

21 Days

of Prayer and Fasting.

We're excited about our annual journey of prayer and fasting to begin the year. We have found this to be a much-needed practice, particularly in this season. Many of us are desperate for breakthrough - something a season of fasting often brings forth. We encourage you to use the following acronym as you intentionally forgo meals to seek the Lord each day.

P.R.A.Y.

Praise

When we begin our time with God in praise, we remind ourselves of His goodness, faithfulness, and grace. Scripture says that our praises set God in His rightful place on the throne of our lives. Praise postures us to remember that He is God and we are not. *Hebrews 13:15, Isaiah 25:1, Psalm 9:2, Psalm 63:3-4*

Repent

To repent means to agree with God about the sin in our lives. What He calls sin, we call sin. When we acknowledge our sin before God and gratefully receive the forgiveness He has offered us through Jesus, we ensure unbroken fellowship with Him. *Matthew 3:8, Isaiah 30:15, Acts 3:19, Romans 2:4, 1 John 1:9*

Ask

Our Father loves to give good gifts to His children. It shows our faith in His promises when we boldly ask in accordance with His will. In asking our good God for the things we desire, it's our privilege to do so boldly and without fear because we are His children, steeped in His love. *Matthew 7:7-11, James 1:5, Luke 11:13*

Yield

When we yield our will to God's will, we intentionally affirm that His way is better than our way if our way and His way are different. As we bring things to God in prayer, we do so in acknowledgment that He sees the beginning and the end and He's working out what we cannot see. *Mark 14:35-36, 1 Peter 5:6-10, Luke 9:23-24, Galatians 2:20, Psalm 9:10*



For more information
scan the QR code or visit:
cotc.com/21days

How?

We have chosen these pathways after thoughtful consideration about ways to include everyone in the journey we feel called to in this season. As a church, we have purposed our fast to be directly connected to food, as we see multiple examples of this throughout Scripture.

Week 1	Liquids only*
Week 2	Liquids only for two meals, eating one meal
Week 3	Liquids only for one meal, eating two meals

**We acknowledge with great care that because of past struggles, a fast from food may not be beneficial for some of you. In that case, we encourage you to consider abstaining from something else not connected to food during these 21 days. A helpful and beneficial fast will be to abstain from anything you tend to depend on for comfort or coping with difficult emotions.*

Daily prayer initiatives:

Monday	Hearing God's voice and discerning His leading Jeremiah 29:12-13
Tuesday	The next generation Psalm 78:1-7
Wednesday	Government leaders 1 Timothy 2:1-2
Thursday	Widows and orphans James 1:17
Friday	Mental Health Philippians 4:6-7
Saturday	Families Deuteronomy 6:1-9
Sunday	Churches across our city John 17:20-21

Weekly Gatherings | Church of the City Franklin

Open prayer room | Tuesday Mornings | 7:30am-9:00am

- January 6 | January 13 | January 20

Prayer & Worship | Thursday Nights | 7:00pm

- January 8 | January 15 | January 22

**Join us daily through our audio prayer
guide at cotc.com/21days**

Share your 21 Days of Prayer and Fasting stories to: stories@churchofthecity.com

CHURCH OF THE CITY

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Gatherings | Church of the City Spring Hill

- **Noonday Prayer** | January 7 | 12:00pm
- **Prayer & Worship** | January 11 | 6:00pm
- **Prayer & Worship** | January 25 | 6:00pm

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Weekly Gatherings | Church of the City Downtown

Morning Prayer | Tuesday Mornings | 7:00am | Rocketown

- January 6 | January 13 | January 20

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