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21

DAYS OF PRAYER + FASTING

PRAYER IS OUR FIRST RESPONSE →



MOUNTAIN WEST CHURCH

21 Days of Prayer and Fasting

Prayer is not a last resort. It is our first response.

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Dear Mountain West family,

Every year, 21 Days of Prayer and Fasting gives us a chance to slow down, seek God first, and remember that prayer is not a last resort. It is our first response.

Prayer is not about finding the perfect words. It is about coming close to the Father who already knows us, loves us, and invites us to bring every part of our lives to Him. Our hopes, our fears, our families, our questions, our decisions, our pain, our gratitude, and the people we are believing God to reach all belong in His presence.

In Luke 11:1, the disciples came to Jesus with a simple request: “Lord, teach us to pray.” They had watched Him heal the sick, lead with compassion, confront darkness, teach with authority, and love people nobody else had time to notice. Still, the thing they asked Him to teach them was prayer. They could see that everything Jesus did flowed from His relationship with the Father.

That same invitation is open to us. We are not just learning a religious habit. We are learning to walk with God. We are learning to listen, surrender, believe, ask, worship, forgive, fight spiritually, and trust Him one day at a time.

**WE ARE NOT JUST LEARNING
A RELIGIOUS HABIT.**

**WE ARE LEARNING
TO WALK WITH GOD.**

As we begin these 21 days together, my prayer is that this guide helps you take your next step toward God. For some, that step may be learning how to pray for the first time. For others, it may be returning to a place of consistency, faith, and dependence. Wherever you are starting, start there. You do not have to have everything figured out to meet with God.

I am believing God to meet us in powerful ways as we pray and fast. I am believing for peace where anxiety has been loud, wisdom where decisions feel unclear, healing where things have been heavy, and fresh faith where hope has felt thin. I am also believing that as God works in us, He will work through us so One More person can experience the hope of Jesus.

If this is your first time opening a Mountain West resource, I want you to know something from the start: Here at Mountain West, we already love you. You are not walking through this season alone. We are praying together, believing together, and making room for God to do what only He can do.

This book is simply an extra resource, from my heart to yours. It is not homework, and it is not a test. It is a companion for the next 21 days, made with love, from your Mountain West family to you.

Praying with you and praying for you,

A handwritten signature in black ink that reads "Mo Huggins". The signature is written in a cursive, flowing style.

Pastor Mo Huggins

MOUNTAIN WEST CHURCH

P.S. We already love you.

Start Here

You do not have to follow a specific formula to talk with God. This guide gives you several biblical models of prayer. You can go in any order, at your own pace, and you can spend a few days on the same model as you get comfortable with it. Prayer is a “get to,” not a “got to.” It is a privilege to come to God.

01 Choose a time

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

02 Choose a place

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

03 Choose a plan

Pick one prayer model from this guide each day. As you pray, let the model focus you. If your mind wanders, use it to restore your focus.

04 Begin honestly

Come as you are. Write notes, play worship music, sit in silence. The important step is simply entering God’s presence today.

it's a get to, not a got to.

What Fasting Is + Is Not

Fasting is choosing to set aside something we depend on, most often food, for a set time, so that we can seek God with undivided attention. When we feel the space that fasting creates, we let that longing turn us toward prayer. Fasting does not twist God's arm. It softens our hearts.

Jesus fasted, and He assumed His followers would too. He did not say "if you fast." He said "when you fast" (Matthew 6:16-18). Throughout Scripture, God's people fasted when they wanted to humble themselves, seek direction, repent, and pray with focused faith.

"Even now," declares the Lord, "return to me with all your heart, with fasting and weeping and mourning."

JOEL 2:12

WHAT FASTING IS NOT

- Fasting is not a diet, a detox, or a way to change your body.
- Fasting is not a performance to impress God or other people.
- Fasting is not earning God's love. You already have it.
- Fasting is not a punishment. It is an invitation to depend on God.

Ways to Fast

There is no single right way to fast for 21 days. Prayerfully choose a fast that stretches your faith and fits your season of life.

A meal a day. Skip one meal each day and spend that time with God in prayer.

A partial fast. Often called a Daniel fast. Eat simply, such as fruits, vegetables, and water, while abstaining from rich foods (Daniel 10:2-3).

Selected foods. Give up specific items for all 21 days, such as sweets, caffeine, or fast food.

A full fast. Abstain from food for a short, defined period, such as a single day, while drinking plenty of water.

A comfort fast. If fasting food is not wise for you, fast something else you reach for daily: social media, streaming, shopping, or screens after dinner.

A WORD ABOUT HEALTH

Fasting food is not for everyone, and that is okay. If you are pregnant or nursing, live with a medical condition, take medication that requires food, have a history of disordered eating, or are a child or student, please choose a non-food fast. Talk with your doctor before making significant changes, and talk with a parent first if you are a student. God looks at the heart, not the menu.

Preparing **Your Heart**

Before you choose what to give up, ask God what He wants to give you. Fasting begins with a why, not a what.

01 Start with why

Ask: God, what am I seeking You for in these 21 days? Write it down on the next page.

02 Come clean

Confess anything standing between you and God. Begin the fast with a soft heart (Psalm 139:23-24).

03 Choose your focus

Pick one or two specific things you are believing God for, including your One More.

04 Tell someone

Share your plan with a family member, friend, or Small Group. We were never meant to do this alone.

MAKE A REALISTIC 21-DAY PLAN

Choose a fast you can sustain for all 21 days with prayer, not perfection, as the goal. Decide now what you will do on hard days and when you gather with others. If you stumble, do not quit. Receive grace, and start again the next day. God is after your heart, not a perfect record.

WRITE IT DOWN

My 21-Day Commitment

Write it down. A commitment on paper is easier to keep than an intention in your head.

during these 21 days, i am seeking god for

my fasting plan

my daily prayer time and place

my one more: who i am praying will experience the hope of jesus

SIGNED

DATE

Your 21-Day Rhythm

This book is not a script to read. It is a set of tools to use. Here is a simple rhythm for each of the 21 days:

01

Show up

Go to your time and your place. Quiet your mind. Remember who you are talking to.

02

Pick a model

Choose one prayer model from this guide. Any order. Repeat favorites as often as you like.

03

Pray it personally

Use the written prayers as a starting point, then make them your own. Fill in your own names, needs, and thanks.

04

Mark the day

Fill in one mark on your 21-day tracker in the back. Small faithfulness, repeated, becomes a lifestyle.



Four groups of five and one more: a mark for every day you show up. The full tracker is on page 70.

01

A LIFESTYLE OF PRAYER

before the models, the habit.



Creating a Lifestyle of Prayer

Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where He prayed.

MARK 1:35

Prayer is most effective when it isn't something we do every now and then, but when it's a lifestyle we cultivate. To understand how to have a lifestyle of prayer, we can look at the example Jesus gave during His life on earth.

Have a certain time

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

Have a certain place

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

Have a certain plan

When Jesus taught His disciples how to pray, He gave them a prayer outline. We call it "The Lord's Prayer." This outline, along with several other tools, is available in this guide. As we pray every day, our plans for our prayer time can vary, maybe including worship music, Bible reading, and quiet time to listen to God. It doesn't always have to look the same; it just helps when we have a plan for connecting regularly with God.

02

PRAYER MODELS

three biblical ways to pray.



The Lord's Prayer

The Lord's Prayer is often recited in churches or at religious events, but there's so much more to this prayer. Jesus provided this model as an outline to teach us how to pray in a way that connects us to God and empowers us to accomplish great things through Him. This model takes us through each part of The Lord's Prayer, showing us how to pray the way Jesus instructed.

One day Jesus was praying in a certain place. When He finished, one of His disciples said to Him, "Lord, teach us to pray..."

LUKE 11:1

"Our Father in Heaven, hallowed be Your Name. Your Kingdom come. Your will be done on earth as it is in Heaven. Give us this day our daily bread. And forgive us our debts, as we forgive our debtors. And do not lead us into temptation, but deliver us from the evil one. For Yours is the Kingdom and the power and the glory forever. Amen."

MATTHEW 6:9-13 NKJV

Connect with God Relationally

“Our Father in Heaven”

God isn't interested in us practicing religion; instead, He desires a relationship with us. God has adopted us as His children and loves for us to call Him our Father. Starting our prayer time acknowledging our relationship with God is powerful for us and delights Him as well.

You have not received a spirit that makes you fearful slaves. Instead, you received God's Spirit when He adopted you as His own children. Now we call Him, “Abba, Father.”

ROMANS 8:15 NLT

Proclaim your intimate relationship with God, addressing Him lovingly as your Father and thanking Him that you are His child.

PRAY THIS

“Father, I come to You in prayer today thankful that I am Your child. I know I am a sinner, but You have forgiven me and adopted me as Your own, and I am so grateful to call You my Father. Thank You for loving me. I love You.”

Worship His Name

02

“Hallowed be Your Name”

God loves when we worship Him, and there is power in His Name. Here is a list of some of His Names to help us worship Him specifically and personally:

- God is Righteousness – He makes us clean
- God is Sanctifier – He has called us and set us apart
- God is Healer – He heals all our diseases
- God is Banner of Victory – He defeated our enemies
- God is Shepherd – He speaks to us and leads us
- God is Peace – He is our peace in every storm
- God is Provider – He supplies all of our needs

The name of the Lord is a strong tower; the righteous man runs into it and is safe.

PROVERBS 18:10 ESV

Speak God's Names out loud. When we proclaim who He is, we not only worship Him, but we also remind ourselves how powerful and great our God is.

PRAY THIS

“God, I am in awe of You. 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. You are my Peace, my Provider, my Righteousness, and my Sanctifier. Your Name is great, and I worship You.”

Pray His Agenda First

“Your Kingdom come. Your will be done on earth as it is in Heaven”

Part of being a child of God is caring about what He cares about. We know His will is perfect, and we acknowledge His wisdom and sovereignty when we pray His agenda first. His priorities include saving the lost, wisdom and guidance for those in authority, and accomplishing His purpose in our lives.

He will always give you all you need from day to day if you will make the Kingdom of God your primary concern.

LUKE 12:31 TLB

Spend time focusing on what God is focused on.

PRAY THIS

“God, I recognize there is no better plan on earth than Yours, and I pray for Your will to be done in my life (name the areas of your life where you need more of God’s presence today) and in our world. This world is lost and needs You desperately, and I pray for every person to know You as their personal Lord and Savior. I pray for the leaders in my life (pray specifically over parents, spiritual leaders, government leaders, employers, and any other leaders in your life), that You would give them supernatural wisdom and discernment as they lead. Give them a revelation of Your will and Your purpose for them. And I give my life to You again today; have Your way in my life! Anything You want to do in me or through me, I will do. I ask today for wisdom and clarity as You show me my next steps.”

Depend on Him for Everything

“Give us this day our daily bread”

God promises to supply all our needs, and He wants us to come to Him with our problems, needs, and desires and to trust Him to provide. Ask God for what you need today. It may help to write down the concerns weighing on your mind. You can bring them to God and trust Him enough to hand them over fully. Problems can either be ours or God's; they can't be both.

I look up to the mountains—does my help come from there? My help comes from the Lord, who made heaven and earth!

PSALM 121:1-2 NLT

It may help to open your hands before God to physically show your surrender to Him.

PRAY THIS

“Father, I acknowledge that everything I need today will come from You. You made the heavens and the earth; You are more than capable of handling any situation I'm dealing with, so I give it to You completely (specifically talk to God about what is on your mind and heart right now and give it to Him). I look to You to help me, sustain me, and give me Your peace. Remind me of Your hope and power today. Thank You in advance for taking care of my needs.”

Forgive and Be Forgiven

“Forgive us our debts, as we forgive our debtors”

God has offered us complete forgiveness, and we can receive it at any time. When we turn away from our sins and receive His forgiveness, our hearts are more prepared to forgive others as well.

If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness.

1 JOHN 1:9

Ask God to check your heart and show you areas where you might need forgiveness. Then, it is your turn to forgive those who have offended you. We can even choose to forgive people in advance.

PRAY THIS

“God, thank You so much for offering me the gift of forgiveness. Show me any areas in my life that I need to bring before You in order to receive forgiveness and healing. I confess that I have been struggling with sin (talk to God about any areas of sin in your life), and I know that You want me to be clean again. Please forgive me for my sin. Thank You for showing me unfailing grace. As You have so freely forgiven me, I also want to freely forgive others. Please help me let go of all of my offenses. I release to You those who have hurt me, and I trust You to handle those situations according to Your perfect will.”

Engage in Spiritual Warfare

“And do not lead us into temptation, but deliver us from the evil one”

Spiritual warfare can seem difficult to understand, but the Bible makes it clear that we have an enemy trying to steal, kill, and destroy. As we pray, we take our stand against the enemy and fight from a place of victory through Jesus. There is power in God's Word, and every lie the enemy has told us can be replaced with God's truth. James 4:7 tells us that if we resist the devil, he will flee from us.

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.

EPHESIANS 6:12

Ask God to show you any lies you're believing. Ask Him to expose the enemy and help you receive His truth.

PRAY THIS

“God, I recognize that my struggles today aren't against the people or circumstances around me, but against the enemy. Help me to recognize his lies, take them captive, and make all of my thoughts obedient to the truth of Your Word (list any specific areas where you have believed a lie that needs to be replaced with His truth). While the enemy wants to destroy me, I know that You came to give me life to the fullest. I speak the name of Jesus over my life and declare that no weapon formed against me will prosper. I don't have to fear the enemy because the One who is in me is greater than the one who is in the world.”

Express Faith in God's Ability

“For Yours is the Kingdom and the power and the glory forever”

God is more than able to move in every situation. Ending our prayer time claiming His authority and power focuses our minds on the truth and hope of who He is and what He can do. “Yours is the Kingdom”: all authority belongs to Him. “Yours is the Power”: all mightiness flows from Him. “Yours is the Glory”: His victory will be complete.

Ah, Sovereign LORD, you have made the heavens and the earth by Your great power and outstretched arm. Nothing is too hard for You.

JEREMIAH 32:17

Remind yourself of God's limitless power, then return to praising Him and declaring your faith in Him.

PRAY THIS

“Father God, nothing is too hard for You! Through Your great power, all things are possible. All authority is Yours, all might is Yours, and I know that Your victory will be complete. You are amazing, and I worship You. I praise You for Your power and presence in my life. You are my God, and You are worthy of all praise.”



OUR FATHER IN HEAVEN

MATTHEW 6:9 · WHERE EVERY PRAYER BEGINS

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Praying Scripture

The Word of God is one of the most valuable tools we have to build a dynamic daily prayer life. It brings power, truth, and encouragement to our prayer time. Let's begin with King David's Psalm 23. Read it, then use the prayer that follows to turn the psalm into a conversation with God.

The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, He leads me beside quiet waters, He refreshes my soul. He guides me along the right paths for His name's sake. Even though I walk through the darkest valley, I will fear no evil, for You are with me; Your rod and Your staff, they comfort me. You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. Surely Your goodness and love will follow me all the days of my life, and I will dwell in the house of the LORD forever.

PSALM 23

PRAYING PSALM 23

PRAY THIS

“God, You are my Provider, and I know You will take care of me. Thank You for guiding me to places of rest. You are my source of energy and passion. You keep me going and lead me toward a life of purpose and freedom. I know that even when I experience my darkest seasons of difficulty and challenge, I have nothing to be afraid of because You are with me. Your presence and power are a constant comfort to me. I know that You are preparing the way for me and that my enemies cannot touch me because You are taking care of me. I know that You have blessed me, and I thank You for choosing me and anointing me with purpose. Your blessings are so much more than I could ask for. I know that You are good, God, and that You are with me all the days of my life. You have chosen me, and I have chosen You, and that means I will be with You, in Your presence, forever.”

On the following pages, we will use several scriptures and claim their promises through prayer. You will find the most benefit when you pray the scriptures that God is showing you in His Word and that connect with you personally in your current season of life.

PRAYING SCRIPTURE

Come near to God and He will come near to you.

JAMES 4:8

PRAY THIS

“Heavenly Father, You have promised that if I draw near to You, You will draw near to me. I need more of Your presence today, and I am drawing near to You through prayer, worship, and reading Your Word. I open my heart to You and ask You to be near to me and change me to be more like You.”

Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.

PSALM 139:23-24

PRAY THIS

“Father God, I ask You to search my heart. If You find anything in me that is offensive, please show me and help me remove it from my life. Lead me to live a life that draws people to You. Help me live my life on earth in a way that impacts eternity.”

what stood out to me:

PRAYING SCRIPTURE

But seek first His Kingdom and His righteousness, and all these things will be given to you as well.

MATTHEW 6:33

PRAY THIS

“Your Word tells me that if I seek first Your Kingdom and Your righteousness, You will lead me to a life of blessing, purpose, and freedom. I am Yours today, God, and I give this day to You. Help me to focus on Your priorities first, sharing Your love and making Your Name known. I know that by focusing on You rather than myself, I will receive joy and peace.”

Humble yourselves before the Lord, and He will lift you up.

JAMES 4:10

PRAY THIS

“God, You have promised that if I humble myself before You, You will lift me up. I recognize today that I cannot succeed on my own, and I need You in every moment. I humble myself before You, and I ask You to work in and through me today. My time, efforts, thoughts, and words are Yours today (name specific parts of your day and give them to God). Use me for Your purposes, Lord. I trust that You will be with me and lift me up.”

what stood out to me:

PRAYING SCRIPTURE

For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.

2 TIMOTHY 1:7

PRAY THIS

“Father, I know You have not given me a spirit of fear or timidity, but one of power, love, and self-discipline. When my mind feels out of control, I pray that You will renew my spirit and let power, love, and self-discipline fill me. Help me to look more like You every day. I declare that anything that is not of You has to leave me in Jesus’ mighty Name. I proclaim that I do not have a spirit of fear, but I have a sound and healthy mind.”

what stood out to me:

PRAYING SCRIPTURE

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

PRAY THIS

“God, You promise me in Your Word that in all things You work for my good. Right now, there are circumstances in my life that don’t feel good and that I can’t see an ounce of good in (talk to God about the specific situations that are causing you difficulty or pain). Even though this is how I feel, I choose to believe Your truth over my feelings. When You say You will work in all things for my good, I believe You. Even in situations that seem hopeless, I know You are working on my behalf and that You want more for me than I could ever want for myself. Thank You for having a purpose for me and for working all my life circumstances for good.”

what stood out to me:

PRAYING SCRIPTURE

Trust in Him at all times, you people; pour out your hearts to Him, for God is our refuge.

PSALM 62:8

PRAY THIS

“Father, in Your Word You invite me to pour out my heart to You. You are my refuge, and I know that anything I think, feel, or do is okay to bring to You. Knowing that You are a safe place for me, I come to You and give You everything on my heart (talk to God about the specific things that are on your heart today). From what is worrying me to what is delighting me, what I hope for to what I’m afraid of, I bring it all to You because I know I can trust You. Help me and guide me in every area, in Jesus’ Name.”

The Lord will open the heavens, the storehouse of His bounty, to send rain on your land in season and to bless all the work of your hands.

DEUTERONOMY 28:12

PRAY THIS

“Lord, I believe You have everything I need and You want to bless me. You tell me in Your Word that You will open the heavens to bless the work I do. I know that without You, I can do nothing. I ask that You will open the heavens and pour out Your blessings and power over me. I give my work and my efforts to You and I ask You for favor and blessing in anything my hands touch (surrender specific efforts to Him). May it be for Your glory alone so that others may see Your power and goodness at work.”

what stood out to me:

PRAYING SCRIPTURE

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 8:38-39

PRAY THIS

“God, I am in awe of Your love for me. You are so great, and I am so small, yet You love me fully. I remind my soul today that nothing can separate me from Your love—I am so grateful! There is nothing I can do to win or lose Your love; You love me without condition. Because I know nothing on earth, in time or space, or anything in existence can separate me from Your love, I will live confidently and peacefully knowing I have always been and will always be fully loved by You.”

what stood out to me:

NOTHING CAN SEPARATE US

ROMANS 8:38-39 · FROM THE LOVE OF GOD



PRAYING SCRIPTURE

“No weapon forged against you will prevail, and you will refute every tongue that accuses you. This is the heritage of the servants of the Lord, and this is their vindication from me,” declares the Lord.

ISAIAH 54:17

PRAY THIS

“Lord, I know that no weapon raised against me will succeed because I am Your child. I feel pressure in my life right now, and sometimes I feel as though life will overcome me (talk to God about the concerns weighing on you). Even though I feel this way, in faith, I claim Your promise that no weapon can overcome me and that any accusations that come against me will be silenced. This truth is verified by Your love and saving power in my life.”

what stood out to me:

PRAYING SCRIPTURE

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

PHILIPPIANS 4:6-7

PRAY THIS

“Father, my heart feels anxious (tell God what is giving you anxiety). I don’t like this feeling, but I’m thankful I can come to You and receive peace. You invite me to replace my anxiety with prayer, and even though my mind and heart are racing, I’m coming to You knowing that You provide healing and calm for my soul. Thank You for giving me breath and life. I thank You that I am fearfully and wonderfully made in Your image. I lay down all worries, all my physical and mental anxiety, and any attempt at trying to control it all (tell Him the things you are laying down right now). I surrender it all to You. I need You. I need Your peace that transcends my human understanding. Even if things are unstable around me, I pray that Your peace will be evident in my heart and my life. Guard my heart and mind, God. I trust that You are faithful, and I receive Your peace in my life today.”

what stood out to me:

PRAYING SCRIPTURE

“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call on me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart.”

JEREMIAH 29:11-13

PRAY THIS

“My God, I try to make so many plans for my life, but I know Your plans for me are best. You tell me that You have plans for me to prosper and have hope and a future. Thank You for loving me enough to have a plan for my life. You have promised me that when I call on You, You will listen to me. Thank You for listening when I pray. I am confident knowing that I serve a God who cares about my life. I want to find You every day, and You say that if I seek You with all my heart, I will find You. Thank You for showing me the way to You. I lay my plans down at Your feet and receive Your plans for me (mention your plans and lay them down before God). I know that You see the big picture and You know what is better for me than I do. I trust You, and I ask You to guide me toward Your plans.”

what stood out to me:

PRAYING SCRIPTURE

“Never will I leave you; never will I forsake you.”

HEBREWS 13:5

PRAY THIS

“Father, I am so comforted by the fact that You will never leave me. You are always with me, and I am safe with You. As I go through my life and take on each new situation, I’m comforted by knowing I’m not alone because You are by my side. Help me feel Your presence. When I feel uncertain or afraid, I pray You will comfort me through Your Holy Spirit and remind me that I am never alone because You, the Almighty God, have promised to always be with me.”

what stood out to me:

PRAYING SCRIPTURE

Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.

MATTHEW 11:28-30

PRAY THIS

“Lord Jesus, I am so tired and worn out (tell God the areas that you’re tired and weary). I feel exhausted mentally and physically. Life feels hard, and I feel like I can’t keep up my current pace. You invite me to come to You when I am weary, and I fall at Your feet desperate for rest, peace, and perspective. Show me where I am trying to do things on my own. Show me where I need to rest instead of strive. Teach me Your ways. Show me how to walk in gentleness, humility, and rest. I know Your ways are higher than my ways, and I pray that You will transform my heart and mind to be more like You.”

what stood out to me:

PRAYING SCRIPTURE

Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the Lord, “He is my refuge and my fortress, my God, in whom I trust.”

PSALM 91:1-2

PRAY THIS

“God, I claim that I dwell in Your shelter, the Most High God, and I rest in Your shadow, the Almighty One. I claim that You alone are my refuge and fortress. You are my God and I trust You. When I face anything that brings me uncertainty or fear (confess these things to Him), I know that I can come to You as my safe place. Thank You for Your strength and protection in my life.”

The LORD is trustworthy in all He promises and faithful in all He does. The LORD upholds all who fall and lifts up all who are bowed down.

PSALM 145:13-14

PRAY THIS

“Almighty God, as I claim the promises in Your Word through my prayer time, I praise You for Your character. Trustworthy, faithful—that is who You are. I thank You that I can trust You to be faithful to me. I know that when I come to You with humility and a surrendered heart that You will lift me up.”

what stood out to me:

The Prayer of Jabez

Jabez cried out to the God of Israel, “Oh, that You would bless me and enlarge my territory! Let Your hand be with me, and keep me from harm so that I will be free from pain.” And God granted his request.

1 CHRONICLES 4:10

The Prayer of Jabez is a helpful model of a prayer we can pray every day.



Blessing

“Oh, that You would bless me...”

Jabez begins his prayer by asking God for His blessing. We need more of God’s blessing to be better equipped to make a difference for His Kingdom. We need more provision, more spiritual gifting, more wisdom, so that we can bless others with what God has given us. James 4:2-3 tells us, “You do not have because you do not ask God. When you ask, you do not receive, because you ask with wrong motives.” God wants to bless us, but He is often waiting for us to ask with the right heart. We have a big God, and we can be bold in asking for His blessing. When we ask for blessing with the motivation not only to help ourselves but to help others, this gets His attention.

Ask God for His blessing. Recognize your need for His provision, and set your heart toward wanting more than you need so that you can be a blessing to others.

PRAY THIS

“Father God, I pray that You would bless me with more than I need so that I can bless others. I pray for more provision, that You would equip me to give generously to others and meet their practical needs in Your Name. I ask You to give me greater spiritual gifting so that I can strengthen the church and be more effective for the Kingdom of God. I pray for an abundance of wisdom and discernment so that I can point others to You and make decisions that honor You. Help me keep Your generous blessings in perspective, so that I never become self-serving but stay focused on using what You’ve given me to serve other people.”

Influence

“Enlarge my territory...”

Next, Jabez asks for more influence. As God’s blessings increase in our lives, we ask for and experience greater opportunity to influence the world around us for Him. God has the power to bless us greatly, and He also has the power to open doors of opportunity for us to make a difference. We want to walk through doors that only He can open, and He responds when we specifically ask Him to give us more influence for His Name.

Pray for more influence. Knowing that God can make a way, trust in Him to open doors and lead you on the best path for your life and for His glory.

PRAY THIS

“God, make me effective in my sphere of influence, and open new doors for me to be able to influence and reach even more people (name any particular areas where you’d like to have more influence). Help me to be a good steward of the responsibility You’ve entrusted to me. I pray for greater territory to impact for Your glory.”

Presence

“Let Your hand be with me...”

In order to have lasting influence, we need God's presence in our lives. Through His power at work within us, God can do more than we could ever ask or imagine (Ephesians 3:20). As we ask for blessing and influence, we also need to ask for His presence as Jabez did, so that we are not operating out of our own strength but through the presence and the hand of our Almighty God.

In humility, acknowledge your need for God's presence. Depend on Him and ask for more of Him in your life today.

PRAY THIS

“Lord, I know that without You, I am nothing. I cannot do what You've called me to do on my own. I am desperate for Your presence in my life. I depend on You completely. I recognize that the same Spirit who raised Christ Jesus from the dead lives in me. Through the power of Your Spirit, I pray that You will help me succeed in the opportunities You've given me. Thank You for being with me. I would never want to face today without You.”

Protection

“Keep me from harm”

Finally, Jabez asks the Lord to protect him. If we are influencing the world for Jesus, we must understand the enemy will try to stop us. This leads us to pray that God will not only help us if the enemy attacks, but that He will protect us from the enemy attacking us in the first place. Jesus has already won the victory, so we don't need to fear destruction. God promises to be with us and protect us, and because He is with us we have nothing to fear.

Trust God to protect you. Tell Him specific areas where you feel the need for His protection and ask Him to cover areas that you can't yet see.

PRAY THIS

“God, as I walk out the purpose You have for my life, I pray that You will stop any and every attack of the enemy against me. Please protect my body, my mind, and my emotions. Don't let the enemy get a foothold in my life. I pray, too, that You will protect my family and community from harm. I know that the One who is in me is greater than the one who is in the world, so I have nothing to fear. Thank You for watching over me. I love You and I trust You.”

03

STANDING IN PRAYER

confidence in God, not fear.



Warfare Prayers

Prayer is not only communion with God; it is also confrontation with the enemy. When Jesus was on the earth, He came face-to-face with the devil when He was tempted in the wilderness (see Matthew 4 and Luke 4), and every time the enemy tried to tempt Him, Jesus responded with a reference from the Bible. He used the Sword of Truth to defend Himself from the enemy's attacks. Consider that in these exchanges, Jesus didn't confront the devil as God. He confronted the devil as a man with the Word of God. We should do the same thing. These spiritual warfare prayers and verses are examples we can use and adapt to our specific situations when we or someone we know is under attack from the devil.

These prayers communicate confidence in God, not fear of the enemy.

The Armor of God

BASED ON EPHESIANS 6:13-17

Knowing that we are in a spiritual battle, God provides spiritual armor and equips us to take a stand when battles come our way.

Put on the full armor of God so that you can take your stand against the devil's schemes... Stand firm then with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the Gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. 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.

EPHESIANS 6:11-18

Acknowledge that you're in a spiritual battle. Then, claim the protection God has given you by praying through the different pieces of armor described in Ephesians 6.

PRAY THIS

“Thank You, Lord, for my salvation. I receive it in a new and fresh way from You, and I declare that nothing can separate me from the love of Christ and the place I have in Your Kingdom. I wear Your righteousness today against all condemnation and corruption. Cover me with Your holiness and purity; defend me from all attacks against my heart. Lord, I put on the belt of truth. I choose a lifestyle of honesty and integrity. Expose the lies I have believed, and show me Your truth today. I choose to live for the Gospel in every moment. Show me where You are working and lead me to it. Give me strength to walk daily with You. I believe that You are powerful against every lie and attack of the enemy and I receive and claim Your power in my life. Nothing is coming today that can overcome me because You are with me. Holy Spirit, show me the truths of the Word of God that I will need to counter the traps of the enemy. Bring those scriptures to mind today. Finally, Holy Spirit, I agree to walk in step with You in everything as my spirit communes with You in prayer throughout the day.”

The Weapons of Warfare

BASED ON 2 CORINTHIANS 10:4-5

When we are aware of spiritual warfare, we can be active in praying through it. God has given us victory and power to fight through the blood of Jesus.

The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

2 CORINTHIANS 10:4-5

You can command anything that comes against the truth of God and His Word to bow to the Name of Jesus. Take a bold stand, praying specifically and confidently through God's power and His Spirit.

PRAY THIS

“Father, Your Word says that no weapon formed against me will prosper (Isaiah 54:17), and I declare it in Jesus’ Name. Your Word says that trouble will not arise a second time (Nahum 1:9). So I declare in Jesus’ Name that satan cannot make trouble for me again, like he has in the past. I declare in the Name of Jesus that all of these prayers are answered and taken care of by trusting You. I stand on Your Word. The enemy is driven out from me; from my home, workplace, church family, children, and loved ones. I declare that he is not able to stand against me. No weapon formed against me will prosper, because the Spirit of the Lord is with me, protecting me. Anything that comes against me or my family that is not in line with the truth and will of God, I command to bow to the powerful Name of Jesus. Father God, I give You all of my thanksgiving, praise, glory, honor, and worship. Thank You for loving me, making me clean, and giving me purpose.”

Protection Prayer

BASED ON 2 THESSALONIANS 3:3; 2 CORINTHIANS 6:14-7:1, 10:3-5;
ROMANS 12:1-2

We often worry about our safety and protection. When we feel this way, we can immediately come to God in prayer, pouring out our heart to Him, and asking for and claiming protection for ourselves and our families in Jesus' Name. He says He will command His angels concerning you to guard you in all your ways (Psalm 91:11).

But the Lord is faithful, and He will strengthen you and protect you from the evil one.

2 THESSALONIANS 3:3

Share your thoughts and concerns with God. Claim His promise and lay everything down before Him, trusting His good plans and His power to protect you and those you love.

PRAY THIS

“God, I bow in worship to praise You. Thank You for making a way for me through Your Son, Jesus. I surrender myself completely in every area of my life to You. I submit myself to the true and living God and refuse any involvement of the enemy in my life. I choose to be transformed by the renewing of my mind. I reject every thought that tries to compete against the knowledge of Christ. I pray and thank You for a sound mind, the mind of Christ. Today and every day I ask for protection over my family and loved ones; all immediate family members, relatives, friends, acquaintances, and myself. I ask for protection during all of our travels. I ask You to watch over our financial security, possessions, health, and safety (be as specific here as you like). All that I have is Yours God, and I declare that satan cannot touch me or anything You have given me. We are protected and provided for by You, God, and You alone.”

Confession Prayer

BASED ON ROMANS 10:10; JAMES 5:16; 1 JOHN 1:7-9, 3:8

Our sin separates us from God, but Jesus made a way for us to be reunited with God by covering our sin on the cross. By coming clean and repentant before God, He is able to work in our lives and transform us to be more like Him.

If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness.

1 JOHN 1:9

Assume a posture of humility, and without fear of condemnation or punishment, come sincerely to God confessing your sin. After you confess, claim the power of the blood of Jesus in your life to wash you clean and make you new.

PRAY THIS

“Lord Jesus, I confess all of my sins to You. I repent and turn away from them. I’m sorry for the wrong I have done. I confess the times I should have stepped up to do right and did nothing instead. I lay it all down at Your feet. I submit my thoughts, words, actions, and inactions to You. Thank You, God, for forgiving and making a way for me through Your Son, Jesus. Lord Jesus, I believe that You are the Son of God. You died on the cross for my sins and rose to life again on the third day. I receive Your forgiveness and ask You to cleanse me from all sin. Thank You for redeeming me, setting me free, making me holy, and giving my life purpose.”

Forgiveness Prayer

BASED ON MATTHEW 6:14-15; LEVITICUS 19:18

Forgiveness can feel challenging, but God makes it clear in the Bible that He freely forgives us and we are expected to do the same for others.

For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins.

MATTHEW 6:14-15

Come before the Lord with humility, honesty, and sincerity. Even if you aren't able to settle a situation with a person, you can settle it with the Lord by forgiving them.

PRAY THIS

"Lord, I have a confession to make. I haven't loved others well. I have resented certain people and have not forgiven them in my heart. God, I know that You have forgiven me for so much, and I need Your help to follow You and forgive others. In faith, I now forgive (name them). I also forgive and accept myself because You have made me new in the Name of Jesus."

Pride Prayer

BASED ON PROVERBS 11:2, 16:18, 26:12; 1 TIMOTHY 3:6

The Bible tells us that pride comes before the fall. Pride can be a very real issue in our lives, but we have the power to overcome it through Jesus. Just as you confess other sins, regularly confess your pride to God.

When pride comes, then comes disgrace, but with humility comes wisdom.

PROVERBS 11:2

Submit your pride to God, asking Him to help you walk in humility. One of the best ways to humble ourselves is to mix prayer with fasting.

PRAY THIS

“Father God, I come to You in the Name of Jesus. I know pride only keeps me from You. I put down anything that would cause me to have pride in my heart in dealing with other people. Help me to prioritize others over myself. I ask You, God, to remind me daily that true humility is not thinking less of myself, it’s thinking of myself less. I humble myself before You and come to You like a child.”

Generational Bondage Prayer

BASED ON EXODUS 20:4-6, 34:7; NUMBERS 14:18; 2 CORINTHIANS 5:17; ROMANS 8:1, 12:1

Generational bondage is sin that can be passed down from generation to generation. Whether it's pride, addiction, divorce, abandonment, sexual sin, or something else, through spiritual warfare you can claim the power of Jesus to stop the sin with your generation, not passing it on to anyone else in your family.

...for I, the LORD your God, am a jealous God, punishing the children for the sin of the parents to the third and fourth generation of those who hate me, but showing love to a thousand generations of those who love me and keep my commandments.

EXODUS 20:5-6

Recognize the generational bondage that might be in your life and bring it before God. Ask for it to stop right now, with you. Pray for protection, healing, and a new path for you and your family.

PRAY THIS

"Father God, I understand that I have inherited certain consequences from my family, and in the Name of the Lord Jesus Christ, I proclaim Your power to break any hold of mental or physical illness, pride, addiction, and anything else on me and my family that are a result of sin being passed down through parents, grandparents, or other family members (if specifics come to mind, talk to God about it). I proclaim that all generational sin ends here and now, and that I will not pass these on to anyone in my family. Thank You, Lord, for setting me free and making a new way for me and my family."

Healing Prayer

BASED ON 1 PETER 2:24; PSALM 103:2-5; LUKE 1:37

Our God is a God of miracles. Just as we read about in the Bible, we still see Him perform miraculous healing today. He is our healer, and we can confidently approach Him asking for healing for ourselves or someone we know.

Praise the LORD, my soul, and forget not all His benefits—who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle’s.

PSALM 103:2-5

In faith, ask God for healing. Proclaim His power and goodness, believing and trusting Him to take care of you or those you’re praying to be healed.

PRAY THIS

“Father, in the Name of Jesus, I come before You asking for healing (name yourself or someone you are praying for to experience healing). My hope is in You as our healer. I believe You are able to do this. Your name is Jehovah Rapha, the God who heals, and I believe every knee will bow to You including the name of (name disease or disorder). Thank You, Jesus, for dying on the cross so that we can receive healing. Thank You that the Spirit that raised Jesus from the dead lives in us. I stand in faith believing for healing. Nothing is impossible for You, God! Give us peace and direction as You work in our lives. In Jesus’ Name, Amen.”

Marriage Prayer

BASED ON EPHESIANS 5:25-30

God created marriage, and His design for it is good. In marriage, just as in any human relationship, we have to work to love well. We can't do this successfully in our own power. We need God, who is love Himself, to give us His Holy Spirit and to guide us in our marriage. Marriage is a picture of Jesus Christ and His bride, the Church. As Christian husbands and wives, we have the high honor to represent the love and commitment Christ has for the Church through our love and commitment to each other.

Husbands, love your wives, as Christ loved the church and gave Himself up for her... In the same way husbands should love their wives as their own bodies. He who loves his wife loves himself.

EPHESIANS 5:25-29 ESV

Thank God for your marriage. Ask Him to help you love well and to see your spouse as He sees them. Then pray for your marriage, asking God to use it to impact the world for Him.

PRAY THIS

“Thank You, God, for loving us, and for creating marriage to be an illustration of Your love for us here on earth. Help me, God, to love my spouse (call them by name) the way You love me. Help me to listen to my spouse, give honor, and put my spouse before myself. Protect us physically, mentally, emotionally, and spiritually. We ask You to build greater unity between us, make us stronger as a couple, more devoted to one another and to You. Use us, God; build us up to be an example of what Godly marriage can look like. Use us together to do more than we could ever do apart. We choose as a couple to love You first, God. We put our relationship with You before anything and everything else. Thank You for bringing us together. We choose to love one another today and every day. Thank You for our marriage. We ask You to bless it, build it, and be present in it always.”

04

PRAYING BEYOND YOURSELF

the people around you are not there by accident.



Praying for Those Who Need God

God desires everyone to know Him. He says in His Word that He would leave the ninety-nine to go after the one who doesn't know Him. As followers of Christ, we are called to partner with Him, praying for those who don't know Him to come to know Him.



Ask the Father to Draw Them to Jesus

God draws people to Him. It's not something we can make happen out of our own efforts, so we need to be faithful in praying that the Father would draw those He's placed on our hearts to Jesus. Think about the people you know who are far from God. It may help to write down their names as you focus on praying for them.

No one can come to me unless the Father who sent me draws them...

JOHN 6:44

PRAY THIS

"Father, I pray for the people around me (list specific names), that You would supernaturally draw their hearts to You. Send Your Holy Spirit to them, and give them the desire to give their lives to You. Help them to recognize their longing for more in life as a spiritual thirst only You can quench. Open their ears to hear Your voice."

Bind the Spirit That Blinds Their Minds

02

The truth can be right in front of some people, and they still can't see it because something is in the way blocking their view of God. We can pray against whatever is in their way so that they can see the light of God without obstacles or distractions interfering.

The god of this age has blinded the minds of unbelievers, so that they cannot see the light of the gospel that displays the glory of Christ, who is the image of God.

2 CORINTHIANS 4:4

PRAY THIS

“Father, bind the evil spirits that are blinding the minds of the people around me. In the name of Jesus, I pray that they would be able to see clearly, to recognize who You are, and to give their hearts to You. Remove all hindrances the enemy would use to distract them from Your truth. Open their eyes, Lord, that they might see Jesus.”

Pray That They May Have a Personal Relationship with God

Many people think Christianity is just another religion. They only see God through the lens of the organization and institution of the church. They may even feel frustrated, angry, or betrayed by people in churches they have encountered. But God didn't come to build an organization. He came to have a relationship with His children. God wants His beloved sons and daughters to come home.

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."

ROMANS 8:15

PRAY THIS

"Father, I pray that people will understand how much You love them. Loose the Spirit of adoption for the people around me, so that they come into a meaningful relationship with You. Stir in their hearts a longing to come home, to hear Your voice, and to see You welcoming them with open arms. Let them know You are always running to meet them and hold them close."

Pray for Believers to Cross Their Paths

04

This is twofold: we can pray for other Christians to influence the people around them positively, and we can also look for opportunities to influence others positively ourselves. God's plan to reach people is worked through those who already know and love Him. As His "spiritual farmers," we should be attuned to opportunities to plant spiritual seeds in the lives of the people we encounter each day.

Ask the Lord of the harvest, therefore, to send out workers into His harvest field.

MATTHEW 9:38

PRAY THIS

"Father, I pray for the lost around me to meet believers who will influence them in a positive way. Lord, let my life shine in such a way that people want to know the God I serve. Allow others to see my genuine love and concern for them in all that I say and do. Let me be Your hands and feet to serve them and let them know just how much You love them."

Release the Spirit of Wisdom and Revelation on Them

05

It's that "eureka" moment, that "aha!" when it finally clicks. The most important moment to have this kind of revelation is when the lights come on spiritually. People need to see their own sin, see what Jesus did on the cross, and see the hope that comes from giving their life to God. We can pray for this kind of supernatural revelation that only comes from God.

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.

EPHESIANS 1:17

PRAY THIS

"Father, I pray for the people around me to experience the Spirit of wisdom and revelation. I pray that they would truly understand their spiritual condition and see what Jesus did for them on the cross. Help them to have the information and experiences needed to come to You, so they can understand all You have for them."

ONE MORE

AS LONG AS THERE IS ONE MORE, WE HAVE WORK TO DO



PRAYING BEYOND YOURSELF

Praying for One More

As long as there is One More person who needs to experience the love and hope of Jesus, we have work to do. Write their names here. Pray for them by name, every day, for 21 days.

THEIR NAME	WHAT I AM ASKING GOD TO DO	ONE WAY I CAN SHOW THEM CARE

every day you pray for them counts.

Personal Prayer Focus

God has put us on the earth at this specific time for a reason. He says in Acts 17:26 that He determined when and where we would live. Knowing this, we can look at those around us at this specific time in history, and take personal responsibility to pray.

I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people—for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. This is good, and pleases God our Savior, who wants all people to be saved and to come to a knowledge of the truth.

1 TIMOTHY 2:1-4

Pray for those in authority and those under your authority. Pray for those in your family and your circle of influence. Write down the names of specific people and pray for them.

PERSONAL PRAYER FOCUS

My Government

leaders you may never meet

PRESIDENT

NATIONAL LEADERS

STATE LEADERS

CITY LEADERS

My Family

the people closest to you

SPOUSE

CHILDREN

PARENTS

SIBLINGS

EXTENDED FAMILY

PERSONAL PRAYER FOCUS

My Church

your Mountain West family

PASTOR

SMALL GROUP LEADER

SMALL GROUP MEMBERS

My Life

work, school, friends

EMPLOYER

COWORKERS

EMPLOYEES

TEACHERS / PROFESSORS

CLOSE FRIENDS

THOSE WHO NEED GOD

My 21 Days



one word a day is enough – what did God show you?

01	02	03
04	05	06
07	08	09
10	11	12
13	14	15
16	17	18
19	20	21

MAKE SPACE

Notes

what is God saying to you during these 21 days?



PRAYER CHANGES EVERYTHING

Twenty-one days is where this begins, not where it ends. The time you have spent with God in these pages was never about finishing a book. It was about building a relationship that carries you for a lifetime.

Keep your time. Keep your place. Keep your plan. Keep bringing God your honest heart, and keep praying for your One More.

day 22 is up to you.



A 21-day guide to prayer and fasting from Mountain West Church. Learn to pray the way Jesus taught, stand on the promises of Scripture, and pray boldly for the people you love.

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