

21 *days*
of prayer & fasting

shorepoint church

this journal belongs to:



how to PRAY

A - ADORATION

This is a great way to begin your prayer time. Tell God how much you appreciate Him. Express your love for Him. Praise His power and majesty. You should never run out of praise.

Tell God how much you appreciate Him.

C - CONFESSION

Tell God where you have fallen short. Be specific. Thank Him for the forgiveness you have in Christ and ask for help and strength to turn away from future temptations.

Tell God where you have fallen short.

T- THANKSGIVING

We have so much to be thankful for. Thank God for His love, His faithfulness, His patience. Express gratitude for what He's doing in your life.

Express gratitude for what He's doing in your life.

S - SUPPLICATION

Share your desires with God, no matter how big or small they may seem. Nothing is too big or too small for God. He cares about every detail of your life. Pray for your own needs and for the needs of others.

Share your desires with God.

what is FASTING?

Fasting is simply withstanding from something in order to focus our attention and efforts towards God. When we partner this with prayer, we are able to see God do the miraculous! We believe prayer is a pivotal part of fasting.

types of FASTS

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 and what is **safe for your health**.

COMPLETE FAST

Liquids only, typically water, juices, smoothies.

SELECTIVE FAST

Removing certain elements from your diet. One example of a 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

Fasting at certain times of the day. Example: fasting breakfast or dinner

SOUL FAST

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 fast and then carefully bring that element back into your life in healthy doses at the conclusion of the fast.

prayer TOPICS

WEEK ONE

01. Surrender
02. Intimacy
03. Holiness
04. Faithfulness
05. Obedience
06. Trust
07. Sovereignty

WEEK TWO

08. Identity
09. Repentance
10. Healing
11. Grace & Mercy
12. Growth
13. Forgiveness
14. Renewal

WEEK THREE

15. Marriage
16. Reconciliation
17. Intercession
18. Boundaries
19. Family
20. The Church
21. Government

week ONE

DATE:

Sunday, Jan 5

TODAY'S SCRIPTURE:

Proverbs 16:3

PRAYER TOPIC: Surrender

Grab your Bible and read today's scripture.
Write down the verses that stand out to you the most.

S- SCRIPTURE

O- OBSERVATION

A- APPLICATION

P- PRAYER

sermon **NOTES**

DATE:

Monday, Jan 6

TODAY'S SCRIPTURE:

John 15:4-5

PRAYER TOPIC: Intimacy

Grab your Bible and read today's scripture.
Write down the verses that stand out to you the most.

S- SCRIPTURE

O- OBSERVATION

A- APPLICATION

P- PRAYER

DATE:

Tuesday, Jan 7

TODAY'S SCRIPTURE:

2 Corinthians 7:1

PRAYER TOPIC: Holiness

Grab your Bible and read today's scripture.
Write down the verses that stand out to you the most.

S- SCRIPTURE

O- OBSERVATION

A- APPLICATION

P- PRAYER

DATE:

Wednesday, Jan 8

TODAY'S SCRIPTURE:

1 Samuel 12:24

PRAYER TOPIC: Faithfulness

Grab your Bible and read today's scripture.
Write down the verses that stand out to you the most.

S- SCRIPTURE

O- OBSERVATION

A- APPLICATION

P- PRAYER

DATE:

Thursday, Jan 9

TODAY'S SCRIPTURE:

John 14:15, Acts 5:29-32

PRAYER TOPIC: Obedience

Grab your Bible and read today's scripture.
Write down the verses that stand out to you the most.

S- SCRIPTURE

O- OBSERVATION

A- APPLICATION

P- PRAYER

DATE:

Friday, Jan 10

TODAY'S SCRIPTURE:

Hebrews 10:23

PRAYER TOPIC: Trust

Grab your Bible and read today's scripture.
Write down the verses that stand out to you the most.

S- SCRIPTURE

O- OBSERVATION

A- APPLICATION

P- PRAYER

DATE:

Saturday, Jan 11

TODAY'S SCRIPTURE:

Romans 8:28

PRAYER TOPIC: Sovereignty

Grab your Bible and read today's scripture.
Write down the verses that stand out to you the most.

S- SCRIPTURE

O- OBSERVATION

A- APPLICATION

P- PRAYER

week TWO

DATE:

Sunday, Jan 12

TODAY'S SCRIPTURE:

John 1:12-13

PRAYER TOPIC: Identity

Grab your Bible and read today's scripture.
Write down the verses that stand out to you the most.

S- SCRIPTURE

O- OBSERVATION

A- APPLICATION

P- PRAYER

sermon **NOTES**

DATE:

Monday, Jan 13

TODAY'S SCRIPTURE:

2 Corinthians 7:9-10

PRAYER TOPIC: Repentance

Grab your Bible and read today's scripture.
Write down the verses that stand out to you the most.

S- SCRIPTURE

O- OBSERVATION

A- APPLICATION

P- PRAYER

DATE:

Tuesday, Jan 14

TODAY'S SCRIPTURE:

1 Peter 2:24

PRAYER TOPIC: Healing

Grab your Bible and read today's scripture.
Write down the verses that stand out to you the most.

S- SCRIPTURE

O- OBSERVATION

A- APPLICATION

P- PRAYER

DATE:

Wednesday, Jan 15

TODAY'S SCRIPTURE:

Hebrews 4:16

PRAYER TOPIC: Grace & Mercy

Grab your Bible and read today's scripture.
Write down the verses that stand out to you the most.

S- SCRIPTURE

O- OBSERVATION

A- APPLICATION

P- PRAYER

DATE:

Thursday, Jan 16

TODAY'S SCRIPTURE:

Colossians 2:6-7

PRAYER TOPIC: Growth

Grab your Bible and read today's scripture.
Write down the verses that stand out to you the most.

S- SCRIPTURE

O- OBSERVATION

A- APPLICATION

P- PRAYER

DATE:

Friday, Jan 17

TODAY'S SCRIPTURE:

Eph. 4:32, Mark 11:25

PRAYER TOPIC: Forgiveness

Grab your Bible and read today's scripture.
Write down the verses that stand out to you the most.

S- SCRIPTURE

O- OBSERVATION

A- APPLICATION

P- PRAYER

DATE:

Saturday, Jan 18

TODAY'S SCRIPTURE:

Eph. 4:22-24, Psalm 51:9-10

PRAYER TOPIC: Renewal

Grab your Bible and read today's scripture.
Write down the verses that stand out to you the most.

S- SCRIPTURE

O- OBSERVATION

A- APPLICATION

P- PRAYER

week **THREE**

DATE:

Sunday, Jan 19

TODAY'S SCRIPTURE:

Ephesians 5:22-27

PRAYER TOPIC: Marriage

Grab your Bible and read today's scripture.
Write down the verses that stand out to you the most.

S- SCRIPTURE

O- OBSERVATION

A- APPLICATION

P- PRAYER

sermon **NOTES**

DATE:

Monday, Jan 20

TODAY'S SCRIPTURE:

Hebrews 12:14-15

PRAYER TOPIC: Reconciliation

Grab your Bible and read today's scripture.
Write down the verses that stand out to you the most.

S- SCRIPTURE

O- OBSERVATION

A- APPLICATION

P- PRAYER

DATE:

Tuesday, Jan 21

TODAY'S SCRIPTURE:

Rom. 8:27, Eph. 6:18

PRAYER TOPIC: Intercession

Grab your Bible and read today's scripture.
Write down the verses that stand out to you the most.

S- SCRIPTURE

O- OBSERVATION

A- APPLICATION

P- PRAYER

DATE:

Wednesday, Jan 22

TODAY'S SCRIPTURE:

Proverbs 4:23-27

PRAYER TOPIC: Boundaries

Grab your Bible and read today's scripture.
Write down the verses that stand out to you the most.

S- SCRIPTURE

O- OBSERVATION

A- APPLICATION

P- PRAYER

DATE:

Thursday, Jan 23

TODAY'S SCRIPTURE:

Joel 1:3, Num. 6:24-26

PRAYER TOPIC: Family

Grab your Bible and read today's scripture.
Write down the verses that stand out to you the most.

S- SCRIPTURE

O- OBSERVATION

A- APPLICATION

P- PRAYER

DATE:

Friday, Jan 24

TODAY'S SCRIPTURE:

Romans 12:4-5

PRAYER TOPIC: The Church

Grab your Bible and read today's scripture.
Write down the verses that stand out to you the most.

S- SCRIPTURE

O- OBSERVATION

A- APPLICATION

P- PRAYER

DATE:

Saturday, Jan 25

TODAY'S SCRIPTURE:

1 Timothy 2:1-2

PRAYER TOPIC: Government

Grab your Bible and read today's scripture.
Write down the verses that stand out to you the most.

S- SCRIPTURE

O- OBSERVATION

A- APPLICATION

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NOTES

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