



**21 DAYS
OF PRAYER AND FASTING**

ACCESS GRANTED

JANUARY 7-27, 2024

OUR MISSION IS TO CONNECT ALL PEOPLE
TO THE LIFE-GIVING MESSAGE OF JESUS
AS WE EXPERIENCE GOD, FIND FREEDOM,
DISCOVER PURPOSE, AND MAKE A
DIFFERENCE IN OUR WORLD.

CTK21DAYSOFPRAYER.COM

Christ the King Church

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**How to sign up to receive devotions sent directly
to you**

Email: please visit our church website

ctkcharlotte.org/events, click on the link to 21 Days, and you can register to receive the email.

Welcome to 21 Days of Prayer and Fasting!

At the beginning of each year, we share together as a church in a time of prayer and fasting for 21 days. This year we are focusing on how Jesus touched, prayed, healed, and spent time with so many who were excluded, yet He loved them into the kingdom of God. Throughout these 21 Days of Prayer and Fasting, alongside our sermon series, "Access Granted!", we will spend time in Scripture and prayer – focusing on how we can open our hearts, church, and community to receive the people God wants to add.

The following three areas of daily focus will guide your time and allow God's word to engage your thoughts and actions so that it becomes alive in your life!

I. Scripture

In **Mark 1:15** Jesus says, "The time is fulfilled, and the kingdom of God is at hand; repent and believe in the gospel." In this verse, Jesus reminds us that He is present with us and there are things that He wants us to move away from that do not honor Him. There are also things that He wants us to move towards to bring blessings to our lives and the lives of others.

As you read each day's passage in 21 Days of Prayer and Fasting, follow the directional questions provided each day. We will be asking you to use the following sequence in order to get the most out of what God has

for you:

- 1. Sit quietly for a few minutes.** Take a deep breath calming your heart and mind in the presence of Jesus. Ask the Holy Spirit to open your soul to hear what Jesus wants to tell you.
- 2. Read the daily Scripture slowly.** Listen for God's voice to you in the text. Read it again and try to identify one word or phrase that stood out to you or caught your attention.
- 3. Ponder/meditate what God is saying to you.** What is going on in this passage? What is God wanting you to know?
- 4. Begin to pray from this Scripture passage.** Pray in response to what God is saying to you. What is the Holy Spirit laying on your heart out of this passage? Do you need to pray for a confession? Do you need to pray for action? Do you need to pray for a conviction or an affirmation?
- 5. Share with your family or friend.** What is your key take-away from this passage? What will you put into practice? Who do you want to pray for to come to know Jesus?
- 6.** Pay special attention to the daily **Prayer Focus** found at the bottom of each day for intentional ways to pray united on a specific prayer need.

II. Fasting

In the Bible, Jesus tells the disciples that some things can only be overcome by **prayer and fasting (Mark 17:21)**. As you discover God's will for you, you'll start to see what he wants to remove from your life and what He wants to add to it. How He wants to bless your life. Keep a journal close by and write it down. These are the areas that need to be the focus of your fast. These are the things that are not of God, or they are a place that God wants you to be – but where you have yet to experience a breakthrough.

To learn more about the power of fasting and different ways to fast, see the addendum found on pages 25 -27 in the back.

III. Prayer Focus

A specific Prayer Focus will be noted at the bottom of each day. The Prayer Focus gives you daily opportunities to pray along with others for the needs in our church, our community, and the world. These prayers should be viewed as "on-ramps", not as finished prayers. Feel free to add particular people or other specifics that the Holy Spirit brings to mind.

If you have a personal prayer need or concern, please submit your prayer request at www.ctkcharlotte.org/prayer-request, The Prayer Team is committed to praying over your needs.

**Use this page for Prayer Journaling, as desired,
during this 21 day journey.**

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Luke 14:12-14 NIV

Then Jesus said to his host, "When you give a luncheon or dinner, do not invite your friends, your brothers or sisters, your relatives, or your rich neighbors; if you do, they may invite you back and so you will be repaid. But when you give a banquet, invite the poor, the crippled, the lame, the blind, and you will be blessed. Although they cannot repay you, you will be repaid at the resurrection of the righteous."

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6. Pay special attention to today's Prayer Focus below and intentionally pray for this need.

PRAYER FOCUS: Pray for families, children, and people within our community who are experiencing hardship, homelessness, and daily struggles.

Matthew 14:16-21 NIV

Jesus replied, "They do not need to go away. You give them something to eat." "We have here only five loaves of bread and two fish," they answered. "Bring them here to me," he said. And he directed the people to sit down on the grass. Taking the five loaves and the two fish and looking up to heaven, he gave thanks and broke the loaves. Then he gave them to the disciples, and the disciples gave them to the people. They all ate and were satisfied, and the disciples picked up twelve basketfuls of broken pieces that were left over. The number of those who ate was about five thousand men, besides women and children.

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PRAYER FOCUS: Pray for the people and families that are reached and connected through our Food Pantry Ministry.

Galatians 3:26-28 NIV

So in Christ Jesus you are all children of God through faith, for all of you who were baptized into Christ have clothed yourselves with Christ. There is neither Jew nor Gentile, neither slave nor free, nor is there male and female, for you are all one in Christ Jesus.

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PRAYER FOCUS: Pray for God's leading in the lives of people struggling in their identity or searching for significance.

James 2:1-4 NIV

My brothers and sisters, believers in our glorious Lord Jesus Christ must not show favoritism. Suppose a man comes into your meeting wearing a gold ring and fine clothes, and a poor man in filthy old clothes also comes in. If you show special attention to the man wearing fine clothes and say, "Here's a good seat for you," but say to the poor man, "You stand there" or "Sit on the floor by my feet," have you not discriminated among yourselves and become judges with evil thoughts?

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PRAYER FOCUS: Pray for people of all races, ethnicities, and economic statuses.

Mark 1:40-42 NIV

A man with leprosy came to him and begged him on his knees, "If you are willing, you can make me clean." Filled with compassion, Jesus reached out his hand and touched the man. "I am willing," he said. "Be clean!" Immediately the leprosy left him and he was cured.

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PRAYER FOCUS: Pray for those with medical afflictions and ailments that keep them isolated.

Romans 12:15-18 NIV

Rejoice with those who rejoice; mourn with those who mourn. Live in harmony with one another. Do not be proud, but be willing to associate with people of low position. Do not be conceited. Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everyone. If it is possible, as far as it depends on you, live at peace with everyone.

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PRAYER FOCUS: Pray for those who are entering a season of joy, but also pray for those who are grieving.

Ephesians 4:32 NIV

Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

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PRAYER FOCUS: Pray for those struggling to receive God's forgiveness, or people who are struggling to forgive those who have wronged them.

Luke 7:37-48 NIV

37 A woman in that town who lived a sinful life learned that Jesus was eating at the Pharisee's house, so she came there with an alabaster jar of perfume. **38** As she stood behind him at his feet weeping, she began to wet his feet with her tears. Then she wiped them with her hair, kissed them and poured perfume on them.

39 When the Pharisee who had invited him saw this, he said to himself, "If this man were a prophet, he would know who is touching him and what kind of woman she is—that she is a sinner."

40 Jesus answered him, "Simon, I have something to tell you." "Tell me, teacher," he said.

41 "Two people owed money to a certain moneylender. One owed him five hundred denarii,[a] and the other fifty. **42** Neither of them had the money to pay him back, so he forgave the debts of both. Now which of them will love him more?"

43 Simon replied, "I suppose the one who had the bigger debt forgiven." "You have judged correctly," Jesus said.

44 Then he turned toward the woman and said to Simon, "Do you see this woman? I came into your house. You did not give me any water for my feet, but she wet my feet with her tears and wiped them with her hair. **45** You did not give me a kiss, but this woman, from the time I entered, has not stopped kissing my feet. **46** You did not put oil on my head, but she has poured perfume on my feet. **47** Therefore, I tell you, her many sins have been forgiven—as her great love has shown. But whoever has been forgiven little loves little."

48 Then Jesus said to her, "Your sins are forgiven."

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PRAYER FOCUS: Pray for the hurting and 'invisible' people in our communities that are often overlooked or ignored.

Hebrews 13:2 NIV

Do not forget to show hospitality to strangers, for by so doing some people have shown hospitality to angels without knowing it.

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PRAYER FOCUS: Pray for our church hospitality team and Steele Creek Community Place volunteers.

John 4:13-18

13 Jesus answered, "Everyone who drinks this water will be thirsty again, **14** but whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life."**15** The woman said to him, "Sir, give me this water so that I won't get thirsty and have to keep coming here to draw water."**16** He told her, "Go, call your husband and come back."**17** "I have no husband," she replied. Jesus said to her, "You are right when you say you have no husband. **18** The fact is, you have had five husbands, and the man you now have is not your husband. What you have just said is quite true."

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PRAYER FOCUS: Pray for those who struggle with self-control and addictions.

Matthew 19:14-15 NIV

Jesus said, "Let the little children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these." When he had placed his hands on them, he went on from there.

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PRAYER FOCUS: Pray for CtK Preschool & Children's Ministry. Pray for schoolteachers & staff in our communities as well as school safety.

1 Corinthians 13:4-7 NIV

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres.

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PRAYER FOCUS: Pray for God's wisdom and guidance in marriages, relationships and those struggling through divorce.

Mark 5:1-10, 18-19

They went across the lake to the region of the Gerasenes. 2 When Jesus got out of the boat, a man with an impure spirit came from the tombs to meet him. 3 This man lived in the tombs, and no one could bind him anymore, not even with a chain. 4 For he had often been chained hand and foot, but he tore the chains apart and broke the irons on his feet. No one was strong enough to subdue him. 5 Night and day among the tombs and in the hills he would cry out and cut himself with stones.

6 When he saw Jesus from a distance, he ran and fell on his knees in front of him. 7 He shouted at the top of his voice, "What do you want with me, Jesus, Son of the Most High God? In God's name don't torture me!" 8 For Jesus had said to him, "Come out of this man, you impure spirit!" 9 Then Jesus asked him, "What is your name?"

"My name is Legion," he replied, "for we are many." 10 And he begged Jesus again and again not to send them out of the area...

18 As Jesus was getting into the boat, the man who had been demon-possessed begged to go with him. 19 Jesus did not let him, but said, "Go home to your own people and tell them how much the Lord has done for you, and how he has had mercy on you."

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PRAYER FOCUS: Pray for those who suffer from depression and mental health issues.

Philippians 2:3-4 NIV

Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others.

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PRAYER FOCUS: Pray for the Stepping Stones ministry, all who gather in CtK Community Groups, and those searching for community.

Matthew 9:10-13 NIV

While Jesus was having dinner at Matthew's house, many tax collectors and sinners came and ate with him and his disciples. When the Pharisees saw this, they asked his disciples, "Why does your teacher eat with tax collectors and sinners?" On hearing this, Jesus said, "It is not the healthy who need a doctor, but the sick. But go and learn what this means: 'I desire mercy, not sacrifice.' For I have not come to call the righteous, but sinners."

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PRAYER FOCUS: Pray for those who labor in unpopular fields of work or industry, leaving them excluded from certain social groups.

Matthew 6:25-27 NIV

“Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life?”

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PRAYER FOCUS: Pray for Crux Student Ministry as well as all youth and young adults in our church and community.

Revelation 7:9-10 NIV

After this I looked, and there before me was a great multitude that no one could count, from every nation, tribe, people and language, standing before the throne and before the Lamb. They were wearing white robes and were holding palm branches in their hands. And they cried out in a loud voice: "Salvation belongs to our God, who sits on the throne, and to the Lamb."

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PRAYER FOCUS: Pray for our international missions ministries in Guatemala, Burundi, and Slovakia.

Matthew 19:21-26 NIV

Jesus answered, "If you want to be perfect, go, sell your possessions and give to the poor, and you will have treasure in heaven. Then come, follow me." When the young man heard this, he went away sad, because he had great wealth. Then Jesus said to his disciples, "Truly I tell you, it is hard for someone who is rich to enter the kingdom of heaven. Again I tell you, it is easier for a camel to go through the eye of a needle than for someone who is rich to enter the kingdom of God." When the disciples heard this, they were greatly astonished and asked, "Who then can be saved?" Jesus looked at them and said, "With man this is impossible, but with God all things are possible."

1. Sit quietly for a few minutes. Take a deep breath calming your heart and mind in the presence of Jesus. Ask the Holy Spirit to open your soul to hear what Jesus wants to tell you.
2. Read the above Scripture slowly. Listen for God's voice to you in the text. Read it again and try to identify one word or phrase that stood out to you or caught your attention.
3. Ponder/meditate what God is saying to you. What is going on in the passage? What is God wanting you to know? What is the good news He wants for you?
4. Begin to pray from this Scripture passage. Pray in response to what God is saying to you. What is the Holy Spirit laying on your heart out of this passage? Do you need to pray for a confession? Do you need to pray for action? Do you need to pray for a conviction or an affirmation?
5. Share with your family or friend. What is your key take-away from this passage? What will you put into practice? Who do you want to pray for to come to know Jesus?
6. Pay special attention to today's Prayer Focus below and intentionally pray for this need.

**PRAYER FOCUS: Pray for the hearts of the wealthy;
pray for opportunities to be generous.**

John 15:12-13 NIV

My command is this: Love each other as I have loved you. Greater love has no one than this: to lay down one's life for one's friends.

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5. Share with your family or friend. What is your key take-away from this passage? What will you put into practice? Who do you want to pray for to come to know Jesus?
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PRAYER FOCUS: Pray for our Armed Forces personnel, law enforcement agencies and their families.

Acts 10:19-20 NIV

While Peter was still thinking about the vision, the Spirit said to him, "Simon, three men are looking for you. So get up and go downstairs. Do not hesitate to go with them, for I have sent them."

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5. Share with your family or friend. What is your key take-away from this passage? What will you put into practice? Who do you want to pray for to come to know Jesus?
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**PRAYER FOCUS: Pray for our church leaders,
staff and their families.**

Matthew 7:7-8 NIV

“Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened.

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5. Share with your family or friend. What is your key take-away from this passage? What will you put into practice? Who do you want to pray for to come to know Jesus?
6. Pay special attention to today’s Prayer Focus below and intentionally pray for this need.

PRAYER FOCUS: Pray for those who are new to their faith walk and seeking to grow their relationship with Jesus.

ADDENDUM

Fasting

As part of 21 Days of Prayer and Fasting, we encourage fasting for 21 days each year in the month of January. You may also choose to fast at other times during the year for your own spiritual development. It's very typical to fast a single meal, a whole day, or even three days or more. The timing of your fast is not as important as the strength of your focus on God as you fast.

Why Do We Fast?

Fasting is a biblical way to grow closer to God so that we can hear Him more clearly. It opens our hearts up for Him to renew us and prepare us for His blessing in our lives. Biblical fasting involves giving up something we need, or eliminating things that distract us from God, AND replacing that time, focus, and energy with God. We fast to draw close to God, hear Him more clearly, and depend on his strength and power rather than our own. Biblical fasting always has to do with eliminating distractions for a spiritual purpose; it hits the reset button of our soul and renews us from the inside out. It also enables us to celebrate the goodness and mercy of God and prepares our hearts for all the good things God desires to bring into our lives. Remember, your personal fast should present a level of challenge, but it is very important to know your body, your options, and, most importantly, to seek God in prayer and follow what the Holy Spirit leads you to do.

How Do I Fast?

Fasting may include a fast from food for a limited period or denying yourself something you rely on, so you must instead rely on God's power. Some may fast a single meal daily, a few hours, a whole day periodically, or other. We may fast from things that we spend a lot of time on that distract us from God – such as social media, gaming, or television. We may eliminate beer or wine, shopping, or other activities and ways we sometimes use to relax or fill up. The purpose is to deny yourself something each day and replace that time with prayer and seeking God.

Make sure your fasting is directed by God by praying in advance about your fast and look for His guidance. Read through the following Scripture references:

Nehemiah 9:1-3

Luke 18:9-14

Matthew 6:16-18

Acts 27:33-36

Matthew 9:14-15

Selective Fast

This type of fasting involves removing certain elements from your diet. One example of selective fast is the Daniel Fast, during which you remove meat, sweets, and bread from your diet and consume water and juice for fluids and fruits and vegetables for food.

Partial Fast

This fast is sometimes called the Jewish Fast and involves abstaining from eating any type of food in the morning and afternoon. This can either correlate to specific times of the day, such as 6AM to 3PM, or from sunup to sundown.

Soul Fast

This fast is a great option if you do not have much experience fasting food, have health issues that prevent you from fasting food, or if you wish to refocus certain areas of your life that are out of balance. For example, you might choose to stop using social media or watching television for the duration of the 21 days and then carefully bring that element back into your life in healthy doses at the conclusion of the fast.

Today, fasting is uncommon, but we see that Jesus calls us to fast to enter a deeper relationship with Him. We seek to fast to hear God more as we seek our vision as congregation.

Step One

Grab a journal, and set your objective for fasting – why are you fasting? Is it for spiritual renewal, guidance, for healing, for the resolution of problems, for special grace to handle a difficult situation? Ask the Holy Spirit to clarify His leading and objectives for your fast. This will help you pray more specifically and strategically.

Step Two

Make your commitment for fasting. As you fast to come into a deeper relationship with God and to see what the next year will bring for you, it helps to make a specific commitment. In your journal, write what you are committing to:

"I commit to fast during the 21 Days of Prayer and Fasting by sacrificing _____

"

Additional Scripture references on fasting

- Fasting helps us subject our bodies to subordination. (1 Corinthians 9:27)
- Fast for the Lord. (Zechariah 7:5)
- Fasting brings us direction. (Acts 13:2-3)
- We fast for the needs of others. Ezra 10:6)
- Understand the correct meaning and purpose of fasting. (Isaiah 58:3-9a)
- Fasting leads us to repentance. (Joel 1:13-14)
- Our fast should be joyous. (Zechariah 8:19)
- Fasting accompanies our supplication, the requests we ask our Father in prayer. (2 Samuel 12:16)
- God hears those who fast and pray. (Nehemiah 1:4-7) and (Luke 2:36-38)
- Fasting should be carried out with the right purpose, seeking God's glory and will, not man's glory or desire. (Acts 23:12-13)
- Fasting brings connection with God, who hears and answers our prayers. (Acts 10:30-31)

Need prayer? Let us know!

<https://ctkcharlotte.org/prayer-request/>



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