



HOUSE OF PRAYER

21 DAYS OF PRAYER & FASTING

MY HOUSE WILL BE CALLED A HOUSE OF PRAYER



To help make your time more fruitful, we have prepared resources to guide you on your journey:

- **Daily video devotional lessons**
- **Worship music videos featuring the Northwoods team**
- **This devotional journal, which includes group discussion guides for small groups and families**

There are several ways to access these resources:

Download the Northwoods mobile app for iOS or Android devices

With this free app, you can receive daily reminder notifications, watch the devotional and worship song videos, access the journaling guide, and more.



northwoods.church/mobile

Visit the House Of Prayer web page at northwoods.church/houseofprayer

Via this page you can access the devotional and worship videos or download a printable version of the journal.

Install the Northwoods channel on your video streaming device

You can also watch the devotional and worship song videos using the free Northwoods apps on Roku and AppleTV.



fasting resources

Fasting is an important discipline in the life of any Christ follower. This practice can be a powerful way to draw close to Jesus. A quick visit to northwoods.church/fasting will provide you with a crash course on fasting—types of fasts, how to choose a fast, important tips, how to incorporate fasting into your daily life, and more.

MEDICAL NOTE

If you have any medical conditions that would make it difficult or dangerous for you to go without food for any extended period of time, please check with your doctor as to what level of fasting would be advisable for you. Also note that there are non-food ways you can choose to fast, such as TV, social media, or spending.

Types of Fasts

- A normal or full fast involves going without food for a meal, a day, or a certain number of days. Drink plenty of water, and take in clear broth or 100% juices in order to maintain your strength.
- A partial fast involves giving up particular foods and drink. This is often referred to as the Daniel fast (cf. Daniel 1:12 and 10:3) because Daniel allowed himself no choice foods, meats, or wine—consuming only vegetables and water.

Tips to get started right

- Fast one meal a day, one day a week, or a partial fast for a few days.
- Cut out sweets and sodas altogether.
- Blend a 21-day partial fast with 1–2 days of a normal fast each week.
- Expect a normal fast to be uncomfortable at first. You may feel weak and experience a headache.
- Consider simple meals for several days as a form of fasting: yogurt, a spoonful of peanut butter, a small bowl of soup, a piece of toast, etc. This works especially well for those with medical concerns. The purpose is to maintain your spiritual focus, not to eat for pleasure or to spend time preparing food.



group discussion guide 1

Use this guide during the first week of the fast.

Opener

What has been your history, if any, with fasting? What will you be fasting from for the next 21 days? What are you hoping to experience during this year's church-wide fast?

Worship

Play one or more worship videos and praise God together as a group.

Discussion

- Read Matthew 6:6. The great thing about prayer is that we can pray any time at any place. Where is your place that allows you to give your entire focus to God?
- Acts 1:14 reads, "All these with one accord were devoting themselves to prayer, together with the women and Mary the mother of Jesus, and His brothers." What does it mean to be devoted to prayer? When has God recently guided your decisions through prayer?
- Read Romans 8:26. Have you ever come before the Lord and not known what to pray? How does this verse take the pressure off of your prayer life?
- Jesus asked His disciples in Matthew 26:40-41, "Couldn't you men keep watch with me for one hour? ... Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak." We often have good intentions of making prayer a daily habit, but when we sit down to pray it's hard to focus. What distractions hinder your prayer life? What can you do to stay focused?
- Luke 18:1 says, "Jesus told His disciples a parable to show them that they should always pray and not give up." Describe a situation where you experienced discouragement after praying for someone or something only to get an answer you didn't want.

Prayer

- Pray over the following two areas:
 - Pray through the Word. Go through a passage, line by line, praying the verses back to God. Speak to the Lord about everything that occurs to you as you read the Word. You can select any passage you wish, but Matthew 11:28-30 is an example.
 - Pray for God's sustaining power and grace over the remainder of the fast.



day 1

ESSENTIALS OF PRAYER: PLANNING

REFLECT HERE



day 2

ESSENTIALS OF PRAYER: DEVOTION

REFLECT HERE



day 3

ESSENTIALS OF PRAYER: IN THE SPIRIT

REFLECT HERE



day 4

ESSENTIALS OF PRAYER: PARTNERSHIP

REFLECT HERE



day 5

ESSENTIALS OF PRAYER: STAYING POWER

REFLECT HERE



day 6

ESSENTIALS OF PRAYER: FAITH

REFLECT HERE



day 7

REFLECT HERE

HOUSE OF PRAYER: THE TABERNACLE PRAYER PATTERN



group discussion guide 2

Use this guide during the second week of the fast.

Opener

Share with each other one part of the fast that has been difficult. Where have you felt the Lord's presence during the last week?

Worship

Play one or more worship videos and praise God together as a group.

Discussion

- Ezekiel 14:2-3 reads, "Then the word of the Lord came to me: 'Son of man, these men have set up idols in their hearts and put wicked stumbling blocks before their faces. Should I let them inquire of me at all?' Idolatry hinders our prayer life. What are some idols people set up that become more important than the Lord?"
- Isaiah spoke to the Israelites in Isaiah 59:2, "But your iniquities have made a separation between you and your God, and your sins have hidden His face from you so that He does not hear." Our sins have made a partition between us and God. Take a few moments of personal reflection. Ask the Lord to bring to light any areas where your sin is hindering your prayer life.
- Read James 4:2. God wants to partner with and provide for us through prayer. What do you need but have failed to ask God for?
- Proverbs 16:2 lets us know we don't always have the best motives. "All a person's ways seem pure to them, but motives are weighed by the Lord." Do you ever wrestle with "Should I pray for *this* or *that*?" What is the difference between praying a prayer with wrong motives versus asking God for something?
- Mark 11:25 is a powerful verse: "And when you stand praying, if you hold anything against anyone, forgive them, so that your Father in heaven may forgive you your sins." When we choose not to forgive, it can hinder our prayers. Do you find forgiving people to be difficult? Why or why not?

Prayer

- Pray that the Holy Spirit would sensitize your spirit to his voice today!
- Pray a forgiveness exercise. Ask God to reveal names of people you need to forgive. Then follow these five steps for forgiveness: open your heart to the person who hurt you; extend compassion towards that person; forgive the person for each wound; release the person from your heart prison; pray God's blessing over their life.



day 8

HINDRANCES TO PRAYER: IDOLATRY

REFLECT HERE



day 9

HINDRANCES TO PRAYER: SIN

REFLECT HERE



day 10

HINDRANCES TO PRAYER: PRAYERLESSNESS

REFLECT HERE



day 11

HINDRANCES TO PRAYER: WRONG MOTIVES

REFLECT HERE



day 12

HINDRANCES TO PRAYER: UNFORGIVENESS

REFLECT HERE



day 13

REFLECT HERE

HINDRANCES TO PRAYER:
WRONG RELATIONSHIP BETWEEN SPOUSES



day 14

REFLECT HERE

HOUSE OF PRAYER: THE PRAYER OF JABEZ PATTERN



group discussion guide 3

Use this guide during the third week of the fast.

Opener

Have you experienced any breakthroughs during this fast? If not, where are you still praying to see God move?

Worship

Play one or more worship videos and praise God together as a group.

Discussion

- 2 Thessalonians 3:1 tells us to, "...pray for us that the message of the Lord may spread rapidly and be honored, just as it was with you." What people or topics tend to get most of your prayer focus? How can you broaden your prayer time?
- 1 Thessalonians 3:12 reads, "May the Lord make your love increase and overflow for each other and for everyone else, just as ours does for you." What would the church be like today if we prayed this way regularly for each other? Do you pray for other believers, members, and pastors?
- Read Romans 15:5-6. Paul is praying for harmony and unity in the church between people and God. What causes division among believers? What steps do we need to take to restore unity?
- Jesus said in Matthew 5:44, "But I tell you, love your enemies and pray for those who persecute you." Jesus gives us an unpopular command to love our enemies. What are some personality traits that make a person hard for you to love?
- Read Matthew 9:37-38. There are still many people who don't have a relationship with Jesus Christ. Who are some people who aren't saved whom you're praying for?

Prayer

- Pray that Northwoods would plant 3,000 churches internationally and 20 churches locally by the year 2030.
- Pray for unity in the church body across Northwoods, Peoria, Illinois, the country, and around the world!
- Pray for pastors and leaders to stand for the Word of God in a time when the Bible is under attack.



day 15

REFLECT HERE

EXPANDING OUR PRAYER: PRAY FOR THE SPREAD OF THE GOSPEL



day 16

EXPANDING OUR PRAYER: PRAY FOR ISRAEL

REFLECT HERE



day 17

REFLECT HERE

EXPANDING OUR PRAYER: PRAY FOR THE PEOPLE OF GOD



day 18

REFLECT HERE

EXPANDING OUR PRAYER: PRAY FOR UNITY IN THE CHURCH



day 19

REFLECT HERE

EXPANDING OUR PRAYER: PRAY FOR THOSE WHO PERSECUTE YOU



day 20

EXPANDING OUR PRAYER: PRAY FOR WORKERS

REFLECT HERE



day 21

REFLECT HERE

HOUSE OF PRAYER: THE TRINITY PRAYER PATTERN



group discussion guide 4

Use this guide after the final week of the fast.

Opener

What was one part of the fast that was harder than you anticipated?

What was one part of the fast that was easier than you anticipated?

Worship

Play one or more worship videos and praise God together as a group.

Discussion

- Identify and share one or more praiseworthy things God did during the fast.

- Built prayer muscles	- Consistent time with God
- Answered prayer	- Sensitivity to God's presence
- Deeper bond with God	- Renewed tenderness
- Hunger to read the Word	- Other _____
- Perhaps you didn't receive the answers to prayer you hoped you would during the fast. How are you processing those thoughts and feelings of disappointment?
- Matthew 14:29 reads, "He said, 'Come.' So Peter got out of the boat and walked on the water and came to Jesus." Did the fast inspire you to be more courageous in your faith? Have you acted on your newfound faith yet? What fears might prevent you from "getting out of the boat"?
- What's next? You completed three weeks of prayer and fasting. What now? Where do you feel God leading you? What needs to be eliminated from your schedule and what needs to be added in order to make your next step possible?

Prayer

- Pray today, and going forward, for strength and humility, allowing God to be your provider, sustainer, and Lord of your life!
- Pray that the work done in your life over the past few weeks will propel you forward on your spiritual journey.



personal challenge

We have been challenged to consider regularly reconnecting with the discipline of fasting and prayer by possibly fasting one day a week, one meal a week, or praying for one hour a day.

Share with your group or journal for yourself about new spiritual practices or disciplines you might implement as a result of participating in this fast.

Who can you ask to join you in this new practice?



Visit **northwoods.church/houseofprayer** for:

- VIDEO DEVOTIONAL LESSONS
- WORSHIP MUSIC VIDEOS
- PRAYER AND DISCUSSION GUIDE
- FASTING RESOURCES



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