



21 Days of Prayer & Fasting

Daily Prayer Guide

Link Church
January 8-28, 2023



What is Fasting?

Matthew 6:17-18

**17 But when you fast, put oil on your head and wash your face,
18 so that it will not be obvious to others that you are fasting, but only to your
Father, who is unseen; and your Father, who sees what is done in secret, will
reward you.**

Fasting is a time we set aside to deny our flesh. Traditionally this means food, but can also include things such as social media, television, and anything else your flesh seems to crave and be addicted to.

We spend extra time in worship, prayer, and the Word during periods of fasting. Where our flesh is being denied, we feed our spirit more.

What Are My Options for Fasting?

DANIEL FAST

This type of fast involves removing certain elements from your diet. During this fast you remove meat, sweets and other pleasurable foods from your diet and consume water and juice for fluids and fruits and vegetables for food.

Click on this link for more details on restrictions recipe ideas! <https://ultimatedanielfast.com>

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 from food, have health issues that prevent you from fasting from 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 Guide

As we fast each day, please take note of the focus scripture and prayer target. We encourage to pray as you're led, but to incorporate the prayer target in your personal prayer time. You should pray with us as a group, but also on your own, each day. Please note the prayer times below.

Conference Call Prayer

Mon- Fri @ 6am

Call-in Info: (605) 562-0400

Access Code: 5006037

In-Person Prayer

Every Wednesday @ 7pm

Church Auditorium

Bible Study (In-Person/ YouTube)

1st & 3rd Wednesdays @ 12Noon

Church Auditorium

FLOOD NIGHT Prayer, Worship, Word

Friday, January 27th @ 9pm-12am

Church Auditorium

Day 1

Cleansing from Self Righteousness

Titus 3:5

he saved us, not because of righteous things we had done, but because of his mercy. He saved us through the washing of rebirth and renewal by the Holy Spirit

As we pray today, we want to ask God to cleanse us from all sin, including sins we are unaware of. We also want to pray that God would keep us in the right frame of mind throughout the fast and help us to focus on Him and what He wants to do through us.

What are areas where you need to ask for forgiveness?
In what areas do you need to grow spiritually?

Day 2

Physical Healing & Infertility

Jeremiah 17:14

**Heal me, Lord, and I will be healed;
save me and I will be saved,
for you are the one I praise.**

Deuteronomy 7:14

**You will be blessed more than any other people; none of
your men or women will be childless, nor will any of your
livestock be without young.**

Today we focus on praying for those who are experiencing physical illness and/or infertility. We believe and we declare Jehovah Rapha- The Lord who heals- will deliver! We come against every physical ailment that wants to attack us or those connected to us.

Day 3

Mental Illness & Demonic Oppression

Luke 10:19

I have given you authority to trample on snakes and scorpions and to overcome all the power of the enemy; nothing will harm you.

Many in the Kingdom of God are struggling with mental illness and demonic oppression.

Today we come against both, and declare the enemy cannot have the minds, hearts, or emotions of God's people! Every mental illness, perverted behavior, and foul spirit must go in the name of Jesus.

We declare total health in the inner man and believe God for complete deliverance.

Day 4

Salvation

John 3:16

For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.

Today we focus we salvation. We ask God to save the unsaved both within and without our church walls. We pray specifically that:

1. People would make a decision for Christ and sign-up for baptism
2. Individuals would see the necessity of, and begin seeking the Holy Spirit with the evidence of speaking in tongues
3. God would call backsliders to repentance and lead them back to Him

Day 5

Deliverance from Deception

1 John 4:1-3

Dear friends, do not believe every spirit, but test the spirits to see whether they are from God, because many false prophets have gone out into the world. This is how you can recognize the Spirit of God: Every spirit that acknowledges that Jesus Christ has come in the flesh is from God, but every spirit that does not acknowledge Jesus is not from God. This is the spirit of the antichrist, which you have heard is coming and even now is already in the world.

Our prayer today is that God would open the eyes of those in our city, nation, and world who are blinded by new age thinking. May the blinded have their eyes opened to the truth that *only* Jesus leads to salvation, peace and joy.

We declare the scales will fall from the eyes of those who believe there are other ways to God outside of Jesus. That is false doctrine and we come against it in the mighty name of Jesus!

Day 6

Dealing with Grudges

Matthew 6:14-15

For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins.

For many of us, our pain and the trauma we have endured runs deep. While some issues are self-inflicted, the reality is, many times we have been wounded by others. This can make forgiveness hard. However, we forgive because that is what pleases the Father, keeps the line of communication with the Holy Spirit open, and puts us in a position to also be forgiven.

Remember, we all have sinned and fallen short of God's glory. Let's remember to forgive and where applicable, ask for forgiveness.

Day 7

Dealing with the Spirit of Offense

Ecclesiastes 7:21-22

**Do not pay attention to every word people say,
or you may hear your servant cursing you—
for you know in your heart
that many times you yourself have cursed
others**

Offense is something that cannot be avoided in life. Sometimes we will offend others, and at times others will offend us. The sign of a true Christian is not whether or not you're never offended. However, the sign of a mature Christian is noted by whether or not you choose to live in a state of perpetual offense.

Ask God to open your eyes, to see each situation in life from His perspective and not your own.

Day 8

Praying for Government

1 Timothy 2:1-2

I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people— for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness.

God has not given us the responsibility to agree with everyone who takes office at the local and federal levels. He has called us to pray for those in government.

Individuals in government make decisions that directly and indirectly affect us. Let's pray that they exercise wisdom, integrity, and transparency.

Day 9

Praying for Church Leaders

Jeremiah 3:15

**Then I will give you shepherds after my own heart,
who will lead you with knowledge and understanding.**

Today we focus on the leaders of our church. We pray that our pastors, core leaders, and team leads, would operate in wisdom and integrity.

Pray that our leaders would preach, teach, pray, and lead with boldness. Pray that they would receive supernatural strength to complete every assignment God has given them to fulfill.

Day 10

Praying for the Family Unit

Psalm 133:1
How good and pleasant it is
when God's people live together in unity!

Now more than ever, the enemy is seeking to destroy the constructs of the family unit as designed by God. Today we're praying that family bonds would be strengthened, that family strife would be healed, and that we would hold up God's standard for families. We declare that the families of God in our church and community are united.

Day 11

Praying for Marriages

Mark 10:8
and the two will become one flesh.
So they are no longer two, but one
flesh.

God designed marriage to be between one born man and one born woman. Additionally, in circumstances where it can be prevented, God does not offer divorce as solution to problems.

Today, we pray for marriages. We pray that marriages in our church and community would be strengthened, healed, restored. We're also praying with those who are believing God for a Godly spouse, that they would wait patiently and would not compromise while waiting.

This will be the year of weddings and healthy marriages in Link Church!

Day 12

Covering Children & Schools

Psalm 138:7
Though I walk in the midst of trouble,
you preserve my life.
You stretch out your hand against the
anger of my foes;
with your right hand you save me.

In many ways children are most vulnerable to attacks. We cannot be with them or see them every moment of the day, but God can! Today we cover and declare the blood of Jesus over our children! We pray blood coverage against sickness, perversion, untimely death, abuse, mental illness, and any other spiritual attack the enemy would want to throw at our children.

We also cover schools across our state and nation with the blood of Jesus. No act of violence or evil plot formed against them will prosper!

Day 13

Praying for Our Community

Deuteronomy 15:11

There will always be poor people in the land. Therefore, I command you to be openhanded toward your fellow Israelites who are poor and needy in your land.

At Link Church we believe that as representatives of the Kingdom of Heaven, we are to be the hands and feet of Jesus in our community. Today we pray for the needs of our community.

Pray that God would make us sensitive to the needs of our community, and give us spiritual insight to know which needs we should tackle in 2023 and that He would provide us with the resources to meet those identified needs.

We also pray for Link Church to have greater influence and infiltration in our local neighborhoods.

Day 14

Praying for Financial Freedom & Prosperity

Deuteronomy 8:18

But remember the Lord your God, for it is he who gives you the ability to produce wealth, and so confirms his covenant, which he swore to your ancestors, as it is today.

Romans 13:8

Let no debt remain outstanding, except the continuing debt to love one another, for whoever loves others has fulfilled the law.

It is false doctrine for any of us to believe that as Christians we are to embrace the spirit of poverty. God has given us the power to create wealth.

Today let's pray that God would allow us to gain and apply knowledge in the area of canceling debt in our lives. We also pray that God would allow us to live lives of abundance and prosperity, so we can continue to advance His Kingdom on earth.

Day 15

Praying for Men

1 Corinthians 16:13-14

**Be on your guard; stand firm in the faith; be courageous; be strong.
Do everything in love.**

God has called men to carry a lot of weight in life. They are called to lead their homes, lead in the church and within the community.

We declare that Link Church will be a safe haven for strong, Christ-like men. We declare that the men in our church will rise, take their Godly authority, and lead with excellence and confidence, in every area of their lives. In the mighty name of Jesus!

Day 16

Praying for Courage

Joshua 1:9

**Have I not commanded you? Be strong and courageous.
Do not be afraid; do not be discouraged, for the
Lord your God will be with you wherever you go.**

God has called you to do great things for the Kingdom. However, we sometimes feel intimidated by what God has called us to do. It's not enough to receive instructions from God, we need the strength and courage to do His will.

Today, we pray that you would lean into the power of God and not your own. May the boldness that comes from the Holy Spirit be your portion.

Day 17

Breaking Generational Curses & Trauma

Ezekiel 18:20

The one who sins is the one who will die. The child will not share the guilt of the parent, nor will the parent share the guilt of the child. The righteousness of the righteous will be credited to them, and the wickedness of the wicked will be charged against them.

If you take a look at your life, you may find that there are good patterns and patterns that are not so healthy. Where do the unhealthy patterns come from? Why do these patterns seem to persist generation after generation?

Many times you or someone you know is dealing with toxic, generational patterns. Today we break and conquer every toxic general pattern or trauma that has been passed down to us. We will no longer accept anything less than God's best for us and those connected to us.

Day 18

Praying for Wisdom & Discernment

James 1:5

If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.

You cannot take life at face value. There is a realm that is more real than the tangible realm we interact with every day, and that's the spirit realm. It is imperative that we have discernment and divine wisdom in order to operate effectively in the Kingdom and on the earth.

Today we're praying that God would open our eyes and ears to see and hear beyond what we can understand in the natural.

Day 19

Embracing Spiritual Gifts

1 Corinthians 12: 8-11

To one there is given through the Spirit a message of wisdom, to another a message of knowledge by means of the same Spirit, to another faith by the same Spirit, to another gifts of healing by that one Spirit, to another miraculous powers, to another prophecy, to another distinguishing between spirits, to another speaking in different kinds of tongues,[a] and to still another the interpretation of tongues.[b] All these are the work of one and the same Spirit, and he distributes them to each one, just as he determines.

Everyone on the earth is given at least one talent. It's great that you can sing, draw, play an instrument, a sport, etc. However, none of those talents are your spiritual gifts. Spiritual gifts are laid out for us in the Bible and we all have at least one.

Today we declare that spiritual gifts in Link Church would come out of the pew, into the forefront. May you no longer be comfortable hiding or being in the dark about your spiritual gift. May the gifts within you begin to be stirred in Jesus' Name!

Day 20

Breaking the Spirit of Fear

2 Timothy 1:7

For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.

Many of us haven't accomplished certain things in life simply because we're afraid. We hide behind "waiting on God", "waiting for the right time", and "waiting for more instructions".

This year, God will not give you any more instructions until you take another step. He's given you the idea, the gift, the green light. Some of you have not received your prayer language, because you fear letting go! We come against the spirit of fear in your life in the Name of Jesus! Fear will no longer paralyze you and hold you back.

Day 21

Embracing Excellence and Consistency

Daniel 6:3

Now Daniel so distinguished himself among the administrators and the satraps by his exceptional qualities that the king planned to set him over the whole kingdom.

Dear Lord, thank you. Thank you for bringing us to the final day of this fast. You've pruned us, encouraged us, spoken to us. Now we know we have to continue on the path to spiritual growth.

Today we pray that you would help us serve you in excellence and serve you consistently. Forgive us for the times we've been slack, lazy and stubborn. We pray you'd give us the strength and discipline to persevere and serve to the very best of our ability. You deserve everything we can give!

Conclusion

You have concluded the fast with the help of the Lord! While every day may not have been what you envisioned, you made it and that's what matters.

From here, your fasting and prayer life must continue in order to see your relationship with God truly grow and blossom. As a church, we will continue to provide you with resources to become everything God has called you to be.

Stay tuned for weekly fasting and prayer guides. Stay locked in to Link Church's social media and website for more info!