



**21 DAYS**  
OF PRAYER & FASTING

**PRAY  
FIRST**



**WEEK THREE**

| 1/16 – 1/22

## WEEK THREE: January 16 - 22

---

*"if My people who are called by My name will **humble themselves**, and **pray** and **seek My face**, and **turn from their wicked ways**, then **I will hear** from heaven, and **will forgive their sin** and **heal their land**.*

2 Chronicles 7:14/ NKJV

### **FOCUS:** Identifying Strongholds, Barriers, Gaps, and Areas of Lack

We have spent time in personal consecration and in better aligning our lives with the mission of Jesus Christ. This week we direct our focus to the inward man. Since we believe that Jesus desires completeness and wholeness for us, we look to position ourselves to receive the fulness of all He has to offer.

*"Oh, taste and see that the Lord is good; blessed is the man who trusts in Him! Oh, fear the Lord, you His saints! There is no want to those who fear Him. The young lions lack and suffer hunger; but **those who seek the Lord shall not lack any good thing**. Come, you children, listen to me; I will teach you the fear of the Lord. Who is the man who desires life, and loves many days, that he may see good? Keep your tongue from evil, and your lips from speaking deceit. Depart from evil and do good; seek peace and pursue it."*

Psalms 34:8-14/ NKJV

This week of seeking the Lord includes actively seeking His help in identifying the strongholds, barriers, gaps, and other areas of lack in our lives. As God begins to reveal these areas, we will take them to prayer and commit to an action plan.

**QUESTION:** What practices can I implement this week to better attune myself to God's voice in my life?

---

---

---

---

---

---

---

---

## SCRIPTURE TO STUDY, PRAY, AND ACT UPON

*"The thief does not come except to steal, and to kill, and to destroy. **I have come that they may have life**, and that they may have it **more abundantly**.*

John 10:10

*"Therefore **do not worry**, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. But **seek first the kingdom of God and His righteousness, and all these things shall be added to you**.*

Matthew 6:31-33

*"Now as He was going out on the road, one came running, knelt before Him, and asked Him, "Good Teacher, what shall I do that I may inherit eternal life?" ...You know the commandments: 'Do not commit adultery,' 'Do not murder,' 'Do not steal,' 'Do not bear false witness,' 'Do not defraud,' 'Honor your father and your mother.' " And he answered and said to Him, "Teacher, all these things I have kept from my youth." Then Jesus, looking at him, loved him, and said to him, "**One thing you lack**: Go your way, sell whatever you have and give to the poor, and you will have treasure in heaven; and **come, take up the cross, and follow Me**." But he was sad at this word, and went away sorrowful, for he had great possessions.*

Mark 10:17, 19-22

*"And with great power the apostles gave witness to the resurrection of the Lord Jesus. And great grace was upon them all. **Nor was there anyone among them who lacked**; for all who were possessors of lands or houses sold them, and brought the proceeds of the things that were sold, and laid them at the apostles' feet; and they distributed to each as anyone had need.*

Acts 4:33-35

*"My brethren, count it all joy when you fall into various trials, knowing that the testing of your faith produces patience. But let patience have its perfect work, **that you may be perfect and complete, lacking nothing**. If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him. But let him ask in faith, with no doubting, for he who doubts is like a wave of the sea driven and tossed by the wind. For let not that man suppose that he will receive anything from the Lord; he is a double-minded man, unstable in all his ways.*

James 1:2-8

*"...His divine power has given to us all things that pertain to life and godliness, through the knowledge of Him who called us by glory and virtue, by which have been given to us exceedingly great and precious promises, that through these you may be partakers of the divine nature, having escaped the corruption that is in the world through lust. But also for this very reason, giving all diligence, add to your faith virtue, to virtue knowledge, to knowledge self-control, to self-control perseverance, to perseverance godliness, to godliness brotherly kindness, and to brotherly kindness love. For **if these things are yours and abound, you will be neither barren nor unfruitful in the knowledge of our Lord Jesus Christ. For he who lacks these things is shortsighted, even to blindness, and has forgotten that he was cleansed from his old sins.** Therefore, brethren, be even more diligent to make your call and election sure, for if you do these things you will never stumble; for so an entrance will be supplied to you abundantly into the everlasting kingdom of our Lord and Savior Jesus Christ.*

2 Peter 1:3-11

*"Blessed is the man who trusts in the Lord, and whose hope is the Lord. For he shall be like a tree planted by the waters, which spreads out its roots by the river, and will not fear when heat comes; but its leaf will be green, and will not be anxious in the year of drought, nor will cease from yielding fruit. **"The heart is deceitful above all things, and desperately wicked; who can know it?** I, the Lord, search the heart, I test the mind, even to give every man according to his ways, according to the fruit of his doings.*

Jeremiah 17:7-10

***"Examine yourselves** as to whether you are in the faith. Test yourselves...*

2 Corinthians 13:5a

***"Examine me, O Lord,** and prove me; **try my mind and my heart.***

Psalms 26:2

***"Let us search out and examine our ways, and turn back to the Lord;** let us lift our hearts and hands to God in heaven.*

Lamentations 3:40-41

*"...let each one examine his own work*

Galatians 6:4a

*"Search me, O God, and **know my heart; try me, and know my anxieties;** and **see if there is any wicked way in me,** and **lead me in the way everlasting.***

Psalm 139:23-24

*"For though we walk in the flesh, we do not war according to the flesh. For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, casting down arguments and every high thing that exalts itself against the knowledge of God, **bringing every thought into captivity to the obedience of Christ,** and being ready to punish all disobedience when your obedience is fulfilled.*

Galatians 6:4a

*"This I say, therefore, and testify in the Lord, that **you should no longer walk as the rest of the Gentiles walk, in the futility of their mind, having their understanding darkened,** being alienated from the life of God, because of the ignorance that is in them, because of the blindness of their heart; who, being past feeling, have given themselves over to lewdness, to work all uncleanness with greediness. But you have not so learned Christ, if indeed you have heard Him and have been taught by Him, as the truth is in Jesus: that you **put off, concerning your former conduct, the old man which grows corrupt according to the deceitful lusts, and be renewed in the spirit of your mind, and that you put on the new man which was created according to God, in true righteousness and holiness.***

Ephesians 4:17-24

*"...grow in the grace and knowledge of our Lord and Savior Jesus Christ. To Him be the glory both now and forever. Amen.*

2 Peter 3:18

*"For this reason we also, since the day we heard it, do not cease to pray for you, and to ask that you may be filled with the knowledge of His will in all wisdom and spiritual understanding; that you may walk worthy of the Lord, fully pleasing Him, **being fruitful in every good work and increasing in the knowledge of God...***

Colossians 1:9-10

*"...this I say: He who sows sparingly will also reap sparingly, and he who sows bountifully will also reap bountifully. So let each one give as he purposes in his heart, not grudgingly or of necessity; for God loves a cheerful giver. And **God is able to make all grace abound toward you, that you, always having all sufficiency in all things, may have an abundance for every good work.** As it is written: "He has dispersed abroad, He has given to the poor; His righteousness endures forever." Now may He who supplies seed to the sower, and bread for food, supply and multiply the seed you have sown and increase the fruits of your righteousness...*

2 Corinthians 9:6-10

## GUIDING QUESTIONS

Let's revisit the Guiding Questions from last week. Has there been any progress? If not, ask yourself why not? If so, why?

Pray once again and write out the answers to the same questions once more, without looking at your work last week.

1. What is Jesus trying to reveal that may be hindering you from flourishing spiritually?

---

---

---

---

---

---

2. What fruit (actions/ behaviors) in your life is revealing that there may be a root of unbelief or carnality? In other words, are you learning that there are some places in your heart that are not like Jesus? If so, identify them and write them down.

---

---

---

---

---

---

---

---

---

---



3. How are you going to let Jesus use this to better harmonize your life with His Kingdom?

---

---

---

---

---

---

---

---

## KEYS TO IDENTIFYING AND DEALING WITH AREAS OF LACK

1. **Examine.** We all have blind spots in our lives. Ask God to reveal your areas of lack, barriers to spiritual growth, and strongholds in your thoughts. Ask Jesus to reveal to you the places in your life that are still not like Him. Be open when God uses the voice of His Spirit, His Word, ministry, and other disciples to reveal problem areas and gaps in your life. Rather than feeling condemned, allow godly sorrow to work repentance and change in your life.

2. **Take ownership.** Some of the enemies of authentic accountability are as follows: avoidance; blame shifting; complaining, being defensive; rationalizing; self-justification and self-exoneration; procrastination; and assuming a victim mentality. Stop refusing responsibility. The devil wants to keep you blind to the real issues within your power to change. Don't be ignorant of his devices! Once you have awareness, you can begin to move forward in God.

3. **Pray, study, and act.** Ask God to give you wisdom on how to close the gaps, remove the barriers, and demolish the strongholds. After prayer, search out the Word of God for wisdom and instruction. Pray the Word over your life and develop an action plan. Talk to a disciple-maker or local ministry leader about what God has revealed to you and ask that person to pray for you. Seek out practical ways every day this week to live out your action plan. God is putting you back on the path to wholeness. He is showing you your personal areas of lack and empowering you to overcome. This week is the time to actively engage in your personal spiritual growth!

## REMEMBER

- ✓ Pray every day and continue to consecrate your life to God. Reference the Prayer Guide for inspiration, prayer models, and other help.
- ✓ Ask God daily to examine your heart and to show you things about your heart of which you are currently unaware.
- ✓ Read your Bible daily. Read with open ears and an open heart.
- ✓ Continue fasting this week. Some things only happen through prayer and fasting.

**ACT:** Envision the person God wants you to be, according to what His Word says. Ask God to show you in His Word and in the Spirit. Take time reading His Word and in prayer before proceeding.

Below, write down what you have read in the Word about the person God wants you to become. If God has spoken to you within the last week through His Spirit or His people, write that down as well. Use the back of this page if necessary. Be encouraged and commit to closing gaps and breaking through barriers this week!

---

---

---

---

---

---

---

---

---

---

