

21 Days of Prayer and Fasting

“I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.” - John 15:5 (NIV)

As we peer over the edge and look into the new year, we are eager to see God do great things in us and through us. We want to see our own lives transformed by the indwelling Christ. And we want to be used by God to bring the life of Jesus to many in our own city and around the world. But none of that is possible apart from our active and intentional abiding in him. John 15 makes it clear that we are made fruitful by our connection to Jesus. For 21 days, we want to invite you to dive into John 15. Read the chapter regularly, maybe even memorize parts of it. And follow along and pray daily, using the prayer prompts. Together, let's seek the face of the Lord, asking him to cause us to bear much fruit for his glory.

How to Participate in 21 Days of Prayer and Fasting

How to PRAY

Praying is spiritual breathing, essential for our life in God. As we meditate on God's Word, we breathe in the promises and purposes of God. In prayer, we also breathe out, responding to God's Word to us. Each day in this guide, there will be one verse from John 15 and a few prayer responses for you to guide your praying. Throughout the 21 days, you will be praying for specific areas in your life, our church, and our mission. Together, let's put our faith into action, trusting in the promises of God for us and our church. Below are some helpful tips on how to make the most of this guide.

- **Commit to a specific time each day to devote to prayer.** Find a place where you can be free of distractions and be alone with God.
- **Use the prayer points and Scripture** in this guide to focus and fuel your praying. **Write** the Scripture and prayer point on a card and carry it with you, post it on your social media, make it the **screensaver on your phone**—whatever you can think of to keep these

prompts in front of you. Use them throughout the day and invite others to join you in praying.

- You can take it a step further by **journaling** your prayers each day, simply writing out your prayers to God. It's a great opportunity to hide God's Word in your heart, working to memorize the verses as you meditate and pray.
- In addition, you may consider ways to **pray with others** during this season. Set up a Zoom call with friends, or members of your small group. Pray together as a family.
- **Memorize-** if you choose to memorize John 15, here are a few options in how you could do that:
 - Memorize a verse a week- instead of doing the whole chapter, do one verse from each week. That could be picking one from Week One, Week Two, and Week Three. Our suggestions would be John 15:5,8,15.
 - Memorize John 15:1-8 -we spend a lot of time praying through the first eight verses, so you could just focus your memorization on just this part.
 - Memorize the Whole Passage- maybe for some of you, you feel led to memorize all of John 15. If you do this, break the passage down into week to week chunks and memorize a verse at a time. Pace yourself. Continue to review each day as you add more verses to your memory.
 - Here are some tips for memorizing verses, ["Why Memorize Scripture When You Can Google It?"](#), and an app that can be helpful [Bible Memory App](#)

How to FAST

Why do we fast? Simply put, the goal of fasting is to turn ourselves from worldly things and set our minds and hearts fully on God. It is not a way to manipulate God or coerce him to hear and answer our prayers; rather, it acknowledges our complete dependence on him. Fasting awakens us to the reality that we are so often driven by our fleshly desires and appetites. It humbles us and awakens us to our great need for and reliance on God. As you consider fasting, we want to encourage you to listen to the Holy Spirit. Ask God to lead you in this time of seeking his face. Whether you choose to fast for one day, several days, or the entire 21 days, the point is to humble yourself in a new way and draw near to God. Here are some ideas of what you could choose:

- **You might choose a selective fast, eliminating certain things from your diet.** Eating only fruits and vegetables, what some might call a “Daniel fast,” is an example of this type of fasting.
- **Another option is a partial fast, which is refraining from eating for a set period of time each day.** You could choose to fast from a single meal or from sunup to sundown.
- **Some of you may feel led to engage in a complete fast,** refraining from eating and only drinking liquids for particular days or even an extended period of time.
- **If fasting from food is not possible, you may feel led by the Lord to fast from something else, such as social media, television, or certain times or activities on your cell phone.**
- If you would like more information and help on fasting, read these articles: [Seven Basic Steps to Successful Fasting and Prayer](#) and [Six Ingredients That Will Help You Fast From Technology](#), or a video teaching from our friend, John Mark Comer: [John Mark Comer's Fasting resource](#).

Week 1: Praying for Yourself, Friends, and Family

Monday, January 23

“I am the true vine, and my Father is the vinedresser.” - John 15:1 (ESV)

Jesus declares himself to be God (“I Am”) and to be the very source of life. Jesus is the true vine. He is the way, the truth, and the life. He is the fountain of living water. He is the bread of life. He is the great “I Am.” All that we need is found in Jesus. John 1:14 says, “The Word became flesh and made his dwelling among us. We have seen his glory, the glory of the one and only Son, who came from the Father, full of grace and truth” (NIV).

Prayers for Today:

- Praise God today that he has revealed himself to us in Jesus and made you a worshiper of him.
- As you pray, call out the wonder of who Jesus is and how he came so you could know him.
- Ask him to help you see areas of your life where you have failed to believe that he is enough.
- Ask God to reveal more of himself to you and show you how you can help others know him better and rely wholly on him.

Tuesday, January 24

“You are already clean because of the word I have spoken to you.” - John 15:3

By hearing and responding in faith to the gospel, we are made right with God. John 1:12 says, “Yet to all who did receive him, to those who believed in his name, he gave the right to become children of God.”

Prayers for Today:

- Thank God that he sought you and for the way he has worked in your life so that you could hear and believe the gospel.
- Thank him that he cleansed you and restored you to a right relationship by faith in his Word.
- Pray that your own gratitude for the gospel would compel you to share with others.
- Ask God to lead you to those who need to hear the gospel and pray that he would give them faith to believe.

Wednesday, January 25

“Remain in me, as I also remain in you.” - John 15:4a

Jesus has come to dwell in us and has promised to never leave or forsake us. His life-giving presence is our life and our hope. Colossians 1:27 reminds us of this truth when it says, “...Christ in you, the hope of glory.”

Prayers for Today:

- Thank God that Jesus has come to dwell in you, and that his life-giving presence is always available to you.
- Ask God to help you remain faithful, connected, and drawing life from the vine.
- Pray that God would show you ways to be more diligent and disciplined in pursuing your own relationship with Jesus.
- Ask him to speak to you in clear ways as you spend time in the Word and in prayer.
- Pray that God would use you to encourage your family and friends to actively pursue abiding in him.

Thursday, January 26

“As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me.” - John 15:4b (ESV)

It is essential that we remain in Christ. And yet, we cannot do the work of abiding in our own strength. Ephesians 3:16–17a says, “I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith” (NIV). It requires the Holy Spirit’s strength for us to maintain a heart that is tender and open to Jesus.

Prayers for Today:

- Pray that God would reveal any sin and rebellion in your own heart. Ask God to uncover places and ways that you are trying to draw life from other things.
- Confess where you have not done the work of abiding in and drawing life from Jesus.
- Ask God to show you how to repent of these things and commit yourself to obeying his instruction.

Friday, January 27

“If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.” - John 15:5

Only when we are connected to Jesus can we live the godly, fruit-bearing lives that he desires. 2 Peter 1:3 says, “His divine power has given us everything we need for a godly life through our knowledge of him who called us by his own glory and goodness.”

Prayers for Today:

- Ask God today to help you rely on him, knowing that he has every resource you need to live a fruitful, godly life.
- Pray that God would increase your holiness for his own glory. Are there areas in your life where you need to pray for more holiness?
- Pray that God would increase his fruitfulness in and through you. Are there areas you need to specifically pray for more fruitfulness?
- Ask him to bless and enrich others by the work he does in and through you.

Saturday January 28

“If you remain in me and my words remain in you, ask whatever you wish, and it will be done for you.” - John 15:7

God wants us to walk in holiness, to live godly lives that prove we are his disciples. He wants to produce fruit in you and he wants you to ask for it.

Prayers for Today:

- Pray that he would help you abide in his Word and that your times in the Word would be rich and meaningful. If you don't have a consistent time in the Word with God, ask him to help you start.
- Ask him to fill your mind and heart with confidence as you meditate on his Word.
- Pray that God would show you what he wants to do, so that your asking is in accordance with his will.
- Galatians 5:22–23a says, “But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control.” As you consider the kind of fruit God wants to produce in your life, ask him to cause specific fruit of the Spirit to abound in you.

Sunday, January 29

“This is to my Father’s glory, that you bear much fruit, showing yourselves to be my disciples.” - John 15:8

God is glorified when our lives demonstrate that we are abiding in him, bearing the fruit of our being united with Christ. 2 Thessalonians 1:11–12 says, “With this in mind, we constantly pray for you, that our God may make you worthy of his calling, and that by his power he may bring to fruition your every desire for goodness and your every deed prompted by faith. We pray this so that the name of our Lord Jesus may be glorified in you, and you in him, according to the grace of our God and the Lord Jesus Christ.”

Prayers for Today:

- Ask God to help you keep your focus on his Word and his promises as you continue in prayer and fasting.
 - Ask God to use your times of fasting to deepen your understanding and experience of abiding in him.
 - Pray that he would make you alert to the enemy’s attempts to ensnare and discourage you.
 - Pray that he would help you to see where the Spirit is already at work, as you expect great things from him and attempt great things for him.
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Week 2: Praying for Our Church

Monday, January 30

“I am the vine; you are the branches.” - John 15:5a

Branches, plural. You are not a lone branch; you are one of many. At the Summit, we call ourselves members of God’s family. 1 Peter 2:9 says, “But you are a chosen people, a royal priesthood, a holy nation, God’s special possession, that you may declare the praises of him who called you out of darkness into his wonderful light.”

Prayers for Today:

- Thank God for the host of others who have believed the gospel and are now connected to Jesus, the source of life in our church.

- Praise God for The Summit Church and all who are a part of this family of believers.
- Pray for your brothers and sisters, that they would remain steadfast, drawing life and nourishment from Jesus and his Word.
- Ask God to lead you today in actively encouraging others in their walk with Jesus.

Tuesday, January 31

“If you do not remain in me, you are like a branch that is thrown away and withers; such branches are picked up, thrown into the fire and burned.” - John 15:6

No one could imagine a branch voluntarily disconnecting itself from the vine. But we have hearts that can easily go astray. Hebrews 3:12–13 says, “See to it, brothers and sisters, that none of you has a sinful, unbelieving heart that turns away from the living God. But encourage one another daily, as long as it is called ‘Today,’ so that none of you may be hardened by sin’s deceitfulness.”

Prayers for Today:

- Pray today that God would keep your own heart tender and sensitive to him; pray the same thing for your brothers and sisters in Christ at the Summit.
- Ask God to make us a family that faithfully encourages one another.
- Pray that our small groups, as well as men’s and women’s discipleship ministries, would help our members become deeper, stronger disciples—seeking to know what their Master knows and do what their Master does.

Wednesday, February 1

“As the Father has loved me, so have I loved you. Now remain in my love.” - John 15:9

We are fully known and fully loved. And God’s love for us is like nothing we have ever experienced before. Ephesians 3:17b–19 says, “And I pray that you, being rooted and established in love, may have power, together with all the Lord’s holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.”

Prayers for Today:

- Pray that as family we would encourage each other to know and believe in God's great love for us.
- Ask God to help us lead others, especially our children and students, to grow in their understanding of God’s incredible love for them.

- Ask God to show you specific ways you can spur others on to know God's love for them.

Thursday, February 2

"If you keep my commands, you will remain in my love, just as I have kept my Father's commands and remain in his love." - John 15:10

Obedience is not optional. It is one of the indicators that we are being transformed by the love of God. 1 John 5:3–4 says, "In fact, this is love for God: to keep his commands. And his commands are not burdensome, for everyone born of God overcomes the world. This is the victory that has overcome the world, even our faith."

Prayers for Today:

- Pray that, as a church family, we would be marked by our unwavering obedience to the Word of God.
- Ask God to keep our staff and pastors from sin, and remaining in his love.
- Pray that we would advocate for and lead each other to pursue personal holiness.
- Ask God to show you any places where you are not walking in obedience to him. Confess and repent.
- Pray that we would be faithful in calling others to follow us as we follow Christ.

Friday, February 3

"I have told you this so that my joy may be in you and that your joy may be complete." - John 15:11

Jesus had a joy that seems almost impossible to us. Even as he faced the certainty of his crucifixion, he knew there was joy in his sacrifice. He wants us to know that kind of joy. 1 Thessalonians 5:16 calls us to "rejoice always," and Philipians 4:4 says, "Rejoice in the Lord always. I will say it again: Rejoice!"

Prayers for Today:

- Ask God to make us a joyful people, who are always rejoicing in him regardless of our circumstances.
- Pray that our worship gatherings would be marked by joy and delight.
- Pray that God would cause us to find joy in the things he has said to us, delighting in his Word.

- Ask God to help you, and your brothers and sisters at the Summit, to set your hope on things above and not look for joy in earthly things.

Saturday, February 4

“My command is this: Love each other as I have loved you.” - John 15:12

We’ve been commanded to love one another just as we have been loved by our Savior. And it’s our love for each other that shows the world we are children of God. John 13:35 says, “By this everyone will know that you are my disciples, if you love one another.”

Prayers for Today:

- Ask God to make us a community that is marked by remarkable love in spite of our differences.
- Pray that our unity and love would be a powerful apologetic to our community.
- Ask God to help us grow in diversity in a way that reflects the diversity of our community and the diversity of the kingdom of God.
- Pray that God would show you how to build bridges and intentionally pursue relationships with people who are different from you.

Sunday, February 5

“Greater love has no one than this: to lay down one’s life for one’s friends.” - John 15:13

It’s not possible for God to love you more than he has already loved you in Jesus. And nothing can separate you from the love that he has for you in Christ Jesus. 1 John 3:1a says, “See what great love the Father has lavished on us, that we should be called children of God! And that is what we are!”

Prayers for Today:

- Ask God to empower us to love others as we have been loved.
- Pray that our marriages and families would be marked by selfless love and gospel-driven forgiveness. If there is brokenness in these relationships, pray for healing.
- Pray today that God would show you to whom he is calling you to show sacrificial love.

Week 3: Praying for Our World

Monday, February 6

“I no longer call you servants, because a servant does not know his master’s business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you.” - John 15:15

God has called you friend and invited you into his work of bringing salvation to the nations as a witness. But that invitation requires surrender and obedience. John 15:14 says, “You are my friends if you do what I command.”

Prayers for Today:

- Ask God to continue to lead and empower us as we seek to make disciples who make disciples.
- Pray that God would extend our reach and increase our capacity to be “witnesses” to all nations.
- Pray that many of our high school and college students would surrender their lives to carry the gospel to the nations.
- Pray that God would show you where and how to be stewards—how to invest your time, treasure, and talents for his kingdom and his purposes in the world.

Tuesday, February 7

“You did not choose me, but I chose you and appointed you so that you might go and bear fruit—fruit that will last—and so that whatever you ask in my name the Father will give you.” - John 15:16

God chose us with fruitfulness in mind. And he wants us to ask him to make us fruitful. Psalm 2:8 says, “Ask me, and I will make the nations your inheritance, the ends of the earth your possession.”

Prayers for Today:

- Pray that God would give us success in our mission to make disciples who make disciples.
- Ask God to cause you to grow in your own discipleship and efforts to invest in the lives of others.
- Pray that The Summit Church, our domestic church planters, and those involved in church planting around the world would be faithful in pursuing holiness and doing good works that bring glory to God.

- Ask God to use The Summit Institute and Summit Collaborative to train and send more laborers into the harvest fields.

Wednesday, February 8

“If you belonged to the world, it would love you as its own. As it is, you do not belong to the world, but I have chosen you out of the world. That is why the world hates you.”

- John 15:19

Because of God’s mercy and grace, we have been chosen to be his own sons and daughters. We are called to be a holy people, no longer walking in the ways of the world. Romans 12:1–2a says, “Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind.”

Prayers for Today:

- Give thanks today that God chose you and rescued you by his grace and mercy.
- Pray for yourself, and for brothers and sisters in Christ around the world, that we would not be conformed to the image of the world, but transformed to be like our Savior.
- Ask God to give courage and faith, especially to the next generation, as they face hostility and opposition.
- Pray for believers worldwide to continue to walk in radical obedience to the Word of God, even in the face of ridicule and rejection.

Thursday, February 9

“Remember what I told you: ‘A servant is not greater than his master.’ If they persecuted me, they will persecute you also. If they obeyed my teaching, they will obey yours also.”

- John 15:20

Just as Jesus was rejected and persecuted, he warned us to expect the same kind of treatment. But he has promised to strengthen and sustain us. 1 Peter 5:10 says, “And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast.”

Prayers for Today:

- Pray today that God would strengthen you to remain steadfast, even in the face of rejection and ridicule.
- Ask God to protect and strengthen believers worldwide, especially where they face intense persecution and threat of death.
- Pray for encouragement and endurance for Christians in China, Iran, Afghanistan, India, and other countries where hostility to the gospel is great.
- Pray that God would give great faith and courage to those who are persecuted for their faith in Jesus.
- Pray that persecution and suffering would not slow the spread of the gospel in the world.

Friday, February 10

“If I had not come and spoken to them, they would not be guilty of sin; but now they have no excuse for their sin.” - John 15:22

It is the words of Jesus that bring conviction of sin. Acts 2:36–38 says, “‘Therefore let all Israel be assured of this: God has made this Jesus, whom you crucified, both Lord and Messiah.’ When the people heard this, they were cut to the heart and said to Peter and the other apostles, ‘Brothers, what shall we do?’ Peter replied, ‘Repent and be baptized, every one of you, in the name of Jesus Christ for the forgiveness of your sins. And you will receive the gift of the Holy Spirit.’”

Prayers for Today:

- Pray today for church planters, asking God to fill them with his Spirit as they preach the gospel.
- Ask God to bring conviction and give faith to those who hear the message.
- Pray that in 2023 our church plants would be able to baptize hundreds who respond to the proclamation of the gospel.
- Ask God to provide resources and open doors to facilities where church plants can meet and reach their communities with the good news of the gospel.
- Pray that God would use you to faithfully share the gospel with those around you who have not yet believed.

Saturday, February 11

“When the Advocate comes, whom I will send to you from the Father—the Spirit of truth who goes out from the Father—he will testify about me.” - John 15:26

It is the Holy Spirit who convicts of sin. It is the Holy Spirit who affirms the truth about Jesus. Romans 15:18–19 says, “I will not venture to speak of anything except what Christ has accomplished through me in leading the Gentiles to obey God by what I have said and done—by the power of signs and wonders, through the power of the Spirit of God. So from Jerusalem all the way around to Illyricum, I have fully proclaimed the gospel of Christ.”

Prayers for Today:

- Pray today for the Holy Spirit to be at work in those who hear the gospel around the world.
- Ask God to accompany the preaching of the Word by our missionaries with signs and wonders.
- Pray that the Spirit would open the eyes of the blind and give dreams and visions to Muslims, so that they might know the truth of Jesus.
- Ask God to show you how you can be involved in reaching the world: giving, praying, going.
- Pray for Holy Spirit power in every place where Jesus is preached.

Sunday, February 12

“And you also must testify, for you have been with me from the beginning.” - John 15:27

As we abide in Christ and dwell in his presence, we will surely want others to know him. Matthew 28:19–20 says, “Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.”

Prayers for Today:

- Ask God to lead you to someone today who needs to hear the gospel.
- Pray that we would be a church that faithfully testifies as witnesses to what we have experienced in Jesus Christ.
- Ask God to continue to use The Summit Church to send witnesses to the nations.
- Ask God to open your heart to say yes to wherever he is calling you to go.

- Pray that God would give faith to those who hear and cause many to receive salvation through faith in Jesus.

What's Next After 21 Days of Prayer and Fasting?

Now that you've completed these three weeks of prayer and fasting, what's next? What we know for sure is that our need for God to reveal himself and speak to us has not decreased. We cannot go on without his keeping us, providing for us, and working on our behalf. We want to press in and seek his face with greater resolve.

What about prayer? If you established a new habit or pattern, we want to encourage you to continue making those prayer habits a part of your daily life. And if you found these 21 days to be difficult, don't give up now. Press in and work hard to discipline yourself to seek God in prayer.

A few resources to help you on your journey of enjoying and knowing God through prayer:

Two sermons, one by Pastor Tim Keller ("[The Primacy of Prayer](#)") and the other by our pastor, J.D. Greear ("[Prayer to God, Your Sovereign Father](#)"), give some great vision for what prayer can look like in our lives 365 days a year. And two, a [30-day plan](#) to go from praying three minutes a day to 30 minutes a day.

What about fasting? You can continue to pursue God by turning away from distractions and temporary pleasures to find satisfaction in him. We'll continue to call you to fast, establishing regular days of fasting and prayer. It's an important part of the spiritual disciplines that drive us to rely on God. We have heard from countless numbers of you that you plan to continue to fast in different forms because of how you have known God more through what you have given up.

A few resources to encourage you in your journey of enjoying and knowing God through fasting:

[Steps to a Lifestyle of Fasting](#) and [Fasting From Technology](#)

We're confident that God did something in you as you sought him in prayer over the duration of 21 days. We are often looking for a new word, a fresh revelation—but don't despise yesterday's word. Hang on to it; write down what you saw and heard from God. Share it with others. God's grace to you should be shared.

Summit family, what a joy to fast and pray together for these past 21 days. We're confident that as we continue to abide in him, God will continue to work in us and through us for his glory.

Chris Gaynor, *Pastor of Prayer*