



JANUARY 2-23, 2022

**A JOURNEY OF FAITH AS WE  
BEGIN THIS NEW YEAR**

2021 may not have exactly turned out as many would have dreamed. As we begin a New Year, let's join together anticipating God's hand at work in 2022 and His movement in our midst and commit the first part of year to Him. We begin our 21 days of Prayer and Fasting at sundown on Sunday, January 2 and will have a time of celebration on Sunday, January 23.



203 South 8<sup>th</sup> Street, Oakland, MD 21550

[www.oaklandnaz.com](http://www.oaklandnaz.com)

[facebook.com/oaklandnaz.church](https://facebook.com/oaklandnaz.church)

Telephone 301-334-2400

[oaklandnazarenechurch@verizon.net](mailto:oaklandnazarenechurch@verizon.net)

Prayer Line 240-321-9320

[prayer.oaklandnaz@gmail.com](mailto:prayer.oaklandnaz@gmail.com)

NOTE FROM PASTOR DAVID	2
FASTING OPTIONS	3
PRAYER AND BIBLE READING	4
SOAP NOTES	5
PRAYER & FASTING WORKSHEET	6
A FINAL NOTE	8
21 DAY JOURNAL AND PRAYER REQUESTS & TARGETS	9

## *A Note from Pastor David*

Life is full of distractions. Too often simple distractions keep us from focusing on the most important things in life – especially in our relationship with Christ. That is exactly why we must take steps to be intentional in drawing closer to Christ. My hope is over the next 21 days, you will take steps to intentionally connect with Him.

We will seek Him through three intentional practices: **prayer, fasting, and Bible reading.**

This devotional guide will provide assistance as you walk through the next 21 days. You will have a brief Bible reading as well as a few prayer points to assist you. Use the journal to document what God teaches you through your daily reading and prayer times. Further, take a moment to journal what you hope to learn and discover through the 21 days journey.

I'm praying that we will see Jesus revealed in fresh and new ways over these next few weeks.

Looking forward to what God has for us,

Pastor David

PS...additional resources on fasting and prayer are available at our website and can be found by going to **[www.oaklandnaz.com/21-days](http://www.oaklandnaz.com/21-days)**.

## Fasting Options

There isn't one fasting option that works the same for everyone. Follow Jesus' leading, mix it up, and find what works for you. Fasting is the willing abstinence or reduction from some or all food, drink, or distraction, for a period of time for the purpose of drawing closer to God. Biblically we see various examples of fasting. They include:

### FASTING FROM FOOD

- One day complete fast (no food - only water)
- Three day complete fast (no food – only water)
- Seven day complete fast (no food – only water and juices)
- Partial fast -sometimes known as Jewish Fast (no food 6 am- 3 pm)
- 21 day fast of “no pleasant food” (only fruits and vegetables) sometimes known as the Daniel fast

### FASTING FROM DISTRACTIONS / SOUL FAST

- Media (TV, Movies, Social Media, etc.)
- Activities (regular hobbies, etc.)

Depending on what type of fast you choose through the 21 days journey, it will be especially important to prepare your body and schedule. Take some days to transition both into and out of your fast.

**Remember** don't let the food or the potential health benefit become the focus of your fast. **Focus on your relationship with God.** That is the main priority of this discipline. If you slip up, start again. Pursue God through the next three weeks. Make this about Him.

## Prayer & Bible Reading Commitments

How much time will you devote each day to prayer and God's Word? Will you be increasing your time for prayer? If so, I suggest that you schedule that time in your daily calendar like an appointment. If you will be increasing your time of Bible reading and prayer, how much time will your Bible reading increase? Wherever you choose to have a time of prayer and Bible reading, make it in a place free of distractions. Bring your Bible, your guidebook, a journal notebook, a pen, and an open heart to hear from God.

## Bible Reading

Along with the fasting and prayer elements, Bible reading is an essential piece to growing closer to God in a more powerful way. When we engage God through reading His Word, we engage in the very presence of God.

As we read our Bible, we are drawing closer to God and positioning ourselves to hear from Him in particular ways.

## 3 Helpful Tips

**Read Consistently.** Make the Bible reading and journaling a top priority every day. Don't bite off more than you can chew, most days the reading is just a few verses. This isn't about how much you can do, but rather about 21 days of focused learning, growing, and drawing nearer to God.

**Read Prayerfully.** Don't rush through the reading as just another "to-do." Pause, reflect, and take in what God is speaking to you. Reading prayerfully is making space and time to talk to God and giving Him space to talk to you.

**Read Expectantly.** Believe that every time you open and engage God's Word, He has something for you. Through prayer and journaling, you can be prepared to be active and responsive to do whatever God speaks to you.

## Soap Notes for Bible Application

### **S - Scripture**

Read through the Scripture prayerfully. Take notice of which verses or ideas capture your attention. Mark up your Bible or write thoughts in your journal.

### **O - Observation**

Make observations about the Scripture you're reading. Who is the author? Who is the recipient? What is the purpose of the writing? What is God trying to show us about Jesus, His character, and ourselves in this passage?

### **A - Application**

Think of ways in which you could apply this Scripture to your life right now. Is the passage instruction, encouragement, or correction? How does it change me today?  
How will my life be different because what I have just read?

### **P - Prayer**

Talk to God as you read and after you read. Prayer is about relationship. It is a two-way conversation. He speaks to us through His Word, we speak to Him through prayer.

Ask, "How will my life be different today because of what Jesus is speaking to me?"

## Prayer and Fasting Worksheet

### 1. Step 1 - Determine your focus.

- Determine what your focus will be during the 21 day fast.
- What is important to God?
- What is important to me?
- Get your game plan together.

### 2. Step 2 - Set your objective:

**“I am fasting and praying towards \_\_\_\_\_** (spiritual renewal, guidance, healing, revival, resolution of problems, special grace to handle a situation, finances, ministry, family, salvation of others, etc.) **so I am fasting from** (foods, meals, media etc.) \_\_\_\_\_.

- Write them down as the Holy Spirit gives them to you.
- This will help you pray with more focus and strategy.

### 3. Step 3 - Make your commitment:

-- Pray about the kind of fast you should undertake.

#### 1. Fasting from Food.

- a. Jewish: Eat at sunset
- b. Daniel: Fruits and Vegetables... meatless.
- c. Water and Juice.
- d. Liquids.
- e. Create your own. You can create any kind of combination.

#### 2. Fasting from Distractions.

- a. Media (TV, Movies, Social Media etc.)
- b. Activities (regular hobbies etc.)

#### 3. How much time will you devote each day to prayer and God's Word?

- a. Increase time for prayer. I suggest scheduling it.
- b. Increase time in the Word. How much time will your Bible reading increase?
- c. Every time you begin, bring your Bible, 21 Day Guide, Journal, pen, and open heart to join others in this journey with you.

4. This 21-Day fasting, and prayer is for **the whole family**. Encourage your children to fast and pray with you. Have them make a 21-day commitment.

#### **4. Step 4 - Prepare yourself spiritually**

Ask the Lord to help you. He is waiting and loves the fact that He will get more time with you.

1. Have your Bible.
2. Have a journal and pens.
3. Schedule your day.
4. Bring your family in.

#### **5. Step 5 - Expect results**

1. Remember you are sowing. Reaping might happen both during the fast or after the fast.
2. The goal is to delight yourself in God, draw near to God and give more of your time to Him while pressing into Him for a deeper understanding of who He is and walking with Him daily through prayer, scripture and relying on Him to sustain you during your fast.

#### **Checklist:**

- I have determined my focus.
- I have set my objective.
- I have made my commitment.
- I will prepare myself spiritually.
- I will prayerfully believe that God will meet me in this fast.

## A final note...

As we begin this journey together, we must begin with a purpose. As your pastor, my hope is that as a church, we grow closer to God and one another corporately through this discipline. It is my hope that you personally discover the depths and riches of God's love.

Furthermore, I have my own personal intentions through this fast. There are specific things that I want God to do in my life. Through my fast, I am desiring God to show me areas in which I need to change in order to bring Him greater glory and areas in which He is calling me to be more faithful.

One last step before you begin this journey. Take a few moments and determine what you personally hope to get from this time of prayer and fasting.

### **What I hope to gain through this fast:**

---

---

---

---

---

---

---

---

# Day #1

The Necessity of Prayer: We Need to Connect With God Relationally

**Scripture:** Matthew 6:9-13/Romans 8:15

---

---

---

**Observation:** \_\_\_\_\_

---

---

**Application:** \_\_\_\_\_

---

---

**Pray:** \_\_\_\_\_

---

---

## Prayer:

Proclaim your need for a closer, more intimate relationship with God. As you pray, focus on seeing Him as your loving Father. Thank Him for caring about you as His dear child.

## Day #2

The Necessity of Prayer: We Need to Worship God

**S**cripture: Psalm 95 \_\_\_\_\_

---

---

---

**O**bservation: \_\_\_\_\_

---

---

**A**pplication: \_\_\_\_\_

---

---

**P**rayers: \_\_\_\_\_

---

---

## Prayer:

For the Lord is a great God and far above all other kings. Spend a few minutes in worship and adoration at how good God has been to you. Think of a few times in your life that God has proved Himself great to you.

---

21 Days of Prayer and Fasting

---

My Personal Prayer Request:

Date

1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____
5.	_____	_____
6.	_____	_____
7.	_____	_____
8.	_____	_____
9.	_____	_____
10.	_____	_____

The Lord's Prayer – 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 today our daily bread. Forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one, for yours is the kingdom, and the power, and the glory forever.*

*(Matthew 6:9-13)*

---

## 21 Days of Prayer and Fasting

---

My Prayer Target for God's Blessing:

Date

1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____
8. _____	_____
9. _____	_____
10. _____	_____

1. Pray the Father would draw them close to Jesus. (John 6:44)
2. Pray binding the spirit that binds their minds. (2 Corinthians 4:4)
3. Pray the removal of the spirit refusing adoption and they embrace being a child of God. (Romans 8:15)
4. Pray that believers will cross their paths and enter into a positive relationship with them. (Matthew 9:38)
5. Pray for a spirit of wisdom and revelation to be upon them so they may know God better. (Ephesians 1:17)

## Day #3

The Necessity of Prayer: To Seek First the Things of God

**S**cripture: Matthew 6:25-33

---

---

---

**O**bservation:

---

---

**A**pplication:

---

---

**P**ray:

---

---

## Prayer:

Spend time focusing on what God is focused on. Think about the things that you think God would be most concerned about for you, about you, and around you. Ask God to help change your perspective to seek the things of Him first.

## Day #4

The Necessity of Prayer: We Need To Fully Depend on God

**Scripture:** Proverbs 3:5-6/Psalm 20:7 \_\_\_\_\_

---

---

---

**Observation:** \_\_\_\_\_

---

---

**Application:** \_\_\_\_\_

---

---

**Prayers:** \_\_\_\_\_

---

---

## Prayer:

God promises to supply all our needs. He wants us to come to Him with our problems, needs, and desires and to trust Him to provide. Today trust God enough to give Him all your problems, needs, and desires.

## Day #5

The Necessity of Prayer: Be Forgiven and Offer Forgiveness

**Scripture:** Matthew 6:12-15/Colossians 3:13 \_\_\_\_\_

---

---

---

**Observation:** \_\_\_\_\_

---

---

**Application:** \_\_\_\_\_

---

---

**Pray:** \_\_\_\_\_

---

---

## Prayer:

God's has offered you complete forgiveness. We can turn away from our sins and receive His forgiveness. Ask God to check your heart and life and show you areas where you might need to ask for forgiveness. Then ask God to show you where you need to forgive others.

## Day #6

### The Necessity of Prayer: Be Ready for Spiritual Warfare

**Scripture:** Ephesians 6:10-20 \_\_\_\_\_

---

---

---

**Observation:** \_\_\_\_\_

---

---

**Application:** \_\_\_\_\_

---

---

**Pray:** \_\_\_\_\_

---

---

## Prayer:

For many of us about this time in our prayer and fasting commitment we are starting to struggle. Whether it be hunger pains, headaches from no coffee or just personal opposition, we are experiencing the reality that we are at war. Ask God to expose the enemy and grant you strength and wisdom during these days.

## Day #7

The Necessity of Prayer: To Obtain Faith in God's Ability

**S**cripture: Jeremiah 32:17/ Psalm 68 \_\_\_\_\_

---

---

---

**O**bservation: \_\_\_\_\_

---

---

**A**pplication: \_\_\_\_\_

---

---

**P**rayers: \_\_\_\_\_

---

---

## Prayer:

We can make a difference when we pray for others. Pray for those whom you interact with. Make a list of family, friends, those within the church, those who are in authority, and those you work with. Pray for those individuals and ask for God's presence in their lives.

## Day #8

How We Should Pray: My Shepherd

**Scripture:** Psalm 23/James 4:8 \_\_\_\_\_

---

---

---

**Observation:** \_\_\_\_\_

---

---

**Application:** \_\_\_\_\_

---

---

**Prayer:** \_\_\_\_\_

---

---

## Prayer:

God tells us if we draw near to Him, He will draw near to us. As you pray, open your heart, and ask God to show you ways in which you need to draw closer to Him.

## Day #9

How We Should Pray: My Provider

**Scripture:** Psalm 23/Philippians 4:19 \_\_\_\_\_

---

---

---

**Observation:** \_\_\_\_\_

---

---

**Application:** \_\_\_\_\_

---

---

**Pray:** \_\_\_\_\_

---

---

## Prayer:

God is our provider. In Him, we are in need of nothing. Yet too often, it is stuff we think we need that causes us stress and anxiety. As you pray, ask God to help you see the things that you truly need and see “the things” that are just stuff.

## Day #10

How We Should Pray: My Peace

**Scripture:** Psalm 23/John 14:27 \_\_\_\_\_

---

---

---

**Observation:** \_\_\_\_\_

---

---

**Application:** \_\_\_\_\_

---

---

**Pray:** \_\_\_\_\_

---

---

## Prayer:

Pray and ask God to grant you peace in all areas of your life. Further ask Him to search your heart and find areas where you aren't at peace and seek His wisdom on how to gain peace in that area.

## Day #11

How We Should Pray: My Healer

**S**cripture: Psalm 23/I Peter 2:24-25 \_\_\_\_\_

---

---

---

**O**bservation: \_\_\_\_\_

---

---

**A**pplication: \_\_\_\_\_

---

---

**P**ray: \_\_\_\_\_

---

---

## Prayer:

God offers restoration to our soul. Today, pray for God to restore your soul. Further, ask God to show you areas where you need to create boundaries to protect your soul's wellbeing.

---

21 Days of Prayer and Fasting

---

My Personal Prayer Request:

Date

1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____
5.	_____	_____
6.	_____	_____
7.	_____	_____
8.	_____	_____
9.	_____	_____
10.	_____	_____

The Lord's Prayer – 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 today our daily bread. Forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one, for yours is the kingdom, and the power, and the glory forever.*

*(Matthew 6:9-13)*

---

## 21 Days of Prayer and Fasting

---

My Prayer Target for God's Blessing:

Date

1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____
8. _____	_____
9. _____	_____
10. _____	_____

1. Pray the Father would draw them close to Jesus. (John 6:44)
2. Pray binding the spirit that binds their minds. (2 Corinthians 4:4)
3. Pray the removal of the spirit refusing adoption and they embrace being a child of God. (Romans 8:15)
4. Pray that believers will cross their paths and enter into a positive relationship with them. (Matthew 9:38)
5. Pray for a spirit of wisdom and revelation to be upon them so they may know God better. (Ephesians 1:17)

## Day #12

How We Should Pray: My Righteousness

**S**cripture: Psalm 23/I Peter 1:14-15 \_\_\_\_\_

---

---

---

**O**bservation: \_\_\_\_\_

---

---

**A**pplication: \_\_\_\_\_

---

---

**P**ray: \_\_\_\_\_

---

---

## Prayer:

Pray for God to lead you to a path of righteousness. Humbly ask God to show you areas that you need to eliminate or no longer conform to the pattern of this world. Seek His righteous ways.

## Day #13

### How We Should Pray: My Constant Companion

**S**cripture: Psalm 23/Hebrews 13:5-6 \_\_\_\_\_

---

---

---

**O**bservation: \_\_\_\_\_

---

---

**A**pplication: \_\_\_\_\_

---

---

**P**ray: \_\_\_\_\_

---

---

## Prayer:

God has said that He will never leave us nor forsake us, and He will be our helper. Today, say with confidence, "The Lord is my Helper." When you pray, thank God for being your helper and ask Him to be your constant helper.

## Day #14

How We Should Pray: My Defender

**S**cripture: Psalm 23/2 Thessalonians 3:3 \_\_\_\_\_

---

---

---

**O**bservation: \_\_\_\_\_

---

---

**A**pplication: \_\_\_\_\_

---

---

**P**ray: \_\_\_\_\_

---

---

## Prayer:

How much do you lean on God to be your defender each day? Scripture tells us that we war not against flesh and blood but against principalities of darkness. We need God's protection. Today pray for God's protection over the evil one. Further pray for God's protection for others as they go about their daily lives.

## Day #15

How We Should Pray: My Sanctifier

**S**cripture: Psalm 23/I Peter 2:9 \_\_\_\_\_

---

---

---

**O**bservation: \_\_\_\_\_

---

---

**A**pplication: \_\_\_\_\_

---

---

**P**ray: \_\_\_\_\_

---

---

## Prayer:

“God has anointed your head with oil, and your cup now runs over...” Today as you pray, list the ways God has richly blessed you. You are His “special possession.” Reflect on what it means to you that you are “God’s special possession.”

## Day #16

Purpose of Prayer: Prayer Through Pain

**S**cripture: Acts 12:1-18/ Psalm 18:6 \_\_\_\_\_

---

---

---

**O**bservation: \_\_\_\_\_

---

---

**A**pplication: \_\_\_\_\_

---

---

**P**rayers: \_\_\_\_\_

---

---

## Prayer:

Everyone goes through seasons of pain and struggle, even Christians. Prayer is a source of strength in our times of pain. Often our source of pain is an indicator of where we need God to move powerfully. Today, pray for the painful places in your life.

## Day #17

Purpose of Prayer: Prayer with passion

**S**cripture: Acts 12:1-18/ Hebrews 5:7-9 \_\_\_\_\_

---

---

---

**O**bservation: \_\_\_\_\_

---

---

**A**pplication: \_\_\_\_\_

---

---

**P**ray: \_\_\_\_\_

---

---

## Prayer:

Scripture teaches us that there is power in fervent prayers. Fervent prayers are the prayers given with passion and emotion. Today as you pray, ask God to move your emotions and stir your heart to be moved by the things that move Him.

## Day #18

Purpose of Prayer: Pray with persistence

**S**cripture: Acts 12:1-18/ Jonah 2:1 \_\_\_\_\_

---

---

---

**O**bservation: \_\_\_\_\_

---

---

**A**pplication: \_\_\_\_\_

---

---

**P**ray: \_\_\_\_\_

---

---

## Prayer:

Don't give up - give it up always to God. Today, pray that God gives you patience to continually bring every concern before Him. Ask God to help you continually pursue Him through all things and in all seasons of life.

## Day #19

Purpose of Prayer: We are Partners

**Scripture:** Acts 12:1-18/ Matthew 18:19 \_\_\_\_\_

---

---

---

**Observation:** \_\_\_\_\_

---

---

**Application:** \_\_\_\_\_

---

---

**Prayer:** \_\_\_\_\_

---

---

## Prayer:

The Scriptures teach us that there is power in numbers. “Where there are two or more gathered in the name of the Lord, He is there.” Partnership is important in the Kingdom. Pray God will bring people into your life that can challenge you and help you to grow in your relationship with Him. Ask Him to identify people who you can invite to become prayer partners so both you and they have someone to be united in prayer.

## Day #20

Weapon of Prayer: Make it a priority

**S**cripture: Daniel 6:10 \_\_\_\_\_

---

---

---

**O**bservation: \_\_\_\_\_

---

---

**A**pplication: \_\_\_\_\_

---

---

**P**rayers: \_\_\_\_\_

---

---

## Prayer:

In these last few days of the fast, ask God to help you make prayer an even greater priority in your life. Set aside three times today to spend time in prayer, much like Daniel did. Use each time of prayer to seek God for wisdom and direction.

## Day #21

Weapon of Prayer: The Intimate Relationship With God

**Scripture:** John 14 \_\_\_\_\_

---

---

---

**Observation:** \_\_\_\_\_

---

---

**Application:** \_\_\_\_\_

---

---

**Prayer:** \_\_\_\_\_

---

---

### Prayer:

The final day – spend a few moments today praying and thinking through all the things God taught you through this journey. How did God show you that He loves you and desires a deeper relationship with you? What is God calling you to do now?

## Conclusion:

You made it. I am proud of you. I know God is as well.

As you conclude your fast, reflect on a few things that God has taught you through the 21-Day journey:

**What was most difficult for you through the fast?**

---

---

---

**What are a few things you learned through the 21 Day journey?**

---

---

---

**What do you think God is calling you to do now?**

---

---

---

---

21 Days of Prayer and Fasting

---

My Personal Prayer Request:

Date

1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____
5.	_____	_____
6.	_____	_____
7.	_____	_____
8.	_____	_____
9.	_____	_____
10.	_____	_____

The Lord's Prayer – 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 today our daily bread. Forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one, for yours is the kingdom, and the power, and the glory forever.*

*(Matthew 6:9-13)*

---

**21 Days of Prayer and Fasting**

---

My Prayer Target for God's Blessing:

Date

1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____
8. _____	_____
9. _____	_____
10. _____	_____

1. Pray the Father would draw them close to Jesus. (John 6:44)
2. Pray binding the spirit that binds their minds. (2 Corinthians 4:4)
3. Pray the removal of the spirit refusing adoption and they embrace being a child of God. (Romans 8:15)
4. Pray that believers will cross their paths and enter into a positive relationship with them. (Matthew 9:38)
5. Pray for a spirit of wisdom and revelation to be upon them so they may know God better. (Ephesians 1:17)