



WHAT IS  
*Healthy*  
GROWS

21 DAYS  
/WEEK 3

21 DAYS  
FASTING &  
PRAYER

**WEEK 3**

# 21 DAYS

**6 - 26 JAN  
2025**

**PRAYER &  
FASTING**

## WHY DO WE FAST AND PRAY?

Jesus said, “The wedding guests cannot mourn as long as the bridegroom is with them, can they? The days will come when the bridegroom is taken away from them, and then they will fast” (Matthew 9:14-16).

### WHEN WE FEEL FAR FROM GOD;

- **Fasting helps us mourn our distance from God.**
  - **Prayer helps us draw closer to God.**
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- **Fasting disconnects us from the world.**
  - **Prayer connects us to God.**
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- **Fasting cleanses the soul.**
  - **Prayer strengthens the spirit.**
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- **Fasting silences worldly noise.**
  - **Prayer amplifies God’s voice.**
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- **Fasting keeps your body and soul healthy.**
  - **Prayer keeps your spirit wealthy.**
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- **Fasting is a sign of humility before God.**
  - **Prayer is a sign of hunger for God.**
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- **Fasting empties us of the worldliness.**
  - **Prayer fills us up with Godliness.**
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- **Fasting restores our soul.**
  - **Prayer revives our spirit.**
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- **Fasting disciplines the soul.**
  - **Prayer directs the spirit.**
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- **Fasting starves worldly desires.**
  - **Prayer stirs up Godly desires.**
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- **Fasting confronts worldly lies.**
  - **Prayer confirms Godly truth.**
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Psalm 69:10

“I humbled my soul with fasting.”

Daniel 1:8-9 NIV

“But Daniel resolved not to defile himself with the royal food and wine, and he asked the chief official for permission not to defile himself this way. Now God had caused the official to show favour and compassion to Daniel.”



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# DAY 15

**6 - 26 JAN  
2025**

**PRAYER &  
FASTING**

DAY 15  
20 JAN  
2025



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## **FOCUS: PRAYING FOR MY CALLING.**

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### **Read Ephesians 4:1 KJV**

“I therefore, the prisoner of the Lord, beseech you that ye walk worthy of the vocation wherewith ye are called”

### **Read 1 Corinthians 7:17 NIV**

“Nevertheless, each person should live as a believer in whatever situation the Lord has assigned to them, just as God has called them. This is the rule I lay down in all the churches.”

### **Read John 15:16 NKJV**

“You did not choose Me, but I chose you and appointed you that you should go and bear fruit, and that your fruit should remain, that whatever you ask the Father in My name He may give you.”

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**Prayer Point 1: God, empower me to make the spiritual and personal transformation required to prepare me to walk in my calling, and to move forward in what I am ready to do.**

**Prayer Point 2: Father, fill me with the confidence based on who You are and help me to trust you with the outcomes so I can have courage to step out into what You are calling me to do.**

Join us at 06:00 and 18:00 for prayer on Zoom: <https://zoom.us/j/8733109088>  
Pray from wherever you are at 12 midday.



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# DAY 16

**6 - 26 JAN  
2025**

**PRAYER &  
FASTING**

## **FOCUS: PRAYING FOR PROMOTION**

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### **Read Psalms 75:6-7 NIV**

“No one from the east or the west or from the desert can exalt themselves. It is God who judges: He brings one down, he exalts another. “

### **Read Ezekiel 21:26-27 NIV**

“This is what the Sovereign Lord says: Take off the turban, remove the crown. It will not be as it was: The lowly will be exalted and the exalted will be brought low. A ruin! A ruin! I will make it a ruin! The crown will not be restored until he to whom it rightfully belongs shall come; to him I will give it.”

### **Read Psalms 126:1-3 NIV**

“When the Lord restored the fortunes of Zion, we were like those who dreamed. Our mouths were filled with laughter, our tongues with songs of joy. Then it was said among the nations, “The Lord has done great things for them.” The Lord has done great things for us, and we are filled with joy.”

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**Prayer Point 1: Spirit of the Living God, by Your sovereign will and divine mercy, let the grace of promotion locate me now in the name of Jesus Christ.**

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**Prayer Point 2: Loving Father, I stand on the authority of Your Word and by Your divine power, I declare that I will experience your hand of promotion over my life in Jesus mighty name, for your name sake.**

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**Prayer Point 3: Victorious God, would you have victory over any plans of the enemy to delay, distract or destroy my elevation in Jesus might name.**

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# DAY 17

**6 - 26 JAN  
2025**

**PRAYER &  
FASTING**

## FOCUS: PRAYING FOR FAVOUR

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### Read Psalm 90:17 ESV

“Let the favor of the Lord our God be upon us, and establish the work of our hands upon us; yes, establish the work of our hands!”

### - Psalms 84:11-12 NIV

“For the Lord God is a sun and shield; the Lord bestows favor and honor; no good thing does he withhold from those whose walk is blameless. Lord Almighty, blessed is the one who trusts in you.”

### -Luke 2:52 NIV

“And Jesus increased in wisdom and stature, and in favor with God and men.”

### -Isaiah 58:11 ESV

“And the Lord will guide you continually and satisfy your desire in scorched places and make your bones strong; and you shall be like a watered garden, like a spring of water, whose waters do not fail.”

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### Prayer Point 1: Lord, we pray the blessing of Psalm 84:11 over our lives today:

**“For the LORD God is a sun and shield; the LORD bestows favor and honor; no good thing does he withhold from those whose walk is blameless.”**

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**Prayer Point 2: Waken our hearts each day to seek You first, God. Through Jesus’ sacrificial death on the cross, we come to You for forgiveness for our sins. Inspire us to turn and repent from anything which threatens to separate us from You. Search our hearts, God, and renew a right spirit in us.**

**We pray for Your favour to reign down on our lives, our relationships and friendships, and spread like wildfire to everyone you have placed in our lives, from our spouses to our co-works, church family and those we pass in the grocery store aisles.**

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**Prayer Point 3: May Your favor, Lord God, rest on us; establish the work of our hands for us. (Psalm 90:17). We pray the words Paul wrote, “Father, For it is by grace we have been saved, through faith- and this is not from our selves, it is a gift from You, God- not by works, so that none of us can boast.”(Ephesians 2:8-9)**

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**Prayer Point 4: Inspire us to dig into Your Word and Your Truth each day, so that we may see our world, our days, our lives from Your perspective.**

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**Prayer Point 5: Replace any cynicism in our hearts with the hope of Christ Jesus.**





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# DAY 18

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**PRAYER &  
FASTING**

DAY 18  
23 JAN  
2025



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## **FOCUS: PRAYER FOR KINGDOM IMPACT**

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### **Read 2 Corinthians 5:20 ESV**

“Therefore, we are ambassadors for Christ, God making his appeal through us. We implore you on behalf of Christ, be reconciled to God.”

### **Read Ephesians 6:20 NLT**

“I am in chains now, still preaching this message as God’s ambassador. So pray that I will keep on speaking boldly for him, as I should.”

### **Read Proverbs 13:17 AMP**

“A wicked messenger falls into hardship, But a faithful ambassador brings healing.”

### **Jeremiah 49:14 NKJV**

“I have heard a message from the Lord, And an ambassador has been sent to the nations: “Gather together, come against her, And rise up to battle!”

### **Read 2 Corinthians 2:14 MSG**

“And I got it, thank God! In the Messiah, in Christ, God leads us from place to place in one perpetual victory parade. Through us, he brings knowledge of Christ. Everywhere we go, people breathe in the exquisite fragrance. Because of Christ, we give off a sweet scent rising to God, which is recognized by those on the way of salvation—an aroma redolent with life.

But those on the way to destruction treat us more like the stench from a rotting corpse. This is a terrific responsibility. Is anyone competent to take it on? No—but at least we don’t take God’s Word, water it down, and then take it to the streets to sell it cheap. We stand in Christ’s presence when we speak; God looks us in the face. We get what we say straight from God and say it as honestly as we can.”

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**Prayer Point 1: King of Glory, I desire to make a lasting impact for Your kingdom. Grant me breakthroughs that extend beyond personal success to influence others positively.**

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**Prayer Point 2: Prayer Point 2- Use me as an instrument of Your love, grace, and transformation in the name of Jesus.**

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# DAY 19

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**PRAYER &  
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DAY 19  
24 JAN  
2025



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## FOCUS: GIVING THANKS

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### Read Psalms 50:14 NIV

“Sacrifice thank offerings to God, fulfill your vows to the Most High”

### Read James 1:17 ESV

“Every good gift and every perfect gift is from above, coming down from the Father of lights, with whom there is no variation or shadow due to change.”

### Read 1 Chronicles 29:13 ESV

“And now we thank you, our God, and praise your glorious name.”

### Read 2 Corinthians 9:11 NLT

“Yes, you will be enriched in every way so that you can always be generous. And when we take your gifts to those who need them, they will thank God.”

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**Prayer Point 1: King of Glory we thank you for your love, your grace, mercy and favour. You have carried us, sustained us and kept us. We have seen your mighty have and we have felt your power move in and through us.**

**Words can never be enough to express our thanks for all that you have been to us and what you have done for us. May the work that you have done in us in the past 3 weeks produce 1000 fold fruit that will last in all areas of our lives.**

**Fruit that will not just be a blessing to us but also to those around us. We thank you for an incredible year 2025 is going to be in Jesus might name, Amen.**

Let us pray at 06:00 on Zoom

Join us in-person and online for Half Night Prayer 18:30-22:00

Bring fruits to share