

21 Days of Prayer and Fasting



PHILIPPIANS 4:5

DO NOT BE ANXIOUS ABOUT ANYTHING BUT IN EVERYTHING BY PRAYER AND SUPPLICATION MAKE YOUR REQUEST KNOW TO GOD



THIS BOOK BELONGS TO:



#21DAYSOFPRAAYER



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LETTER FROM PASTOR ALLEN

Prayer is one of the building blocks of faith. Prayer changes things. Prayer changes us. Prayer has the ability to shift our thinking in ways nothing else can. The reason for this is because prayer strengthens our connection to God. Like food is fuel for the body, prayer is fuel for our spirit. That's why we dedicate certain times of the year to increase our focus on prayer. Prayer was the very thing that sparked the existence of Vivid Church — igniting a fierce belief that God would do something special in the lives of hundreds of people. How could we not make prayer a pillar of our church?

I am convinced that God will birth big dreams in your heart over these next 21 days. I believe that you are going to move closer in your relationship with Jesus than you ever have before. I pray that the Holy Spirit gives you vision for your personal life unlike anything you have ever had before. I pray that you would have a keen sensitivity to the love of God as you emphasize Him more frequently in the days to come.

As we move forward, our rally cry will simply be, “Pray First” in every situation. Whether good or bad. We want to pray before we act. Many times people act first and then want God to bail them out of that situation. But prayer should be **our first response, not our last resort.**

Understanding the necessity of prayer is not enough. In order for it to become a part of our lives, it needs to become something we look forward to. I'm convinced most people don't enjoy prayer because they have never been taught how to pray. That's where this simple prayer journal can help. There are five sections for each day of the week and each day is designed to help bring joy into your time with God. When you discover the beauty of daily conversation with Him, you'll experience the presence of God that will change your life.

Once you learn how to pray, it can become a part of everyday life. And then...
before the day begins —
before you go to bed —
before you go to work or school —
before you send that text —
before you react —
before bad things happen —
before you eat, drive, or travel —
In every situation — PRAY FIRST!

Prayer changes everything! And through prayer, I believe you will live the Vivid story that God has for you.

— Alan Kendrick

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

MY PRAYER:



List some things you could say to start your prayer with God.

EXAMPLES: "DEAR GOD..." "GOOD MORNING LORD!"

MY PRAYER LIST

What are you trusting God for? Write some of your answers below.

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Opportunities to Pray

PRAYER SCHEDULE



MONDAY THROUGH FRIDAY

6:00 A.M. — 7:00 A.M.

SATURDAY

9:00 A.M. — 10:00 A.M.

**ADDRESS: 607 Columbia Ave. Suite B,
Lexington, S.C. 29072**

Submit Prayer Requests



Create 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’s a lifestyle we cultivate, not when it isn’t something we do every now and then. 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.

HELPFUL TOOLS



Use This to Help Guide You in 21 Days of Prayer:

P (Pause)

Be still and silent in the presence of God to recenter and realign yourself to pray from a place of greater peace, faith, and adoration. Place your “prayer wish list” down and wait on the Lord’s presence to come.

Be still, and know that I am God. – Psalm 46:10

R (Rejoice)

After pausing, the most natural and appropriate response to God’s presence is reverence. Rejoice first in God’s presence before asking for anything else.

Rejoice in the Lord always. I will say it again: Rejoice! –Philippians 4:4

A (Ask)

Having aligned ourselves closer to God’s heart, we can now ask in step with God’s will. God invites us to ask for “daily bread” for ourselves (petition) and for the kingdom to come to others (intercession).

Your kingdom come, Your will be done, on earth as it is in Heaven.
Give us today our daily bread. – Matthew 6:10–11

Y (Yield)

The final step is surrender. By surrendering to God we are able to yield our lives in prayer. We yield to God’s presence “on earth and in heaven” through thoughtful or reflective prayer and by listening to God’s word, which is our “daily bread.”

Remember, prayer is a two-way conversation, so be sure to listen to what God has to say back to you.



Prayer is a
FIRST RESPONSE
NOT A Last Resort





SCRIPTURE OF THE WEEK

UPWARD FOCUS

HEALER & REDEEMER

“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,”

Psalm 103:2–4

Day 1 — Psalm 1:1-3

THE BIBLE IS OUR FOUNDATION

“Blessed is the one who does not walk in step with the wicked or stand in the way sinners take or sit in the company of mockers, but whose delight is in the law of the Lord and who meditates on his law day and night. That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither- whatever they do prospers.”

P (Pause) Take a moment to recenter yourself in the Lord.

R (Rejoice) Rejoice and offer thanksgiving for what God has done.

A (Ask) Ask through petition (for yourself) or intercession (for others).

Y (Yield) What are you surrendering to God today?

PERFECT ONE

As for God, his way is perfect: The LORD's word is flawless; he shields all who take refuge in him. For who is God besides the LORD? And who is the Rock except our God?

P (Pause) Take a moment to recenter yourself in the Lord.

R (Rejoice) Rejoice and offer thanksgiving for what God has done.

A (Ask) Ask through petition (for yourself) or intercession (for others).

Y (Yield) What are you surrendering to God today?

PROTECTOR

“Because he loves me,” says the LORD, “I will rescue him; I will protect him, for he acknowledges my name. He will call on me, and I will answer him; I will be with him in trouble, I will deliver him and honor him. With long life I will satisfy him and show him my salvation.”

P (Pause)

Take a moment to recenter yourself in the Lord.

R (Rejoice)

Rejoice and offer thanksgiving for what God has done.

A (Ask)

Ask through petition (for yourself) or intercession (for others).

Y (Yield)

What are you surrendering to God today?

SAVIOR

Praise be to the Lord, to God our Savior, who daily bears our burdens. Our God is a God who saves; from the Sovereign LORD comes escape from death.

P (Pause) Take a moment to recenter yourself in the Lord.

R (Rejoice) Rejoice and offer thanksgiving for what God has done.

A (Ask) Ask through petition (for yourself) or intercession (for others).

Y (Yield) What are you surrendering to God today?

HELPER

When hard pressed, I cried to the LORD; he brought me into a spacious place. The LORD is with me; I will not be afraid. What can mere mortals do to me? The LORD is with me; he is my helper. I look in triumph on my enemies.

P (Pause) Take a moment to recenter yourself in the Lord.

R (Rejoice) Rejoice and offer thanksgiving for what God has done.

A (Ask) Ask through petition (for yourself) or intercession (for others).

Y (Yield) What are you surrendering to God today?

FORGIVER

You, Lord, are forgiving and good, abounding in love to all who call to you. Hear my prayer, LORD; listen to my cry for mercy. When I am in distress, I call to you, because you answer me.

P (Pause)

Take a moment to recenter yourself in the Lord.

R (Rejoice)

Rejoice and offer thanksgiving for what God has done.

A (Ask)

Ask through petition (for yourself) or intercession (for others).

Y (Yield)

What are you surrendering to God today?

HEALER

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,

P (Pause) Take a moment to recenter yourself in the Lord.

R (Rejoice) Rejoice and offer thanksgiving for what God has done.

A (Ask) Ask through petition (for yourself) or intercession (for others).

Y (Yield) What are you surrendering to God today?



SCRIPTURE OF THE WEEK

INWARD CALL

CALL TO THE LORD

I call to you, LORD, come quickly to me; hear me when I call to you. May my prayer be set before you like incense; may the lifting up of my hands be like the evening sacrifice.

Psalm 141: 1-2

THE LORD IS OUR SOURCE

Unless the LORD builds the house, the builders labor in vain. Unless the LORD watches over the city, the guards stand watch in vain.

P (Pause)

Take a moment to recenter yourself in the Lord.

R (Rejoice)

Rejoice and offer thanksgiving for what God has done.

A (Ask)

Ask through petition (for yourself) or intercession (for others).

Y (Yield)

What are you surrendering to God today?

COMMIT TO THE LORD

Commit your way to the LORD; trust in him and he will do this: He will make your righteous reward shine like the dawn, your vindication like the noonday sun.

P (Pause) Take a moment to recenter yourself in the Lord.

R (Rejoice) Rejoice and offer thanksgiving for what God has done.

A (Ask) Ask through petition (for yourself) or intercession (for others).

Y (Yield) What are you surrendering to God today?

DESPERATE FOR THE LORD

As the deer pants for streams of water, so my soul pants for you, my God. My soul thirsts for God, for the living God. When can I go and meet with God?

P (Pause) Take a moment to recenter yourself in the Lord.

R (Rejoice) Rejoice and offer thanksgiving for what God has done.

A (Ask) Ask through petition (for yourself) or intercession (for others).

Y (Yield) What are you surrendering to God today?

DELIGHT IN THE LORD

The LORD makes firm the steps of the one who delights in him; though he may stumble, he will not fall, for the LORD upholds him with his hand.

P (Pause) Take a moment to recenter yourself in the Lord.

R (Rejoice) Rejoice and offer thanksgiving for what God has done.

A (Ask) Ask through petition (for yourself) or intercession (for others).

Y (Yield) What are you surrendering to God today?

IDENTITY IN THE LORD

For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.

P (Pause) Take a moment to recenter yourself in the Lord.

R (Rejoice) Rejoice and offer thanksgiving for what God has done.

A (Ask) Ask through petition (for yourself) or intercession (for others).

Y (Yield) What are you surrendering to God today?

PURE BEFORE THE LORD

Who may ascend the mountain of the LORD? Who may stand in his holy place? The one who has clean hands and a pure heart, who does not trust in an idol or swear by a false god.

P (Pause) Take a moment to recenter yourself in the Lord.

R (Rejoice) Rejoice and offer thanksgiving for what God has done.

A (Ask) Ask through petition (for yourself) or intercession (for others).

Y (Yield) What are you surrendering to God today?

CALL TO THE LORD

I call to you, LORD, come quickly to me; hear me when I call to you. May my prayer be set before you like incense; may the lifting up of my hands be like the evening sacrifice.

P (Pause) Take a moment to recenter yourself in the Lord.

R (Rejoice) Rejoice and offer thanksgiving for what God has done.

A (Ask) Ask through petition (for yourself) or intercession (for others).

Y (Yield) What are you surrendering to God today?



SCRIPTURE OF THE WEEK



OUTWARD JOY

SERVING IS OUR JOY

Shout for joy to the LORD, all the earth.
Serve the LORD with gladness; come
before him with joyful songs. Shout for joy
to the LORD, all the earth.

Psalm 100: 1-2

MISSION

Sing to the LORD a new song; sing to the LORD, all the earth. Sing to the LORD, praise his name; proclaim his salvation day after day. Declare his glory among the nations, his marvelous deeds among all peoples

P (Pause) Take a moment to recenter yourself in the Lord.

R (Rejoice) Rejoice and offer thanksgiving for what God has done.

A (Ask) Ask through petition (for yourself) or intercession (for others).

Y (Yield) What are you surrendering to God today?

PRAISE

LORD, our Lord, how majestic is your name in all the earth! You have set your glory in the heavens. Through the praise of children and infants you have established a stronghold against your enemies, to silence the foe and the avenger.

P (Pause) Take a moment to recenter yourself in the Lord.

R (Rejoice) Rejoice and offer thanksgiving for what God has done.

A (Ask) Ask through petition (for yourself) or intercession (for others).

Y (Yield) What are you surrendering to God today?

JOY IN GOD'S PRESENCE

You make known to me the path of life;
you will fill me with joy in your presence,
with eternal pleasures at your right hand.

P (Pause)

Take a moment to recenter yourself in the Lord.

R (Rejoice)

Rejoice and offer thanksgiving for what God has done.

A (Ask)

Ask through petition (for yourself) or intercession (for others).

Y (Yield)

What are you surrendering to God today?

DECLARATION

Even when I am old and gray, do not forsake me, my God, till I declare your power to the next generation, your mighty acts to all who are to come.

P (Pause) Take a moment to recenter yourself in the Lord.

R (Rejoice) Rejoice and offer thanksgiving for what God has done.

A (Ask) Ask through petition (for yourself) or intercession (for others).

Y (Yield) What are you surrendering to God today?

DOMINION

All the ends of the earth will remember and turn to the LORD, and all the families of the nations will bow down before him, dominion belongs to the LORD and he rules over the nations.

P (Pause) Take a moment to recenter yourself in the Lord.

R (Rejoice) Rejoice and offer thanksgiving for what God has done.

A (Ask) Ask through petition (for yourself) or intercession (for others).

Y (Yield) What are you surrendering to God today?

ALL PRAISE

Let everything that has breath
praise the LORD. Praise the LORD.

P (Pause) Take a moment to recenter yourself in the Lord.

R (Rejoice) Rejoice and offer thanksgiving for what God has done.

A (Ask) Ask through petition (for yourself) or intercession (for others).

Y (Yield) What are you surrendering to God today?

SERVING IS OUR JOY

Shout for joy to the LORD, all the earth.
Serve the LORD with gladness; come before
him with joyful songs. Shout for joy to the
LORD, all the earth.

P (Pause) Take a moment to recenter yourself in the Lord.

R (Rejoice) Rejoice and offer thanksgiving for what God has done.

A (Ask) Ask through petition (for yourself) or intercession (for others).

Y (Yield) What are you surrendering to God today?

SPIRITUAL WARFARE

Enemy-occupied territory — that is what this world is. Christianity is the story of how the rightful king has landed, you might say landed in disguise, and is calling us all to take part in a great campaign of sabotage. — C. S. Lewis

We have to understand that our life is a battlefield. If we don't understand this, we walk around unaware and unarmed. The world never makes sense and we are in danger of losing heart until we change our perspective and see that we are in a fight every day.

Many Christians take Christ's statement on the cross, "It is finished." to mean that the battle is over. We're now living in peacetime after the war is won. This isn't the case.

Like the Allies landing in Normandy in World War II, Christ's resurrection meant the outcome of the war was not in doubt but there is a lot of fighting left for us to do until He returns to Earth in final victory.

DELIVER US FROM EVIL



**“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**

“And lead us not into temptation, but deliver us from the evil one.” Matthew 6:13

We have been trained in modern western society to see all our issues in terms of societal and psychological problems. This has made us ill equipped to deal with actual, real evil that exists in the world. We need proper spiritual discernment to see and recognize spiritual evil when we encounter it — and we will encounter it.

KNOW YOUR ENEMY



“Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.”

1 Peter 5:8

The Bible teaches that there are great, evil spiritual powers at work in our world. They aren’t metaphorical. They are real. We need equally great discernment and faith to stand against them.

Our enemies are not people with different political views. Our enemies are not those who live in other places who look and think differently from us. Our enemies are not people in different economic status than us. Our enemies are the spiritual forces arrayed against us that are behind the evil philosophies and ideologies we encounter. Until we recognize this we spend time and energy fighting the symptoms and not the source of our problems.

KNOW YOUR AUTHORITY



“...which He brought about in Christ, when He raised Him from the dead and seated Him at His right hand in the heavenly places, far above all rule and authority and power and dominion, and every name that is named, not only in this age but also in the one to come. And He put all things in subjection under His feet, and made Him head over all things to the church, which is His body, the fullness of Him who fills all in all.” Ephesians 1:20-23

All things have been put under the feet of Christ and we have been raised up with Him. When we pray we don't just plead for mercy from the middle of our mess. We pray from above with the authority to affect the evil that comes against us on a daily basis. We are not poor, defenseless victims. We are more than conquerors through Christ who strengthens us.

KNOW HOW TO FIGHT



“For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.” Hebrews 4:12

Our weapon to attack the enemy is the Word of God. Before launching His ministry, Jesus spent 40 days in intense struggle with Satan. His counter strike to every attack of the enemy was scripture. We must know scripture and how to apply it to our lives, wielding it as an effective sword against the forces arrayed against us.

VIVID

CHURCH

