

## **Welcome to 21 Days of Prayer!**

This is a 21-day journey of fasting and prayer. It is designed to help you deliberately pursue God – as an individual, as a disciple with your small group, and as part of the Crossroads Church family – as we start 2022, and seek His guidance, direction, and power.

“Man shall not live on bread alone, but by every word that comes from the mouth of God,”  
(Matthew 4:4).

## **Be a Part of the Journey**

Every journey has a starting point, and key events along the way – and this 21 Day Prayer Journey is no different. We encourage you to make room for God as you start the new year. You and the people around you will be different because of it!

## **Life Group**

During this time, you will want to be with others who are committed to drawing close to Jesus. Small group is a great place for growing during these 21 days. If you are not in a life group, join one here: [xr.church/group](http://xr.church/group)

## **Daily Time with God**

Start the day by aligning your heart with God’s heart. Each morning is a fresh start, and getting close to God is the key. Even if you have never prayed before, know that God is ready to hear from you, and work in new ways in your life. We want to make this as simple as possible. Each day, you will have access to an audio prayer guide that will last about 15 minutes. To get the most out of your time:

- Choose a regular time to listen and pray.
- Have pen and paper ready to record any scriptures you would like to go back and read.
- Listen to any “inner” promptings to write down and pray over.
- Before you begin by pushing play, pray: “Lord, speak to me today.”

## **About Fasting**

The goal of fasting is to draw nearer to God. Biblical fasting always has to do with eliminating food 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. Pray and ask God what He might have you to do. You might be led to skip a meal each day, fast for several days, skip two meals a day, or only eat within a certain time frame each day. Whatever you do, it will honor God and you will grow closer to Him

## **Types of Fasts**

### **Complete Fast**

In this type of fast, you drink only liquids, typically water with light juices as an option.

### **Selective Fast**

This type of fast involves 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**

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 6:00 am to 3:00 pm, 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 fast and then carefully bring that element back into your life in healthy doses at the conclusion of the fast.

For more information about fasting, check out this in-depth resource from Dr. Bill Bright: [xr.church/fasting](http://xr.church/fasting)

### **Other Ways to Draw Near to God**

There are other ways to draw close to God during this 21 days as well. You might choose a form of self-denial. Examples of this would be denying the use of social media, television, cell-phone limitation, computer time, or denying yourself certain food items such as sweets.