

21 Days of Prayer and Fasting Prayer Guide

This prayer guide will take about 30 minutes to work through, and you're welcome to spend as much time as you like in prayer. We will follow the CHAT model: Confess, Honor, Ask, Thank.

Confess

2 Chronicles 7:14, if my people who are called by my name humble themselves, and pray and seek my face and turn from their wicked ways, then I will hear from heaven and will forgive their sin and heal their land.

1 John 1:9, If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

- Ask God what sin you may need to confess, and when something comes to mind, confess it and ask his forgiveness.
- Remember, God's Spirit will *convict* us, but never will he *condemn* you. Any feelings of shame are straight from the enemy. God promises to cleanse shame and guilt when we confess.

Honor

Hebrews 13:15, Through him [Jesus] then let us continually offer up a sacrifice of praise to God, that is, the fruit of lips that acknowledge his name.

Psalms 66:2, ...sing the glory of his name; give to him glorious praise!

Psalms 145:21, My mouth will speak the praise of the LORD, and let all flesh bless his holy name forever and ever.

Psalms 149:3, Let them praise his name with dancing, making melody to him with tambourine and lyre!

- Take a few minutes to praise God for his goodness and his love.
- Through Jesus, we can continually offer praise to God the Father.
- Praise takes many forms, you may choose to speak praise and honor to God, singing and making music are also forms of praise.

Ask

Matthew 7:7-8, Ask and it will be given to you...For everyone who asks receives...

Matthew 7:11, ...how much more will your Father who is in heaven give good things to those who ask him!

- God delights to do good things for his children; you can boldly ask him for what you need.
- God always answers our requests. He will either answer with *yes*, *no*, or *not yet*. Do not give up seeking until he answers.
- What do you need from God today? What do you need to receive from him?
- What do you think he may want to give you today?

Thank

Psalm 69:30, I will praise the name of god with a song; I will magnify him with thanksgiving.

Psalm 116:17, I will offer to you the sacrifice of thanksgiving and call on the name of the LORD.

Colossians 4:2. Continue steadfastly in prayer, being watchful in it with thanksgiving.

- What are you thankful for today?
- It may be helpful to make a list of all the Lord's blessings.
- Express your gratitude to the Father in detail.