

21 DAYS
PRAYER & FASTING



**HOLY
SPIRIT
COME**



PARTICIPATION GUIDE

After 2020, the image of the fallow, barren, hardened ground is a profound word picture to describe how so many of us feel. It is in this place that God invites us into the process of breaking up the hard and dry soil of our lives, that He might pour out the rain of His Spirit and bring a time of justice, renewal, and new life. To that invitation, we respond, “Holy Spirit Come.”

In these 21 days of Prayer and Fasting, from January 11th to January 31st, we are seeking God for a fresh outpouring of the Holy Spirit in our midst and for our city.

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*Break up your fallow ground, for it is
time to seek the Lord, till He comes and
rains righteousness on you.*

HOSEA 10.12



WHY AND HOW SHOULD I FAST?

Fasting is a time tested practice given by Jesus to His disciples to seek God and find fresh breakthroughs. Typically fasting is associated with fasting from food to be filled with God's Presence, and you are encouraged to engage that way if you are able and feel led. However, coming out of 2020, we sensed the Spirit inviting our church to a particular fast that is important for our generation: a 21 day churchwide media fast. As much as a blessing media can be, it's easy for our lives and attention to become overgrown with noise. With that in mind, we want to invite you to turn away from your screens and turn your earbuds off for this season, making room in your schedule and clearing head and heart space for seeking the Lord in a focused way.

NOTE: We realize that shutting off all media may not be possible for everyone depending on the needs of work, school, family, etc. That being said, we want to challenge everyone to fast from as much non-essential media as possible for this season. Don't ignore that email from your boss or teacher, but turn your phone off from that evening scroll on Instagram, or from binging your favorite show.

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WHAT AND HOW SHOULD I PRAY?

Our goal is not just to turn away from media in this season, but in its place to turn toward the LORD in Scripture, worship, prayer, and community. To help guide our focus we've organized a few practical action steps and tools for you and your family. We encourage everyone to:

Praying for your ONE BIG THING. We ask everyone to identify ONE BIG THING they will pray for consistently during this fast. See the "ONE BIG THING" section for directions.

Praying for our church's ONE BIG THING. Pray for a fresh outpouring of the Holy Spirit in our church and a fresh empowering of the Holy Spirit to impact our city.

Praying the DAILY DECLARATION. Take 3 minutes each day to read the daily Declaration, Scripture and Prayer in this booklet.

Getting Equipped. Use the Scripture, worship, prayer, and devotional resources and tools on our site bewithjesus.me to aid you as you seek the Lord.

ENGAGE PERSONALLY



WHAT AND HOW SHOULD I PRAY? (continued)

ENGAGE COMMUNALLY

Praying with your Lifegroup. Each week Lifegroups will spend time in prayer together in various ways. Share the ONE BIG THING you're praying for with people in your Lifegroup and link arms in prayer!

Praying with CHURCH WIDE PRAYER GATHERINGS. Throughout this fast we will have weekly Prayer & Worship times for you to join in person or virtually. These will be corporate rally points throughout the week! For times and details of when these events are happening, visit www.antiochdallas.org/events

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WHAT AND HOW SHOULD I PRAY? (continued)

ENGAGE WITH FAMILY

While we don't recommend that your growing children participate in a complete fasting from food, prayerfully consider with your children what this could look like for your family to fast from media (and/or something else) and dedicate time to Scripture, worship, and prayer together. Here is some practical guidance for doing this as a family:

Use the ONE BIG THING FOR KIDS. In the appendix, we've included a "One Big Thing" resource for kids.

Create a ONE BIG THING FOR YOUR FAMILY.

Identify one thing your family can believe for and pray for together.

Set a time to pray. Establish a consistent time to pray together every day. Pray over each family members' individual "One Big Thing", your family "One Big Thing", and our church "One Big Thing".



MY ONE BIG THING

As we kick off 2021, we are unifying in prayer and fasting as a church family, specifically asking the Lord for a fresh outpouring of the Holy Spirit in our church. The time of fasting and prayer will begin on January 11th and break on January 31st.

What is fasting?

Biblical fasting always has to do with eliminating distractions for a spiritual purpose. At the heart of fasting is God's people drawing near to God. When we set aside food, media, or other things to replace it with seeking God's face, prayer, or reading God's Word - God's power shows up in our hearts and lives. This year we are specifically inviting our church to fast from media.

How can we participate as a Lifegroup?

The most powerful testimonies from Lifegroup are when people are rallying together in prayer and fasting for someone else's breakthrough. That's why we'd like each person in Lifegroup to identify at least one big thing to pray for and share it with someone in Lifegroup.

What does the renewal of the Spirit look like in your life?

Take time to consider this question:

STEP 1: Ask God

What does the renewal of the Spirit look like in your life?

Some examples might include:

- *Experiencing a softening of our heart leading to brokenness and repentance of our sin.*
- *Becoming increasingly sensitive to the things of God, loving righteousness, hating wickedness, and increased hunger for God.*
- *Expecting powerful, divine appointments to heal the sick, raise the dead, prophesy life, lead people to Christ, bring deliverance, release signs and wonders, and bless every person we come in contact with each day (Book of Acts & Mark 16:17-18).*
- *Breakthrough in a particular relationship or wisdom for a particular situation.*

STEP 2: Pick One.

Holy Spirit, which of these is my ONE BIG THING to pray for?

STEP 3 - Share with someone in Lifegroup.

Who could I ask to be praying alongside me during the next 21 days? If something is very personal, we understand and respect that. At the same time it's in places of vulnerability that we see the most breakthrough.

STEP 4: Plan.

What time of the day will I pray? Where will I pray? Is there a Scripture to go along with this prayer? Write out a plan and a prayer asking God for help in these 21 days of prayer and fasting.



JESUS IS THE BREAD OF LIFE

JANUARY 11

Scripture: John 6:35 “Then Jesus declared, “I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty.”

Prayer: Jesus, thank you for being the bread of life. You are the daily source of strength and nourishment for my soul. I declare that you are all I need, and in you I am fully satisfied. Amen.



JESUS IS GOOD NEWS FOR OUR POVERTY

JANUARY 12

Scripture: 2 Corinthians 8:9 - “For you know the grace of our Lord Jesus Christ, that though he was rich, yet for your sake he became poor, so that you through his poverty might become rich.”

Prayer: I’m undone and forever grateful that you, my King and Lord, deserving all riches, honor, and glory, became poor, laying down your life for my sake, so that now in you I might be richly blessed in every way. Amen.



JESUS IS HEALING FOR OUR BROKENNESS

JANUARY 13

Scripture: Isaiah 53:5 - But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed.

Prayer: Jesus, you are the healer of broken hearts, souls, and bodies. I am broken and in desperate need of your healing. As I look at the cross, I remember You are near to me and willing to heal. Heal me, Lord. Amen.



JANUARY 14

JESUS IS LIBERTY FOR OUR BONDAGE

Scripture: Acts 13:38-39 - “Therefore, my friends, I want you to know that through Jesus the forgiveness of sins is proclaimed to you. Through him everyone who believes is set free from every sin.”

Prayer: Lord, I thank you for the cross. Where sin has brought destruction, chaos, and bondage in my life, you are breaking chains and setting me free to live as I was created. I believe in you, the truth, who sets me free. Amen.



JESUS IS FAVOR FOR OUR WORLD

JANUARY 15

Scripture: Psalm 90:17 “May the favor of the Lord our God rest on us; establish the work of our hands for us— yes, establish the work of our hands.”

Prayer: Thank you for the favor you have shown me in countless ways, O Lord. Fill me with increasing joy each day as you establish the work of my hands and continue to show me favor. Amen.

JANUARY 16



JESUS IS COMFORT FOR OUR SORROW

Scripture: 2 Corinthians 1:3-4 “Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.”

Prayer: Father, you see all my sorrows and are filled with compassion. Jesus, you’ve experienced sorrow like mine and I can run to you, an understanding friend. Holy Spirit, comforter and helper, draw near to me now. Amen.



JESUS IS PROVISION FOR OUR NEED

JANUARY 17

Scripture: Philippians 4:19-20 “And my God will meet all your needs according to the riches of his glory in Christ Jesus. To our God and Father be glory for ever and ever. Amen.”

Prayer: You know every need I have before I even speak it out to you. Your eyes are on the sparrow, and your eyes are on me. So, I look to you today to provide all I need out of your abundant compassion, wisdom, and power. Amen

JANUARY 18

WE ARE CALLED TO BE SONS & DAUGHTERS

Scripture: Romans 8:15-16 “The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by him we cry, “Abba, Father.” The Spirit himself testifies with our spirit that we are God’s children.”

Prayer: Abba, Father! You are a good father, full of compassion and mercy, eager to help me every moment. Thank you for the GREAT JOY of being your child. Fill me even more with the JOY of being infinitely and eternally loved by you, my Father. Amen





WE ARE CALLED TO ENCOUNTER JESUS

JANUARY 19

Scripture: Psalm 27:4 “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.”

Prayer: O God, I desire to know you more today than I did yesterday! Show me your glory! Reveal to me who you are! I long to encounter you, to behold you! Open the eyes of my heart to see you and to know you more and more. Amen.

JANUARY 20

HE IS AT WORK IN OUR LIVES

Scripture: Ephesians 3:20 “Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us.”

Prayer: It is a great joy to know that right now you are at work in my life! Through the circumstances, relationships, trials, and breakthroughs, your mighty power is at work in me. Do more in me than I could ever ask or imagine! Amen.



A close-up photograph of a piece of ash, showing its irregular, jagged shape and a mix of dark grey, brown, and white tones. The ash is set against a solid black background, which makes the texture and color of the ash stand out. The lighting is dramatic, highlighting the sharp edges and the granular surface of the ash.

HE TRANSFORMS ASHES TO BEAUTY

JANUARY 21

Scripture: Ecclesiastes 3:11 “He has made everything beautiful in its time. He has also set eternity in the human heart; yet no one can fathom what God has done from beginning to end.”

Prayer: Lord, even when I don’t see it, you’re working. Even when I can’t feel it, you’re working. From all the ashes and scorched places in my life, you are bringing forth beauty in perfect time. I choose to trust your timing, praying and waiting with joyful anticipation. Amen.

JANUARY 22

A close-up photograph of a single white flower, possibly a daisy or a similar variety, with many thin, radiating petals. The flower is set against a solid black background, which makes its bright white color and delicate structure stand out. The lighting is soft, highlighting the texture of the petals and the center of the flower.

HE TRANSFORMS MOURNING INTO JOY

Scripture: Psalm 30:11-12 “You turned my wailing into dancing; you removed my sackcloth and clothed me with joy, that my heart may sing your praises and not be silent. Lord my God, I will praise you forever.”

Prayer: Life can be really hard, and there are real wounds, losses, and disappointments I have faced. But I thank you for the ways you are turning my mourning into all surpassing joy. Do so even now Lord. Amen.



HE TRANSFORMS DESPAIR INTO HOPE

JANUARY 23

Scripture: Psalm 62:5-6 “Yes, my soul, find rest in God; my hope comes from him. Truly he is my rock and my salvation; he is my fortress, I will not be shaken.”

Prayer: Jesus, you are my rock, the anchor of my soul. Fill me today with a confident hope in you that lifts me above the things of this world and fixes my heart on eternal things. Overwhelm me with the hope of heaven and life eternally spent in your presence. Amen.

JANUARY 24

HE BUILDS US INTO OAKS OF RIGHTEOUSNESS

Scripture: 2 Corinthians 5:21 “God made him who had no sin to be sin for us, so that in him we might become the righteousness of God.”

Prayer: Jesus, I thank you that you came to deal with my sin by taking it to the cross, and now I stand before you as a righteous child of God. Help me to live in accordance with who I am in You. Give me grace to think, speak, and live righteously. Amen.





HE PLANTS US SO WE CAN GROW

JANUARY 25

Scripture: Ephesians 3:17-18 “And I pray that you, being rooted and established in love, may have power, together with all the Lord’s holy people, to grasp how wide and long and high and deep is the love of Christ.”

Prayer: Lord, plant me, establish me, root me deeply in your love along with all your holy people. There is no better soil for my heart to grow than your love. Help our church to be planted firmly in your love so we might reflect your love to those around us. Amen.



JANUARY 26

WE ARE MADE TO DISPLAY HIS SPLENDOR

Scripture: 1 Peter 2:9 “But you are a chosen people, a royal priesthood, a holy nation, God’s special possession, that you may declare the praises of him who called you out of darkness into his wonderful light.”

Prayer: I was rescued from a life of sin and recreated in the image of Jesus Christ, that I might display your goodness, kindness, love, and mercy to those around me. Today, shine brightly through me and may all who see me, see Jesus in me and be drawn to him. Amen.

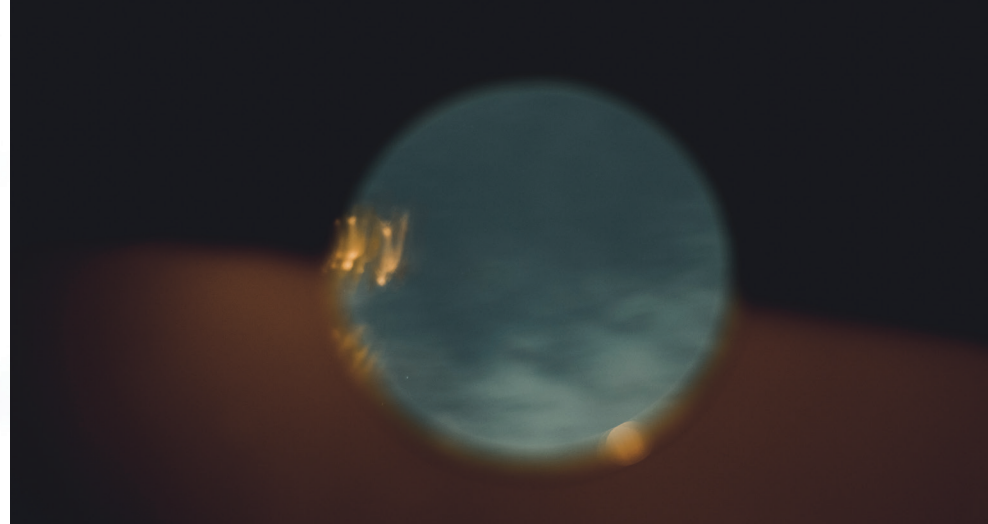


WE PRACTICE HIS WAYS

JANUARY 27

Scripture: Matthew 7:24 “Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock.”

Prayer: Lord Jesus, help me today to find great joy in putting your words, your teaching, into practice in my life. Holy Spirit help me to practice the ways of Jesus in how he loved, how he spoke, how he treated others, how he prayed, and how he lived. Amen.



JANUARY 28

HE IS AT WORK THROUGH US

Scripture: Ephesians 2:10 “For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.”

Prayer: Lord, thank you for the unique role and work you have given me to accomplish in history. Open my eyes to see where you are opening doors for me to minister. Give me courage to step into these good works, and do something great through me. Amen.



HE'S AT WORK THROUGH US TO RESCUE THE LOST

JANUARY 29

Scripture: Luke 19:10 “For the Son of Man came to seek and to save the lost.”

Prayer: What a great joy that I get to partner with you, Jesus, in your mission to rescue the lost. Fill me today with compassion for those far from you. Give me boldness to share your love in word, deed, and by the power of the Holy Spirit. Amen.

JANUARY 30



HE'S AT WORK THROUGH US TO BRING FREEDOM TO CAPTIVES

Scripture: Galatians 5:1 “It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.”

Prayer: Thank you Lord for setting me free from the bondage of sin. Now anoint me and use me Lord to set others free. Give me courage to speak liberating truth, to share my story, and pray with great faith for breakthroughs only possible by your hand. Amen.



WE LEVERAGE OUR LIVES JANUARY 31 TO SEE HIS KINGDOM COME

Scripture: Matthew 6:33 “ But seek first his kingdom and his righteousness, and all these things will be given to you as well.”

Prayer: God, I want my life to impact others for eternity. Help me to joyfully leverage all I have and all my gifts, strengths, time, and energy to see your kingdom come in my family, neighborhood, church, school, and workplace. Be glorified in me. Amen.

FOR THE KIDS

MY ONE BIG THING

STEP 1: Go Big Write down how you'd like to see God move in your life in each of the 3 areas below.

My Life

One Fruit Of The Spirit I need more of:

One way my friendship with God could be deeper:

Something I need:

My Family

Something my parents need:

Something a sibling needs:

Something another family member needs:

My Community

A friend from school or sports:

A friend who doesn't know Jesus:

A country where people don't know Jesus:



MY ONE BIG THING

FOR THE KIDS

STEP 2: Pick One Holy Spirit, which of these is my ONE BIG THING to pray for?

STEP 3: Share with a friend

STEP 4: Plan (*circle one on each question*)

What time of day will I pray?

Before school At lunchtime After school
Before I go to sleep Other:

Where will I pray?

My Bedroom The Table The Couch
Outside Other:

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MY ONE BIG THING

FOR THE KIDS

What's a Bible verse about my ONE BIG THING that I can use to pray?

Is there anything I can give up to remind me to pray?
Some examples could be a favorite food, drink, tv show, or activity.

Write out a prayer asking Jesus to help you with your 21 days of prayer:



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