



DAYS OF FASTING & PRAYER

JANUARY 9TH – 30TH, 2022



22 DAY DEVOTIONAL

CANVAS
CHURCH



HOW TO USE THIS BOOK

We don't have to follow a specific formula to talk with God, but practicing different ways to pray can help us find deeper purpose and connection to Him through our prayer time.

The goal of using this guide is not to add pressure or overwhelm you. The goal is simply to get comfortable with prayer and for your prayer life to become more natural, effective, and enjoyable. To make your prayer time even more meaningful, you can write notes and prayer requests and play worship music. The important step is committing to regularly entering God's presence through prayer.

The heart of this guide is to help you find a new level of purpose, effectiveness, and enjoyment in your prayer life. While prayer does take commitment and can require discipline to develop into a daily habit, we also want to remember that it's a "get to" not a "got to." It's a privilege to be able to come to God in prayer.

Over the next twenty-one days, we encourage you to read the scripture for each day, meditate on it, and let it speak to you. The Word of God is one of the most valuable tools we have to build a dynamic daily prayer life. It brings power, truth, and encouragement to our prayer time.

To help you get started, each scripture includes a written prayer for you to use as a way to begin your conversation with God. Throughout your prayer time, use the journal space at the bottom of the page to write down thoughts and ideas that you receive during your devotional time. Let God speak to you in a way that ONLY GOD can!

DAY 1

SCRIPTURE:

Come near to God and He will come near to you.

JAMES 4:8

PRAYER:

“Heavenly Father, You have promised that if I draw near to You, You will draw near to me. I need more of Your presence today, and I am drawing near to You through prayer, worship, and reading Your Word. I open my heart to You and ask You to be near to me and change me to be more like You.”

NOTES:

DAY 2

SCRIPTURE:

Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.

PSALM 139:23-24

PRAYER:

“Father God, I ask You to search my heart. If You find anything in me that is offensive, please show me and help me remove it from my life. Lead me to live a life that draws people to You. Help me live my life on earth in a way that impacts eternity.”

NOTES:

DAY 3

SCRIPTURE:

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.

MATTHEW 6:14-15

PRAYER:

"Lord, I have a confession to make. I haven't loved others well. I have resented certain people and have not forgiven them in my heart. God, I know that You have forgiven me for so much, and I need Your help to follow You and forgive others. In faith, I now forgive (name them). I also forgive and accept myself because You have made me new in the name of Jesus."

NOTES:

DAY 4

SCRIPTURE:

But seek first His Kingdom and His righteousness, and all these things will be given to you as well.

MATTHEW 6:33

PRAYER:

"Your Word tells me that if I seek first Your Kingdom and Your righteousness, You will lead me to a life of blessing, purpose, and freedom. I am Yours today, God, and I give this day to You. Help me to focus on Your priorities first, sharing Your love and making Your Name known. I know that by focusing on You rather than myself, I will receive joy and peace."

NOTES:

DAY 5

SCRIPTURE:

Humble yourselves before the Lord, and He will lift you up.

JAMES 4:10

PRAYER:

“God, You have promised that if I humble myself before You, You will lift me up. I recognize today that I cannot succeed on my own, and I need You in every moment. I humble myself before You, and I ask You to work in and through me today. My time, efforts, thoughts, and words are Yours today (name specific parts of your day and give them to God). Use me for Your purposes, Lord. I trust that You will be with me and lift me up.”

NOTES:

DAY 6

SCRIPTURE:

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

2 TIMOTHY 1:7

PRAYER:

“Father, I know You have not given me a spirit of fear or timidity, but one of power, love, and self-discipline. When my mind feels out of control, I pray that You will renew my spirit and let power, love, and self-discipline fill me. Help me to look more like You every day. I declare that anything that is not of You has to leave me in Jesus’ mighty Name. I proclaim that I do not have a spirit of fear, but I have a sound and healthy mind.”

NOTES:

DAY 7

SCRIPTURE:

And we know that in all things God works for the good of those who love Him, who have been called according to His purpose.

ROMANS 8:28

PRAYER:

“God, You promise me in Your Word that in all things You work for my good. Right now, there are circumstances in my life that don’t feel good and that I can’t see an ounce of good in (talk to God about the specific situations that are causing you difficulty or pain). Even though this is how I feel, I choose to believe Your truth over my feelings. When you say You will work in all things for my good, I believe You. Even in situations that seem hopeless, I know You are working on my behalf and that You want more for me than I could ever want for myself. Thank You for having a purpose for me and for working all my life circumstances for good.”

NOTES:

DAY 8

SCRIPTURE:

Trust in Him at all times, you people; pour out your hearts to Him, for God is our refuge.

PSALM 62:8

PRAYER:

“Father, in Your Word, You invite me to pour out my heart to You. You are my refuge, and I know that anything I think, feel, or do is ok to bring to You. Knowing that You are a safe place for me, I come to You and give You everything on my heart (talk to God about the specific things that are on your heart today). From what is worrying me to what is delighting me, what I hope for to what I’m afraid of, I bring it all to You because I know I can trust You. Help me and guide me in every area, in Jesus’ Name.”

NOTES:

DAY 9

SCRIPTURE:

The Lord will open the heavens, the storehouse of His bounty, to send rain on your land in season and to bless all the work of your hands.

DEUTERONOMY 28:12

PRAYER:

"Lord, I believe You have everything I need and You want to bless me. You tell me in Your Word that You will open the heavens to bless the work I do. I know that without You, I can do nothing. I ask that You will open the heavens and pour out Your blessings and power over me. I give my work and my efforts to You and I ask You for favor and blessing in anything my hands touch (surrender specific efforts to Him). May it be for Your glory alone so that others may see Your power and goodness at work."

NOTES:

DAY 10

SCRIPTURE:

For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

ROMANS 8:38-39

PRAYER:

“God, I am in awe of Your love for me. You are so great, and I am so small, yet You love me fully. I remind my soul today that nothing can separate me from Your love—I am so grateful! There is nothing I can do to win or lose Your love; You love me without condition. Because I know nothing on earth, in time or space, or anything in existence can separate me from Your love, I will live confidently and peacefully knowing I have always been and will always be fully loved by You.”

NOTES:

DAY 11

SCRIPTURE:

"No weapon forged against you will prevail, and you will refute every tongue that accuses you. This is the heritage of the servants of the Lord, and this is their vindication from me," declares the Lord.

ISAIAH 54:17

PRAYER:

"Lord, I know that no weapon raised against me will succeed because I am Your child. I feel pressure in my life right now, and sometimes I feel as though life will overcome me (talk to God about the concerns weighing on you). Even though I feel this way, in faith, I claim Your promise that no weapon can overcome me and that any accusations that come against me will be silenced. This truth is verified by Your love and saving power in my life."

NOTES:

DAY 12

SCRIPTURE:

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

PHILIPPIANS 4:6-7

PRAYER:

“Father, my heart feels anxious (tell God what is giving you anxiety), but I’m thankful I can come to You and receive peace. Even though my mind and heart are racing, I’m coming to You knowing that You provide healing and calm for my soul. Thank You for giving me breath and life. I thank You that I am fearfully and wonderfully made in Your image. I lay down all worries, all my physical and mental anxiety, and any attempt to try and control it all. I surrender it all to You. Even when things are unstable around me, I pray that Your peace will be evident in my heart and my life. Guard my heart and mind, God. I trust that You are faithful, and I receive Your peace in my life today.”

NOTES:

DAY 13

SCRIPTURE:

"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call on me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart."

JEREMIAH 29:11-13

PRAYER:

"My God, I try to make so many plans for my life, but I know Your plans for me are best. Thank You for loving me enough to have a plan for my life. You have promised me that when I call on You, You will listen to me. Thank You for listening when I pray. I lay my plans down at Your feet and receive Your plans for me (mention your plans and lay them down before God). I know that You see the big picture and You know what is better for me than I do. I trust You, and I ask You to guide me toward Your plans."

NOTES:

DAY 14

SCRIPTURE:

“Never will I leave you; never will I forsake you.”

HEBREWS 13:5

PRAYER:

“Father, I am so comforted by the fact that You will never leave me. You are always with me, and I am safe with You. As I go through my life and take on each new situation, I’m comforted by knowing I’m not alone because You are by my side. Help me feel Your presence. When I feel uncertain or afraid, I pray You will comfort me through Your Holy Spirit and remind me that I am never alone because You, the Almighty God, have promised to always be with me.”

NOTES:

DAY 15

SCRIPTURE:

Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.

MATTHEW 11:28-30

PRAYER:

“Lord Jesus, I am so tired and worn out (tell God the areas that you’re tired and weary). I feel exhausted mentally and physically. Life feels hard, and I feel like I can’t keep up my current pace. You invite me to come to You when I am weary, and I fall at Your feet desperate for rest, peace, and perspective. Show me where I am trying to do things on my own. Show me where I need to rest instead of strive. Teach me Your ways. Show me how to walk in gentleness, humility, and rest. I know Your ways are higher than my ways, and I pray that You will transform my heart and mind to be more like You.”

NOTES:

DAY 16

SCRIPTURE:

Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the Lord, "He is my refuge and my fortress, my God, in whom I trust."

PSALM 91:1-2

PRAYER:

"God, I claim that I dwell in Your shelter, the Most High God, and I rest in Your shadow, the Almighty One. I claim that You alone are my refuge and fortress. You are my God and I trust You. When I face anything that brings me uncertainty or fear (confess these things to Him), I know that I can come to You as my safe place. Thank You for Your strength and protection in my life."

NOTES:

DAY 17

SCRIPTURE:

The Lord is trustworthy in all he promises and faithful in all he does. The Lord upholds all who fall and lifts up all who are bowed down.

PSALM 145:13-14

PRAYER:

“Almighty God, as I claim the promises in Your Word through my prayer time, I praise You for Your character. Trustworthy, faithful—that is Who You are. I thank You that I can trust You to be faithful to me. I know that when I come to You with humility and a surrendered heart that You will lift me up.”

NOTES:

DAY 18

SCRIPTURE:

Praise the Lord, my soul, and forget not all his benefits— who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle’s.

PSALM 103:2-5

PRAYER:

“Father, in the Name of Jesus, I come before You asking for healing for (name yourself or someone you are praying to experience healing). My hope is in You as our healer. I believe You are able to do this. Your name is Jehovah Rapha, the God who heals, and I believe every knee will bow to you, including (name disease or disorder). Thank You, Jesus, for dying on the cross so that we can receive healing. Thank You that the Spirit that raised Jesus from the dead lives in us. I stand in faith, believing for healing for (yourself or someone you’re praying for). Nothing is impossible for You, God! Give us peace and direction as You work in our lives.”

NOTES:

DAY 19

SCRIPTURE:

No one can come to me unless the Father who sent me draws them...

JOHN 6:44

PRAYER:

"Father, I pray for the people around me (list specific names), that you would supernaturally draw their hearts to you. Send your Holy Spirit to them, and give them the desire to give their lives to You. Help them to recognize their longing for more in life as a spiritual thirst only you can quench. Open their ears to hear your voice."

NOTES:

DAY 20

SCRIPTURE:

But the Lord is faithful, and He will strengthen and protect you from the evil one.

2 THESSALONIANS 3:3

PRAYER:

“God, I bow in worship to praise You. Thank You for making a way for me through Your Son, Jesus. I surrender myself completely in every area of my life to You. I choose to be transformed by the renewing of my mind. I reject every thought that tries to compete against the knowledge of Christ. I pray and thank You for a sound mind, the mind of Christ. Today and every day I ask for protection over my family and loved ones; all immediate family members, relatives, friends, acquaintances, and myself. I ask for protection during all of our travels. I ask You to watch over our financial security, possessions, health, and safety. All that I have is Yours God, and I declare that Satan cannot touch me or anything You have given me. He will not take what You have given me as I am protected and provided for by You and You alone.”

NOTES:

DAY 21

SCRIPTURE:

Jabez cried out to the God of Israel, "Oh, that You would bless me and enlarge my territory! Let Your hand be with me, and keep me from harm so that I will be free from pain." And God granted his request.

1 CHRONICLES 4:10

PRAYER:

"Father God, I pray that You would bless me with more than I need so that I can bless others. I pray for more provision, that You would equip me to give generously to others and meet their practical needs in Your Name. I ask You to give me greater spiritual gifting so that I can strengthen the church and be more effective for the Kingdom of God. I pray for an abundance of wisdom and discernment so that I can point others to You and make decisions that honor You. Help me keep Your generous blessings in perspective, so that I never become self-serving but stay focused on using what You've given me to serve other people."

NOTES:

DAY 22

**COME TO CHURCH
EXPECTING**



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CHURCH**

