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**21 DAYS OF
PRAYER AND
FASTING**

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INTRO

In Matthew 6:5 Jesus gives us these words, "When you pray" and in Matthew 6:16, "When you fast."

Jesus didn't say, "**if** you pray" or "**if** you fast." Jesus was assuming His followers would be people who pray and people who fast.

WHY DO WE PRAY?

We pray so that we can know, worship, and enjoy God, so that we can have hearts aligned with His heart and His agenda, and to bring our requests to our Father in Heaven.

WHY DO WE FAST?

We often fast for clarity over an issue where we need direction or we often fast for breakthrough. And as for Canvas, as we take steps of faith toward buying land and building a long-term ministry centre we need clarity and we need breakthrough.

WHY ARE WE COMMITTING TO 21-DAYS OF PRAYER AND FASTING AS A FAITH FAMILY?

- We want to know, worship, and enjoy time with our Father in Heaven in His Presence.
- We want hearts that are in alignment with the heart of God.
- We know our Father in Heaven wants to give good gifts to those who ask.
- We need breakthrough, clarity, awakening, revival.

21 DAYS OF PRAYER AND FASTING: DAILY RHYTHMS

- Meditate on the daily Scripture focus throughout the day. Try to be intentional to think on the daily Scripture throughout your day starting first thing in the morning.
- Set your alarm for 1 p.m. daily asking God for **one thing personally** and **one thing for Canvas**. Below you will see what we are asking God for each week for Canvas.

SUN MARCH 15	MON 16	TUE 17	WED 18	THU 19	FRI 20	SAT 21
WE ARE ASKING FOR: GOD'S FAVOUR OVER THE CANVAS BASKETBALL CAMP						
SUN 22	MON 23	TUE 24	WED 25	THU 26	FRI 27	SAT 28
BREAKTHROUGH AND CLARITY FOR THE CANVAS LONG-TERM MINISTRY CENTRE						
SUN 29	MON 30	TUE 31	WED APRIL 1	THU 2	FRI 3	SAT 4
AWAKENING AND SPIRITUAL RENEWAL IN EACH OF OUR LIVES AS WE PREPARE FOR GOOD FRIDAY AND RESURRECTION DAY						

- Meet weekly for prayer with at least one other person or connect daily for prayer with one person. **Ask these two questions:**
 - How are you seeing God at work around you?
 - How you can pray for one another? (Pray together)
- Fast one day each week (*as your health allows*) and use that time and focus to seek God for the one thing you are asking Him for personally and for Canvas. If you can't fast a full 24 hours, consider fasting sunrise to sunset. If you can't fast food, consider a media fast.
- Share your story of what Jesus has done and is doing in your life with one person each week (Psalm 107:2)

DAY 1 | Confidence & Humility

“Therefore, since we have a great high priest who has ascended into heaven, Jesus the Son of God, let us hold firmly to the faith we profess. For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet He did not sin. Let us then approach God’s throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.” **Hebrews 4:14-16**

- What do these verses teach us about Jesus?
- What is God inviting us to do based on these verses?
- Thank God for the confidence and humility that will be birthed and grow in you as you approach Him during these 21 days.

DAY 2 | Fixing Our Eyes

“Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before Him He endured the cross, scorning its shame, and sat down at the right hand of the throne of God.” **Hebrews 12:1-2**

- What do these verses teach us about Jesus?
- Why is it important for us to fix our eyes on Jesus?
- How can you intentionally fix your eyes on Jesus throughout your day?
- Thank Jesus for enduring the cross so that you might know and experience the fullness of life that He offers.

DAY 3 | All Things

*The Son is the image of the invisible God, the firstborn over all creation. For in Him all things were created: things in heaven and on earth, visible and invisible, whether thrones or powers or rulers or authorities; all things have been created through Him and for Him. He is before all things, and in Him all things hold together. 18 And He is the head of the body, the church; He is the beginning and the firstborn from among the dead, so that in everything he might have the supremacy. For God was pleased to have all His fullness dwell in Him, and through Him to reconcile to himself all things, whether things on earth or things in heaven, by making peace through His blood, shed on the cross. **Colossians 1:15-20***

- What do these verses teach us about Jesus?
- What do you need to release and surrender to Jesus?
- Thank Jesus for holding all things together – even things that seem to be falling apart.

DAY 4 | Mindset

*In your relationships with one another, have the same mindset as Christ Jesus: Who, being in very nature God, did not consider equality with God something to be used to His own advantage; rather, He made Himself nothing by taking the very nature of a servant, being made in human likeness. And being found in appearance as a man, He humbled Himself by becoming obedient to death— even death on a cross! Therefore God exalted Him to the highest place and gave Him the name that is above every name, that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue acknowledge that Jesus Christ is Lord, to the glory of God the Father. **Philippians 2:5-11***

- What was the mindset of Jesus?
- How might God invite you to be like Jesus in humbling yourself?
- How can you make much of Jesus in your life today?

DAY 5 | Biblical Community

*They devoted themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer. Everyone was filled with awe at the many wonders and signs performed by the apostles. All the believers were together and had everything in common. They sold property and possessions to give to anyone who had need. Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, praising God and enjoying the favor of all the people. And the Lord added to their number daily those who were being saved. **Acts 2:42-47***

- What do these verses teach us about Biblical Community?
- How was God at work in these verses?
- Thank God in advance for using you to build the practices in Acts 2:42-47 into the life of Canvas.

DAY 6 | Action

*"For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the faith God has distributed to each of you. For just as each of us has one body with many members, and these members do not all have the same function, so in Christ we, though many, form one body, and each member belongs to all the others. We have different gifts, according to the grace given to each of us. If your gift is prophesying, then prophesy in accordance with your faith; if it is serving, then serve; if it is teaching, then teach; if it is to encourage, then give encouragement; if it is giving, then give generously; if it is to lead, do it diligently; if it is to show mercy, do it cheerfully. Love must be sincere. Hate what is evil; cling to what is good. Be devoted to one another in love. Honor one another above yourselves. **ROMANS 12:3-10***

- What do these verses teach us about how we should relate to one another at Canvas?
- What are a couple verses from above that God is leading you to put into practice this week?
- Thank God for how He is using many at Canvas to create a life-giving Christian community.

DAY 7 | Love and Respect

*Husbands, love your wives, just as Christ loved the church and gave Himself up for her to make her holy, cleansing her by the washing with water through the word, and to present her to himself as a radiant church, without stain or wrinkle or any other blemish, but holy and blameless. In this same way, husbands ought to love their wives as their own bodies. He who loves his wife loves himself. After all, no one ever hated their own body, but they feed and care for their body, just as Christ does the church— for we are members of his body. “For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh.” This is a profound mystery—but I am talking about Christ and the church. However, each one of you also must love his wife as he loves himself, and the wife must respect her husband. **Ephesians 5:25-33***

- What do these verses teach us about how husbands and wives should relate to one another?
- If you are married, how can you intentionally show love or respect to your spouse today?
- Thank God for how He is strengthening, restoring, and renewing marriages at Canvas.

DAY 8 | Next Generation

Hear, O Israel: The LORD our God, the LORD is one. Love the LORD your God with all your heart and with all your soul and with all your strength. These commandments that I give you today are to be on your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up. Tie them as symbols on your hands and bind them on your foreheads. Write them on the doorframes of your houses and on your gates. When the LORD your God brings you into the land he swore to your fathers, to Abraham, Isaac and Jacob, to give you—a land with large, flourishing cities you did not build, houses filled with all kinds of good things you did not provide, wells you did not dig, and vineyards and olive groves you did not plant—then when you eat and are satisfied, be careful that you do not forget the LORD, who brought you out of Egypt, out of the land of slavery.

Deuteronomy 6:4-12

- What do these verses teach us about how we can help the next generation treasure Christ?
- Why is it important for us to consistently teach the next generation about the Lord?
- Thank God for all the babies and children that He is bringing to Canvas.

DAY 9 | No Greater Joy

*Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well. It gave me great joy when some believers came and testified about your faithfulness to the truth, telling how you continue to walk in it. I have no greater joy than to hear that my children are walking in the truth. **3 John 4***

- What is the greatest joy based on verse 4?
- How do you feel when your children, grandchildren, or people you have discipled are walking in the Truth?
- Thank God for how He is inviting you to help the next generation know, love, and follow Jesus.

DAY 10 | Doorkeeper

*“How lovely is your dwelling place, LORD Almighty! My soul yearns, even faints, for the courts of the LORD; my heart and my flesh cry out for the living God. Better is one day in your courts than a thousand elsewhere; I would rather be a doorkeeper in the house of my God than dwell in the tents of the wicked. For the LORD God is a sun and shield; the LORD bestows favor and honor; no good thing does he withhold from those whose walk is blameless. LORD Almighty, blessed is the one who trusts in you.” **Psalms 84:1-2, 10-12***

- What do these verses teach us about God’s Presence?
- How are you serving as a “doorkeeper” so that others can experience God’s Presence as you have?
- Thank God for the calling He has placed on your life to serve so that others can experience the Goodness of God as you have.

DAY 11 | Go and Do Likewise

It was just before the Passover Festival. Jesus knew that the hour had come for him to leave this world and go to the Father. Having loved his own who were in the world, he loved them to the end.

The evening meal was in progress, and the devil had already prompted Judas, the son of Simon Iscariot, to betray Jesus. Jesus knew that the Father had put all things under his power, and that he had come from God and was returning to God; so he got up from the meal, took off his outer clothing, and wrapped a towel around his waist. After that, he poured water into a basin and began to wash his disciples' feet, drying them with the towel that was wrapped around him.

*When he had finished washing their feet, he put on his clothes and returned to his place. "Do you understand what I have done for you?" he asked them. "You call me 'Teacher' and 'Lord,' and rightly so, for that is what I am. Now that I, your Lord and Teacher, have washed your feet, you also should wash one another's feet. I have set you an example that you should do as I have done for you. Very truly I tell you, no servant is greater than his master, nor is a messenger greater than the one who sent him. Now that you know these things, you will be blessed if you do them. **John 13:1-5, 12-17***

- What do these verses teach us about Jesus?
- When do we experience the blessing based on v.17?
- How is God calling you to humble yourself and serve others?

DAY 12 | Greatness

"Whoever wants to become great among you must be your servant, and whoever wants to be first must be slave of all. For even the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many." **Mark 10:43-45**

- What do these verses teach us about Jesus?
- How do we experience greatness in the Kingdom of God?
- Who or how is God calling you to serve others today? This week? This year?

DAY 13 | Help my Unbelief

So He asked his father, "How long has this been happening to him?" And he said, "From childhood. And often he has thrown him both into the fire and into the water to destroy him. But if You can do anything, have compassion on us and help us."

Jesus said to him, "If you can believe, all things are possible to him who believes." Immediately the father of the child cried out and said with tears, "Lord, I believe; help my unbelief!"

When Jesus saw that the people came running together, He rebuked the unclean spirit, saying to it, "Deaf and dumb spirit, I command you, come out of him and enter him no more!" Then the spirit cried out, convulsed him greatly, and came out of him. And he became as one dead, so that many said, "He is dead." But Jesus took him by the hand and lifted him up, and he arose.

And when He had come into the house, His disciples asked Him privately, "Why could we not cast it out?"

So He said to them, "This kind can come out by nothing but prayer and fasting." **Mark 9:21-29**

- What does this passage teach us about Jesus?
- Are you struggling with unbelief? Would you ask Jesus to help your unbelief and increase a life of bold and courageous faith?
- What does this passage teach us about prayer & fasting?

DAY 14 | By Faith

*“Now faith is confidence in what we hope for and assurance about what we do not see. This is what the ancients were commended for. 6 And without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him.” **Hebrews 11:1-2, 6***

- What do these verses teach us about faith?
- How have you seen God at work through your faith or the faith of someone else in the past?
- Would you ask God for an increase in faith in your life and at Canvas?

DAY 15 | The God we serve is able

“If we are thrown into the blazing furnace, the God we serve is able to deliver us from it, and He will deliver us from Your Majesty’s hand. But even if He does not, we want you to know, Your Majesty, that we will not serve your gods or worship the image of gold you have set up.”

Daniel 3:17-19

- Go back and read the entire chapter of Daniel 3
- What does Daniel 3 teach us about God?
- How was God at work through the faith of these three young men?
- How is God calling you to live by faith today?

DAY 16 | Anything too hard for ME?

"I am the LORD, the God of all mankind. Is anything too hard for Me?"

Jeremiah 32:27

"Call to Me and I will answer you and tell (Show) you great and unsearchable things you do not know." **Jeremiah 33:3**

- What do these two verses teach you about God?
- What are you asking God to do that only He can do?
- Would you ask Him to increase your faith?

DAY 17 | Now to Him who is able

"For this reason I kneel before the Father, from whom every family in heaven and on earth derives its name. I pray that out of His glorious riches he may strengthen you with power through His Spirit in your inner being, so that Christ may dwell in your hearts through faith. 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, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.

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, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen." **Ephesians 3:14-21**

- What do these verses teach us about God?
- What was the Apostle Paul asking God for in these verses?
- Would you ask God to increase your understanding of His Great love and power?

DAY 18 | Rejoice. Pray. Give Thanks.

*For this reason, ever since I heard about your faith in the Lord Jesus and your love for all God's people, I have not stopped giving thanks for you, remembering you in my prayers. I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better. I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people, speaking to one another with psalms, hymns, and songs from the Spirit. Sing and make music from your heart to the Lord, always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ. **Ephesians 1:15-20***

- What have you stopped asking God for that you need to start asking God for?
- Would you keep asking God to give you a spirit of wisdom and revelation so that you can know Him better?
- Would you ask God to open your eyes to see how amazing He is and to what He is doing around you?

DAY 19 | Life in the Spirit

Therefore, there is now no condemnation for those who are in Christ Jesus, because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death. For what the law was powerless to do because it was weakened by the flesh, God did by sending his own Son in the likeness of sinful flesh to be a sin offering. And so he condemned sin in the flesh, in order that the righteous requirement of the law might be fully met in us, who do not live according to the flesh but according to the Spirit.

Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace. The mind governed by the flesh is hostile to God; it does not submit to God's law, nor can it do so. Those who are in the realm of the flesh cannot please God.

Romans 8:1-8

- What does Romans 8:1-8 teach us about Spirit of God?
- What or who is governing your mind?
- Would you ask the Holy Spirit to fill you and lead you?

DAY 20 | More than Conquerors

What, then, shall we say in response to these things? If God is for us, who can be against us? He who did not spare his own Son, but gave Him up for us all—how will He not also, along with Him, graciously give us all things? Who will bring any charge against those whom God has chosen? It is God who justifies. 34 Who then is the one who condemns? No one. Christ Jesus who died—more than that, who was raised to life—is at the right hand of God and is also interceding for us. Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? As it is written: “For your sake we face death all day long; we are considered as sheep to be slaughtered.”

*No, in all these things we are more than conquerors through him who loved us. For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord. **Romans 8:31-39***

- What do these verses teach us about Jesus?
- What do these verses teach you about yourself?
- Ask God to help you understand more fully what it means for you to be more than a conqueror through Jesus who loves you.

DAY 21 | Victory in Jesus

*Where, O death, is your victory? Where, O death, is your sting?"
The sting of death is sin, and the power of sin is the law. But
thanks be to God! He gives us the victory through our Lord Jesus
Christ. Therefore, my dear brothers and sisters, stand firm. Let
nothing move you. Always give yourselves fully to the work of the
Lord, because you know that your labor in the Lord is not in vain.*

1 Corinthians 15:55-58

- What do these verses teach us about Jesus?
- Thank Jesus for the victory you have over sin because of Him.
- How are you giving yourself fully to the work of the Lord and walking out the victorious Christian life?



APRIL 3RD | 5PM | THE CANVAS CATHEDRAL

A somber yet hope-filled worship gathering where we reflect on the sacrifice of Christ, read Scripture retelling the crucifixion story, and respond together through song and communion.



**MAY 9TH | 11-3PM | ROYAL
BAY MEADOW PARK**

Family Fest is our annual community-wide celebration where we serve our neighbours with games, inflatables, and plenty of free food for the whole family. We need EVERYONE to pull off this amazing event. Please consider serving alongside us as we bless our community.

**JULY 8 & 22 | 5:30PM
JDF PICNIC SHELTER**

Join us during the weeks of our summer camps for our fellowship church picnics. Our church family and mission team members share burgers, hotdogs, potluck sides, and enjoy a relaxed evening of connection together.



JULY 31 - AUG 2 | CAPERNWRAY HARBOUR

Join our church family for our 10th annual all-ages Faith Family Retreat—three unforgettable days on beautiful Thetis Island filled with great food, outdoor adventures, meaningful worship, and life-giving biblical teaching together.

