



FEBRUARY 10 - MARCH 2

The purpose of this congregational fast is to seek God's guidance as we Embrace Restoration: Spirituality, Service, Stewardship.

"He lets me lie down in green pastures; He leads me beside quiet waters. He restores my soul; He guides me in the paths of righteousness for the sake of His name." Psalms 23:2-3 NASB 2020.

21 DAYS OF PRAYER AND FASTING GUIDE

DAILY WORD AND SCRIPTURE READING – WEEK ONE (Monday, February 10 thru Sunday, February 16, 2025)

Pastor Howard Washington

Second Baptist Church of Columbus

General Instructions

- During the 21 Days of Prayer and Fasting, *SLOW DOWN*.
- Prayer and fasting are designed to strengthen and deepen your relationship with Jesus Christ and draw you closer to God.
- Make room for God. Be intentional about your daily scheduled time with God.
- Schedule daily prayer, scripture reading, and meditation.
- Read and meditate on the daily Scriptures and the "word" for restoration. Memorize scripture that speaks to your heart.
- Ask someone to hold you accountable for daily scripture reading and prayer.
- Use the prayer starter to begin your prayer time. (This is only a suggested guide.) Allow the Holy Spirit to lead your prayer time. Refer to Emotional Healthy Spirituality Day by Day book by Peter Scazzero as the Holy Spirit leads.
- Seek God's guidance in deciding on the activities for the day.
- Make steps to change habits that lead to unhealthy or unnecessary activity, busyness, and worst of all workaholism.
- Evaluate the activities in your weekly schedule and assess which involvements are unnecessary and are a distraction from God.
- Give yourself time to listen for God's voice in your quiet time.
- Journal what you hear God saying in your prayer time.
- Remember to honor the Sabbath as a day of rest.
- Establish a slower pace for each day and plan to rest.
- Get sufficient rest and exercise as you are able. Preserve your body, the temple.
- As you slow down, remember change takes time. Be patient.

Week One – **Daily Themes of Renewal**

Day 1	Monday	Refocus
Day 2	Tuesday	Retreat
Day 3	Wednesday	Reimagine
Day 4	Thursday	Reset
Day 5	Friday	Redesign
Day 6	Saturday	Refresh
Day 7	Sunday	Reevaluate



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WEEK ONE – RENEWAL OF THE MIND

DAY 1 - **REFOCUS** ON GOD

Refocus means to adjust the lens or the focus of one's eye.

Philippians 4:8 NASB 2020 “Finally, brothers *and* sisters, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence and if anything worthy of praise, think about these things”

Romans 12:2 NASB 2020 “And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect.”

Prayer Starter:

Lord, thank you for the opportunity to begin this 21 Days of Prayer and Fasting for renewal with my Second Baptist Family. It is my sincere desire to draw close to You.

Lord, we live with distraction all around us. It is both internal - within us, and external - all around us. Help us to refocus our attention on You and the things that matter the most to You. Please strengthen us in this area of mental resilience.

“We are destroying arguments and all arrogance raised against the knowledge of God, and we are taking every thought captive to the obedience of Christ.” 2 Corinthians 10:5 (NASB 2020)

Lord, I praise you for: _____

Lord I confess that I: _____

Lord I believe in faith that you will provide: _____

In Jesus Name I pray, Amen.



A banner for a 21-day prayer and fasting period. It features a large '21' in a circle on the left, with 'DAYS of PRAYER & FASTING' to its right. The background shows a person standing on a hill at sunset. The dates 'FEBRUARY 10 - MARCH 2' are written in large, bold letters on the right side.

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DAY 2 - **RETREAT** AND TO FIND REST

Rest is a restorative break from labor and worldly striving. In the Bible it is an essential feature of the Sabbath—a day of rest on which no work was to be done. As a time of peace and calm, free from work, rest comes to symbolize salvation itself.

Psalms 46:10 NASB 2020 “Stop striving and know that I am God; I will be exalted among the nations, I will be exalted on the earth”

Matthew 11:28–30 NASB 2020 “Come to Me, all who are weary and burdened, and I will give you rest. ²⁹Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and YOU WILL FIND REST FOR YOUR SOULS. ³⁰For My yoke is comfortable, and My burden is light.”

Prayer Starter:

Lord, we know that it is good that we work honestly and diligently, and that work is part of Your plan for us. We know that You are honored through our sincere labor. Lord, as You help us with our tasks and occupations, help us also to honor You with our rest. Give us, God, the wisdom to achieve much needed balance so that we may be still and know that You are God. Deliver us from the destructive pressures of workaholism.

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DAY 3 - **REIMAGINE** GOD'S PLAN

Reimagine means to form a new mental picture of someone or something. It can also mean to impress a new concept of something upon a group of people.

Acts 2:17 NASB 2020 "AND IT SHALL BE IN THE LAST DAYS,' God says, 'THAT I WILL POUR OUT MY SPIRIT ON ALL MANKIND; AND YOUR SONS AND YOUR DAUGHTERS WILL PROPHECY, AND YOUR YOUNG MEN WILL SEE VISIONS, AND YOUR OLD MEN WILL HAVE DREAMS"

Habakkuk 2:2-4 CSB "The LORD answered me: Write down this vision; clearly inscribe it on tablets so one may easily read it. ³For the vision is yet for the appointed time; it testifies about the end and will not lie. Though it delays, wait for it, since it will certainly come and not be late. ⁴Look, his ego is inflated; he is without integrity. But the righteous one will live by his faith.

Prayer starter:

Lord give me the insight to get a mental picture of what you desire for me in the coming year. Please reveal to me the right perspective, attitude, and outlook so that I may approach 2024 with confidence, clarity, and purpose.

Lord, I praise you for: _____

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DAY 4 - **RESET** DURING THE UNEXPECTED.

Reset means to set again or anew. We must adjust to the ever-changing situations and unexpected circumstances around us. Through it all, we will persevere.

2 Corinthians 4:7–18 NASB 2020 ⁷But we have this treasure in earthen containers, so that the extraordinary greatness of the power will be of God and not from ourselves; ⁸we are afflicted in every way, but not crushed; perplexed, but not despairing; ⁹persecuted, but not abandoned; struck down, but not destroyed; ¹⁰always carrying around in the body the dying of Jesus, so that the life of Jesus may also be revealed in our body. ¹¹For we who live are constantly being handed over to death because of Jesus, so that the life of Jesus may also be revealed in our mortal flesh. ¹²So death works in us, but life in you. ¹³But having the same spirit of faith, according to what is written: "I BELIEVED, THEREFORE I SPOKE," we also believe, therefore we also speak, ¹⁴knowing that He who raised the Lord Jesus will also raise us with Jesus, and will present us with you. ¹⁵For all things are for your sakes, so that grace, having spread to more and more people, will cause thanksgiving to overflow to the glory of God. ¹⁶Therefore we do not lose heart, but though our outer person is decaying, yet our inner person is being renewed day by day. ¹⁷For our momentary, light affliction is producing for us an eternal weight of glory far beyond all comparison, ¹⁸while we look not at the things which are seen, but at the things which are not seen; for the things which are seen are temporal, but the things which are not seen are eternal.

Prayer Starter:

Lord I admit that change is difficult. When I need to adjust, I confess my natural tendency is to resist most if not all forms of change. Give me strength to be flexible to accept your will and receive in faith what you ordain or what you allow. Please give me strength to manage my expectations, disappointments and ultimately give me what I need to surrender to your will.

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DAY 5 - **REDESIGN** ACCORDING TO GOD'S WILL

Redesign means to change in appearance, function, or content. Get a mental view on what God is calling for that is better than what has been. What if we pursued God's will, God's way? Please reflect.

Psalm 40:7–8 NLT ⁷Then I said, "Look, I have come. As is written about me in the Scriptures: ⁸I take joy in doing your will, my God, for your instructions are written on my heart."

Matthew 6:10 NASB 2020 ¹⁰Your kingdom come. Your will be done, On earth as it is in heaven.

"Christian spirituality is taking on the mind and heart of Christ as we recognize Christ as the deepest truth of our being. It is actualizing the Christ who is in us. It is becoming fully and deeply human. It is experiencing and responding to the world through the mind and heart of God as we align ourselves with God's transformational agenda of making all things new in Christ. It is participating in the very life of God."¹

Prayer starter:

Lord, I pray that your will be done in my life. As I spend scheduled time with you during these 21 days, please reveal to me your will for my specific situations. I believe you have a plan. Please help me to see your design for this coming year. Give me courage to receive what you share.

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DAY 6 – **REFRESH** YOUR SOUL

Refresh means to give new strength or to reinvigorate.

Isaiah 55:1–5 NASB 2020 ¹**You there! Everyone who thirsts, come to the waters;** And you who have no money come, buy and eat. Come, buy wine and milk Without money and without cost. ²**Why do you spend money for what is not bread, And your wages for what does not satisfy? Listen carefully to Me, and eat what is good, And delight yourself in abundance.** ³**Incline your ear and come to Me. Listen, that you may live; And I will make an everlasting covenant with you, According to the faithful mercies shown to David.** ⁴**Behold, I have made him a witness to the peoples, A leader and commander for the peoples.** ⁵**Behold, you will call a nation you do not know, And a nation which does not know you will run to you, Because of the LORD your God, the Holy One of Israel; For He has glorified you."**

Prayer starter

Lord I recognize that I need you now more than ever. I desire more of you in my life. The Psalmist said it like this; "As a deer pants for the water so my soul longs for you". (Psalm 42:1) I realize that your presence makes the difference in my life. I cannot handle the pressures of this life without you. These past few years have been exhausting. Please fill me with your strength and power divine.

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DAY 7 – **REEVALUATE** YOUR MENTAL WELLNESS

Reevaluate means to evaluate something or someone again especially regarding changes or new information. How was the first week of prayer and fasting? Keep moving forward!

Matthew 22:37 NASB 2020 ³⁷And He said to him, "YOU SHALL LOVE THE LORD YOUR GOD WITH ALL YOUR HEART, AND WITH ALL YOUR SOUL, AND WITH ALL YOUR MIND."⁷

Romans 8:5–8 NASB 2020 ⁵For those who are in accord with the flesh set their minds on the things of the flesh, but those who are in accord with the Spirit, the things of the Spirit. ⁶For the mind set on the flesh is death, but the mind set on the Spirit is life and peace, ⁷because the mind set on the flesh is hostile toward God; for it does not subject itself to the law of God, for it is not even able to do so, ⁸and those who are in the flesh cannot please God.

Prayer Starter:

Lord I praise you for helping me complete this first week of prayer and fasting. Please show me where I can enhance my time with you. Although it has been challenging, I have made it. I know I can do "All things through Christ who strengthens me." (Phil. 4:13) Give me the strategy and courage to make the best of my time with you. I am excited about what you are doing in my life to make me stronger, wiser, and deeper in my relationship with you.

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Renewal Guide – Second Baptist Church, Columbus, OH

Daily Word and Scripture Reading – **WEEK TWO (Monday, February 17 thru Sunday, February 23, 2025)**

Pastor Howard Washington

General Instructions

- During the 21 Days of Prayer and Fasting, *SLOW DOWN*.
- Prayer and fasting are designed to strengthen and deepen your relationship with Jesus Christ and draw you closer to God.
- Make room for God. Be intentional about your daily scheduled time with God.
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- Remember to honor the Sabbath as a day of rest.
- Establish a slower pace for each day and plan to rest.
- Get sufficient rest and exercise as you are able. Preserve your body, the temple.
- As you slow down, remember change takes time. Be patient.

WEEK TWO – Daily Themes of Renewal

Day 8	Monday	Renew
Day 9	Tuesday	Revive
Day 10	Wednesday	Reposition
Day 11	Thursday	Renovate
Day 12	Friday	Remodel
Day 13	Saturday	Recharge
Day 14	Sunday	Represent



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DAY 8 – RENEW

Renew - to resume an activity after an interruption or replace something that is broken or worn out.

Isaiah 40:28–31 (NASB 2020) ²⁸Do you not know? Have you not heard? The Everlasting God, the LORD, the Creator of the ends of the earth does not become weary or tired. His understanding is unsearchable. ²⁹He gives strength to the weary, and to the one who lacks might He increases power. ³⁰Though youths grow weary and tired, and vigorous young men stumble badly, ³¹Yet those who wait for the LORD Will gain new strength; They will mount up with wings like eagles, They will run and not get tired, they will walk and not become weary.

Prayer Starter:

Lord, thank you for an opportunity to be renewed by your strength and power. As we begin this New Year, I pray that I will never forget the real source of my strength. Now I pray the words of this scripture:

Psalm 51:10–12 (NASB 2020)

¹⁰Create in me a clean heart, God, and renew a steadfast spirit within me. ¹¹Do not cast me away from Your presence, and do not take Your Holy Spirit from me. ¹²Restore to me the joy of Your salvation and sustain me with a willing spirit.

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DAY 9 – REVIVE

Revive - to restore back to life.

Psalm 119:88 (NASB 2020) ⁸⁸Revive me according to your faithfulness, So that I may keep the testimony of your mouth.

Psalm 138:7 (NASB 2020) ⁷Though I walk in the midst of trouble, you will revive me; you will reach out with Your hand against the wrath of my enemies, and your right hand will save me.

Prayer Starter:

Lord, I need a revival. As a matter of fact, we as a community of faith, need a revival. Please as the hymn writer wrote "revive us again!" May your Spirit dwell within us to bring life, hope and encouragement that we may journey on with greater faith, being assured of your presence and power to restore us.

I believe there is greater work for us to accomplish, but it will only be done if you revive us. Fill us and equip us for the assignments that you have placed in our hands for this season. Fill us with your power divine that you may be glorified.

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DAY 10 – REPOSITION

Reposition - to relocate or move to a different position. It also means to change strategy.

Matthew 17:20 (NASB 2020) ²⁰And He said to them, "Because of your meager faith; for truly I say to you, if you have faith the size of a mustard seed, you will say to this mountain, 'Move from here to there,' and it will move; and nothing will be impossible for you."

1 Peter 2:21–25 (NASB 2020) ²¹For you have been called for this purpose, because Christ also suffered for you, leaving you an example, so that you would follow in His steps, ²²HE WHO COMMITTED NO SIN, NOR WAS ANY DECEIT FOUND IN HIS MOUTH; ²³and while being abusively insulted, He did not insult in return; while suffering, He did not threaten, but kept entrusting Himself to Him who judges righteously; ²⁴and He Himself brought our sins in His body up on the cross, so that we might die to sin and live for righteousness; by His wounds you were healed. ²⁵For you were continually straying like sheep, but now you have returned to the Shepherd and Guardian of your souls.

Prayer starter:

Lord, I realize you require me to adjust, change and reposition according to your will. Although I may not understand your reasons for repositioning, help me to trust what you reveal to me. Guide my feet, Lord and order my steps as only you can. Please give me the courage to remain in the center of you will. I ask also for the flexibility to be faithful to your directions and the adjustments I must make to follow you.

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DAY 11 – RENOVATE

Renovate - to restore something back again or to make new.

Acts 15:16 (NASB 2020) ¹⁶AFTER THESE THINGS I will return, AND I WILL REBUILD THE FALLEN TABERNACLE OF DAVID, AND I WILL REBUILD ITS RUINS, AND I WILL RESTORE IT,

Nehemiah 2:17–18 (NLT) ¹⁷But now I said to them, "You know very well what trouble we are in. Jerusalem lies in ruins, and its gates have been destroyed by fire. Let us rebuild the wall of Jerusalem and end this disgrace!" ¹⁸Then I told them about how the gracious hand of God had been on me, and about my conversation with the king. They replied at once, "Yes, let's rebuild the wall!" So they began the good work.

Prayer Starter:

Lord, there is a season for everything. It is a season of renovation, as you restore and build up that which has been torn down. This new year brings many opportunities to renovate physical spaces that have been damaged or simply worn down. Our physical bodies have been stressed and pushed to the limits. Restore that which has been diseased, wounded or broken. I pray your divine healing, that we may experience restoration both individually and collectively. Renovate our hearts as we pray, study your word and intentionally act in ways that reflect your image and glorify you.

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DAY 12 – REMODEL

Remodel - to remake, remold, make over or to redesign.

Jeremiah 18:1–10 (NASB 2020) ¹The word that came to Jeremiah from the LORD, saying, ²“Arise and go down to the potter’s house, and there I will announce My words to you.” ³So I went down to the potter’s house, and there he was, making something on the wheel. ⁴But the vessel that he was making of clay was spoiled in the hand of the potter; so he remade it into another vessel, as it pleased the potter to make. ⁵Then the word of the LORD came to me, saying, ⁶“Am I not able, house of Israel, to deal with you as this potter does?” declares the LORD. “Behold, like the clay in the potter’s hand, so are you in My hand, house of Israel. ⁷At one moment I might speak concerning a nation or concerning a kingdom to uproot it, to tear it down, or to destroy it; ⁸if that nation against which I have spoken turns from its evil, I will relent of the disaster that I planned to bring on it. ⁹Or at another moment I might speak concerning a nation or concerning a kingdom to build up or to plant it; ¹⁰if it does evil in My sight by not obeying My voice, then I will relent of the good with which I said that I would bless it.

Prayer starter:

God, you are creator over all. Psalm 24 declares that the earth and everything in it belongs to you. I am clay or a vessel in your hands. Mold me, reshape me, fix me as you restore me to your divine design. I surrender to the process of remodeling me for your purpose, my good and your glory.

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DAY 13 – RECHARGE

Recharge - to restore power and regain strength from another source.

Psalm 28:7 (NASB 2020) ⁷The LORD is my strength and my shield; My heart trusts in Him, and I am helped; Therefore my heart triumphs, And with my song I shall thank Him.

Ephesians 6:10 (NASB 2020) ¹⁰Finally, be strong in the Lord and in the strength of His might.

2 Corinthians 12:9–10 (NASB 2020) ⁹And He has said to me, "My grace is sufficient for you, for power is perfected in weakness." Most gladly, therefore, I will rather boast about my weaknesses, so that the power of Christ may dwell in me. ¹⁰Therefore I delight in weaknesses, in insults, in distresses, in persecutions, in difficulties, in behalf of Christ; for when I am weak, then I am strong.

Prayer starter:

Lord your word declares that I can count on your strength whenever I am weak. I must admit, I have been through (and may still be going through) a very exhausting season. It has impacted me both emotionally and physically. Thank you for your grace that is available at every level of weakness. You alone provide all I need to sustain my strength in these difficult times.

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DAY 14 – REPRESENT

Represent - to act or to speak on one's behalf.

Matthew 5:14–16 (NASB 2020) ¹⁴"You are the light of the world. A city set on a hill cannot be hidden; ¹⁵nor do people light a lamp and put it under a basket, but on the lampstand, and it gives light to all who are in the house. ¹⁶Your light must shine before people in such a way that they may see your good works, and glorify your Father who is in heaven.

2 Corinthians 5:20 (NASB 2020) ²⁰Therefore, we are ambassadors for Christ, as though God were making an appeal through us; we beg you on behalf of Christ, be reconciled to God.

Prayer Starter:

Lord, as Christians we are called to be imitators of Christ. We should be found doing to others, saying, or responding to others in ways that represent and glorify Christ. Give us Lord the courage, insight, and empowerment to represent you in a way that would be pleasing in your sight.

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Daily Word and Scripture Reading – **WEEK THREE (Monday, February 24 thru Sunday, March 2, 2025) - *Spiritual Renewal***

Pastor Howard Washington

General Instructions

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- Make room for God. Be intentional about your daily scheduled time with God.
- Schedule daily prayer, scripture reading, and meditation.
- Read and meditate on the daily Scriptures and the “word” for restoration. Memorize scripture that speaks to your heart.
- Ask someone to hold you accountable for daily scripture reading and prayer.
- Use the prayer starter to begin your prayer time. (This is only a suggested guide.) Allow the Holy Spirit to lead your prayer time. Refer to Emotional Healthy Spirituality Day by Day book by Peter Scazzero as the Holy Spirit leads.
- Seek God’s guidance in deciding on the activities for the day.
- Make steps to change habits that lead to unhealthy or unnecessary activity, busyness, and worst of all workaholism.
- Evaluate the activities in your weekly schedule and assess which involvements are unnecessary and are a distraction from God.
- Give yourself time to listen for God’s voice in your quiet time.
- Journal what you hear God saying in your prayer time.
- Remember to honor the Sabbath as a day of rest.
- Establish a slower pace for each day and plan to rest.
- Get sufficient rest and exercise as you are able. Preserve your body, the temple.
- As you slow down, remember change takes time. Be patient

WEEK THREE – Daily Themes of Renewal

Day 15	Monday	Relaunch
Day 16	Tuesday	Reconnect
Day 17	Wednesday	Rejoice
Day 18	Thursday	Revitalize
Day 19	Friday	Reenergize
Day 20	Saturday	Replenish
Day 21	Sunday	Rejuvenate



FEBRUARY 10 - MARCH 2

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"He lets me lie down in green pastures; He leads me beside quiet waters. He restores my soul; He guides me in the paths of righteousness for the sake of His name." Psalms 23:2-3 NASB 2020.

DAY 15 - RELAUNCH

Relaunch – to reintroduce, restart, reestablish or restore.

Isaiah 43:19 (NASB 2020) ¹⁹Behold, I am going to do something new. Now it will spring up; Will you not be aware of it? I will even make a roadway in the wilderness, rivers in the desert.

Philippians 3:12–16 (NRSV) ¹²Not that I have already obtained this or have already reached the goal; but I press on to make it my own, because Christ Jesus has made me his own. ¹³Beloved, I do not consider that I have made it my own; but this one thing I do: forgetting what lies behind and straining forward to what lies ahead, ¹⁴I press on toward the goal for the prize of the heavenly call of God in Christ Jesus. ¹⁵Let those of us then who are mature be of the same mind; and if you think differently about anything, this too God will reveal to you. ¹⁶Only let us hold fast to what we have attained.

Prayer Starter:

Lord, I thank you for the opportunity to start again. You are the God of grace and mercy, and you open new doors that no one can shut. I pray that you would give me the wisdom to discern when you are doing something new in my life. I pray I am never too distracted to receive something new you have prepared for me. Help me to not hold on to the comfort of my past when you are preparing me for a more relevant and fruitful future.

Lord, I praise you for: _____

Lord I confess that I: _____

Lord I believe in faith that you will provide: _____

In Jesus Name I pray, Amen.

A banner for a 21-day prayer and fasting period. It features a large '21' in a circle on the left, with 'DAYS of PRAYER & FASTING' to its right. The background shows a person standing on a hill at sunset. The dates 'FEBRUARY 10 - MARCH 2' are written in large letters on the right. Below the dates is a quote from Psalms 23:2-3.

21 DAYS of
PRAYER
& **FASTING**

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DAY 16 - RECONNECT

Reconnect – to connect back together again.

Ephesians 4:1–6 (NRSV) ¹I therefore, the prisoner in the Lord, beg you to lead a life worthy of the calling to which you have been called, ²with all humility and gentleness, with patience, bearing with one another in love, ³making every effort to maintain the unity of the Spirit in the bond of peace. ⁴There is one body and one Spirit, just as you were called to the one hope of your calling, ⁵one Lord, one faith, one baptism, ⁶one God and Father of all, who is above all and through all and in all.

Colossians 3:14 (NRSV) ¹⁴Above all, clothe yourselves with love, which binds everything together in perfect harmony.

Prayer Starter:

Lord, you are calling us to a lifestyle of connection. Not only are we to connect with you in relationship and fellowship, but your word teaches us to connect with one another in unity and harmony. Help me, to look beyond the obvious barriers that divide us so that we can walk in harmony and love.

Lord, I praise you for: _____

Lord I confess that I: _____

Lord I believe in faith that you will provide: _____

In Jesus Name I pray, Amen.



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DAY 17 - REJOICE

Rejoice – to show great joy, or delight.

2 Corinthians 7:16 (NRSV) ¹⁶I rejoice because I have complete confidence in you.

Philippians 4:4–6 (NRSV) ⁴Rejoice in the Lord always; again I will say, Rejoice. ⁵Let your gentleness be known to everyone. The Lord is near. ⁶Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

Nehemiah 8:10 (NKJV) ¹⁰Then he said to them, "Go your way, eat the fat, drink the sweet, and send portions to those for whom nothing is prepared; for this day is holy to our Lord. Do not sorrow, for the joy of the LORD is your strength."

Prayer Starter:

Dear Lord, you are the source and strength of my life and in you I find joy. The confidence you bring in my life causes me to rejoice in you. I am reminded of the old song that says "This joy that I have, the world didn't give it and the world can't take it away..." Thank you for the joy that I have in you.

Lord, I praise you for: _____

Lord I confess that I: _____

Lord I believe in faith that you will provide: _____

In Jesus Name I pray, Amen.



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DAY 18 - REVITALIZE

Revitalize – to give new life to.

Colossians 3:1–11 (NRSV) ¹So if you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. ²Set your minds on things that are above, not on things that are on earth, ³for you have died, and your life is hidden with Christ in God. ⁴When Christ who is your life is revealed, then you also will be revealed with Him in glory. ⁵Put to death, therefore, whatever in you is earthly: fornication, impurity, passion, evil desire, and greed (which is idolatry). ⁶On account of these the wrath of God is coming on those who are disobedient. ⁷These are the ways you also once followed when you were living that life. ⁸But now you must get rid of all such things—anger, wrath, malice, slander, and abusive language from your mouth. ⁹Do not lie to one another, seeing that you have stripped off the old self with its practices ¹⁰and have clothed yourselves with the new self, which is being renewed in knowledge according to the image of its creator. ¹¹In that renewal there is no longer Greek and Jew, circumcised and uncircumcised, barbarian, Scythian, slave and free; but Christ is all and in all!

Prayer Starter:

Lord, thank you for being my strength when I am weak. Thank you for filling me with your power to live according to the blessings of your mighty hand. You are all I need to thrive when life depletes me of energy. Help me to have the discipline to walk according to the new life that I have in you.

Lord, I praise you for: _____

Lord I confess that I: _____

Lord I believe in faith that you will provide: _____

In Jesus Name I pray, Amen.



21 DAYS of PRAYER & FASTING

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DAY 19 – REENERGIIZE

Reenergize – to energize again, reactivate, reawaken or revitalize.

Romans 8:9–13 (NRSV) ⁹But you are not in the flesh; you are in the Spirit, since the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him. ¹⁰But if Christ is in you, though the body is dead because of sin, the Spirit is life because of righteousness. ¹¹If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ from the dead will give life to your mortal bodies also through his Spirit that dwells in you. ¹²So then, brothers and sisters, we are debtors, not to the flesh, to live according to the flesh—¹³for if you live according to the flesh, you will die; but if by the Spirit you put to death the deeds of the body, you will live.

John 14:16–19 (NRSV) ¹⁶And I will ask the Father, and he will give you another Advocate, to be with you forever. ¹⁷This is the Spirit of truth, whom the world cannot receive, because it neither sees him nor knows him. You know him, because he abides with you, and he will be in you. ¹⁸"I will not leave you orphaned; I am coming to you. ¹⁹In a little while the world will no longer see me, but you will see me; because I live, you also will live.

Prayer Starter:

Lord, your spirit lives inside of me. Because you live in me, I can accomplish far more that I could ever think or imagine (Eph. 3:20). You have promised to provide your Holy Spirit as an advocate, intercessor, and ultimate helper. May I never forget that you promised to always be with me no matter what may be going on in my life.

Lord, I praise you for: _____

Lord I confess that I: _____

Lord I believe in faith that you will provide: _____

In Jesus Name I pray, Amen.



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DAY 20 – REPLENISH

Replenish - to fill up again, to build up, refill, or recharge.

Romans 8:26–27 (NRSV) ²⁶Likewise the Spirit helps us in our weakness; for we do not know how to pray as we ought but that very Spirit intercedes with sighs too deep for words. ²⁷And God, who searches the heart, knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God.

Prayer Starter:

Lord, I admit I need you to fill me up again, and again, and again. This world and the issues of life are very draining. It seems one thing after another takes my energy and my focus away. You are my strength! Lord, please fill me until I overflow with your love, power, and strength.

Lord, I praise you for: _____

Lord I confess that I: _____

Lord I believe in faith that you will provide: _____

In Jesus Name I pray, Amen.



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DAY 21 – REJUVENATE

Rejuvenate – to restore to original or new state, recreate, repair, or renew.

Colossians 1:9–12 (NRSV) ⁹For this reason, since the day we heard it, we have not ceased praying for you and asking that you may be filled with the knowledge of God's will in all spiritual wisdom and understanding, ¹⁰so that you may lead lives worthy of the Lord, fully pleasing to Him, as you bear fruit in every good work and as you grow in the knowledge of God. ¹¹May you be made strong with all the strength that comes from His glorious power, and may you be prepared to endure everything with patience, while joyfully ¹²giving thanks to the Father, who has enabled you to share in the inheritance of the saints in the light.

Psalms 27:1–6 (NKJV) ¹The LORD is my light and my salvation; Whom shall I fear? The LORD is the strength of my life; Of whom shall I be afraid? ²When the wicked came against me to eat up my flesh, my enemies, and foes, they stumbled and fell. ³Though an army may encamp against me, my heart shall not fear; Though war may rise against me, in this I will be confident. ⁴One thing I have desired of the LORD, that will I seek: That I may dwell in the house of the LORD all the days of my life. To behold the beauty of the LORD, and to inquire in His temple. ⁵For in the time of trouble He shall hide me in His pavilion; In the secret place of His tabernacle He shall hide me; He shall set me high upon a rock. ⁶And now my head shall be lifted up above my enemies all around me; Therefore, I will offer sacrifices of joy in His tabernacle; I will sing, yes, I will sing praises to the LORD.

Prayer Starter:

Lord, I celebrate today, the last day of our 21 days of prayer and fasting. Thank you for this time of prayer and consecration. I am better, wiser and stronger because of the time spent with you. Continue to restore me by your divine power.

Lord, I praise you for: _____

Lord I confess that I: _____

Lord I believe in faith that you will provide: _____

In Jesus Name I pray, Amen.