

# 21 Days of Prayer & Fasting 2024

## Bible Reading Plan & Journal Prompts

1/7 to 1/28

*Pneuma Life church*

Day 1: Seeking God's Presence and Guidance

- Read: Psalm 16:1-11

- Journal Prompt: Reflect on the ways you seek God's presence in your life. What steps can you take to deepen your connection with Him?

Day 2: God's Promises and Faithfulness

- Read: Psalm 89:1-8

- Journal Prompt: Write down some of God's promises mentioned in the passage. How has God been faithful to you in the past, and how does this inspire your trust in Him for the future?

Day 3: Prayers for Strength and Endurance

- Read: Isaiah 41:10

- Journal Prompt: In what areas of your life do you need strength and endurance? Spend some time praying for God's empowerment in these specific areas.

Day 4: Jesus' Ministry and Teachings

- Read: Matthew 11:28-30

- Journal Prompt: Consider Jesus' invitation to find rest in Him. Reflect on areas of your life where you need His rest and peace.

Day 5: Repentance and Forgiveness

- Read: Psalm 51:1-12

- Journal Prompt: Reflect on any areas in your life where you need God's forgiveness and cleansing. What steps can you take to turn away from those things?

Day 6: Spiritual Growth and Transformation\*\*

- Read: 2 Corinthians 3:18

- Journal Prompt: How do you envision your spiritual growth and transformation? Write down specific goals or areas for improvement and seek God's guidance.

Day 7: Thanksgiving and Gratitude

- Read: Philippians 4:6-7

- Journal Prompt: List specific things you're thankful for today. How does cultivating a spirit of gratitude impact your overall well-being?

Day 8: Seeking God's Presence and Guidance

- Read: Jeremiah 29:11-13

- Journal Prompt: Reflect on the assurance of God's plans for your life. How can you align your desires with His purpose?

Day 9: God's Promises and Faithfulness

- Read:\*\* Lamentations 3:22-24

- Journal Prompt:\*\* Recall a time when God's faithfulness was evident in your life. How does this past experience strengthen your confidence in Him?

Day 10: Prayers for Strength and Endurance

- Read: Psalm 73:26

- Journal Prompt: Consider moments when you've felt weak. How can God's strength be made perfect in your weakness?

Day 11: Jesus' Ministry and Teachings

- Read: John 10:10

- Journal Prompt: Reflect on Jesus as the giver of abundant life. In what areas of your life do you seek His abundance?

Day 12: Repentance and Forgiveness

- Read: 1 John 1:9

- Journal Prompt: Explore the concept of confessing sins and receiving God's forgiveness. Is there anything you need to confess and seek forgiveness for today?

Day 13: Spiritual Growth and Transformation

- Read: Romans 8:28

- Journal Prompt: Consider challenges you've faced. How can God use those experiences for your spiritual growth?

Day 14: Thanksgiving and Gratitude

- Read: Colossians 3:15-17

- Journal Prompt: Reflect on how the peace of Christ rules in your heart. What role does gratitude play in maintaining this peace?

Day 15: Seeking God's Presence and Guidance

- Read: Psalm 25:4-5

- Journal Prompt: Write a prayer seeking God's guidance for specific decisions or areas of uncertainty in your life.

Day 16: God's Promises and Faithfulness

- Read: Hebrews 10:23

- Journal Prompt: Consider the unwavering nature of God's promises. How can this anchor your faith in challenging times?

Day 17: Prayers for Strength and Endurance

- Read: 2 Timothy 1:7

- Journal Prompt: Identify fears or anxieties you may be facing. How can God's spirit of power, love, and self-discipline help you overcome them?

Day 18: Jesus' Ministry and Teachings

- Read: Mark 10:45

- Journal Prompt: Reflect on Jesus' servant leadership. How can you emulate His example in your interactions with others?

Day 19: Repentance and Forgiveness

- Read: Psalm 32:5

- Journal Prompt: Explore the joy of being forgiven. How can acknowledging and repenting of sins bring freedom and joy?

Day 20: Spiritual Growth and Transformation

- Read: Ephesians 4:22-24

- Journal Prompt: Consider areas of your life where transformation is needed. What practical steps can you take to align with God's will?

Day 21: Thanksgiving and Gratitude

- Read: 1 Thessalonians 5:16-18

- Journal Prompt: Summarize key lessons learned during these 21 days of fasting and reflection. Express gratitude for the insights gained and God's presence throughout.

May this 21-day period be a time of deepening your relationship with God.

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