

## WELCOME

Welcome to 21 Days of Prayer and Fasting. The Bible says, “*Commit to the Lord whatever you do, and He will establish your plans*” (Proverbs 16:3). We believe this is the year God wants to reveal plans and establish purpose for your life.

What do you want to see God do in and through your life this upcoming school year?

What do you want to see God do in and through our church this upcoming school year?

For the next 21 days, from Monday, August 10 through Sunday, August 30, we are going to lay the spiritual foundation for the rest of the year through prayer, reading God’s Word, and fasting. Fasting disconnects us from the world, while prayer and reading the Bible connect us to God. When we put them together, we will see God do a tremendous work in our lives!

### 21 Days of Prayer & Fasting Includes:

- **Daily prayer and Bible reading booklet:** 21 days of Scripture, a thought, and then a prayer focus.
- **24 hours of fasting once a week:** Each week, pick a 24-hour period of time where you will drink only liquids and spend extra time focusing on God, asking Him to move in our church and city.
- **Wednesday, August 12:** Join an all-church prayer gathering here at the church from 6:00-7:00pm.
- **Wednesday Night Prayer Walks on August 19 and 26:** On each of these Wednesdays, from 6:00-7:00pm, Celebrators can participate in a prayer walk. You can come to the church and go with others as we prayer walk around the church neighborhood, or you can do that around your own neighborhoods, asking God to reach people.
- **Wednesday, August 26:** The church will be open from 8:00am-6:00pm for people to come in at any time and pray in the chapel.
- **Sunday, August 30:** We will celebrate together at 6:00pm with our Encounter Night of worship and baptism.

### What is Fasting?

Our challenge is to fast from food for a period of 24 hours each week. The attitude and purpose behind the fast are just as important as the physical steps. Fasting is not a tool

to manipulate God or earn His favor—it is an act of humility, drawing us closer to Him and aligning our hearts with His will.

### **Purpose and Attitude in Fasting**

- Fasting is not a negotiation. The purpose is to humble oneself, draw closer to God, and align with His will.
- Guard your heart's motive. Focus on God, not on personal reward or pride. (Matthew 6:16–18)
- Prioritize spiritual discipline. Replace food with prayer, Scripture, and worship—otherwise, fasting becomes a diet.
- Expect temptation and opposition. The enemy often attacks when we are weak—stay vigilant and rely on God's strength.
- Avoid distractions. Limit media, entertainment, and other distractions to stay focused on God.
- Handle failure with grace. If you break your fast, receive God's grace, and continue with sincerity.

### **Liquid Fasting Options**

During your fast, you can determine which liquids you decide to use. Here are some options for you: water, juice, simple vegetable broth, or a fruit-and-vegetable juice blend.

As you fast, may you draw nearer to God with humility and faith. Remember that fasting is not about deprivation, but about deeper connection. May your spirit be renewed, your heart strengthened, and your mind anchored in His peace.

### **Set Your Prayer and Bible Reading Strategy**

The next key to making these 21 days successful is establishing a prayer and Bible reading routine that works for your schedule. We are creatures of habit, and the goal for these next 21 days is to establish a healthy habit of prayer and Bible reading that we can carry with us for the rest of the year.

Your strategy should consist of three things: a time, a spot, and a plan.

**Pick a Time:** What is a time that works for you every day? If you have young kids, there is a good chance it will either have to be before they wake up or after they go to bed. It

doesn't matter when it is; just pick the time that is going to be the easiest for you to stick to, and put it in your calendar right now.

**Pick a Spot:** Your prayer and Bible reading times will be a lot more consistent if you designate a specific spot for them. Maybe it's a certain chair or closet in your home. Or maybe it's at work or in your car. Again, it doesn't matter what spot you choose; it only matters that you pick one and stick with it.

**Pick a Plan:** Researchers say that in order to make an activity a habit, you must do it for at least 21 days. The daily habits we want to help you create are prayer and Bible reading.

This devotional contains content from *21 Days of Possible* by Citizen Heights Church in Washington, D.C. The material is used and modified with permission.

## **WEEK 1: PRAYERS OF THANKSGIVING**

It's powerful to begin with prayers of thanksgiving. When we do this, we set a tone of thanksgiving and put our focus on the greatness of who God is. This takes our eyes off of ourselves and puts them on Him. Thanksgiving toward God keeps us humble, it helps us to have a right perspective, and it's the easiest way to express praise to Him.

### **DAY 1 - THANKSGIVING FOR WHO HE IS**

God loves when we worship Him and come before Him with prayers of thanksgiving, gratitude, and joy. A great way to begin learning to pray prayers of thanksgiving is by starting with the attributes of God by using His names.

- God is Righteousness – He makes you clean
- God is Sanctifier – He calls and sets you apart
- God is Healer – He is able and willing to heal
- God is Banner of Victory – He defeats your enemies
- God is Shepherd – He leads and guides you
- God is Peace – He is our peace in every situation
- God is Provider – He supplies all of your needs

*"The Name of the Lord is a strong tower; the righteous man runs into it and is safe."*  
Proverbs 18:10

Read through the above descriptors of God and say them out loud. Then, thank Him for being who He is. I am that I am – everything we need Him to be, right when we need Him to be it. When we proclaim who He is, we not only worship Him, but we also remind ourselves how powerful and great our God is.

Prayer: God, I am in awe of You. I come before You with thanksgiving. I'm grateful that Your Name is a strong tower, a place of protection and safety for me. I praise You as my Healer, my Shepherd, and my Banner of Victory. Thank You for being my Peace, my Provider, my Righteousness, and my Sanctifier. Your Name is great, and I worship You.

## DAY 2 - THANKSGIVING FOR SALVATION & GRACE

Today, we're focusing on thanking God for salvation that's found in Christ alone. As we meditate on the work of Jesus – the grace He offers and the access we have to God through Jesus' death, burial, and resurrection – let's thank and praise God for His goodness to us.

*"If you declare with your mouth, 'Jesus is Lord,' and believe in your heart that God raised Him from the dead, you will be saved." Romans 10:9*

*"For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God—not by works, so that no one can boast." Ephesians 2:8–9*

*"Truly my soul finds rest in God; my salvation comes from Him." Psalm 62:1*

Prayer: Father God, today we're truly grateful for salvation that's found in You alone. Thank You, Jesus, for the work You accomplished on the cross. Thank You for that gift of salvation and that I can stand firm in knowing I am saved by Your grace through my confession of faith. I confess today as the psalmist wrote, "My soul finds rest in God; my salvation comes from Him." In Jesus' Name, Amen.

## DAY 3 - THANKSGIVING FOR GOD'S FAITHFULNESS IN EVERY SEASON

One thing we can be sure of is that God is ALWAYS faithful. He never changes, never fails, and never lies. Take a few moments to meditate today on the different ways God has shown His faithfulness to you. Write them down, and refer back on days when maybe you're feeling discouraged or experiencing doubt. Thank God that His faithfulness is not dependent upon seasons or circumstances!

*"Because of the Lord's great love we are not consumed, for His compassions never fail. They are new every morning; great is Your faithfulness." Lamentations 3:22–23*

*"Know therefore that the Lord your God is God; He is the faithful God, keeping His covenant of love to a thousand generations of those who love Him and keep His commandments." Deuteronomy 7:9*

*"Jesus Christ is the same yesterday and today and forever." Hebrews 13:8*

Prayer: God, we thank You for Your faithfulness! We believe Your Word and stand firm on Your promises that You keep Your covenant, and Your compassions never fail. We

thank You that You are the same yesterday, today, and forever – that means that my circumstances don't change the fact that You remain faithful. Thank You for being steadfast in my life. Even when I lack faith, I praise You because You remain faithful! In Jesus' Name, Amen.

#### **DAY 4 - THANKSGIVING FOR DAILY PROVISION & BLESSINGS**

Take a few moments today to thank God for His provision. Whether you feel like you're in a season of overflow or are still waiting on your breakthrough – you are blessed! Thank God for small things like food on the table, a roof over your head, and a church family. And for the big things like jobs and better jobs, abundant provision, overflow of health, finances, and most importantly, the presence of God!

*“And my God will meet all your needs according to the riches of His glory in Christ Jesus.”* Philippians 4:19

*“The Lord is my shepherd, I lack nothing.”* Psalm 23:1

*“And God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work.”* 2 Corinthians 9:8

Prayer: Thank You today for Your many provisions and blessings, God. Today I choose to see the ways in which I am blessed. I choose to focus on who You are and not on my lack. I confess that You are my shepherd, so I lack nothing. I have all I need in You. God, I thank You for Your Word that instructs and encourages me to trust that You aren't the God of barely enough, but the God who brings abundance and blessing. In Jesus' Name I pray, Amen.

#### **DAY 5 - THANKSGIVING FOR RELATIONSHIPS & COMMUNITY**

God created us to be in relationship with Him and with others. Today, we set some time aside to thank Him for the relationships in our lives and the community He has placed us in. Thank God today for family, friends, neighbors, co-workers, and your church community.

*“Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up.”* Ecclesiastes 4:9–10

*“How good and pleasant it is when God's people live together in unity!”* Psalms 133:1

*"We always thank God, the Father of our Lord Jesus Christ, when we pray for you."*  
Colossians 1:3

Prayer: Father God, we come today to say thank You for relationships! First of all, thank You for the relationship that we have with You. Thank You that we can call You our Father. I thank You today for the people You have brought into my life (take some time here to list family members, friends, etc.). Lord, we thank You that we are better together. I ask that You'd help me to be aware of Your goodness in my relationships and to be someone who lives in unity with a prayerful heart for those You have brought into my life. We pray in Jesus' Name, Amen.

## **DAY 6 - THANKSGIVING FOR PURPOSE, CALLING & GROWTH**

Today, we thank God for His divine purpose and calling working in and through our lives. And we thank Him that, as a result of this work, we are growing up into all that He has called us to be! We remind ourselves that God has a specific purpose and plan for each of our lives – and that it is good.

*"For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do."* Ephesians 2:10

*"And we know that in all things God works for the good of those who love Him, who have been called according to His purpose."* Romans 8:28

*"Commit to the Lord whatever you do, and He will establish your plans."* Proverbs 16:3

*"Instead, speaking the truth in love, we will grow to become in every respect the mature body of Him who is the head, that is, Christ."* Ephesians 4:15

*"Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is – His good, pleasing and perfect will."* Romans 12:2

Prayer: God, I thank You today that You have called me. I confess my thanks to You for creating, designing, and calling me to do Your good works here on the Earth. God, thank You for choosing me, thank You for calling me, and thank You for equipping me with everything I need. Thank You that as I walk in Your calling and purpose for my life, I will experience growth that honors You and blesses those around me. I commit my

plans to You today and choose to go throughout my day with a grateful heart. In Jesus' Name, Amen.

## **DAY 7 - THANKSGIVING FOR GOD'S PRESENCE, PEACE & GUIDANCE**

Today, we focus on the reality of God's presence in our lives. Thank God that His presence brings with it peace and guidance for each and every day. True peace is not necessarily the lack of chaos or storms in our lives, but instead it's an awareness on our part of the manifest presence of God. Spend some time today thanking God that He is the Prince of Peace.

*"You make known to me the path of life; You will fill me with joy in Your presence, with eternal pleasures at Your right hand."* Psalm 16:11

*"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with My righteous right hand."* Isaiah 41:10

Prayer: God, we are truly grateful for Your peace today. We pray that You would make us more aware of Your presence. Help us to see the areas we need to further submit to You in order to experience Your perfect peace. We are so thankful that we do not have to fear. We know that as we seek You, You will lead and guide us in Your perfect peace. In Jesus' Name, Amen.

## **WEEK 2: PRAYERS OF FAITH**

One of our biggest assignments as believers is to do just that – believe. This week, we will be praying BIG prayers of faith as we magnify our God who is truly able to do above and beyond anything we could ask, think, or imagine! As a church, we are believing God for breakthrough, for silos that have been stocked for these lean seasons, and for our God to do what others might claim is impossible. Let's pray with faith and watch what God will do!

## **DAY 8 - FAITH FOR THE IMPOSSIBLE**

Our God is so much bigger than we could ever imagine. He's the Creator of the universe, and nothing is impossible for Him. Today, we're going to ask God for what we might have thought would be impossible! Today, we're going to trust in who He is and believe together that He is more than able!

*“Jesus looked at them and said, ‘With man this is impossible, but with God all things are possible.’”* Matthew 19:16

*“Truly I tell you, if you have faith as small as a mustard seed, you can say to this mountain, ‘Move from here to there,’ and it will move. Nothing will be impossible for you.”* Matthew 17:20

*“What, then, shall we say in response to these things? If God is for us, who can be against us?”* Romans 8:31

*“Now to Him who is able to do far more abundantly than all that we ask or think, according to the power at work within us, to Him be glory in the church and in Christ Jesus throughout all generations, forever and ever. Amen.”* Ephesians 3:20

Prayer: God, we stand firm on Your Word today and pray with faith and expectation. We pray that our mountains will be moved in the Name of Jesus. We pray for our own situations that might seem impossible (take a few moments to pray what’s on your heart), and we trust You with them. We stand on Your Word with confidence that even with faith as small as a mustard seed, mountains will be moved. NOTHING is impossible with You. We give You the glory ahead of time, and we ask for the impossible. In Jesus’ Name we pray, Amen.

## **DAY 9 - FAITH FOR HEALING | PHYSICAL & MENTAL HEALTH**

We know that God cares about the details of our lives and that our physical bodies matter to Him. We believe that God can bring healing to our bodies and our minds as we submit them to Him. Today, we’re praying with faith that God will heal! He is Jehovah Rapha – The Lord our Healer. If there’s someone in your home who is believing for healing, we encourage you to lay hands on and pray for that person. Let’s pray and watch God do the miraculous.

*“But He was pierced for our transgressions...and by His wounds we are healed.”* Isaiah 53:5

*“Praise the Lord...who forgives all your sins and heals all your diseases.”* Psalm 103:2–3

*“‘But I will restore you to health and heal your wounds,’ declares the Lord.”* Jeremiah 30:17

*“They will place their hands on sick people, and they will get well.” Mark 16:18*

Prayer: God, we thank You that You are our healer. We pray with great faith today that You will do a work in physical bodies, bringing them into alignment with Your original design, in Jesus’ Name. We thank You for Your Word, which confirms that through the wounds of Jesus and the blood He shed, we are healed. We pray in faith for miraculous signs and wonders of healing that would be undeniable proof of the power of God. We thank You for healing minds and bodies. In Jesus’ Name, Amen.

## **DAY 10 - FAITH FOR PROVISION | JOBS, FAVOR & PROMOTIONS**

Praying with faith for provision is not selfish – it’s actually one of the ways the world sees the favor of God on our lives. We can pray powerful, faith-filled prayers asking God to lead and guide us in the area of our vocation. He desires for us to find great fulfillment in the work of our hands. Whether you’re looking for a job, believing for increase, or asking for His favor...let’s believe He is able!

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

*“Do you see someone skilled in their work? They will serve before kings....”* Proverbs 22:29

*“For promotion cometh neither from the east, nor from the west, nor from the south. But God is the judge....”* Psalm 75:6-7

Prayer: Jehovah Jireh, we thank You that You are our provider. We bring our requests to You today with faith that You are going to work on our behalf. We thank You for establishing the work of our hands. We commit to using our areas of influence to shine Your light to the world around us. We thank You that promotion and provision don’t come from our workplace, our boss, or our paycheck...but it all comes from You. We ask in faith for jobs, better jobs, provision, promotion, and influence that will cause for the testimony of our lives to be the faithfulness of God. We believe all these things in Jesus’ Name, Amen.

## **DAY 11 - FAITH FOR MARRIAGES & RELATIONSHIPS**

Relationships are one of the most important parts of our lives. God did not intend for us to do life alone, and He gives us help to have good, godly, life-giving relationships. Marriage is a gift from God and is meant to add great value and stability to our lives. As

we pray in faith today, we believe that marriages and relationships here at Celebrate are strong, God-honoring, and healthy.

*“Love is patient, love is kind. ... It always protects, always trusts, always hopes, always perseveres.” 1 Corinthians 13:4, 7*

*“And over all these virtues put on love, which binds them all together in perfect unity.” Colossians 3:14*

*“Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up. ... Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.” Ecclesiastes 4:9-10, 12*

Prayer: Father God, we bring our relationships to You today. We pray for healthy marriages that honor Your Name. We ask for those marriages that might be on the rocks (pray specifically here) and ask for a turnaround and breakthrough in the Name of Jesus. We pray that love would bring unity in relationships, friendships, and marriages in our lives. Give us strength, wisdom, kindness, and faith to believe that You are able to turn even the most broken relationship around. We stand in faith and pray in Jesus' Name, Amen.

## **DAY 12 - FAITH FOR SALVATIONS & TRANSFORMATIONS**

God's desire is that none would perish, but that all would have eternal life through Jesus Christ. Part of our purpose and calling is to share that Truth with those around us, but the work itself is something only God can do. As we believe for salvation in our homes, our workplaces, our neighborhoods, our city, the DMV, and the world, let's pray prayers of faith that God would transform hearts and minds to be more like Him. Make a list today of the people you are praying for to receive salvation, and commit to praying for them daily.

*“For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord.” Romans 6:23*

*“Salvation is found in no one else, for there is no other Name under Heaven given to mankind by which we must be saved.” Acts 4:12*

Prayer: God, we come before You today asking BIG. We pray for revival. We pray for an increase in salvations in our city, our nation, and the world. We pray for hearts to be

open and for the Gospel message to go forth with power. We thank You that Your heart is for none to perish. We ask that You would give us Your heart for people today. We pray for salvation for (bring your list of names specifically to the Lord, and pray on their behalf). In Jesus' Name, Amen.

## **DAY 13 - FAITH FOR ENDURING TRIALS**

One of the greatest ways to grow in our faith is by enduring trials and tribulations. These types of situations cause our roots to go down deeper, our trust to be built on the solid rock of Jesus Christ, and our hope to be placed in the One who does not fail. We don't complain when trials come our way, but instead embrace them with joy, as we believe for God to cause us to become more like Him through each one. No matter what you're going through today – remain steadfast in faith and humble before the Lord (read Romans 5:3-5).

*“Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything.” James 1:2-4*

Prayer: God, we thank You that when trials and tribulations come our way, they are not reason to doubt or worry. Instead, they cause us to grow, develop, and be strengthened in You! We pray that You would make us “perfect and complete, lacking nothing.” God, would You carry us through our trials and give us the stamina we need to endure so that we can have perseverance, character, and hope built in us? In Jesus' Name, Amen.

## **DAY 14 - FAITH FOR A MOVE OF THE HOLY SPIRIT**

The ministry of the Holy Spirit is so important for us as believers. When we received Jesus as our Lord, the Holy Spirit came into our lives to give us supernatural strength, discernment, and help. Additionally, we can receive the baptism of the Holy Spirit with the evidence of speaking in tongues. The Holy Spirit has many areas of ministry in us: hope, comfort, miracles, and the remembrance of the Word. Today, as we pray in faith for a move of the Holy Spirit, let's ask with great faith, believing for the supernatural in us, through us, and all around us.

*“But the Advocate, the Holy Spirit, whom the Father will send in My Name, will teach you all things and will remind you of everything I have said to you.” John 14:26*

*“And I will ask the Father, and He will give you another advocate to help you and be with you forever—the Spirit of truth. The world cannot accept Him, because it neither sees Him nor knows Him. But you know Him, for He lives with you and will be in you.”*  
John 14:16-17

*“But you will receive power when the Holy Spirit comes on you; and you will be My witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.”*  
Acts 1:8

Prayer: God, we pray for an outpouring of the Holy Spirit in our world. Holy Spirit, we invite You into our lives, our homes, our church, our conversations, our workplaces...into every part. We pray in faith for the miraculous! Holy Spirit, would You pour out healing, restoration, and revival through undeniable signs and wonders that would bring glory to Your Name and draw many people to You? We pray for very real encounters with the Holy Spirit and that we would walk in the reality of Your wonder-working power on display in and through our lives. Holy Spirit, come!

### **WEEK 3: WARFARE PRAYER | THE ARMOR OF GOD**

The armor of God is a series of tools that God gives us to protect our heart, mind, and spirit – and is our greatest tool for spiritual warfare. The Bible instructs us to put on the full armor of God daily so that we can stand against the devil’s schemes. This means that we are guaranteed to face opposition in our lives BUT God gives us what we need to not just battle, but to WIN! This week we will focus on praying warfare prayers by praying through the individual pieces of the armor of God together.

*“Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand.”* Ephesians 6:13

### **DAY 15 - BELT OF TRUTH**

The first tool that the Bible describes in the armor of God is the belt of Truth. The Truth of God’s Word is a crucial foundation for us to build our lives around. The belt of Truth is what provides strength and gives us sturdiness in our day-to-day lives. The belt of Truth is also the piece that holds all of the Armor together – without it, we as Christians would lose our gravitational center. It is God’s Truth that holds us together. Resolve to make a daily habit of putting on the belt of Truth by valuing the Word of God. Read, study, and apply it to your life, and watch as it brings strength, stability, and a firm foundation to your life.

*“Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the belt of Truth buckled around your waist....”* Ephesians 6:13-14

Prayer: Father, we thank You for the Armor You’ve given us, and today, we resolve to put on the belt of Truth. Today, we wrap ourselves in Your Word, choosing to have a Biblical worldview that honors and applies Your Truth above any other thing. We speak Your Truth over our lives and resolve to make it our priority to speak it, read it, and apply it to our lives and the lives of those around us. We resist the lies of the enemy and counter those lies with Your Truth today. In Jesus’ Name, Amen.

## **DAY 16 - BREASTPLATE OF RIGHTEOUSNESS**

The second piece described in the armor of God is the breastplate of righteousness. Keep in mind that the belt of Truth secures the breastplate of righteousness. So, once we’ve applied that Truth, we can protect our hearts from whatever lies or challenging situations that come our way. The breastplate of righteousness is important because it comes from an understanding that we are covered by the Lord in a way we could never accomplish for ourselves. We are made righteous only because of what Jesus has done for us. Let’s choose to put righteousness on every day.

*“Therefore, put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then....with the breastplate of righteousness in place....”* Ephesians 6:13-14

*“But you were cleansed; you were made holy; you were made right with God by calling on the Name of the Lord Jesus Christ and by the Spirit of our God.”* 1 Corinthians 6:11

Prayer: God, today we pray that You would help us to see ourselves the way You see us – through the sacrifice of Jesus. We thank You that we could never be righteous on our own, but because of what Jesus has done for us, we are washed white as snow! Protect the vital parts of who we are, wrapped in the Truth of Your Word, as we go about our day. Protect our hearts from the lies of the enemy and all anxiety or fear that may come against us. We trust You and stand in Your righteousness today. In Jesus’ Name, Amen.

## DAY 17 - BOOTS OF THE GOSPEL OF PEACE

The third piece of the armor of God is the boots of peace. One of the greatest revelations is understanding that peace is not the absence of conflict, but instead the very presence of God. When we choose to put on the boots of peace, we choose to take the presence of God with us into every situation. The Bible even promises us that wherever we set our feet, we're on land God has given us. As you consider putting on the boots of peace today, consider how you can invite the presence of God more readily into every part of your day.

*"And with your feet fitted with the readiness that comes from the Gospel of peace."*  
Ephesians 6:15

*"I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid."* John 14:27

Prayer: Holy Spirit, I thank You that You go with me. I thank You that You live inside of me, and that every place I go, I take Your presence along. I pray today that You would help me to invite You into every area of my life. I pray that You would help me to put on the boots of peace in such a way that I truly take You into every meeting, conversation, room, relationship, etc. Help me to rest knowing that I am not alone, that You are with me, and that I take the security and protection of Your peace with me with every step. In Jesus' Name, Amen!

## DAY 18 - SHIELD OF FAITH

The shield of faith is a crucial piece of the armor of God, and one we need to ensure we're praying through each day as we use the tools God has given us for spiritual warfare. Faith is such a powerful weapon against the lies and schemes of the enemy that it doesn't just bounce off his attacks – it extinguishes them. This is not just protection for ourselves, but for those around us as well. Consider how you can grow in the area of faith, and ask God to help you use the shield of faith today and every day to protect yourself and those around you from the lies and attacks of the enemy.

*"In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one."* Ephesians 6:16

*"So faith comes from hearing, that is, hearing the Good News about Christ."* Romans 10:17

Prayer: Father, we thank You that faith comes from hearing the Good News of Jesus. Jesus is the Living Word of God, and we welcome the Truth of the Word into our everyday lives so that we can grow in faith. God, help us as we use the shield of faith. We pray that our faith would extinguish every lie of the enemy, not just for ourselves, but for our spouses, our children, our friends, our workplace, our leaders, our church, and our city. In Jesus' Name, Amen.

## **DAY 19 - HELMET OF SALVATION**

The helmet of salvation is a key piece of the armor of God. It's the tool God has given us to protect our minds. When we wear the helmet of salvation, we choose to think through the filter of the freedom that we have found in Jesus and protect our minds from the lies of the enemy. We choose to think the way the Bible instructs us. We allow God to literally change the way we think. This gives us the ability to make wise choices, to not live in fear or anxiety, but instead in the reality of who God is and what He has done for us (read Ephesians 6:17).

*"And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise."* Philippians 4:8

*"Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect."* Romans 12:2

Prayer: God, today we put on the helmet of salvation. We choose to protect our minds from the lies of the enemy and think on what Your Word has instructed us. We pray that as we put on the helmet of salvation, You would change the way we think. You can help us fix our thoughts on the things that bring honor to You and silence the doubt, fear, anxiety, discouragement, and hopelessness that the enemy would try to impose on us. We thank You that You have given us the tools to protect our minds, and so we put on the helmet of salvation today, secure in who we are because of what You have done for us. In the mighty Name of Jesus, Amen.

## **DAY 20 - SWORD OF THE SPIRIT**

The sword of the Spirit is the only actual "weapon" prescribed in the armor of God. The sword of the Spirit is the Word of God. We fight the enemy best when we quote, pray, speak, believe, and apply the Word of God to our lives. When the Bible instructs us to pray in the Spirit, it's instructing us to use the Word of God as a weapon. There is power

in the Word of God because it is living and active! Let's resolve to fight the lies of the enemy, the fears of our own minds, and the doubts of those around us with the Word of God today.

*"Take the helmet of salvation and the sword of the Spirit, which is the Word of God. And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people."* Ephesians 6:17-18

*"For the Word of God is alive and powerful. It is sharper than the sharpest two-edged sword, cutting between soul and spirit, between joint and marrow. It exposes our innermost thoughts and desires."* Hebrews 4:12

Prayer: Jesus, we thank You that You are the Living Word. We wield the sword of the Spirit today by praying and believing the Word of God over our lives. We don't fight the enemy or this world with our own theories or thoughts or education...instead, we speak and pray the Word of God over ourselves, our families and the world around us. We believe there is power in Your Word and choose to speak it, bringing life into every situation. In Jesus' Name, Amen.

## **DAY 21 - WHOLE ARMOR OF GOD**

There's wisdom in putting on the full armor of God. Each piece is crucial in our day-to-day lives, but this passage instructs us not once, but twice to put on the FULL armor of God. Take some time to pray through each part of the armor of God, naming each piece and all of the ways in which it helps protect and provide us with everything we need today.

*"Finally, be strong in the Lord and in His mighty power. Put on the full armor of God, so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand."* Ephesians 6:10-13

Prayer: Father, today and every day, we choose to put on the full armor of God. We stand secure and ready to be the overcomers that You have called and resourced us to be. In the Name of Jesus Christ we pray, Amen.

CONGRATULATIONS ON FINISHING THE 21 DAYS OF PRAYER! Don't let this be the end of 21 days, but rather the beginning of a lifetime of each day being in God's Word and prayer!