

21 Days of Power

PRAYER AND FASTING GUIDE



21 Days of Power

PRAYER AND FASTING GUIDE



21 DAYS OF POWER

Published by Sugar Hill Resources - All Rights Reserved
No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form by any means, electronic, mechanical, photocopy, recording, or otherwise, without the prior written permission of the author.

Unless otherwise noted, scripture quotations are from the New Living Translation Bible, copyright Tyndale House Publishers

Cover Design by
Ethan Hyma
ethan@sugarhillchurch.com

WELCOME TO 21 DAYS OF POWER

Every year, people set out on a journey to do better, be better, and feel better. Maybe you call these resolutions, goals, or guidelines. The science tells us that most folks drop these goals by the wayside within the first 21 days. *21 Days of Power* is designed to help you break through that statistic and succeed in Your Best Year!

Nothing that is worth accomplishing is attained without a price. As a result, we all need a motivator and a certain return on investment on these goals. But what if you could have a sure-fire guarantee that the daily routines found in this book could give you a quantum leap in your year and assure you of Your Best Year?

That's what God offers you. He never offers a life without challenges, but He does offer a life filled with peace, contentment, freedom, and joy. As for me, these four returns on such a small investment of time is a no-brainer! In this 21 day guide, you'll be led through the disciplines of scripture reading, prayer, and fasting.

Pastor Chuck Allen

A handwritten signature in cursive script, appearing to read "Chuck Allen".

SCRIPTURE is at the heart of the 21 Days of Power. I've included a selection of Scriptures from Proverbs. Each day includes wisdom from Father to child. Of all the books on leadership, life, and love, the Holy Scriptures are far beyond all of them put together. The objective of getting Scripture in our souls each day is **to know God more fully**. The goal is to read the Bible each day, not with a desire to check off a task list or hurry through it to prove that you read it, but with an intentional desire to get it inside your heart and your head. When you do that, God will start to transform you into the person that God desires you to be.

PRAYER is a vital partner in the fasting journey. In order for it to become a part of our life, it needs to become something we look forward to doing. I'm convinced most people don't enjoy prayer because they have never been taught how to pray. That's where this simple prayer journal can help. This booklet is designed to bring joy into your time with God. When you discover the beauty of daily conversation with Him, you'll experience the presence of God that will change your life. In everything - *pray first! Prayer changes everything!*

FASTING is meant to draw nearer to God. Biblical fasting always has to do with eliminating distractions 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.

21 Days of Prayer and Fasting

Your 21 day fast should present a level of challenge, but it is very important to know your body and your options. The most important thing is that you intentionally seek God in prayer and follow what the Holy Spirit leads you to do.

COMPLETE FAST:

In this type of fast, you drink only liquids. Typically, this means only drinking water, but light juices are 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 sunrise 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. Again, whatever you choose to fast from, it should involve a heartfelt sacrifice. It could include things like abstaining from alcohol or caffeine. It might include not consuming sugar or something that truly is a stretch goal for you. Whatever it is, remember **every single time that you have a hunger pain or a desire to have whatever you are fasting from, it is a reminder to pray.** Your prayer could be simple and short, like “God, I need your wisdom for my day, and Lord, I need your strength to get through today’s fast. The key is to align your prayer life with your sacrifice and see how God speaks into your life!

“Fasting is more about longing for the power and presence of Jesus than restricting our appetites.”
-Gary Rohrmayer

IT’S AS SIMPLE 1 - 2 - 3

1. Choose what you are fasting from.
2. Read each Scripture and pray.
3. Put a check in the “Power Streak” boxes below. The goal is to not break the fast for 21 Days.

The purpose of a fast is to recognize that we all have things that we are slaves to. In the elimination of those things, we are reminded of our desperate need for more of Jesus the Lord. As is the case with any spiritual discipline, fasting is a matter of the heart, not a show of false righteousness. Fasting is to draw us more deeply into our ever-growing relationship with Jesus. This “21 Days of Power” journal is designed to help you grow more deeply in your daily walk with Jesus.

—Pastor Chuck Allen

*Power
Streak*

DAY ONE: S M T W TH F S _____ / _____ / _____

FASTING: Today's fast includes: _____

SCRIPTURE: *Proverbs 1:1-7*

These are the proverbs of Solomon, David's son, king of Israel. Their purpose is to teach people wisdom and discipline, to help them understand the insights of the wise. Their purpose is to teach people to live disciplined and successful lives, to help them do what is right, just, and fair. These proverbs will give insight to the simple, knowledge and discernment to the young. Let the wise listen to these proverbs and become even wiser. Let those with understanding receive guidance by exploring the meaning in these proverbs and parables, the words of the wise and their riddles. Fear of the LORD is the foundation of true knowledge, but fools despise wisdom and discipline.

What lessons did I learn?

PRAYER: For whom, what, and why am I praying for today?

Who: _____ Why: _____

Who: _____ Why: _____

What: _____

What: _____

Answers: _____

Answers: _____

Answers: _____

DAY TWO: S M T W TH F S _____ / _____ / _____

FASTING: Today's fast includes: _____

SCRIPTURE: *Proverbs 2:1-8*

My child, listen to what I say, and treasure my commands. Tune your ears to wisdom, and concentrate on understanding. Cry out for insight, and ask for understanding. Search for them as you would for silver; seek them like hidden treasures. Then you will understand what it means to fear the Lord, and you will gain knowledge of God. For the Lord grants wisdom! From his mouth come knowledge and understanding. He grants a treasure of common sense to the honest. He is a shield to those who walk with integrity. He guards the paths of the just and protects those who are faithful to him.

What lessons did I learn?

PRAYER: For whom, what, and why am I praying for today?

Who: _____ Why: _____

Who: _____ Why: _____

What: _____

What: _____

Answers: _____

Answers: _____

Answers: _____

DAY THREE: S M T W TH F S _____ / _____ / _____

FASTING: Today's fast includes: _____

SCRIPTURE: *Proverbs 3:1-8*

My child, never forget the things I have taught you. Store my commands in your heart. If you do this, you will live many years, and your life will be satisfying. Never let loyalty and kindness leave you! Tie them around your neck as a reminder. Write them deep within your heart. Then you will find favor with both God and people, and you will earn a good reputation. Trust in the Lord with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take. Don't be impressed with your own wisdom. Instead, fear the Lord and turn away from evil. Then you will have healing for your body and strength for your bones.

What lessons did I learn?

PRAYER: For whom, what, and why am I praying for today?

Who: _____ Why: _____

Who: _____ Why: _____

What: _____

What: _____

Answers: _____

Answers: _____

Answers: _____

DAY FOUR: S M T W TH F S _____ / _____ / _____

FASTING: Today's fast includes: _____

SCRIPTURE: *Proverbs 4:4-9*

My father taught me, "Take my words to heart. Follow my commands, and you will live. Get wisdom; develop good judgment. Don't forget my words or turn away from them. Don't turn your back on wisdom, for she will protect you. Love her, and she will guard you. Getting wisdom is the wisest thing you can do! And whatever else you do, develop good judgment. If you prize wisdom, she will make you great. Embrace her, and she will honor you. She will place a lovely wreath on your head; she will present you with a beautiful crown."

What lessons did I learn?

PRAYER: For whom, what, and why am I praying for today?

Who: _____ Why: _____

Who: _____ Why: _____

What: _____

What: _____

Answers: _____

Answers: _____

Answers: _____

DAY FIVE: S M T W TH F S _____ / _____ / _____

FASTING: Today's fast includes: _____

SCRIPTURE: *Proverbs 5:21-23*

For the Lord sees clearly what a man does, examining every path he takes. An evil man is held captive by his own sins; they are ropes that catch and hold him. He will die for lack of self-control; he will be lost because of his great foolishness.

What lessons did I learn?

PRAYER: For whom, what, and why am I praying for today?

Who: _____ Why: _____

Who: _____ Why: _____

What: _____

What: _____

Answers: _____

Answers: _____

Answers: _____

DAY SIX: S M T W TH F S _____ / _____ / _____

FASTING: Today's fast includes: _____

SCRIPTURE: *Proverbs 6:6-11*

Take a lesson from the ants, you lazybones. Learn from their ways and become wise! Though they have no prince or governor or ruler to make them work, they labor hard all summer, gathering food for the winter. But you, lazybones, how long will you sleep? When will you wake up? A little extra sleep, a little more slumber, a little folding of the hands to rest— then poverty will pounce on you like a bandit; scarcity will attack you like an armed robber.

What lessons did I learn?

PRAYER: For whom, what, and why am I praying for today?

Who: _____ Why: _____

Who: _____ Why: _____

What: _____

What: _____

Answers: _____

Answers: _____

Answers: _____

DAY SEVEN: S M T W TH F S _____ / _____ / _____

FASTING: Today's fast includes: _____

SCRIPTURE: *Proverbs 7:1-4*

Follow my advice, my son; always treasure my commands. Obey my commands and live! Guard my instructions as you guard your own eyes. Tie them on your fingers as a reminder. Write them deep within your heart. Love wisdom like a sister; make insight a beloved member of your family.

What lessons did I learn?

PRAYER: For whom, what, and why am I praying for today?

Who: _____ Why: _____

Who: _____ Why: _____

What: _____

What: _____

Answers: _____

Answers: _____

Answers: _____

DAY EIGHT: S M T W TH F S _____ / _____ / _____

FASTING: Today's fast includes: _____

SCRIPTURE: *Proverbs 8:1-8*

Listen as Wisdom calls out! Hear as understanding raises her voice! On the hilltop along the road, she takes her stand at the crossroads. By the gates at the entrance to the town, on the road leading in, she cries aloud, "I call to you, to all of you! I raise my voice to all people. You simple people, use good judgment. You foolish people, show some understanding. Listen to me! For I have important things to tell you. Everything I say is right, for I speak the truth and detest every kind of deception. My advice is wholesome. There is nothing devious or crooked in it.

What lessons did I learn?

PRAYER: For whom, what, and why am I praying for today?

Who: _____ Why: _____

Who: _____ Why: _____

What: _____

What: _____

Answers: _____

Answers: _____

Answers: _____

DAY NINE: S M T W TH F S _____ / _____ / _____

FASTING: Today's fast includes: _____

SCRIPTURE: *Proverbs 9:1-6*

Wisdom has built her house; she has carved its seven columns. She has prepared a great banquet, mixed the wines, and set the table. She has sent her servants to invite everyone to come. She calls out from the heights overlooking the city. "Come in with me," she urges the simple. To those who lack good judgment, she says, "Come, eat my food, and drink the wine I have mixed. Leave your simple ways behind, and begin to live; learn to use good judgment."

What lessons did I learn?

PRAYER: For whom, what, and why am I praying for today?

Who: _____ Why: _____

Who: _____ Why: _____

What: _____

What: _____

Answers: _____

Answers: _____

Answers: _____

DAY TEN: S M T W TH F S _____ / _____ / _____

FASTING: Today's fast includes: _____

SCRIPTURE: Proverbs 10:1-8

The proverbs of Solomon: A wise child brings joy to a father; a foolish child brings grief to a mother. Tainted wealth has no lasting value, but right living can save your life. The Lord will not let the godly go hungry, but he refuses to satisfy the craving of the wicked. Lazy people are soon poor; hard workers get rich. A wise youth harvests in the summer, but one who sleeps during harvest is a disgrace. The godly are showered with blessings; the words of the wicked conceal violent intentions. We have happy memories of the godly, but the name of a wicked person rots away. The wise are glad to be instructed, but babbling fools fall flat on their faces.

What lessons did I learn?

PRAYER: For whom, what, and why am I praying for today?

Who: _____ Why: _____

Who: _____ Why: _____

What: _____

What: _____

Answers: _____

Answers: _____

Answers: _____

DAY ELEVEN: S M T W TH F S _____ / _____ / _____

FASTING: Today's fast includes: _____

SCRIPTURE: Proverbs 11:3-9

Honesty guides good people; dishonesty destroys treacherous people. Riches won't help on the day of judgment, but right living can save you from death. The godly are directed by honesty; the wicked fall beneath their load of sin. The godliness of good people rescues them; the ambition of treacherous people traps them. When the wicked die, their hopes die with them, for they rely on their own feeble strength. The godly are rescued from trouble, and it falls on the wicked instead. With their words, the godless destroy their friends, but knowledge will rescue the righteous.

What lessons did I learn?

PRAYER: For whom, what, and why am I praying for today?

Who: _____ Why: _____

Who: _____ Why: _____

What: _____

What: _____

Answers: _____

Answers: _____

Answers: _____

DAY TWELVE: S M T W TH F S _____ / _____ / _____

FASTING: Today's fast includes: _____

SCRIPTURE: *Proverbs 12:5-12*

The plans of the godly are just; the advice of the wicked is treacherous. The words of the wicked are like a murderous ambush, but the words of the godly save lives. The wicked die and disappear, but the family of the godly stands firm. A sensible person wins admiration, but a warped mind is despised. Better to be an ordinary person with a servant than to be self-important but have no food. The godly care for their animals, but the wicked are always cruel. A hard worker has plenty of food, but a person who chases fantasies has no sense. Thieves are jealous of each other's loot, but the godly are well rooted and bear their own fruit.

What lessons did I learn?

PRAYER: For whom, what, and why am I praying for today?

Who: _____ Why: _____

Who: _____ Why: _____

What: _____

What: _____

Answers: _____

Answers: _____

Answers: _____

DAY THIRTEEN: S M T W TH F S _____ / _____ / _____

FASTING: Today's fast includes: _____

SCRIPTURE: Proverbs 13:3-10

Those who control their tongue will have a long life; opening your mouth can ruin everything. Lazy people want much but get little, but those who work hard will prosper. The godly hate lies; the wicked cause shame and disgrace. Godliness guards the path of the blameless, but the evil are misled by sin. Some who are poor pretend to be rich; others who are rich pretend to be poor. The rich can pay a ransom for their lives, but the poor won't even get threatened. The life of the godly is full of light and joy, but the light of the wicked will be snuffed out. Pride leads to conflict; those who take advice are wise.

What lessons did I learn?

PRAYER: For whom, what, and why am I praying for today?

Who: _____ Why: _____

Who: _____ Why: _____

What: _____

What: _____

Answers: _____

Answers: _____

Answers: _____

DAY FOURTEEN: S M T W TH F S _____ / _____ / _____

FASTING: Today's fast includes: _____

SCRIPTURE: Proverbs 14:2-8

Those who follow the right path fear the Lord; those who take the wrong path despise him. A fool's proud talk becomes a rod that beats him, but the words of the wise keep them safe. Without oxen a stable stays clean, but you need a strong ox for a large harvest. An honest witness does not lie; a false witness breathes lies. A mocker seeks wisdom and never finds it, but knowledge comes easily to those with understanding. Stay away from fools, for you won't find knowledge on their lips. The prudent understand where they are going, but fools deceive themselves.

What lessons did I learn?

PRAYER: For whom, what, and why am I praying for today?

Who: _____ Why: _____

Who: _____ Why: _____

What: _____

What: _____

Answers: _____

Answers: _____

Answers: _____

DAY FIFTEEN: S M T W TH F S _____ / _____ / _____

FASTING: Today's fast includes: _____

SCRIPTURE: Proverbs 15:7-14

The lips of the wise give good advice; the heart of a fool has none to give. The Lord detests the sacrifice of the wicked, but he delights in the prayers of the upright. The Lord detests the way of the wicked, but he loves those who pursue godliness. Whoever abandons the right path will be severely disciplined; whoever hates correction will die. Even Death and Destruction hold no secrets from the Lord. How much more does he know the human heart! Mockers hate to be corrected, so they stay away from the wise. A glad heart makes a happy face; a broken heart crushes the spirit. A wise person is hungry for knowledge, while the fool feeds on trash.

What lessons did I learn?

PRAYER: For whom, what, and why am I praying for today?

Who: _____ Why: _____

Who: _____ Why: _____

What: _____

What: _____

Answers: _____

Answers: _____

Answers: _____

DAY SIXTEEN: S M T W TH F S _____ / _____ / _____

FASTING: Today’s fast includes: _____

SCRIPTURE: *Proverbs 16:1-8*

We can make our own plans, but the Lord gives the right answer. People may be pure in their own eyes, but the Lord examines their motives. Commit your actions to the Lord, and your plans will succeed. The Lord has made everything for his own purposes, even the wicked for a day of disaster. The Lord detests the proud; they will surely be punished. Unfailing love and faithfulness make atonement for sin. By fearing the Lord, people avoid evil. When people’s lives please the Lord, even their enemies are at peace with them. Better to have little, with godliness, than to be rich and dishonest.

What lessons did I learn?

PRAYER: For whom, what, and why am I praying for today?

Who: _____ Why: _____

Who: _____ Why: _____

What: _____

What: _____

Answers: _____

Answers: _____

Answers: _____

DAY SEVENTEEN: S M T W TH F S _____ / _____ / _____

FASTING: Today's fast includes: _____

SCRIPTURE: *Proverbs 17:22-28*
A cheerful heart is good medicine, but a broken spirit saps a person's strength. The wicked take secret bribes to pervert the course of justice. Sensible people keep their eyes glued on wisdom, but a fool's eyes wander to the ends of the earth. Foolish children bring grief to their father and bitterness to the one who gave them birth. It is wrong to punish the godly for being good or to flog leaders for being honest. A truly wise person uses few words; a person with understanding is even-tempered. Even fools are thought wise when they keep silent; with their mouths shut, they seem intelligent.

What lessons did I learn?

PRAYER: For whom, what, and why am I praying for today?

Who: _____ Why: _____

Who: _____ Why: _____

What: _____

What: _____

Answers: _____

Answers: _____

Answers: _____

DAY EIGHTEEN: S M T W TH F S _____ / _____ / _____

FASTING: Today's fast includes: _____

SCRIPTURE: Proverbs 18:1-8

Unfriendly people care only about themselves; they lash out at common sense. Fools have no interest in understanding; they only want to air their own opinions. Doing wrong leads to disgrace, and scandalous behavior brings contempt. Wise words are like deep waters; wisdom flows from the wise like a bubbling brook. It is not right to acquit the guilty or deny justice to the innocent. Fools' words get them into constant quarrels; they are asking for a beating. The mouths of fools are their ruin; they trap themselves with their lips. Rumors are dainty morsels that sink deep into one's heart.

What lessons did I learn?

PRAYER: For whom, what, and why am I praying for today?

Who: _____ Why: _____

Who: _____ Why: _____

What: _____

What: _____

Answers: _____

Answers: _____

Answers: _____

DAY NINETEEN: S M T W TH F S _____ / _____ / _____

FASTING: Today's fast includes: _____

SCRIPTURE: *Proverbs 19:15-23*

Lazy people sleep soundly, but idleness leaves them hungry. Keep the commandments and keep your life; despising them leads to death. If you help the poor, you are lending to the Lord— and he will repay you! Discipline your children while there is hope. Otherwise you will ruin their lives. Hot-tempered people must pay the penalty. If you rescue them once, you will have to do it again. Get all the advice and instruction you can, so you will be wise the rest of your life. You can make many plans, but the Lord's purpose will prevail. Loyalty makes a person attractive. It is better to be poor than dishonest. Fear of the Lord leads to life, bringing security and protection from harm.

What lessons did I learn?

PRAYER: For whom, what, and why am I praying for today?

Who: _____ Why: _____

Who: _____ Why: _____

What: _____

What: _____

Answers: _____

Answers: _____

Answers: _____

DAY TWENTY: S M T W TH F S _____ / _____ / _____

FASTING: Today's fast includes: _____

SCRIPTURE: Proverbs 20:2-8

The king's fury is like a lion's roar; to rouse his anger is to risk your life. Avoiding a fight is a mark of honor; only fools insist on quarreling. Those too lazy to plow in the right season will have no food at the harvest. Though good advice lies deep within the heart, a person with understanding will draw it out. Many will say they are loyal friends, but who can find one who is truly reliable? The godly walk with integrity; blessed are their children who follow them. When a king sits in judgment, he weighs all the evidence, distinguishing the bad from the good.

What lessons did I learn?

PRAYER: For whom, what, and why am I praying for today?

Who: _____ Why: _____

Who: _____ Why: _____

What: _____

What: _____

Answers: _____

Answers: _____

Answers: _____

DAY TWENTY-ONE: S M T W TH F S _____ / _____ / _____

FASTING: Today's fast includes: _____

SCRIPTURE: *Proverbs 21:1-8*

The king's heart is like a stream of water directed by the Lord; he guides it wherever he pleases. People may be right in their own eyes, but the Lord examines their heart. The Lord is more pleased when we do what is right and just than when we offer him sacrifices. Haughty eyes, a proud heart, and evil actions are all sin. Good planning and hard work lead to prosperity, but hasty shortcuts lead to poverty. Wealth created by a lying tongue is a vanishing mist and a deadly trap. The violence of the wicked sweeps them away, because they refuse to do what is just. The guilty walk a crooked path; the innocent travel a straight road.

What lessons did I learn?

PRAYER: For whom, what, and why am I praying for today?

Who: _____ Why: _____

Who: _____ Why: _____

What: _____

What: _____

Answers: _____

Answers: _____

Answers: _____

We all could use a reset from time to time. Computer users know the key combination of CTRL, ALT, and DELETE. Resetting a computer fixes 99% of its problems. Cell phone users know the trick of holding down the power button until the phone reboots. The reboot solves most issues.

But how do you reset a life?

Scripture often speaks of two underappreciated disciplines: prayer and fasting. Though overlooked by many in our day, these two practices have the power to reset, reboot, and re-center your life.

Prayer connects us to God. It helps us develop intimacy with the Divine. That intimacy creates a deeper level of truth.

Fasting disconnects us from the world. It distances us from the habits, thoughts, or actions that have taken control of our lives.

This journal is intentionally crafted to take just a few minutes each day. It will guide you through 21 days of Scripture, fasting, and prayer. The Scripture selections are all from Proverbs, which will ground each day in God's wisdom.

Make it a goal to make it through all 21 days. If you do, you'll be well on your way to a life more connected to your Heavenly Father.

Welcome to 21 Days of Power!