



CALVARY  
LIGHTHOUSE

# 21 *for* 21

**21 DAYS OF PRAYER AND FASTING  
FOR 21 AREAS OF BREAKTHROUGH**





# 21 for 21

*Thank you for participating in 21 for 21! If this is your first year embarking on a time of prayer and fasting, get ready for God to move supernaturally in your life. If you have participated in years past, you already know that when you set these days aside to pray and fast God shows up!!*

*Setting aside time during the first part of the year gives us the spiritual momentum to not just survive but to thrive and grow! As we start 2022, let's believe God for breakthrough.*

*This year we're going to take 21 days to pray and fast and believe God for 21 specific areas of breakthrough. I believe with all my heart that God is going to move powerfully through our entire church body.*

*In this booklet, you will find a prayer, fasting, and devotional guide. Each day the devotional will focus on a specific area of breakthrough. The goal is to connect more with God and disconnect from the world. As we do this, God will bring breakthrough in our church, communities, homes, and our lives. Take this time to let God renew your mind and increase your faith.*

*I want you to know, I will be praying for you and your family during this time. We are believing for miracles and testimonies about the power of God. Get ready and expect to hear from God. Pray big prayers. Lean in close and watch what God does!*

*Believe for breakthrough,*



## PRAYER GUIDE

*Prayer is a key part of your daily practice for these 21 days. Prayer is most effective when it isn't something we do every now and then, but when it's a lifestyle we cultivate.*

### Tips on Prayer:

- 1. Have a certain TIME:** Make a daily appointment with God - whether it's first thing in the morning, at lunch, or in the evening - and faithfully keep it.
- 2. Have a certain PLACE:** Having a designated place to pray helps us remove distractions and frees us to worship and pray out loud.
- 3. Have a certain PLAN:** As we pray every day, our plans for our prayer time can vary. Maybe it includes worship music, Bible reading, and quiet time to listen to God. Maybe we follow a prayer outline like The Lord's Prayer, the Prayer of Jabez, or the Tabernacle Prayer. Maybe we pray scripture. It doesn't always have to look the same; it just helps when we have a plan for connecting with God.



## FASTING GUIDE

*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 our soul and renews us from the inside out.*

*Do not let what you eat or do not eat become the focus of your fast. Your personal fast should present a level of challenge to it, but it's very important to know your own body and follow what the Holy Spirit leads you to do. Keep the main thing the main thing, which is drawing closer to God.*

### Types of Fasts:

**Complete Fast-** In this type of fast, you eliminate all solid foods and drink only liquids (typically water and light juices). This fast should only be done after consulting with your doctor.

**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 eat only fruits/vegetables and drink only water. Another example would be choosing to eliminate one or more specific types of foods from your diet.

**Intermittent Fast-** This fast involves abstaining from eating any type of food for certain portions of the day. This can correlate to specific times of the day (such as from sunup to sundown) or specific meals. It is recommended that you eat a light meal(s) during the other portions of the day.

**Activity Fast-** This fast involves abstaining from a regular activity or habit, such as television, social media, secular music, recreational shopping, secular books/magazines, etc. An activity fast can also be done in combination with any type of dietary fast.



## A few final thoughts:

~ If you drink coffee regularly, one of the worst mistakes you can make is to cut it out abruptly and completely. Please don't do that or you will spend this time in withdrawal instead of enjoying God's presence.

~ The length of your fast is up to you. You may choose to fast all 21 days or you may choose to fast several days out of the 21 day period. This is your personal decision and should be prayerfully considered as it applies to your circumstances. Also mixing things up a bit during the 21 days tends to work well for people. For example, you could do a Daniel fast for a week, then fast intermittently for a few days, followed by a complete fast for one day.

~ Begin & break your fast well. Depending on the type of fast you choose, it is important to prepare your body ahead of time before beginning the fast. When your fast is over, add food(s) back in very gradually.

~ Dietary fasts while pregnant or nursing are not recommended. If you are pregnant or nursing mother and would like to participate in the 21-day plan, we encourage you to consider an activity fast.

~ If you have struggled with an eating disorder, remember that fasting is a tool used to get closer to God. If your method of fasting is going to cause you to obsess about what you eat in any way, reconsider the type of fast you choose and ask God to help change your approach & mindset.

~ Make it a priority to attend church (either in-person or online) during the 21 days. Being around other believers will encourage you to keep on going when fasting gets difficult.

~ If you mess up, don't get discouraged. Just get right back on track and keep going.



## DEVOTIONAL GUIDE

*Bible reading and personal devotions are foundational parts of these 21 days. Choosing a spot and even a specific place where you will seek God every day is important. If you miss a few days, pick up at the next reading, but stay with it and don't give up.*

**A great, simple way to journal as you read the Bible is to use the SOAP method. SOAP stands for:**

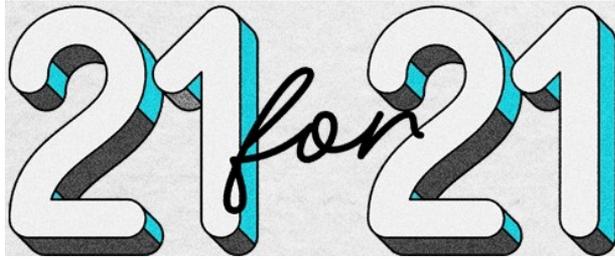
**Scripture-** Read prayerfully. Take note which scripture(s) catches your attention and mark it in your Bible.

**Observation** - Focusing on that scripture, tune in and listen to what God is saying to you through His Word. Ask the Holy Spirit to be your guide and show you what God is saying.

**Application** - Think of how this verse(s) applies to your life right now. Use your journal to write how this scripture applies to you today.

**Prayer-Wrap** up your SOAP time in prayer and talk to God about what you've just read.

*For further guidance and information on prayer, fasting, or devotionals, check out the book "Awakening: A New Approach to Faith, Fasting, and Spiritual Freedom" by Stovall Weems.*



## 10 Keys to a Spiritual Breakthrough

by Matt Brown

### 1. Call on the Name of Jesus and He will breakthrough to you.

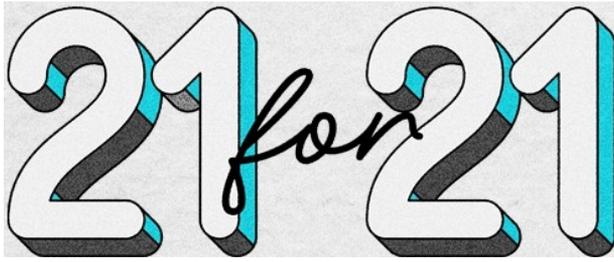
No spiritual breakthrough is greater or more important than receiving salvation by faith in Christ and what He did on the cross for us. It is through His blood we are reconciled to God. Without the shedding of His blood, there is no remission of our sins (Hebrews 9:22). We cannot experience the other breakthroughs God has for us until we first receive and believe in Jesus. We do this by calling on His Name to save us. (Romans 10:13)

### 2. Pray for your breakthrough.

Ephesians 6:12 clarifies something, "Our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms." Often the spiritual breakthroughs we need are brought about through prayer, not by asking favors of people, or pushing for our own way. Stop looking to people for your breakthrough and start storming the gates of heaven through prayer.

### 3. Persistent prayer brings breakthrough.

Jesus shared a story about prayer about an elderly lady who banged on a judge's door until he brought justice. Jesus taught in the same way, we should be persistent in our prayers, and our Father in heaven "will see that we get justice, and quickly." (See Luke 18:1-8)



#### **4. Fast until you see a breakthrough.**

Jesus taught that some spiritual breakthroughs will not happen without prayer and fasting. (See Mark 9:14-29). Mark Batterson writes in his book "If": "When you abstain through fasting, it shows God you're serious. And God takes that seriously, if the cause honors Him. The reality is some spiritual breakthroughs are only possible with the combination of prayer and fasting. It's amazing how many defining moments in my life and ministry trace back to seasons of fasting."

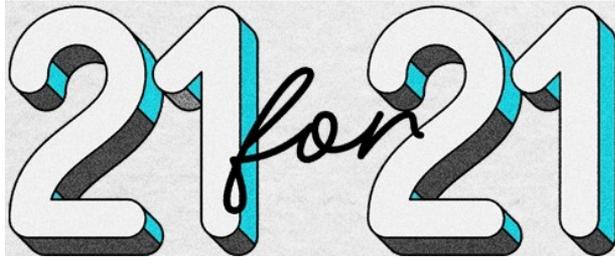
#### **5. Have faith for a breakthrough.**

Faith is one of the most essential ingredients of healthy daily Christianity. Hebrews 11:6 says, "He who comes to God must believe that He exists, and that He is a rewarder of those who diligently seek Him." Jesus also taught us to pray in faith believing and we will receive what we ask for (Mark 11:24), and that even the smallest amount of faith will do powerful things. (Matthew 17:20)

It's not enough to just pray about something. We need to pray with faith and confidence in our gracious and good Father who rewards us when we diligently seek Him. We should pray with faith, not just that God will give us what we want, but that He is a good Father (See Matthew 7:7-11).

#### **6. Align yourself with God's will for breakthrough.**

We shouldn't just pray for anything we want, rather it should be our goal to pray for everything God wants for us. We need God to give us new and better desires that are pleasing to Him. 1John 5:14 says,



"This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. And if we know that he hears us--whatever we ask--we know that we have what we asked of him."

**But how do we know God's will? By spending time in His Word.**

There are few things more powerful than praying the Word of God because it is the express will of God on the earth.

**7. Patiently trust that God is working while you are waiting.**

This may sound surprising, but faith is not enough to receive what you ask for in prayer. Hebrews 6:12 elaborates, "Imitate those who through faith and patience inherit what has been promised." Faith, and ... patience. Often, we do not receive what we are praying for right away. We must keep on praying with persistence and patience. We should patiently pray, trust, and await God's gracious help.

**8. Forgive anyone who has hurt you, and you'll sense**

**breakthrough.** Jesus didn't mess around - He said, if you are holding on to offense, hatred, or grudges, the devil will have a foothold in your life (Ephesians 4:26-27), and you won't be able to experience the forgiveness and peace of God in your life. (See Matthew 6:14-15)

Forgiveness is not an emotion it is a choice. Sometimes a choice you need to make on a daily basis, to forgive as Christ commanded you.. When you forgive people who have hurt you and sinned against you, you will feel a powerful sense of God's presence break through immediately.



**9. Repent of any known sin and experience a powerful breakthrough.** God didn't save our soul so we can wallow in sinfulness. He saved us to do good works. He doesn't just ask us to pray a prayer of salvation while we run the other way- He calls us to follow Him. (See Colossians 2:6-7). If you have put your faith in Jesus, but are experiencing spiritual dissonance, maybe there is something you need to repent of, and turn away from. (See Hebrews 12:1) Surrendering your whole life to Christ in repentance and giving Him access to be Lord over all your life will assuredly bring about a powerful personal breakthrough.

**10. Stand still and watch God work and bring your breakthrough.**

2 Chronicles 20:17 contains a powerful promise that has encouraged many believers over the years, "But you will not even need to fight. Take your positions; then stand still and watch the LORD's victory. He is with you, O people of Judah and Jerusalem. Do not be afraid or discouraged. Go out against them tomorrow, for the LORD is with you!"

When you have done all of the above steps to spiritual breakthrough, this final promise is surely for you -you will not need to fight, stand still and watch God work mightily on your behalf!



## **DAY 1 / Breakthrough in Spiritual Hunger**

*The new year is a great time to start pursuing God with fresh passion.*

**Read Jeremiah 29:13**

**Question:** What thing (or things) have more of your attention than God? How can you make Him the center of your focus in this new year?

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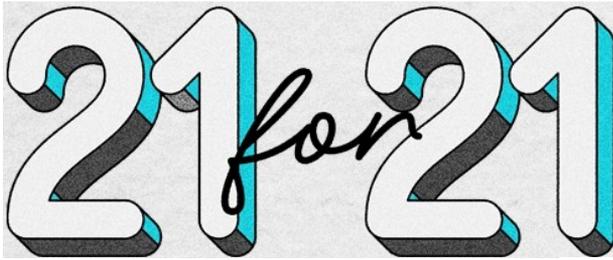
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## **DAY 2 / Breakthrough in Increased Faith**

*Faith isn't something that can be willed into existence - it's given by the Holy Spirit. If you want big faith, you simply ask for it.*

**Read Luke 17:5 & Hebrews 11:6**

**Question:** Describe an area of your life where you'd like the Lord to increase your faith.

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## **DAY 3 / Breakthrough in Habits**

*The best way to get rid of a bad habit is to replace it with a good one. Breakthrough in our daily habits starts with a decision to align our lives with the truth of God's word.*

**Read Romans 12:2 & Romans 14:19**

**Question:** What is one bad habit that you want to get rid of today? What is one good habit or spiritual discipline that you can replace it with?

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## **DAY 4 / Breakthrough in Fear**

*Fear reveals areas in our lives where we least trust God.  
We break the power of fear when we relinquish the  
hard-to-let-go-of parts of our lives to Him.*

**Read Psalm 23:4 & Isaiah 41:10**

**Question:** What areas of life are hardest to let go of?  
How can you relinquish one of those areas to God  
today?

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## **DAY 5 / Breakthrough in Finances**

*Nobody likes to talk about money, but it's something that affects almost every other area of our lives. When we put God first with our money, we make room for Him to breakthrough.*

**Read Matthew 6:33 & Luke 6:38**

**Question:** How can you put God first with your money this year?

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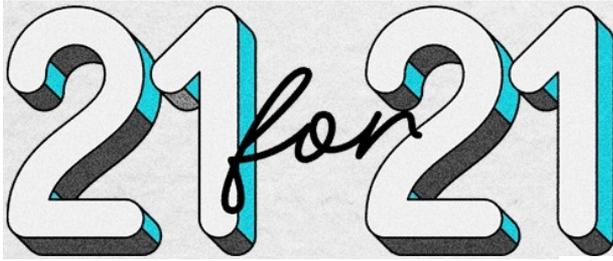
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## **DAY 6 / Breakthrough in Addiction**

*So many people are caught in the bondage of addiction but 2022 can be a year of total freedom for those who surrender their addictions to the Lord.*

### **Read Proverbs 25:28 & Galatians 5:1**

**Question:** What addiction do you need to be free of? Addiction thrives in isolation -who can you ask to help you in your journey to freedom?

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## **DAY 7 / Breakthrough in Calling**

*Everyone has a calling, yet so few walk in it. This year God can reveal, confirm, and even reactivate His purpose for your life.*

**Read John 15:16 & Ephesians 4:1**

**Question:** Are you walking in your calling? Why or why not?

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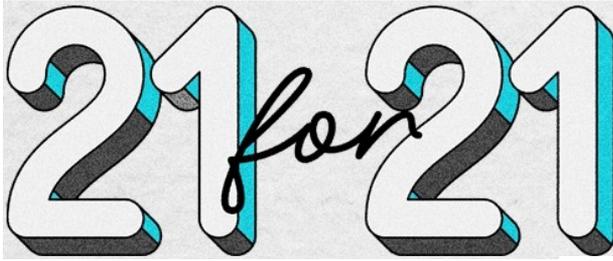
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## **DAY 8 / Breakthrough in Healing**

*We all need healing in one area or another. You may not even believe that God can heal you -but He can!*

**Read Psalm 103:2-3 & James 5:14-16**

**Question:** What healing do you or a loved one need?

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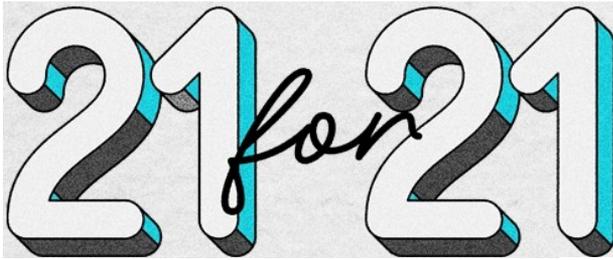
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## **DAY 9 / Breakthrough in Marriages**

*Healthy kingdom-minded marriages are essential to God's plan for revival in our world - which is why the enemy tries so hard to destroy them. No matter what state your marriage is in God can bring breakthrough.*

**Read Romans 12:10 & Ephesians 5:33**

**Question:** If you are married, what sort of breakthrough does your marriage need? If you're not married, spend time praying for some marriages around you.

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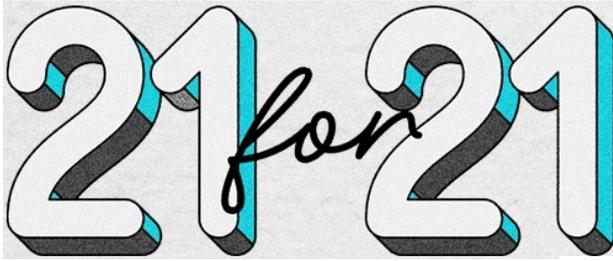
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## **DAY 10 / Breakthrough in Anxiety & Depression**

*The struggle with anxiety and depression can feel hopeless at times. This year, choose to believe and trust that God will bring breakthrough in your struggle.*

**Read Psalm 34:17-18 & Philippians 4:6-8**

**Question:** What would a breakthrough in anxiety and depression look like for you? Do you believe God can bring this about for you?

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## **DAY 11 / Breakthrough in Pride**

*It is said that all sin comes down to either pride or fear. A breakthrough in the area of pride can mean a breakthrough in multiple areas of your life.*

**Read Matthew 6:1-16**

**Question:** How do you struggle with pride? Why do you want breakthrough in this area?

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## **DAY 12 / Breakthrough in Forgiveness**

*Living in unforgiveness can wreak havoc on your inner life, which is why God tells us over and over to forgive others.*

**Read Matthew 6:14 & Ephesians 4:32**

**Question:** Who do you need to forgive today? How can God bring breakthrough in this area for you?

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## **DAY 13 / Breakthrough in Relationships**

*Relationships of all kinds can be messy, but through the working of the Holy Spirit we can experience breakthrough even in the messiest of relationships.*

**Read Psalm 147:3 & Matthew 11:28**

**Question:** Describe a relationship or an area of relationships where you need a breakthrough from God.

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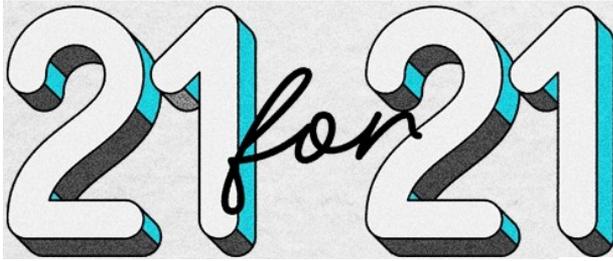
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## **DAY 14 / Breakthrough for the Unsaved and Prodigals**

*The heart of the Father is a heart that longs continuously for his children to come home.*

**Read Ezekiel 11:19-20 & 2 Peter 3:9**

**Question:** Ask God to give you his heart for the unsaved and prodigals.

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## **DAY 15 / Breakthrough in Missions**

*Missions happens anywhere there is someone who doesn't know Jesus. Whether in your neighborhood or across the globe, pray for those who have dedicated their lives to preaching the Gospel.*

**Read Mark 16:15 & Romans 10:13-14**

**Question:** What radical breakthrough in missions would you like to see God bring about this year?

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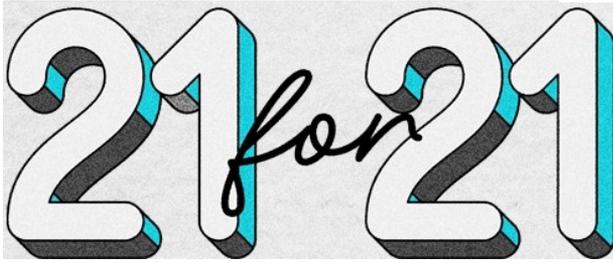
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## **DAY 16 / Breakthrough in Compassion**

*Compassion is not just a feeling; it requires action.*

*Having a heart for people means living a life on mission.*

**Read Romans 12:9-13 & Galatians 6:10**

**Question:** What act of compassion is God calling you to do today?

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## **DAY 17 / Breakthrough in Our Nation**

*The Bible clearly teaches that God is sovereign over all rulers & nations. Let's believe for breakthrough in nation this year!*

**Read Psalm 2:10-11 & Proverbs 21:1**

**Question:** Spend time proclaiming God's authority over various leaders & areas of government.

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## **DAY 18 / Breakthrough for Future Generations**

*Contending for future generations isn't just a nice idea - it's God's command to us!*

**Read Psalm 145:4-5**

**Question:** Why is it essential to believe for breakthrough for future generations? What sort of breakthrough for the next generation are you believing for?

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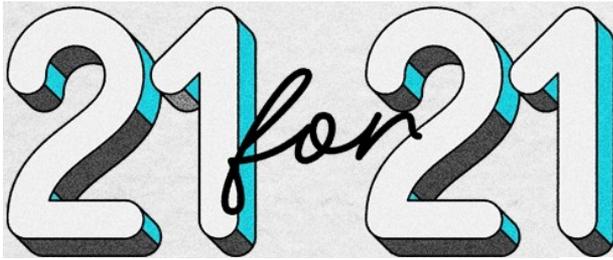
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## **DAY 19 / Breakthrough in Unity**

*Unity doesn't always mean unanimous agreement- it means mutual submission to Christ. Being united as a family, church, and community is a sign of Christ's presence among us.*

**Read Psalm 133:1, Philippians 2:3, & Romans 12:18**

**Question:** How have you seen the enemy bring division around you? What specific offenses or disagreements can you let go of today?

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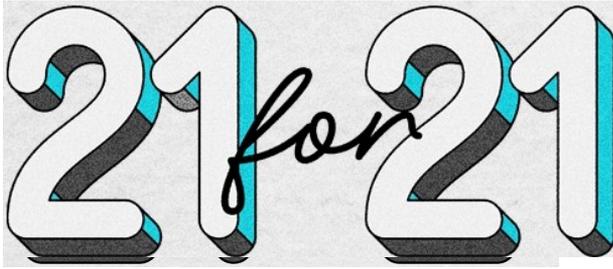
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## **DAY 20 / Breakthrough in the Global Church**

*Many people forget that the church is much more than a building or Sunday service! God desires for his bride to be made ready!*

**Read Matthew 18:20, Ephesians 2:19-20, & Revelation 19:7-8**

**Question:** Pray for your brothers & sisters in Christ from around the world.

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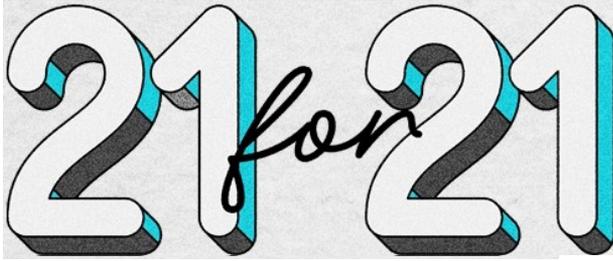
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## **DAY 21 / Breakthrough for Revival**

*The seeds of revival have been sown in our midst. Let's continue to water them & believe for them to come to fruition this year! Revive us again, Lord!*

**Read Psalm 85:6 & Habakkuk 3:2**

**Question:** How can you water the seeds of revival around you? How can you sow more of these seeds?

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