

THE LORD'S PRAYER

*21-Day Prayer and Fasting
Devotional Guide*



Pray then like this:

*“Our Father in heaven,
hallowed be your name.
Your kingdom come,
your will be done,
on earth as it is in heaven.
Give us this day our daily bread,
and forgive us our debts,
as we also have forgiven our debtors.
And lead us not into temptation,
but deliver us from evil.”*

MATTHEW 6:9-13

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INTRODUCTION

In the Spring of this year, we will enter into a much anticipated season of fresh vision and direction for the mission of God at Resonate Church. And though we cannot wait for you to be introduced to what we believe God has in store for us, we are convinced that *fruitfulness in our missional efforts will not be experienced apart from a renewed commitment to seeking and depending on God through the “ancient paths” of prayer and fasting.*

With that in mind, the purpose of this guide is to help prepare and equip everyone at Resonate Church, regardless of where you are in your journey of faith, to engage in 21 days of prayer and fasting together.

Whether you are familiar and experienced with the spiritual disciplines of prayer and fasting or will be engaging in these things for the first time, we encourage you to read through the introductory sections of this guide, preceding the daily devotionals, prayerfully consider how you would like to participate, and, in faith, jump in and join us!

One final thing, *we strongly encourage you to sign up for the fast.* (On the website listed below.) By doing so, our staff can be praying for you as you fast, and, through a daily email, we can encourage you throughout the 21 days!

Edward Paz
Mobilization Pastor
January 2025
www.resonatemovement.org/fast

WHY PRAYER AND FASTING?

Why, exactly, are we praying and fasting together as a church? Why are we setting aside 21 days, from *Monday, February 3 through Sunday, February 23*, to abstain from certain types of foods and comforts? Our two specific purposes are:

PURPOSE #1 - PERSONAL PURSUIT OF CHRIST

The first purpose of these 21 days is to intentionally *pursue renewed intimacy and fellowship with Jesus Christ* through meaningful times of private and corporate prayer.

Jesus makes it clear in John 15:5—“I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing.”

By withholding from certain types of foods and removing distractions, it is our prayer that, through these 21 days of prayer and fasting, you experience, in fresh ways, the supernatural joy, peace, and fulfillment that comes from abiding in Jesus.

PURPOSE #2 - CORPORATE PREPARATION FOR MISSION

On the weekend of Sunday, February 23, we will start a brand-new teaching series entitled *Seek First*.

In addition to this series being a verse-by-verse study through Matthew 6:25-34, during this series, we will also be introduced to fresh vision for our church as well begin a 2-year discipleship journey that we will go through together as a church family!

With that in mind, the second purpose of these 21 days is to *prepare our hearts* for the mission that God has in store for us. As we pray and fast, it is our hope that God readies us to surrender our lives to him in fresh ways and engage with the mission of God, both locally and globally, in ways we never have before.

For more information on what the Scriptures have to say about fasting and to sign up for our fast, visit www.resonatemovement.org/fast.

HOW DO I FAST?

First, as a disclaimer, be sure to, if necessary, get your doctor or physician's clearance for whatever fast you decide to do.

Also, if you have a history of eating disorders or if fasting is a negative trigger for you, we would encourage you to abstain from something other than food that you really enjoy (social media, television, a certain drink, or an activity.) If you can healthily fast from food, we encourage you to practice this discipline.

With those things in mind, there are four types of fasts that we recommend that you prayerfully consider participating in:

FAST #1 - 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/Netflix 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. Other suggestions for the soul fast include fasting from **drinking coffee, shopping, drinking alcohol, playing video games, or any other comfort or vice that the Holy Spirit might be calling you to sacrifice** over the course of the 21 days.

FAST #2 - SELECTIVE FAST

This type of fast involves removing specific foods from your diet. One example of a selective fast is the Daniel Fast, which is also known as a Vegan diet, during which you remove meat, sweets, and bread from your diet and consume water and juice for fluids and fruits and vegetables for food. In the selective fast you can also remove just one of a specific type of food. You can remove strictly meats, strictly sweets, or strictly breads. **The whole point of the selective fast is to abstain from the specific type of food that the Holy Spirit convicts you to remove for the duration of the fast.**

HOW DO I FAST?

FAST #3 - 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.** These days, this type of fast is also commonly referred today as “intermittent fasting.” Though you are not eating any foods during the time period you choose, in this fast, we do strongly recommend you drink plenty of water or juice during the hours you aren’t consuming food.

FAST #4 - COMPLETE FAST

In this type of fast, you drink **only liquids, typically water with light juices as an option.** With this fast you can also chose to include liquid only soups such as chicken broth, tomato and lobster bisque, and miso soup!

FOUR ENCOURAGEMENTS

ENCOURAGEMENT #1 - PRAY ABOUT IT.

Prayerfully consider what type of fast the Holy Spirit would lead you to do. Don't make an impulsive decision. Don't just do what a friend or family member is doing. Ask God for direction. If He leads to you alter or combine the types of fasts described, feel free to do that as well. This is not a competition. This is not about doing the most extreme thing so you can get God's attention. This is not about losing weight. This is about responding to the Holy Spirit's leading with joyful submission because God is worthy of our obedience!

ENCOURAGEMENT #2 - WHEN HUNGRY, PRAY.

When you are feeling hunger pains or desiring to indulge in the food, comfort, or gift from God you've decided to fast, **allow that to be a physical indicator that it is time to take the spiritual posture of humility and dependence upon God in prayer.** If you are fasting at a certain time of the day, replace the times when you would regularly eat with engaging with this prayer guide, reading the Word, and prayer. Jesus is the Bread of Life. Jesus is the living water! When the physical impact of fasting becomes overwhelming, feast on Jesus. Talk to Him. Depend on Him. Cry out to Him. He will satisfy!

ENCOURAGEMENT #2 - FAST WITH FRIENDS.

Don't do this alone. Let's join one another on this 21-day journey. For encouragement. For accountability. For partnership in prayer. Commit to a specific family member or friend to engage and enjoy this fast with.

ENCOURAGEMENT #4 - FINISH WELL.

If for some reason, you break the fast, forget to fast, or accidentally or purposely eat something you committed not to, don't freak out! Don't condemn yourself. Don't throw in the towel and quit the fast. Don't believe the lie that every prayer you prayed is now somehow null and void. Instead, **praise God for His grace and mercy, and continue your fast and see it through to the end.** God is worthy!

HOW TO USE THIS GUIDE

STEP #1 - THINK THROUGH AND WRITE OUT A PLAN

After prayerfully considering what type of fast you are going to engage with, fill out your personal prayer and fasting plan (an example can be found on the next page) so that you have increased clarity behind the “Why?” and “How?” of your fast.

STEP #2 - READ THE DAILY DEVOTIONAL

Each day, encourage your heart by reading through the brief, daily devotional designed to help you more deeply understand a specific section of the Lord’s Prayer.

STEP #3 - PRAY THROUGH THE PRAYER PROMPTS

Read the prayer prompts and use them as a springboard for a meaningful, honest time of prayer with your Heavenly Father. In addition to speaking to God through your prayers, we encourage you to also create space to listen for God’s response to the prayers you’ve prayed.

PRAYER AND FASTING PLAN (EXAMPLE)

MISSION

(Write a brief sentence that summarizes why you're praying and fasting.)

The purpose of my fast is to re-establish seeking Jesus as my #1 priority.

MANDATE

(Write out the one or more "anchor" scriptures that are motivating your fast.)

Matthew 6:33. Colossians 3:2. Hebrews 13:5

METHOD

(Which fast will you participate in? What specific foods and gifts from God will you fast?)

Daniel Fast. Sweets. Sodas. Shopping. Netflix.

(What Scriptures will you commit to reading over the next 21 days?)

The Book of Matthew

(Which family members and/or friends will you do this fast alongside?)

Rebekah Paz. Christopher Stites. Spencer Romero.

MIRACLES

(Write 3-4 supernatural miracles that you will be praying for God to perform through your fast.)

1. Breakthrough in prayer life with my wife.
2. Powerful encounters with God this semester in the School of Ministry.
3. Supernatural health and healing for the marriages of my friends.
4. Renewed sense of commitment and energy to stewarding my physical health.

YOUR PRAYER AND FASTING PLAN

MISSION

(Write a brief sentence that summarizes why you're praying and fasting.)

MANDATE

(Write out the one or two "anchor" scriptures that are motivating your fast.)

METHOD

(Which fast will you participate in? What specific foods and gifts from God will you fast?)

(What Scriptures will you commit to reading over the next 21 days?)

(Which family members and/or friends will you do this fast alongside?)

MIRACLES

(Write 3-4 supernatural miracles that you will be praying for God to perform through your fast.)

**DAILY DEVOTIONALS
AND PRAYER PROMPTS**

Day One: Monday, February 3, 2025

YOUR MOTIVE

And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward.

Matthew 6:16

"...a person must take heed that no spirit of self-display creeps in, no craving for human applause, which divides the heart and prevents it from being pure and candid for acquiring knowledge of God."

St. Augustine

As we begin our 21 days of prayer and fasting together as a church family, it would be irresponsible of us to not invest some time examining the motives within our hearts for why we are praying and fasting in the first place.

Jesus doesn't say much about fasting during his earthly ministry, but he does, very clearly, say this: **Do not fast to be seen by others.** Do not fast for the praise, respect, acknowledgement, or attention that you might receive by practicing this spiritual discipline.

But a clear distinction must be made here. Jesus is not condemning being seen fasting. (People finding out you are fasting is likely to happen.) Instead, Jesus is condemning *wanting* to be seen fasting. Jesus is condemning practicing acts of righteousness, primarily, so that other men and women can perceive you as being righteous.

Consider for a moment your motivations for joining us in this days of prayer and fasting. Why are you doing this? What is your goal? Who is your audience?

One final word. Jesus doesn't only discourage the motive of wanting to be seen by others, he also warns us of the result...

If being seen is your goal, being seen will be your reward.

Prayer Prompts

Confess any self-serving or self-righteous motives you have for engaging in these 21 days of fasting and prayer. Ask God to give you sober judgement and self-awareness of your motives. Ask God to purify your heart. Ask God to exchange your selfish motives for God-glorifying motives. Ask God for the motive of worship, obedience, self-control, self-discipline, consecration, and desiring to more passionately seek Jesus.

Day Two: Tuesday, February 4, 2025

GOD'S REWARD

But when you fast, anoint your head and wash your face, that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you.

Matthew 6:17-18

Doing right "just because it is right" is not the Christian ideal. Doing right to enlarge our delight in God is...So for the sake of your own soul, and in response to Jesus, and for the advancement of God's supremacy in all things for the joy of all peoples, comb your hair, and wash your face, and let the Father who sees in secret observe how hungry you are for Him with fasting. The Father who sees in secret is brimming with rewards for your joy and for his glory.

John Piper

The idea of being rewarded for prayer and fasting makes many followers of Jesus uncomfortable. **We tend to think that being aware of the possibility of reward diminishes the purity of our pursuit.** This couldn't be further from the truth.

Jesus tells us that he rewards fasting because he *wants* us to know. In the same way that Jesus tells his disciples that our Heavenly Father rewards giving and prayer (Matthew 6:3-6), fasting, when practiced to be seen by God, is also rewarded by God. We should take great delight in this glorious reality.

The "rewards" of fasting that I've experienced over the years have included having my prayers answered, hearing the voice of the Lord, seeing people saved, receiving financial provision, and experiencing breakthrough in various areas of my life.

But, as nice as those rewards have been, the greatest reward that I've received every time I've fasted and prayed has been more of Jesus. More of the love of Jesus. More of the joy of Jesus. More of the peace of Jesus. More of the grace of Jesus. More of the sufficiency of Jesus. More of the voice of Jesus. More of the comfort of Jesus. More of the presence of Jesus.

Less of the world. More of Jesus. This is God's great reward of fasting.

Prayer Prompts

Express to your Heavenly Father the rewards you wish to experience through these days of prayer and fasting. Ask God give you a spirit of expectation for the rewards he desires to pour out into your life. Ask God to reward you with more of himself. Ask God to reward you with a supernatural understanding of the greatness and sufficiency of Christ.

Day Three: Wednesday, February 5, 2025

A PRESCRIBED PATTERN FOR PRAYER

Pray then like this: "Our Father in heaven, hallowed be your name. Your kingdom come, your will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from evil.

Matthew 6:9-13

The Lord's prayer is given us as a directory for prayer, a pattern and an example, by which we are to regulate our petitions, and make other prayers.

Thomas Brooks

There are many things Jesus didn't teach his disciples how to do. He didn't teach his disciples how to preach. He didn't teach his disciples how to raise their children. He didn't teach his disciples how to spend their money. He didn't teach his disciples how to exercise. But, **Jesus did teach his disciples how to pray**, and because he did, as followers of Jesus, we should pay close attention.

Prayer no longer has to be a mystery we solve or a formula to figure out. Instead, it can be the way to engage with God that has graciously been pre-determined from the beginning of time.

The problem is, because many of us are so familiar with the words of the Lord's Prayer, the significance, depth, and meaning of the words is lost on us. We're familiar with the pattern, but we are unfamiliar with the pattern's *power*. **The words of the Lord's Prayer have become white noise we dismiss rather than present beauty we enjoy.**

The goal in the days ahead, then, is to not only rediscover the meaning behind Christ's prescribed pattern for prayer but it is also to practice and experience the joy, fulfillment, and intimacy that comes from praying the way Christ intended. What an opportunity!

Prayer Prompts

Express praise and thanksgiving to God for making it clear to his followers how we ought to pray. Ask God to give you fresh revelation and understanding into the depth of meaning and power found in the components of the Lord's Prayer. Ask God to give you the humility to pray in the way he taught us to pray. Ask God to refresh your passion for prayer in such a way that, after our corporate fast has concluded, your prayer life is forever changed.

Day Four: Thursday, February 6, 2025

MORE THAN PRIVATE PRAYER

Pray then like this: "Our Father in heaven, hallowed be your name. Your kingdom come, your will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from evil.

Matthew 6:9-13

"...the word 'our' shows that this is a corporate prayer. It reminds us that we are not praying alone. We are praying with and for each other. Beyond community solidarity, the 'our' reveals to us the often overlooked (or taken for granted) reality that God is ours — not, of course, in the sense that we own or possess him, but in the sense that we are in a relationship with him"

Douglas Sean O'Donnell

There is not a single personal pronoun in the Lord's Prayer. Instead, the words 'our' and 'us' are used throughout. What impact should this have on how we pray?

Firstly, it is important for us to remember, as believers in Jesus Christ, we not only have a personal relationship with God, but we also have a corporate identity as brothers and sisters in a family. When we come to God in prayer, then, it is important that we acknowledge that we are joining millions of people around the world, in God's global family, who seek the Lord through prayer. It must not be lost on us, **our faith in Jesus Christ is radically communal just as much as it is greatly personal.**

Secondly, when we pray, in addition to being aware that we are a part of a larger community, the use of the word "our" is prescribed to also remind us that the God to whom we are praying is a God that we are in *relationship* with. **We do not pray to a distant, uninterested, inaccessible celestial being who we hope knows us and hears us.** Instead, we pray to "Our Father," and it is this personal relationship with God that should greatly impact the comfort and confidence that we experience when we pray.

Prayer Prompts

Express your gratitude and thanksgiving for the global Body of Christ. Talk to God about how thankful you are to be a part of a multi-ethnic, multi-generational, and international family of God. Pray for a renewed passion for prayer for all Christians worldwide. Thank God for the relationship you have with him. Ask that your prayers would be shaped by a relationship with God you already possess rather than a relationship you're trying to earn.

Day Five: Friday, February 7, 2025

HOW TO RELATE TO GOD IN PRAYER

*Pray then like this: "Our **Father** in heaven, hallowed be your name. Your kingdom come, your will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from evil.*

Matthew 6:9-13

Implant in our hearts the comforting trust in your fatherly love.

John Calvin

We are not encouraged to address God as our Savior, Judge, Defender, Provider, or even our Lord. Instead we are directed to acknowledge and relate to God, in prayer, primarily, as our *Father*.

Though we all have different experiences with our earthly fathers, we need to know this: **God is the perfect Heavenly Father who can be for us what no earthly father ever could be.** If you grew up with a great father, your Heavenly Father wants to pour out an even greater love. If you grew up with a father who was absent and didn't provide what you needed, your Heavenly Father wants to redeem what you missed out on with his perfect love.

Full of compassion. Full of mercy. Full of strength. Full of discipline. Full of provision. Full of safety. Full of protection. Full of wisdom. Full of power. This is the nature of our perfect Heavenly Father.

Like the father in the story of the Prodigal Son in Luke 15, our Heavenly Father is waiting for us to pursue him. And when we do pursue him, he will "run" out to meet us with his enthusiastic welcome and warm embrace. And after he we feel the acceptance of his loving arms, he longs to lavish us with his greatest gifts and best blessings!

Now, **talk to your Heavenly Father as the loved, cherished, chosen, and valued child that you are.** He's longing to hear from you.

Prayer Prompts

Thank God for adopting you into his family through your faith in Jesus Christ. Praise God for being the Heavenly Father your earthly father never could be. Ask God to heal the wounds your earthly father may have caused. Ask God for the strength, power, and compassion necessary to forgive your earthly father. Pray for a supernatural trust in God's father's heart toward you. Pray for a supernatural freedom to relate to God as your Heavenly Father.

Day Six: Saturday, February 8, 2025

HEAVENLY FATHER

*Pray then like this: "Our Father **in heaven**, hallowed be your name. Your kingdom come, your will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from evil.*

Matthew 6:9-13

Day Seven: Sunday, February 9, 2025

KEEP GOD'S NAME HOLY

*Pray then like this: "Our Father in heaven, **hallowed be your name**. Your kingdom come, your will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from evil.*

Matthew 6:9-13

Day Eight: Monday, February 10, 2025

ELOHIM

*Pray then like this: "Our Father in heaven, **hallowed be your name**. Your kingdom come, your will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from evil.*

Matthew 6:9-13

Day Nine: Tuesday, February 11, 2025

YAHWEH

*Pray then like this: "Our Father in heaven, **hallowed be your name**. Your kingdom come, your will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from evil.*

Matthew 6:9-13

Day Ten: Wednesday, February 12, 2025

ADONAI

*Pray then like this: "Our Father in heaven, **hallowed be your name**. Your kingdom come, your will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from evil.*

Matthew 6:9-13

Day Eleven: Thursday, February 13, 2025

THE KINGDOM OF GOD

*Pray then like this: "Our Father in heaven, hallowed be your name. **Your kingdom come**, your will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from evil.*

Matthew 6:9-13

Day Twelve: Friday, February 14, 2025

GOD'S WILL VS. YOUR WILL

*Pray then like this: "Our Father in heaven, hallowed be your name. Your kingdom come, **your will be done**, on earth as it is in heaven. Give us this day our daily bread, and forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from evil.*

Matthew 6:9-13

Day Thirteen: Saturday, February 15, 2025

HEAVEN ON EARTH

*Pray then like this: "Our Father in heaven, hallowed be your name. Your kingdom come, your will be done, **on earth as it is in heaven**. Give us this day our daily bread, and forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from evil.*

Matthew 6:9-13

Day Fourteen: Sunday, February 16, 2025

PHYSICAL NEEDS

*Pray then like this: "Our Father in heaven, hallowed be your name. Your kingdom come, your will be done, on earth as it is in heaven. **Give us this day our daily bread**, and forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from evil.*

Matthew 6:9-13

Day Fifteen: Monday, February 17, 2025

SPIRITUAL NEEDS

*Pray then like this: "Our Father in heaven, hallowed be your name. Your kingdom come, your will be done, on earth as it is in heaven. Give us this day our daily bread, and **forgive us our debts**, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from evil.*

Matthew 6:9-13

Day Sixteen: Tuesday, February 18, 2025

RELATIONAL NEEDS

*Pray then like this: "Our Father in heaven, hallowed be your name. Your kingdom come, your will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our debts, **as we also have forgiven our debtors.** And lead us not into temptation, but deliver us from evil.*

Matthew 6:9-13

Day Seventeen: Wednesday, February 19, 2025

THE TRUTH ABOUT TEMPTATION

*Pray then like this: "Our Father in heaven, hallowed be your name. Your kingdom come, your will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our debts, as we also have forgiven our debtors. **And lead us not into temptation, but deliver us from evil.***

Matthew 6:9-13

Day Eighteen: Thursday, February 20, 2025

THE NEED FOR DELIVERANCE

*Pray then like this: "Our Father in heaven, hallowed be your name. Your kingdom come, your will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, **but deliver us from evil.***

Matthew 6:9-13

Day Nineteen: Friday, February 21, 2025

BELIEVE

*And whatever you ask in prayer, you will receive, if you have faith.
Matthew 21:22*

Day Twenty: Saturday, February 22, 2025

PERSIST

And he said to them, "Which of you who has a friend will go to him at midnight and say to him, 'Friend, lend me three loaves, for a friend of mine has arrived on a journey, and I have nothing to set before him'; and he will answer from within, 'Do not bother me; the door is now shut, and my children are with me in bed. I cannot get up and give you anything'?"

I tell you, though he will not get up and give him anything because he is his friend, yet because of his impudence he will rise and give him whatever he needs. And I tell you, ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. For everyone who asks receives, and the one who seeks finds, and to the one who knocks it will be opened.

Luke 11:5-10

Day Twenty-One: Sunday, February 23, 2025

THE SPIRIT'S INTERCESSION

Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words. And he who searches hearts knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God.

Romans 8:26-27