorite group game. Before or after, share a memory from the last time you played together.

**2. Campfire or Candles** – Sit together around a fire or candle. Share your highs and lows from the day and thank God for both.

**3. Ice Cream Night** – Make sundaes together. While you eat, have each person share one way they've seen God move lately.

**4. Football Toss** – Find a small football, wad of paper, or another light object you can toss to someone. Whoever has the football has to share something they like about someone in the group before tossing it to that person. When someone catches it, they must share something about someone else. Go around the group at least three times.

**5. The Best Things** – Work together to name the top ten best things about your family or your group. Pray and thank God for each one.

**6. Sticky Notes of Encouragement** – Give everyone a sticky note to write something kind about each family or group member. Once all notes are written, collect them and give each person the ones written for them. Go around and have each person read their notes out loud.

**7. Family Prayer Rhythm** – End the night and start the next morning with prayer as a family.

**8. Memory Verse Challenge** – Choose a verse to memorize together (Philippians 4:6–7 is a great place to start).

**9. Serve Together** – Make or deliver a meal, cookies, or a note to bless someone in your neighborhood.

**10. Neighborhood Prayer Walk** – Walk your block as a family and pray for each home and the people inside.

# OUTREACH CHALLENGES

**1. Take a Meal to Someone in Need** – Bring a meal to someone walking through a hard season.

**2. Pray for a Friend or Neighbor** – Lift up someone who's struggling and send them an encouraging message.

**3. Serve with a Traders Point Outreach Partner** – Find a serving opportunity at [tpcc.org/community](http://tpcc.org/community).

**4. Write to Your Sponsor Child** – Send a letter, picture, or prayer to your sponsor child. Don't have one? Consider sponsoring a child through Missions of Hope International (MOHI) or Compassion International. Check out the 21 Days of Prayer and Fasting page in our app for more details.

**5. Care Kits** - Make care kits with gloves, snacks, and details about Wheeler Mission to give to houseless neighbors you encounter.

**6. Pray for Local Workers** – Spend time praying for your local hospital, police station, firehouse, or DCS office.

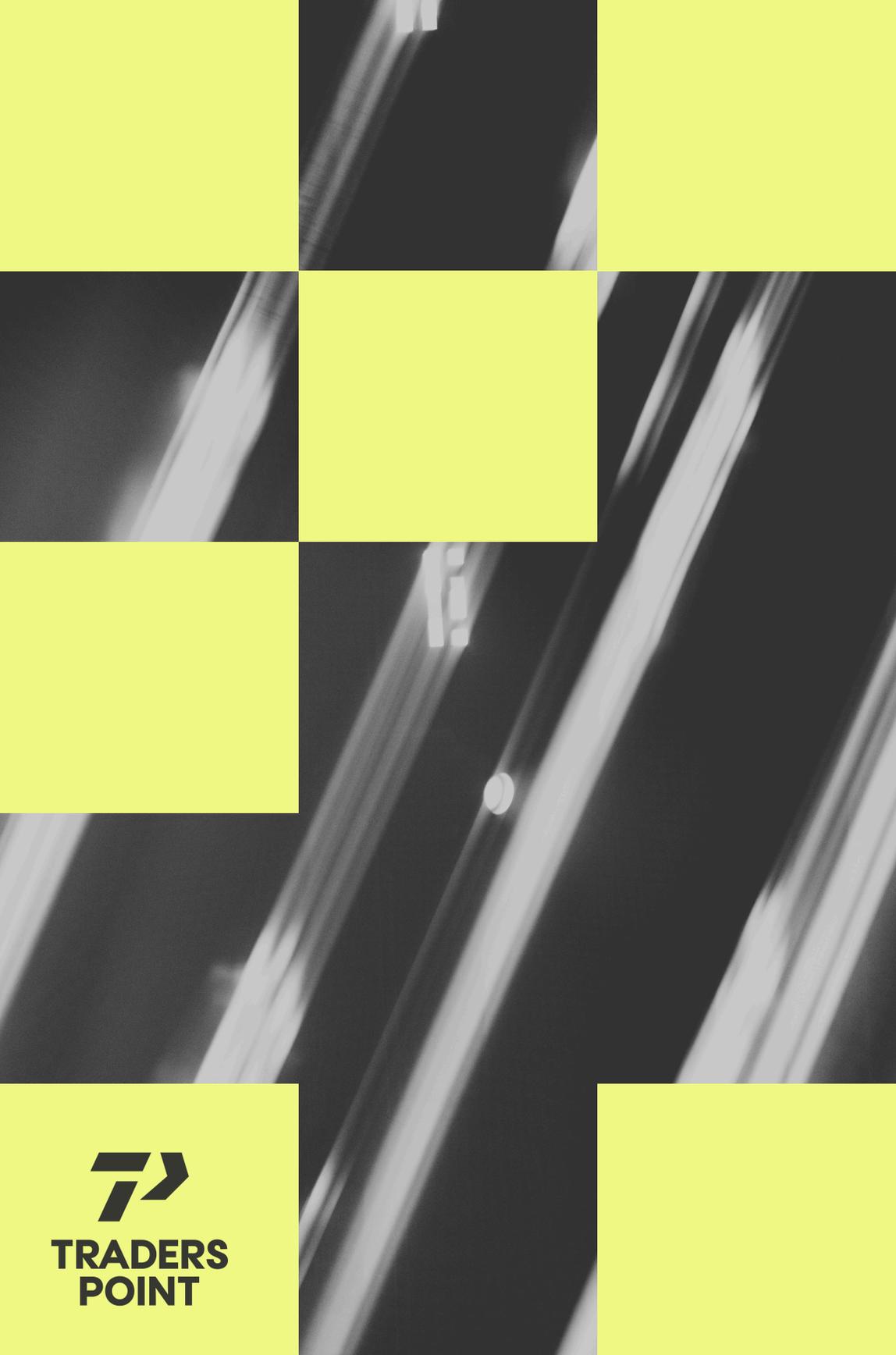
**7. Bless a Teacher** – Drop off a thank-you note or small gift to a teacher or school staff member.

**8. Cross-Cultural Connection** – Pray for a neighbor or coworker from a different background, and take time to learn their story.

**9. Global Partner** – Visit [tpcc.org/partners](http://tpcc.org/partners) and choose one of Traders Point's global partners to pray for or give toward.

**10. GO Trip Support** – Pray for an upcoming GO Trip team or help fund a team member's travel.





**TRADERS  
POINT**