



21

Days of Prayer

REAL
LIFE
CHURCH

We believe that God is calling us to a movement of prayer at Real Life Church and we cannot wait to join together for 21 days dedicated to prayer and fasting as the new year begins.

Jesus encouraged those following Him to pray and fast, and He left us an example of how to do this. As we take these next three weeks to pray, we are going to intentionally connect to God's Word, just as Jesus did. We are excited to see all that God will do as we say yes to this invitation to follow Jesus in this way!

This year, we invite you to pray boldly, knowing that there is power when we pray individually and even more power when we pray corporately.

As we collectively look at who God is and how He works, we will be equipped to pray specific, confident prayers. As we pray for our city, our church, and our community, we will see God work in new ways. As we fast, we ask Him to increase our hunger for the things that matter the most.

We are praying together with great expectation. God moves when we pray. He strengthens our spiritual lives, and He connects our hearts with His kingdom. Let us set our intentions for 2022 by seeking God first! We are praying for you, and we are praying with you!

Real Life Church



How To Use This Book

We invite you to dedicate a specific time of day for 21 days of praying through the prompts and prayers that are found in this book. There is room for you to take notes and to write your own prayers.

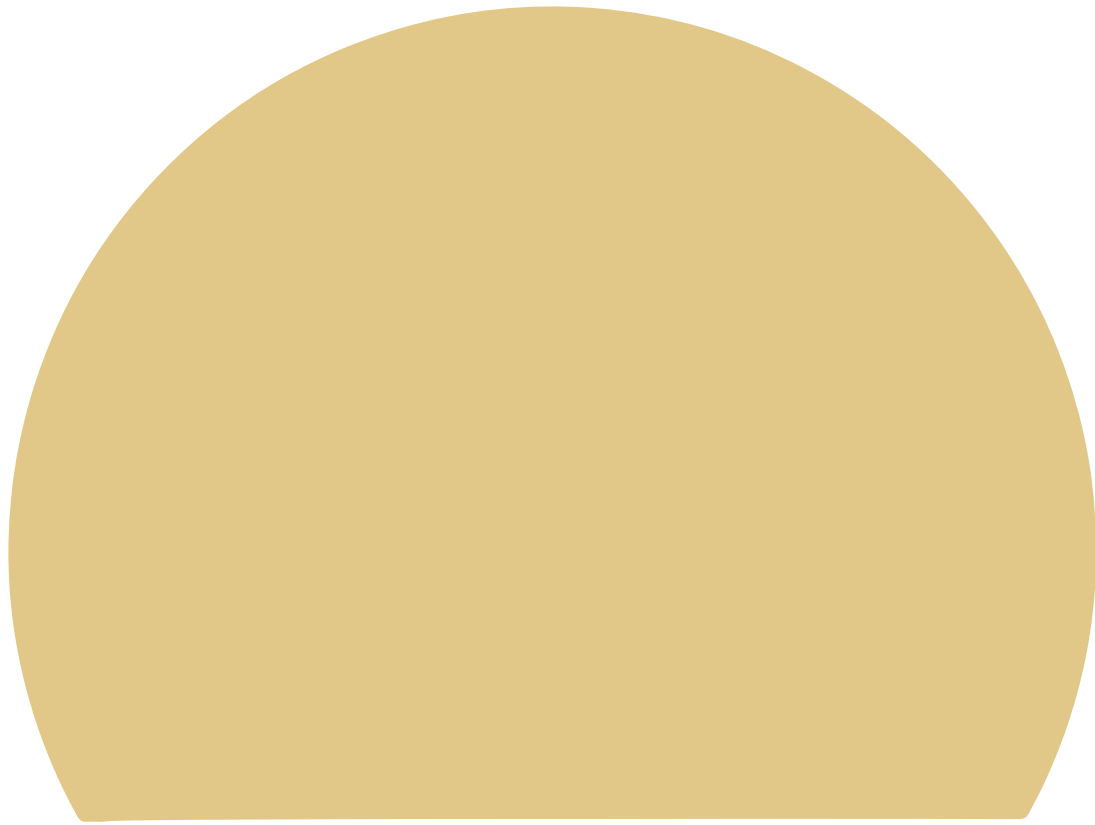
This book is designed to start on Monday. It is split into three focuses, one per week:

- Praying God's Names
- Praying God's Characters
- Praying God's Promises

We are doing this as a community. Many will be doing this with you! We encourage you to engage with one another. You are not alone doing this.

Deciding to commit to 21 days of prayer and fasting is powerful, and it can also have challenging moments. Staying connected during this time is a great way to remain encouraged and determined to finish strong.





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Writing down your intentions is a powerful way to start. Prayerfully consider your commitment for these 21 days.

Sensing God's leading I commit myself to pray, fast, and abstain from _____ for the next 21 days. During this time, I will concentrate on prayer and knowing God and His Word.

Signed: _____

Date: _____



Fasting

The goal of fasting is to draw nearer to God. Biblical fasting always has to do with eliminating distractions for a spiritual purpose. It hits the reset button of your soul and renews you from the inside out.

It also enables us to celebrate the goodness and mercy of God. It prepares our hearts for all of the good things God desires to bring into our lives.

REMEMBER: Your personal fast should present a level of challenge, but it is very important to know your body, your options, and most importantly to seek God in prayer and follow what the Holy Spirit leads you to do.

TYPES OF FASTS

SELECTIVE FAST: This type of fast consists of removing certain elements from your diet. One example is the Daniel Fast, during which you remove meat, sweets, and bread from your diet and consume water and juice for your fluids and fruits and vegetables for your meals.

PARTIAL FAST: This fast is sometimes called the Jewish fast and it involves abstaining from eating any type of food in the morning and the afternoon. This can correlate from a certain time of the day like 6 am to 3 pm or from sunup to sundown.

SOUL FAST: This fast is a great option if you haven't had a lot of previous experience with 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 the element back into your life in healthy doses at the end of the fast.



Week 1/Day 1/ Monday

PRAYING GOD'S WORD

Welcome to 21 Days of Prayer 2022!

Whether this is your first time dedicating the beginning of the year to prayer, or you do this each year, 21-Days of Prayer is a life-changing practice that will encourage you and inspire you as much as it will challenge and correct you in the pursuit to become more like Jesus in your every-day life.

Prayer begins with a posture of humility and asking the Holy Spirit to align our minds and posture of hearts to receive what God has for us. While we don't know what this new year will bring or the joys and sorrows that lie ahead, we can trust regardless of our circumstances, the Holy Spirit will give us courage and grace to face every situation and the confidence that God will be faithful.

Praying God's Word is a form of prayer that reminds us who God is, whom we are as human beings created in His image, and God's purpose for His creation. When we read the Bible, our minds are filled with beauty, truth, and wisdom from above. Our hearts are filled with hope, faith, and love.

We read the Bible so that we are able to live the Word of God. We do not want to be a church that nearly knows a lot about God. We want to be a church that knows God. We want to be a church that intimately knows God and seeks to live out God's calling individually and collectively.

As you pray through each passage of the Bible this week, ask God how you can apply it. As you pray God's Word, not only will His presence become more of a reality in your life, you will become a conduit of His grace to flow through and into the spaces you inhabit and the people surrounding you.



PRACTICE

Read Psalm 119:1-8 three times aloud, pausing in between each reading. Ask God to make these words your hearts desires. Don't force it, wait for the Spirit to fill you until you can embrace the truth of these words.

Our Lord, you bless everyone who lives right and obeys your Law. You bless all of those who follow your commands from deep in their hearts and who never do wrong or turn from you. You have ordered us always to obey your teachings; I don't ever want to stray from your laws. Thinking about your commands will keep me from doing some foolish thing. I will do right and praise you by learning to respect your perfect laws. I will obey all of them! Don't turn your back on me. Psalm 119:1-8



JEHOVAH JIREH

(GOD MY PROVIDER)

I pray that God will take care of all your needs with the wonderful blessings that come from Christ Jesus! Philippians 4:19

PRAY:

CIRCLE:

Pray for those in your life that need to see God as their Provider

CHURCH:

Pray for God to meet the needs of Real Life and the needs of The Church worldwide.

City:

Pray that God would open the eyes to our own resources and how we can use them.



Adonai

(Lord)

With all your heart, you must trust the Lord and not your own judgment. Always let him lead you, and he will clear the road for you to follow. Proverbs 3:5-6

PRAY

CIRCLE:

Pray for those in your circle to have a deeper trust in Christ and a willingness to allow Him to be their Adonai.

CHURCH:

Jesus is the head of the church! Pray for Real Life to have a renewed passion for His Kingdom to come and His will to be done.

CITY:

Pray for revival to break out in our city and that more and more people would cry out in desperation for Jesus to save them and that He would become the driving force in their lives.



El Roi

(The God That Sees Me)

Hagar thought, "Have I really seen God and lived to tell about it?" So from then on she called him, "The God Who Sees Me Genesis 16:13

PRAY:

CIRCLE:

Who in your circle needs to be reminded that God is a God that sees them in the midst of their struggle? What is something that you can do personally to remind them of that today?

CHURCH:

Thank God for his personal care and intimate knowledge of everything that is going on in our church-both individually and collectively. He sees and it matters to Him. Our God is not far off- He is a personal God.

CITY:

Pray for the people in our city that feel overlooked and marginalized. Pray that they would come to know El Roi, the God that SEES them.



The Prince of Peace

Don't worry about anything, but pray about everything. With thankful hearts offer up your prayers and requests to God. Then, because you belong to Christ Jesus, God will bless you with peace that no one can completely understand. And this peace will control the way you think and feel. Philippians 4:6

PRAY:

CIRCLE:

Pray for your family and friends that need to invite God into their situation so that they may know the Prince of Peace.

CHURCH:

Pray for Real Life to be peacemakers and bridge builders in our city, Bakersfield.

City:

Pray for peace in our city during these dividing times.



REFLECTION

Prayer is a practice, a discipline, and a means of communication between God and His People.

Take a few minutes in silence to listen to God's voice and to reflect on the last week.

Answer these questions prayerfully:

How did your perspective of God change and grow this week and you prayed through His names?



This coming week, we will be looking at the characteristics of God. Write a prayer of what you want God to do in your life and heart this week.



God Is Redemptive

Shout praises to the Lord! He is good to us, and his love never fails. Psalm 107:1

PRAY:

CIRCLE:

Pray for God's redemptive work in the lives of those in your circle. Be specific and ask Him to free them of their past and for the ability for them to forgive themselves as needed.

CHURCH:

Pray Psalm 107:1 over Real Life Church.

CITY:

Pray for those that live in slavery to sin in our region and that they would turn back to God and allow Him to reclaim them as His own.



God Is Wise and All-Knowing

If any of you need wisdom, you should ask God, and it will be given to you. God is generous and won't correct you for asking. But when you ask for something, you must have faith and not doubt. Anyone who doubts is like an ocean wave tossed around in a storm. If you are that kind of person, you can't make up your mind, and you surely can't be trusted. So don't expect the Lord to give you anything at all. James 1:5-8

PRAY:

CIRCLE:

Model the walk of faith for those around you. Ask God to help you in this journey of being a light on how you allow him to guide you.

CHURCH: Pray for how you can step out in faith greater inside the Real Life community-giving, serving, and being connected to other groups are all areas that God may need you to step out in greater faith.

CITY:

Pray for Real Life to find new and innovative ways to stand in the gap for our city.



God is Faithful to Forgive

But I wipe away your sins

because of who I am.

And so, I will forget

the wrongs you have done. Isaiah 43:25

PRAY:

CIRCLE:

Pray for your friends and family to find the forgiveness of God.

CHURCH:

Pray that Real Life will model this same type of forgiveness that we have received.

CITY:

Pray for Bakersfield to respond to the truth of God's forgiveness.



God is Love

Love is kind and patient, never jealous, boastful, proud, or rude. Love isn't selfish or quick-tempered. It doesn't keep a record of wrongs that others do. Love rejoices in the truth, but not in evil. Love is always supportive, loyal, hopeful, and trusting. Love never fails! Everyone who prophesies will stop, and unknown languages will no longer be spoken. All that we know will be forgotten. 1 Corinthians 13:4-8

PRAY:

CIRCLE:

Pray for someone in your life who is lonely or hurting and ask God how you can serve them.

CHURCH:

Pray that Real Life would mirror this verse.

CITY:

Pray for our city to encounter the life-changing power of God's love.

God is Just and Righteous

Then the king will say to those on his right, "My father has blessed you! Come and receive the kingdom that was prepared for you before the world was created. When I was hungry, you gave me something to eat, and when I was thirsty, you gave me something to drink. When I was a stranger, you welcomed me, and when I was naked, you gave me clothes to wear. When I was sick, you took care of me, and when I was in jail, you visited me." Then the ones who pleased the Lord will ask, "When did we give you something to eat or drink? When did we welcome you as a stranger or give you clothes to wear or visit you while you were sick or in jail?"

The king will answer, "Whenever you did it for any of my people, no matter how unimportant they seemed, you did it for me."

Then the king will say to those on his left, "Get away from me! You are under God's curse. Go into the everlasting fire prepared for the devil and his angels! I was hungry, but you did not give me anything to eat, and I was thirsty, but you did not give me anything to drink. I was a stranger, but you did not welcome me, and I was naked, but you did not give me any clothes to wear. I was sick and in jail, but you did not take care of me." Then the people will ask, "Lord, when did we fail to help you when you were hungry or thirsty or a stranger or naked or sick or in jail?"

The king will say to them, "Whenever you failed to help any of my people, no matter how unimportant they seemed, you failed to do it for me."

PRAY:

CIRCLE: Pray for someone in your life that needs to see that God is a just God

CHURCH: Pray that Real Life will be carriers of God's justice and mercy to all people.

CITY: Pray that Christians would rise up to places of leadership in our city and that laws would be enacted and programs to help those that are in need.

REFLECTION

Prayer is a practice, a discipline, and a means of communication between God and His People.

Take a few minutes in silence to listen to God's voice and to reflect on the last week.

Answer these questions prayerfully:

What has God revealed to you about Himself this week?



This coming week, we will be looking at the promises of God. Write a prayer of what you want God to do in your life and heart this week.



God Will Strengthen Us When We Are Weak

Don't be afraid. I am with you.

Don't tremble with fear.

I am your God.

I will make you strong,

as I protect you with my arm

and give you victories. Isaiah 41:10

PRAY

CIRCLE:

Pray for someone in your life that is struggling and needs God's strength in their situation and what they are walking through.

CHURCH: Pray that God will help Real Life walk in faith and not fear. Pray that God would protect our church from discouragement and grant us the strength to live His way.

CITY: Pray that God would grant us favor within our city and for a heart of boldness and courage to do what He has called us to do.



God Will Be With Us

Don't fall in love with money. Be satisfied with what you have. The Lord has promised that he will not leave us or desert us. Hebrews 13:5

PRAY

CIRCLE:

Ask God to bring someone to your mind that may need encouragement. Drop a note in the mail to them or send a text. Let them know you are praying for them.

CHURCH:

Invite God's presence into Real Life Church, and pray that everyone who steps through our doors or watches online, would find comfort in knowing that He is with them.

CITY:

Ask God to radically encounter those who are far from Him throughout our city and to use people who are willing to be active conduits of His truth and love.

God Will Order Your Steps

With all your heart, you must trust the Lord and not your own judgment. Always let him lead you, and he will clear the road for you to follow. Proverbs 3:5-6

PRAY

CIRCLE:

Pray for someone in your circle that needs direction from God.

CHURCH: Pray for our church to hear clearly the direction of God and where He wants to take Real Life

CITY:

Pray for the lost in our city to look to God and to discover a relationship with God.



God Will Give Us His Spirit

Stay joined to me and let my teachings become part of you. Then you can pray for whatever you want, and your prayer will be answered. When you become fruitful disciples of mine, my Father will be honored.

The greatest way to show love for friends is to die for them. And you are my friends if you obey me. Servants don't know what their master is doing, and so I don't speak to you as my servants. I speak to you as my friends, and I have told you everything that my Father has told me. You did not choose me. I chose you and sent you out to produce fruit, the kind of fruit that will last. Then my Father will give you whatever you ask for in my name. So I command you to love each other

John 15: 7-8, 13-15

PRAY

CIRCLE

Invite the Holy Spirit into your family, your marriage, your home, your workplace. Simply pause and say, "Holy Spirit, you are welcome here." .

CHURCH:

Pray for that Real Life would be a group of people who hear the voice of the Holy Spirit and respond to His promptings.

CITY:

Pray that God would send revival to Kern County and he would start with us!

God Made Us For A Purpose With. A Purpose

God planned for us to do good things and to live as he has always wanted us to live. That's why he sent Christ to make us what we are. Ephesians 2:10

PRAY

CIRCLE:

Ask God how He can use your personality, experiences, passions, and talents to more intentionally serve the people of your circle.

CHURCH:

Ask God how He can use your personality. experiences, passions, and talents to more intentionally build Real Life.

CITY:

Ask God how He can use your personality. experiences, passions, and talents to invest in Bakersfield!



REFLECTION

Prayer is a practice, a discipline, and a means of communication between God and His People.

Take a few minutes in silence to listen to God's voice and to reflect on the last week.

Answer these questions prayerfully:

What will you remember most about this time of praying God's names, characteristics, and promises?

