

2023  
**PRAYER and FASTING**  
*Guide*



# 2023 PRAYER and FASTING *Guide*

We are so excited that you are joining us for 21 days of prayer and fasting! We hope this guide will help make it simple for you to participate. We believe that God is going to work in wonderful ways in your life throughout this season of prayer and fasting!

For each of the 21 days, we have provided daily prayer topics, scripture references, prayer examples, and family activities. We hope you will use all of the resources provided to grow closer to the Lord during this special time!

**Daily Prayer Topics:** Along with praying for your personal needs and petitions, we hope you will join us in corporate prayer for specific needs in our world, country, communities, churches, and homes.

**Scripture References:** We hope the provided scripture references will help you to dig into God's Word during this season of prayer and fasting. We challenge you to not only read the scripture reference but study the whole chapter or research the background context for the scripture. This is a great opportunity to take your Bible study a little deeper!

**Prayer Examples:** The provided prayer examples are simply a way for everyone participating in this time of prayer and fasting to join together as one and be in agreement with their requests to God. The provided prayer is just a start, but we hope you continue to share your heart with God in prayer as you talk with Him about your personal needs and desires as well!

**Family Moment and Kid's Corner:** We have provided activities and/or discussion prompts to help families come together and share during this time of prayer and fasting. If you have small children who may not be able to contribute to the discussion or participate in the family moment activity, a themed coloring activity has been provided!

The entire Rock Spring Church staff is praying ahead of you in this wonderful season, and we believe that God is going to do many amazing things in each and every life. Thank you for participating with us!

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**January 8 - God's Will**

Scripture: Psalm 25:4-5

*Show me the right path, O Lord; point out the road for me to follow. Lead me by your truth and teach me, for you are the God who saves me. All day long I put my hope in you.*

Prayer:

Thank You, Lord, for Your constant goodness in my life! You never cease to guide me in the right direction and Your plans are always perfect. Help me to surrender my plans to Yours each and every day. May I rest in Your truth above my own understanding and allow You to teach me all that I need in my life. I pray for the year ahead that You will go before me and be in complete control of every circumstance. I submit to Your plans for my year and I give all my hopes, dreams, and goals to You. Thank You in advance for all that You are going to do. In Jesus' name, Amen!

Family Moment:

Talk as a family about your goals for 2023. What do you hope to accomplish? How can God lead your life this year?

Kid's Corner:



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**January 9 - Repentance and Surrender**

Scripture: Acts 3:19-20

*Now repent of your sins and turn to God, so that your sins may be wiped away. Then times of refreshment will come from the presence of the Lord, and he will again send you Jesus, your appointed Messiah.*

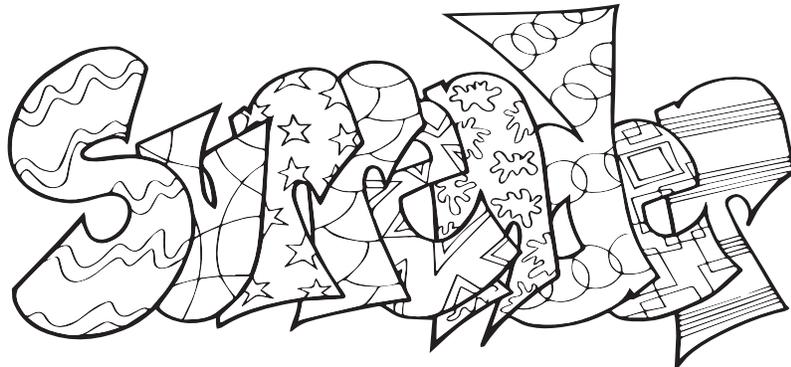
Prayer:

Lord, I am so grateful for Your renewed mercies every morning! You are compassionate and gracious, slow to anger, and abounding in love! Because of Jesus, my sins are removed as far as the east is from the west. May I never take for granted Your goodness or grow slack in expressing gratitude for the ultimate gift of Your Son on the Cross. Lord, I repent of any selfish actions or times when I've sought to build my own kingdom instead of Yours. I repent from depending on my own strengths. I surrender my life to You today to use and guide according to Your Will. Thank You for the times of refreshing that come from Your presence. In Jesus' name, Amen!

Family Moment:

Discuss ways in which we build our own kingdoms instead of building God's kingdom. Talk about the types of sins, such as selfishness, that can often be overlooked and unconfessed.

Kid's Corner:



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**January 10 - Revival in Our Country**

Scripture: 2 Chronicles 7:14

*Then if my people who are called by my name will humble themselves and pray and seek my face and turn from their wicked ways, I will hear from heaven and will forgive their sins and restore their land.*

Prayer:

Lord, You know our hearts. We long for revival for our world, our nation, our community, and our church. But God, let it begin in me. Revive my spirit. Do a mighty work in my heart. For I know that if my world is going to change, it must start with me. Pour out Your Spirit on my heart and my home, and let it spread to Your people in America and the rest of the world. Create a desire in us to pray for more of Your Spirit and more of Your Power in our hearts, our homes, and our land. We truly believe that one touch from You can start a fire that will turn the world upside down. Your presence and power are what we need more than anything else. Start a fire today! Amen.

Family Moment:

Discuss as a family how you can have a revival in your home and be a part of a revival in your own church or community. What steps can you take? Who can you help or reach?

Kid's Corner:



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**January 11 - Community and Fellowship**

Scripture: Acts 2:44-47

*And all the believers met together in one place and shared everything they had. They sold their property and possessions and shared the money with those in need. They worshiped together at the Temple each day, met in homes for the Lord's Supper, and shared their meals with great joy and generosity - all the while praising God and enjoying the goodwill of all the people. And each day the Lord added to their fellowship those who were being saved.*

Prayer:

Heavenly Father, I thank You for the privilege of fellowship and community with You. You sent Jesus so I could be in right relationship with You! Help me to be a friend to others, to help those in my community, and be a light for You. I pray that Your children would be burdened for fellowship and community. I pray we come together in unity like never before. Give us generous hearts and help us to be an example of Your conditional love and joy. Help us to not let this world divide us, but instead, may we keep our eyes forever on eternity! In Jesus' precious name, Amen.

Family Moment:

What do true fellowship and community look like in today's world? How can Christians create more opportunities for building and promoting unity within their communities?

Kid's Corner:



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**January 12 - Grow in Faith**

Scripture: Colossians 1:9-10

*So we have not stopped praying for you since we first heard about you. We ask God to give you complete knowledge of his will and to give you spiritual wisdom and understanding. Then the way you live will always honor and please the Lord, and your lives will produce every kind of good fruit. All the while, you will grow as you learn to know God better and better.*

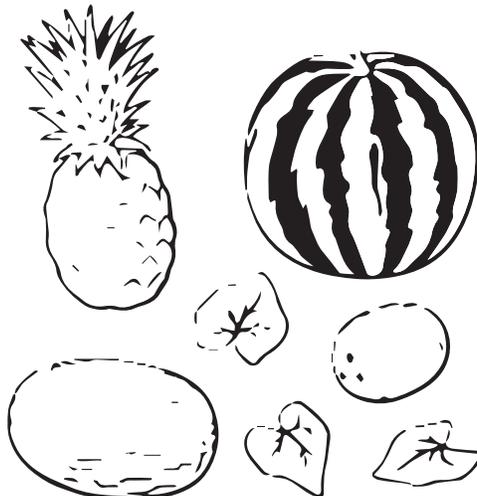
Prayer:

Lord, I thank You that I can know You and grow in a relationship with You. I long to have deep knowledge of who You are. I want my life to be pleasing to You above all else, and I want my life to produce good fruit for Your kingdom! Help me to know You more. As I dig into Your Word and spend time with You in prayer, I pray that You would reveal Yourself to me in new ways. As I grow in the knowledge of You, may my faith grow stronger than ever. May I develop a holy, divine confidence because of who You are and how You have called me. Help me to believe You for greatness each and every day! In the wonderful name of Jesus, Amen!

Family Moment:

Just as there are a lot of different types of fruit, what are the different "fruits" we can produce with our lives when we grow in our faith?

Kid's Corner:



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**January 13 - Freedom from Addiction and Depression**

Scripture: Hebrews 4:15-16

*This High Priest of ours understands our weaknesses, for he faced all of the same testings we do, yet he did not sin. So let us come boldly to the throne of our gracious God. There we will receive his mercy, and we will find grace to help us when we need it most.*

Prayer:

Dear Lord, I thank You for knowing, understanding, and caring for everything we struggle with in our lives. You know our weaknesses and have compassion for us. Help us to boldly come before You to lay our every struggle at Your feet. I pray for those who are bound by addiction and depression. I pray that You wrap Your comforting arms around them and give them hope for freedom through Your strength. I pray You will give people the strength to throw off the chains that weigh them down and prompt me to help those who are struggling. I thank You in advance for the grace and mercy You have given and will continue giving. You are so good! In Jesus' name, Amen.

Family Moment:

Addiction doesn't only pertain to drug usage. People can be addicted to all kinds of things. What is something in our lives that we may be addicted to but don't realize the hold it has on us? Or discuss ways in which your family can help those who suffer from depression.

Kid's Corner:



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**January 14 - Loss and Grief**

Scripture: 2 Corinthians 1:3-4

*All praise to God, the Father of our Lord Jesus Christ. God is our merciful Father and the source of all comfort. He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us.*

Prayer:

Heavenly Father, thank You for being the God of all comfort. You not only know our deepest troubles and grief but You are concerned for us and long to be our source of comfort. I pray that You would be with those who are grieving and those who have experienced great loss. May You wrap Your arms around them and give them peace that surpasses all understanding. Help me to be a source of comfort for others as well. Use me to help those who are grieving. Please go ahead of us and guide us into Your perfect will. In Jesus' name, Amen.

Family Moment:

Make a list of people who you know who have suffered loss or who may be grieving. Discuss how your family can be a source of comfort in their difficult time. In what ways have you been comforted by God and others that have helped you?

Kid's Corner:



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**January 15 - Military and First Responders**

Scripture: Psalm 91:14-16

*The Lord says, "I will rescue those who love me. I will protect those who trust in my name. When they call on me, I will answer; I will be with them in trouble. I will rescue and honor them. I will reward them with a long life and give them my salvation."*

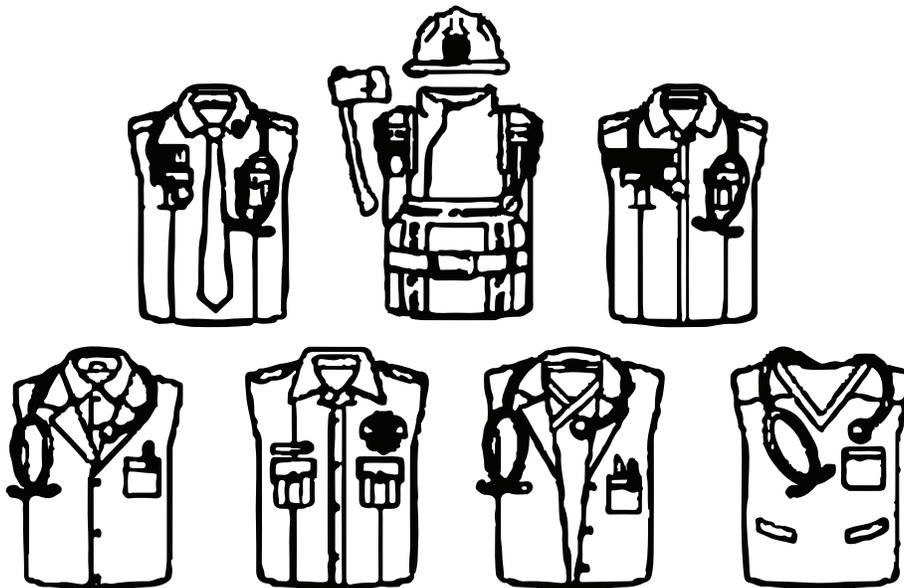
Prayer:

Lord, I thank You for the brave men and women who defend our country and for the brave first responders who serve our communities daily to help protect every individual from harm. I pray a special blessing over every individual and their family. I pray they would call on You and trust You above all else for protection over them as they give their lives to protect others. Keep them close and keep them from evil. Deliver them from harm and enlarge their coast. Give them sound minds and divine wisdom in every circumstance. Lead them and guide them in all they do. In Jesus' precious name, Amen.

Family Moment:

Make a list of all the wonderful things our military and first responders do for us each day that we may not even see or know about. Discuss ways your family can be a blessing to active military and first responders.

Kid's Corner:



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**January 16 - Trust Him with Health**

Scripture: Jeremiah 30:17

*I will give you back your health and heal your wounds," says the Lord. "For you are called an outcast– 'Jerusalem for whom no one cares.'"*

Prayer:

Dear Heavenly Father, I thank You for life. I know that every breath I breathe comes from You alone. You are the source of any ability I have in my body. Thank You for how good You have been to me and how You have kept Your good hand upon me. Even when difficult times come or health scares arise, You are in control. You are the ultimate physician! I trust You with my health, and I look to You for healing. I know that You care deeply for me and have great plans for my life. I pray Your hand of blessings over others as well. Please touch those who need healing. Calm their fears in the face of illness. Help them to feel Your presence and surrender to Your peace. In Jesus' name, Amen.

Family Moment:

Discuss as a family all the cool and unique ways God keeps our bodies functioning every day. Maybe research unique facts about the human body. What are you able to do that you don't thank God for enough?

Kid's Corner:



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**January 17 - Hopes and Dreams**

Scripture: Philippians 2:13

*For God is working in you, giving you the desire and the power to do what pleases him.*

Prayer:

God, I thank You for caring about my hopes and dreams. Thank You for giving me the ability to desire good things. I pray more than anything that I would desire Your plans for my life above my own. I want the desires of my heart and the dreams in my life to align with Your Will for me. Help me to have kingdom-focused goals and God-sized dreams. I believe that You are capable of doing anything in and with my life, and I trust You completely. I pray for others who may be discouraged. Would you put God-sized dreams in their hearts and lift their faith? I pray Your children would trust You for great things and believe You to do more than we could ever imagine! In the mighty name of Jesus, Amen.

Family Moment:

Each family member make a list of their hopes and dreams. Go around to each person and share. Discuss how your hopes and dreams align with what God wants.

Kid's Corner:



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## January 18 - Reconciliation and Restoration

Scripture: Ephesians 4:30-32

*And do not bring sorrow to God's Holy Spirit by the way you live. Remember, he has identified you as his own, guaranteeing that you will be saved on the day of redemption. Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.*

Prayer:

Father, I am so thankful that You are the God of restoration and reconciliation. You gave Your son as a sacrifice on the Cross to pay our sin debt. You loved us so much that You sent Jesus as our Savior to restore us to a right relationship with You and reconcile us back to You! I pray that You would help us to remember all that You have done for us so that we may do the same thing for others. Bring restoration and reconciliation to relationships. I pray for marriages, families, friends, coworkers, churches, and everything in between. May our relationships reflect how much You care for people. Help us to forgive, show grace, and have compassion for others. Bring healing to relationships in a mighty way. In the name of Jesus, our Savior, Amen.

Family Moment:

Look up the words restoration and reconciliation. Discuss what relationships look like when they experience restoration and reconciliation. Are there any relationships you have or know of that need restoration and reconciliation?

Kid's Corner:



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**January 19 - Worship**

Scripture: Psalm 86:9-10

*All the nations you made will come and bow before you, Lord; they will praise your holy name. For you are great and perform wonderful deeds. You alone are God.*

Prayer:

Heavenly Father, You are so worthy of all our worship! You alone deserve all glory, honor, and praise! There is no one like You. There is no love like Yours. No one else can save and provide the way You can. I want to see You high and lifted up above all else in my life. I want You to forever sit on the throne of my heart. I pray that I would live each day with a heavenly gaze with the desire that everything I do will be an act of worship toward You. Help me to worship You with my time, talent, and treasure. I pray that I will see every situation as an opportunity for worship! In Jesus' precious name, Amen.

Family Moment:

Ask each member of the family what is their favorite worship song and why? How do you like to worship most? Discuss ways Christians can worship that may not be as common as singing praise.

Kid's Corner:



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**January 20 - Holy Spirit Presence**

Scripture: Ephesians 3:16-17

*I pray that from his glorious, unlimited resources he will empower you with inner strength through his Spirit. Then Christ will make his home in your hearts as you trust in him. Your roots will grow down into God's love and keep you strong.*

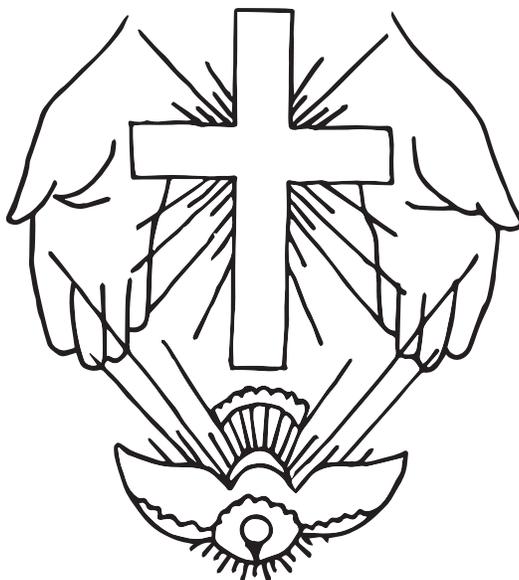
Prayer:

Lord, I thank You for the gift of the Holy Spirit living within me. Thank You for sending us the ultimate Helper in times of need. I pray that I would be consciously aware each day of Your presence within me and that I would allow the Holy Spirit to lead, guide, and direct my every step. Help me to grow in my relationship with the Holy Spirit daily. Show me the areas where I need to be emptied of myself so that I may experience a fresh filling of His power every morning. I love You and am grateful for Your love for me! In Jesus' name, Amen.

Family Moment:

Discuss all the different attributes of the Holy Spirit. Share about how the Holy Spirit has worked in your own life, and what you can do to rely on Him more each day.

Kid's Corner:



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**January 21 - Courage to Witness**

Scripture: Acts 1:8

*"But you will receive power when the Holy Spirit comes upon you. And you will be my witnesses, telling people about me everywhere—in Jerusalem, throughout Judea, in Samaria, and to the ends of the earth."*

Prayer:

Lord, I thank You for the power of the Holy Spirit living within me and giving me strength for each day. I'm so thankful that You created me with a unique purpose and want to use me for Your kingdom. Thank You for trusting me with the great responsibility of sharing the Gospel with others. I pray that You would give me a heavenly perspective each day and burden my heart for those who don't know You. Give me the courage to speak Truth in all circumstances and to lead others to Christ. May it be by Your great strength and for Your glory that I am able to share the Gospel with others each day. In the saving name of Jesus, Amen.

Family Moment:

Share about the difficulty or even fear that may be felt when it comes to witnessing. Brainstorm ways you all could overcome the fear and practice different ways to share the Gospel with others.

Kid's Corner:



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**January 22 - Forgiveness**

Scripture: Matthew 18:21-22

*Then Peter came to him and asked, "Lord, how often should I forgive someone who sins against me? Seven times?" "No, not seven times," Jesus replied, "but seventy times seven!"*

Prayer:

Heavenly Father, I am so thankful for the forgiveness that You freely give to me. I am sinful and do not deserve Your grace, love, or forgiveness, but You are so good and so loving. I know that my sins are forgiven and I have the hope of eternity because of Jesus Christ dying on the Cross for me. I pray that I freely offer forgiveness to others just as You have to me. Help me to truly forgive in word, deed, and heart. Help me to be gracious with forgiveness. May I always remember that I do not deserve forgiveness and I should give it freely to others regardless of what they deserve. Help me to be more like You each day. In Jesus' name, Amen.

Family Moment:

Discuss as a family: Why can it be difficult to forgive? Is it more difficult to forgive certain people? If so, who? How do you feel when you've been forgiven?

Kid's Corner:



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**January 23 - Family Unity**

Scripture: Colossians 3:14-15

*Above all, clothe yourselves with love, which binds us all together in perfect harmony. And let the peace that comes from Christ rule in your hearts. For as members of one body you are called to live in peace. And always be thankful.*

Prayer:

Dear God, I thank You for family. Just as You are a loving father, You give us family and desire for us to have earthly relationships and experience the love of family. You set the perfect example for a loving family because You love Your children perfectly. I pray that You would help us to love our families well. Please bring unity to families and help us to live and serve You as one. Bring peace, strength, and stability to our homes. Bind us together and bring harmony as only You can. Help us to lay aside differences and lead with love. Let no matter come between loving one another. In Jesus' precious name, Amen.

Family Moment:

Share encouragement and compliments with one another. Discuss as a family ways in which you can all be more unified.

Kid's Corner:



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**January 24 - Perseverance**

Scripture: Galatians 6:9

*So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up.*

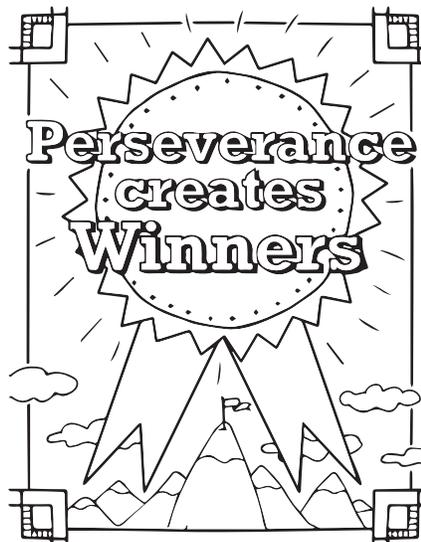
Prayer:

Lord, I'm so thankful that You are my strength in all circumstances. This world can leave me so low and weary, but You never fail to carry me and sustain me. Help me to not grow weary in doing good. I don't want to burn out in serving You and loving others. Help me to persevere through the draining seasons and to keep my eyes firmly fixed on You. Help me to run my race with endurance and protect me from the enemy's attacks. With every attempt Satan makes to tear me down, please provide more of Your power, provision, and protection. As I surrender to You daily, fill me with divine strength to push through difficulty and finished faithfully. I pray for others who are weary. May they feel Your presence now and decide to persevere. In Jesus' name, Amen.

Family Moment:

Make a list of what often makes people tired of doing good. Write words of encouragement on sticky notes and place them around the house to help everyone persevere.

Kid's Corner:



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**January 25 - Encourage One Another**

Scripture: 1 Thessalonians 5:11

*So encourage each other and build each other up, just as you are already doing.*

Prayer:

Heavenly Father, I am so thankful for Your love, support, and encouragement. Your Word is full of blessings, promises, and encouragement for those who love You. I don't have to worry or guess what You think of me. You call me chosen, redeemed, loved, and Your child! In light of the encouragement you give, I pray that You would help me to be an encouragement to others. I pray You will show me those who need a lift in their spirit and need to be reminded of Truth. Help me to see others the way You see them. Give me opportunities to speak life into people and encourage them to seek You and strive to achieve all You have created them to do. Everyone needs encouragement, so help me to give as You give and see as You see! In Jesus' name, Amen.

Family Moment:

Take turns sharing words of encouragement with one another. Make a list of three ways you can offer encouragement and list three people you can encourage this week.

Kid's Corner:



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**January 26 - Spiritual Warfare**

Scripture: 2 Corinthians 10:3-5

*We are human, but we don't wage war as humans do. We use God's mighty weapons, not worldly weapons, to knock down the strongholds of human reasoning and to destroy false arguments. We destroy every proud obstacle that keeps people from knowing God. We capture their rebellious thoughts and teach them to obey Christ.*

Prayer:

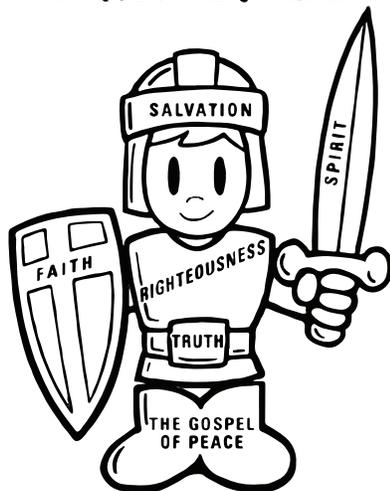
Lord, I thank You for the mighty protection from the enemy that You provide for us. I'm so glad to know that You will fight for me and all I have to do is stay still. I pray for Your children who face spiritual warfare every day. I pray we would all be quick to remember that we have Your mighty weapons. May we wear the belt of Truth and remember Whose we are. Give us peace that only comes from You. Help us to take up and carry our shield of faith. We are no match for the enemy, but You are! I pray that we walk in confidence knowing that we are more than conquerors with You! In Jesus' name, Amen.

Family Moment:

Read Ephesians 6:13-17 as a family. Discuss the different pieces of the armor of God and how you think they help you daily.

Kid's Corner:

**Armor of God**



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**January 27 - God's Word**

Scripture: 2 Timothy 3:16-17

*All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right. God uses it to prepare and equip his people to do every good work.*

Prayer:

Lord, I am so thankful for how You have given us Your Word. You have provided everything we need in life through Your Word. I pray that You will help us to read and study Your Word for divine wisdom and understanding for everything we face in life. Teach us Truth and hide it in our hearts so that we may become more like You. Help us to realize shortcomings in our lives and seek Your direction in how we should serve You. Prepare and equip us to do Your will and walk confidently in the calling You have placed on our lives. We want to know You, and I'm so thankful we can because You have given us Your perfect, unchanging Word. In Jesus' name, Amen.

Family Moment:

Everyone can share their favorite Bible verse or Bible story and tell why it is their favorite.

Kid's Corner:



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**January 28 - Gratitude**

Scripture: 1 Thessalonians 5:18

*Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus.*

Prayer:

Heavenly Father, I am so thankful for You! I know that everything I have in life and anything good in me comes from You alone. From the breath in my lungs to every blessing in my life, I'm grateful that it all first passed through Your generous hands. I pray for eyes to see every circumstance as an opportunity to be grateful. I pray that I am more diligent in showing gratitude for the little things in life. Help me to show gratitude to not only You but to others in my life. I pray that gratitude becomes contagious and others are encouraged and blessed because of the appreciation shown for them and all that is around them. Thank You for being a perfect Father. Thank You in advance for all that You are going to do! In the precious name of Jesus, Amen!

Family Moment:

Make a list of ten things you are grateful for now. Make a separate list of at least three things you want to be more grateful for in the year to come.

Kid's Corner:

