

# Complete with 21-Day Prayer Guide

Prepared by : Family Life Church

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## Introduction

The theme 'Lamp and Light' is inspired by Psalms 119:105: 'Your word is a lamp to my feet and a light to my path.' This guide emphasizes the importance of fasting and prayer as a means to seek God's guidance, illumination, and spiritual growth.

## What is Fasting?

Fasting involves abstaining from food or other pleasures to focus on God. Biblical references include Exodus 34:28, Joel 2:12-13, Matthew 6:16-18, and Isaiah 58. Types of fasting include Absolute, Normal, and Partial fasts.

## Spiritual Benefits of Fasting

- Deeper intimacy with God (Psalms 42:1-3).
- Answers to fervent prayer.
- Humility before God.
- Gaining wisdom and understanding (Daniel 10:12-14).
- Authority over demonic strongholds.

## Practical Guidelines for Fasting

- Dates: January 1-31, 2025.
- Fasting hours: 6:00 a.m. to 6:00 p.m. (modifiable).
- Dietary tips: Drink water, herbal teas, and eat high-fiber, protein-rich foods during the eating window.

## Daily Prayer and Devotional Plan

Focus on Psalms 119:105 as a central theme for daily meditation. Suggested readings and prayer topics for each week will provide direction.

## Community and Support

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Connect with a prayer partner for encouragement. Participate in weekly teachings and prayer sessions via online platforms.

## Conclusion

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Trust in God's Word as the guiding light in every situation. Fasting and prayer have the transformative power to align our hearts with God's will.

## 21-Day Prayer Guide

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### Week 1: God's Word as Our Lamp

**Day 1:** Bible Verse: Psalms 119:105 Prayer: Lord, illuminate my life with Your Word. Help me see the areas where I need Your wisdom, and guide my steps daily. Bible Reading: Psalms 119

**Day 2:** Bible Verse: Matthew 5:6 Prayer: Father, create in me a deep hunger and thirst for Your Word. Let it nourish my spirit and lead me into closer fellowship with You. Bible Reading: Matthew 5

**Day 3:** Bible Verse: Psalms 133:1 Prayer: Lord, I pray for unity within my family. May Your Word be the foundation of our relationships, bringing love, peace, and understanding. Bible Reading: Psalms 133

**Day 4:** Bible Verse: Proverbs 3:6 Prayer: God, I seek Your direction. Show me the right paths to walk, and let Your Word guide my decisions and actions. Bible Reading: Proverbs 3

**Day 5:** Bible Verse: John 1:5 Prayer: Lord, shine Your light into the darkest parts of my life. Overcome every shadow with Your truth and love. Bible Reading: John 1

**Day 6:** Bible Verse: James 1:5 Prayer: Father, grant wisdom to the leaders of Family Life Church. May they always turn to Your Word for guidance as they lead others. Bible Reading: James 1

**Day 7:** Bible Verse: Psalms 19:8 Prayer: Lord, let Your Word bring joy to my heart. May I find delight and strength as I meditate on Your truth. Bible Reading: Psalms 19

### Week 2: God's Word as Our Light

**Day 8:** Bible Verse: Psalms 119:9 Prayer: Lord, guide our youth with Your Word. Help them walk in purity and purpose, rooted in Your truth. Bible Reading: Psalms 119:1-40

**Day 9:** Bible Verse: Matthew 11:28 Prayer: God, I pray for strength and rest for the weary. May they find renewal in Your Word and peace in Your promises. Bible Reading: Matthew 11

**Day 10:** Bible Verse: Matthew 28:19 Prayer: Lord, empower me to share Your Word boldly. Let me be a light to those who are searching for truth. Bible Reading: Matthew 28

**Day 11:** Bible Verse: Proverbs 22:6 Prayer: Father, grant wisdom to parents. Help them teach their children to walk in Your ways, guided by Your Word. Bible Reading: Proverbs 22

**Day 12:** Bible Verse: Ephesians 4:32 Prayer: Lord, heal broken relationships. Let forgiveness flow, and may Your Word bring restoration and peace. Bible Reading: Ephesians 4

**Day 13:** Bible Verse: 1 Peter 1:16 Prayer: Father, help me to walk in holiness. Set me apart for Your purposes and cleanse me with Your Word. Bible Reading: 1 Peter 1

**Day 14:** Bible Verse: Psalms 23:4 Prayer: Lord, let my faith overcome my fears. Help me trust in Your Word and Your presence in every situation. Bible Reading: Psalms 23

### **Week 3: Living by the Word**

**Day 15:** Bible Verse: John 8:31 Prayer: God, help me to grow as Your disciple. Teach me to abide in Your Word daily and share it with others. Bible Reading: John 8

**Day 16:** Bible Verse: Psalms 85:6 Prayer: Lord, send revival to our church and community. Awaken hearts to the power and truth of Your Word. Bible Reading: Psalms 85

**Day 17:** Bible Verse: Matthew 5:16 Prayer: Father, use us to reach our community. Let our actions reflect the light of Your Word to those in need. Bible Reading: Matthew 5

**Day 18:** Bible Verse: Galatians 6:9 Prayer: Lord, grant me perseverance to remain faithful to Your Word, even in difficult times. Bible Reading: Galatians 6

**Day 19:** Bible Verse: Philippians 4:7 Prayer: God, let Your peace reign in my heart during trials. Help me trust in Your Word and Your promises. Bible Reading: Philippians 4

**Day 20:** Bible Verse: Habakkuk 2:14 Prayer: Lord, spread Your Word across the globe. Use Your people to bring light to nations living in darkness. Bible Reading: Habakkuk 2

**Day 21:** Bible Verse: 1 Thessalonians 5:18 Prayer: Father, I thank You for the light of Your Word. May it continue to guide and transform my life and the lives of those around me. Bible Reading: 1 Thessalonians 5