

Daily Prayer & Fasting Guide

TWENTY-ONE DAYS

prayer + fasting

JANUARY 5 - 25



CORNERSTONE
CHURCH

324 Mathis Drive | Rome, GA 30165

cornerstonerome.com

EVERYDAY PRAYER FOCUS

Humble Ourselves.

Ask for forgiveness for our sins and the sins of our land.

Seek God.

Declare dependence on God in every area of our lives.

God's Kingdom Come.

Pray for the completion of the Great Commission and for revival.

Hear from Heaven.

Invite the Presence of God into our church and our lives.

Believe God.

Pray for specific needs.

Fulfill Vision.

Pray for **One Hope for Every Heart**.

FASTING

Step 1 – Learn about fasting.

It's important to understand what fasting is and why it is important. You can find out more about fasting at 21days.cornerstonerome.com.

Step 2 – Set goals for your fast.

Our corporate goal is to see God move AGAIN in our lives, our churches, and our county. In addition to the corporate goal it is important to set personal goals. Think about what you want to be accomplished during this fast.

Step 3 – Pick a type of fast.

Here are some good options for fasting:

- **Daniel Fast** – eating only vegetables, fruits and water
- **Partial Fast** – giving up specific foods (like sweets, coffee, etc.) or giving up a specific meal each day
- **Media Fast** – giving up social media, TV & movies, computer time, etc.

Step 4 – Make a plan.

Talk with your family, especially your children, about the fast. Make a plan for what you will eat and/or how you will invest the time you would normally spend eating meals.

Step 5 – Prepare for changes.

During your fast, you may experience physical changes, but your body will adjust and make it through the 21 days. You may also see spiritual changes as the Holy Spirit points out things you need to deal with to strengthen your connection to God.

DAILY PRAYER FOCUS

Week 1:

- January 5 Cornerstone Church and **21 Days of Prayer & Fasting**
- January 6 Church Leaders (Pastors, Elders, Staff, Group Leaders, Volunteers)
- January 7 Our Government Leaders – Nation, State, City & County
- January 8 Our City – Local Outreach in Rome & Floyd County
- January 9 Our Nation – National Outreach and Revival in America
- January 10 Our World – International Outreach
- January 11 Unity within our Nation and our Community
(Government Officials, Law Enforcement, Racial Reconciliation)

Week 2:

- January 12 Cornerstone Church and **21 Days of Prayer & Fasting**
- January 13 Cornerstone's Vision for 2020 - **One Hope for Every Heart**
- January 14 The Lost (family members and those who attend church services)
- January 15 Pastor Jody and Weekend Messages
- January 16 Small Groups (Leaders and Members)
- January 17 Church Membership & Volunteers
- January 18 Unity in Cornerstone Church

Week 3:

- January 19 Cornerstone Church and **21 Days of Prayer & Fasting**
- January 20 Families and Marriages
- January 21 Children & Students
- January 22 Our Specific Needs (health, finances, family members, etc.)
- January 23 My Personal Vision for 2020
(stronger relationships, freedom from habits and/or debt, etc.)
- January 24 Personal Freedom and Deliverance
- January 25 Unity in the Body of Christ

For help with building up your prayer life, download a copy of
Pray First at 21days.cornerstonerome.com.