



DAYS OF

## PRAYER + FASTING

### Theme: Return To Me

**(Joel 2:12-13)** *"Yet even now," declares the Lord, "return to me with all your heart, with fasting, with weeping, and with mourning; and rend your hearts and not your garments." Return to the Lord your God, for he is gracious and merciful, slow to anger, and abounding in steadfast love; and he relents over disaster."*

**(Malachi 3:7)** *"Return to me, and I will return to you, says the Lord of hosts."*

### WEEK 1: RETURN TO OUR FOCUS ON JESUS

**Monday, January 11th:** Worshipping Him – John 4:23

**Tuesday, January 12th:** Surrendered to Him – Romans 12:1

**Wednesday, January 13th:** Dependence on Him – Zechariah 4:6

**Thursday, January 14th:** Committed to Him – Proverbs 3:6

**Friday, January 15th:** Obeying Him – 1 John 5:3

**Saturday, January 16th:** Experiencing Him – 2 Corinthians 3:16-18

### WEEK 2: RETURN TO GOD'S WORK IN ME

**Sunday, January 17th:** Church Service - Hebrews 10:25

**Monday, January 18th:** Freedom from Bondage – Galatians 5:1

**Tuesday, January 19th:** Healing from Disease – Isaiah 53:5

**Wednesday, January 20th:** Vision for My Life – Habakkuk 2:2-3

**Thursday, January 21st:** Blessing over Trouble – Philippians 4:19

**Friday, January 22nd:** Victory over the Enemy – 1 Corinthians 10:3-5

**Saturday, January 23rd:** Miracles for the Impossible – Matthew 19:26

### WEEK 3: RETURN TO OUR MISSION TOGETHER

**Sunday, January 24th:** Church Service - Acts 2:42

**Monday, January 25th:** Revival in Our Nation – 2 Chronicles 7:14

**Tuesday, January 26th:** Building of Our Church – Matthew 16:18

**Wednesday, January 27th:** Fighting for Our Families – Nehemiah 4:14

**Thursday, January 28th:** Reaching Our Sphere of Influence – Acts 1:8

**Friday, January 29th:** Salvation for Our Generation – 2 Peter 3:9

**Saturday, January 30th:** What Next?

## How to Get The Daily Prayer Devos?

**Sign up for daily prayer devo texts from OSC by texting "Pray1st" to 94000**

We want to make it easy for you to get started and build a habit of spending time with God by prayer & reading His word every day with these text devotionals.

### Jennings

**Monday - Saturday:** Daily Prayer Devos at 7am via text, osconnect.com, Facebook & Youtube

**Night of Prayer:** January 11th & 18th at 6pm at OSC Jennings Campus

**Drive-In Prayer:** January 25th at 6pm at Jennings American Legion Hospital Parking Lot

**Pop-Up Prayer:** Throughout the 21 Days, we will be hosting Pop-Up Prayer events throughout the parish. This will be a drive through prayer experience. Check the website for times and locations.

### Eunice

**Monday - Saturday:** Daily Prayer Devos at 7am via text, osconnect.com, Facebook & Youtube

**Nights of Worship:** January 17th, 24th & 31st at 5pm at OSC Eunice Campus

### Crowley

**Monday - Saturday:** Daily Prayer Devos at 7am via text, osconnect.com, Facebook & Youtube

## Why Pray?

The power of prayer deepens our dependence on Him and sharpens our faith. When we pray we choose to put everything in God's hands knowing that His hand will show up in every aspect of our lives and in those around us.

The act of prayer is what creates our intimacy with God. We can practice the spiritual habit of prayer knowing that our requests go to a God who hears us and who invites us to be intimately involved in His plan. For this reason, we pray in confidence knowing that our prayers are powerful and can bring about change in any circumstance.

There are no levels to this. We all can enter prayer with a posture of trust, openness, and faith, believing that God can do far more than we could even ask or imagine. It's not about our circumstance, it's about our heart stance.

Prayer expresses trust in God

Prayer deepens fellowship to God

Prayer allows collaboration with God

## Why Fast?

Fasting is the ancient practice of choosing to abstain from food for a certain period of time. It is a spiritual discipline, the purpose of which is training to become more like Jesus. The motivation of our fasting is to draw closer to the heart of God. Fasting is a Christian discipline to break the power of the flesh in our life – our desires, sins, and cravings – and to feed on the Holy Spirit.

### **Jesus fasted.**

*Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. And after fasting forty days and forty nights, he was hungry. (Matthew 4:1-2)*

Jesus knew he was going to need spiritual strength to fulfill his purposes. Fasting makes us spiritually strong and prepares us to do God's work. Fasting is not just about getting from God but getting to God. While fasting is choosing to go without food, you can choose to abstain from certain things over the 21 day period. We recommend prayerfully considering which practice is best for you at this time.

**Complete Fast:** Consuming only liquids for a specific period of time

**Selective Fast** - Abstaining from specific kinds of food. For example: Daniel Fast

**Partial Fast** - Fast one meal of the day

**Soul Fast** - Choosing to abstain from certain technologies for a specific period of time

## Planning Your Fast?

*Then Joshua said to the people, "Consecrate yourselves, for tomorrow the Lord will do wonders among you." (Joshua 3:5)*

**Pray**— Spend time reading the Bible before the fast. Ask the Holy Spirit for guidance in your prayers. Write down your faith goals and specific prayer requests for your family, friends, church, and nation.

**Commit** — Pray about the kind of fast you will undertake and commit to it ahead of time. Ask God for grace to help you follow through with your decisions.

**Act** — Start eating smaller portions a few days before the fast. Avoid food high in sugar and fat. Plan to limit physical and social activities for the week of the fast. Ask someone to be your prayer partner throughout the fast.

**NOTE:** Consult a physician, especially if you are pregnant, nursing, or taking medication. If your situation does not allow you to do a full fast, determine what will work best for you.

## While Fasting

*Jesus answered, "It is written, 'Man shall not live by bread alone, but by every word that comes from the mouth of God.'" (Matthew 4:4)*

**Focus** — Set aside time to work through the devotionals. Be ready to respond to God's Word and the leading of the Holy Spirit.

**Pray** — Join at least one prayer meeting in your local church. Intercede for your family, community, church, pastors, and nation throughout the week.

**Replenish** — During mealtime, read the Bible and pray. Drink plenty of water and rest as much as you can. Be ready for temporary bouts of physical weakness and mental annoyances like impatience and irritability.

## Breaking The Fasting

*"And this is the confidence that we have toward him, that if we ask anything according to his will he hears us. And if we know that he hears us in whatever we ask, we know that we have the requests that we have asked of him." (1 John 5:14-15)*

**Eat** — Reintroduce solid food gradually. Your body will need time to adjust to a normal diet. Start with fruits, juices, and salad, then add more vegetables. Eat small portions throughout the day.

**Pray** — Don't stop praying! Trust God's faithfulness and timing. Carry your newfound passion for God throughout the year. Be in faith for God to answer your prayers.

## I AM THANKFUL TO GOD FOR . . .

### ANSWERED PRAYERS

List highlights, answered prayers, and lessons learned in 2020.

# IN 2021, I AM BELIEVING GOD FOR . . .

## **PERSONAL FAITH GOALS**

Spiritual Revival • Physical Healing • Prosperity and Abundance • Rich Generosity . . .

## **MY FAMILY**

Restoration of Relationships • Household Salvation . . .

## **MY EDUCATION/CAREER**

Excellence • Promotion • Coworkers/Boss

## **MY MINISTRY**

Life Group Growth • Salvation of Colleagues and Classmates . . .

*"If two of you agree on earth about anything they ask, it will be done for them by my Father in heaven."  
(Matthew 18:19)*