



SHiFT

Prayer & Fasting Journal

SHiFT
PRAYER AND FASTING JOURNAL
JANUARY 10-30, 2022

INTRODUCTION

Welcome to 2022! The beginning of every year is an opportunity to reevaluate your life, adjust your priorities, and make necessary changes. As we prepared for 2022, we realized there were some changes God was asking Compel Church to make. This was not something dramatic like a name change, but subtle shifts to redirect our ministry efforts to take advantage of the changing times. The question people always ask is, “why?” Why do we need to change anything?

Leading a church is like driving a car with a manual transmission. Shifting gears in a car is about using the engine’s power in different ways to match the changing driving conditions. The spiritual driving conditions in our world are constantly changing. As our ministry conditions change, the Holy Spirit leads us to shift gears for more power, better handling, or greater efficiency.

On January 8th and 9th, 2022 we begin with a new series entitled, *SHiFT*. In this series we will learn about the shifts God wants us to make and how these shifts push His agenda forward. To amplify God’s voice, we are calling the entire church to a period of 21 days of prayer and fasting. We are also providing this journal as a special gift for you to record your prayers and to document God’s voice. 21 Days of Prayer and Fasting begins Monday, January 10th and concludes on Sunday, January 30th with a time of communion.

Thank you for making this fast a priority. We believe that 2022 is going to be a year of growth and excitement!

Bible version abbreviations:

- NLT - New Living Translation
- NIV - New International Version
- MSG - The Message paraphrase
- NKJV - New King James Version
- VOICE - The Voice Translation
- TPT - The Passion Translation
- CEV - Contemporary English Version
- GNT - Good News Bible Translation
- KJV - King James Version

PRAYER JOURNAL INSTRUCTIONS

1. **Decide on a prayer and fasting plan.** Choose a fasting plan that will stretch your faith. If you have never fasted, you will want to start small. You can fast one meal a day or one day per week. Others may want to fast one, two, or three whole weeks. Remember, this is not a competition. This is an opportunity for you to get closer to God and hear His voice.
2. **Read the daily scripture.** Find the assigned daily scripture in your Bible and read the verse in its context. Context simply means you should read the paragraph the verse is a part of, or possibly the entire chapter.
3. **Pray over the prayer points assigned for each day.** Some people may want to go back over certain points for more than one day.
4. **Pray the scripture.** Many of the scriptures chosen will help facilitate your prayer time. Incorporate them into your prayers. Trust that God will use them to spark your imagination.
5. **Write down what God is saying.** Space is available in your journal to write down your thoughts. Don't be embarrassed by the thoughts, ideas, and dreams that pop into your mind while you are praying.
6. **Write down the names of 5 people you commit to pray for.** We are asking every person to commit to pray for those who are unconvinced about Jesus. Please write down the names of family members, friends, co-workers, and anyone else you believe God is directing you to pray for.
7. **Take the journal home and use it as a prayer tool all year long.** This journal can be used in your daily devotions for the rest of the year.

DAY 1

DECLARE A HOLY FAST

Joel 1:14 (MSG) *Declare a holy fast, call a special meeting, get the leaders together, round up everyone in the country. Get them into God's Sanctuary for serious prayer to God.*

- Write out your fasting plan.
- Write down why you are fasting.
- Pray that God will give you the strength to succeed.
- Pray for God's guidance over the next 21 days.

[illegible]

DAY 2

SHIFT YOUR ATTENTION

Matthew 6:6 (MSG) *Here's what I want you to do: Find a quiet, secluded place so you won't be tempted to role-play before God. Just be there as simply and honestly as you can manage. The focus will shift from you to God, and you will begin to sense his grace.*

- Pray for distractions to disappear or for the ability to ignore them.
- Ask the Lord to teach you to pray.
- Ask the Lord to reveal what you should pray about.
- Pray for stamina.
- Pray for a focused mind.
- Pray that you can experience God's grace.

[illegible]

DAY 3

SHIFT YOUR THINKING

2 Corinthians 10:5 (NIV) *We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.*

- Write down the negative thoughts that haunt your mind. Then put an X through each one and pray that they will be taken captive and demolished.
- Pray for victory over worry, fear, doubt, depression, suicide, lust, jealousy, envy, low self-esteem, etc.
- Pray for others who are dealing with these issues
- Claim the mind of Christ as your possession. (see *1 Corinthians 2:16*)
- Pray for the peace of God that passes all understanding.

[illegible]

DAY 4

UNDERSTAND THE TIMES

1 Chronicles 12:32 (NIV) *from Issachar, men who understood the times and knew what Israel should do—200 chiefs, with all their relatives under their command;*

- Pray that we may understand the times in which we live and how we should proceed—as a church and in our individual lives.
- Pray for wisdom beyond our years and experiences.
- Pray that we discern the unique opportunities we have to fulfill the great commission.
- Write down the names of people we are praying for who need salvation.
- Pray for ideas and creativity that will bring success in growing God's kingdom.

[illegible]

DAY 5
COURAGEOUS PRAYER

Daniel 6:10 (NLT) *Now when Daniel learned that the decree had been published, he went home to his upstairs room where the windows opened toward Jerusalem. Three times a day he got down on his knees and prayed, giving thanks to his God, just as he had done before.*

- Pray for the passion of Daniel, who prayed every day.
- Pray for the persistence of Daniel, who prayed three times a day.
- Pray for the conviction of Daniel, who prayed despite the consequences of disobeying civil authorities.
- Pray for the results of Daniel, who heard God's voice and was delivered from the lion's den.

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DAY 6

SPIRITUAL WARFARE

Ephesians 6:11 (NKJV) *Put on the full armor of God, so that you can take your stand against the devil's schemes.*

- Visualize putting on each part of the armor of God.
- Pray for the knowledge to effectively use the armor.
- Pray that our warfare is focused on the true enemy and not each other or even the people of the world.
- Pray that we may identify the spiritual forces behind the evil in the world and defeat them in spiritual warfare.
- Pray for the courage to stand and fight.

[illegible]

DAY 7

ALL FOR ONE AND ONE FOR ALL

Psalm 133:1-3 (NIV) *How good and pleasant it is when God's people live together in unity!*

- Pray for unity at Compel.
- Pray that the beauty of that unity will be obvious and attractive.
- Pray for the anointing to flow.
- Pray for a willingness to overlook offense.
- Pray for God's blessing to be commanded.

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DAY 8

SHIFT THE ATMOSPHERE

Psalms 100:4 (NIV) Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name.

- Offer God the gift of thanksgiving (write down what you are grateful for).
- Offer God a gift worthy of a king.
- Praise God with shouts, songs, words, and raised hands.
- What does it mean to praise his name? Write it.
- Pray for God's revelation.

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DAY 9
THE ATMOSPHERE SHIFTS WHEN GOD
SHOWS UP

Psalm 22:3 (VOICE) *Still, You are holy; You make Your home on the praises of Israel.*

- Write down how you need God to show up.
- Write down as many names for God as you can (*Father, Elohim, I AM, Jehovah Jireh, etc.*). Feel free to open your Bible and find many more.
- Write down what these names mean to you and bless His name.
- Declare each of these names audibly. For example: You are my Jehovah Jireh, You are merciful, You are the King of Kings, etc.

[illegible]

DAY 10

ASK

Mark 11:24 (TPT) *This is the reason I urge you to boldly believe for whatever you ask for in prayer—be convinced that you have received it and it will be yours.*

- Pray for God to guide you in making personal shifts.
- Pray for the power to make the necessary shifts.
- Pray for the power to break bad habits that hinder us.
- Pray for what shifts Compel Church should make.
- Pray for discernment to pray according to God's will.
- Pray for the boldness to ask for the impossible.

[illegible]

DAY 11

MOTIVES MATTER

James 4:3 (CEV) *Yet even when you do pray, your prayers are not answered, because you pray just for selfish reasons.*

- Pray for pure motives.
- Pray for the ability to persevere.
- Pray for a sensitivity to other people's needs.
- Pray that we may defeat the flesh.

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DAY 12

HEALTH AND HEALING

1 Peter 2:24 (NIV) *“He himself bore our sins” in His body on the cross, so that we might die to sins and live for righteousness; “by His wounds you have been healed.”*

- Pray that Compel will be a place of healing: body, soul, and spirit.
- Pray for anyone you know who is sick in body – write their name down and keep praying.
- Pray for deliverance from addictions, disorders, anxieties, and fears.
- Pray for those bearing the scars of a traumatic experience; pray they will be healed in Jesus name.

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DAY 13

DELIGHT YOURSELF IN THE LORD

Psalm 37:4 (NIV) *Take delight in the Lord, and he will give you the desires of your heart.*

- Meditate on the idea of delighting yourself in the Lord.
- What impresses you about God? Write it.
- What do you love about God? Write it.
- Pray that God's desires will be birthed in our hearts.
- Write out new desires God has given you.

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DAY 14

FAMILY REUNION

Hebrews 10:25 (GNT) *Let us not give up the habit of meeting together, as some are doing. Instead, let us encourage one another all the more, since you see that the Day of the Lord is coming nearer.*

- Pray for our church services and every group meeting
- Pray for the pastoral team as they plan each service
- Pray for faithful attendance among the congregation
- Pray that we may know how to encourage one another

[illegible]

DAY 15

NEW THING

Isaiah 43:19 (NIV) *See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland.*

- Pray that you may sing a new song. (Sing it!)
- Pray for God's new direction.
- Pray for a new harvest. (See *2 Corinthians 9:10*)
- Ask for a new heart.
- Pray for new strength.
- Pray for the leadership of the church that they may discern any new things God has for Compel.

[illegible]

DAY 16
ONE GOD IDEA

Proverbs 8:12 (KJV) *I wisdom dwell with prudence, and find out knowledge of witty inventions.*

- Pray for a higher view of God.
- Pray for creativity to invent things for God's glory.
- Pray that all our plans will be based on God ideas, not just good ideas.
- Pray for wisdom, favor, and success at work, home, and church.

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DAY 17

THE LORD BUILDS THE HOUSE

Psalms 127:1a (NLT) *Unless the Lord builds a house, the work of the builders is wasted.*

- Read Psalm 127.
- Pray for every home represented at Compel. Pray that God will build and bless each home.
- Pray for parents as they raise their children in the fear of the Lord.
- Pray for our children's protection in their schools, neighborhoods, and homes.
- Pray for our Youth and Kids' ministries.
- Write down the name of any prodigal children and remember to pray for them on a regular basis.

[illegible]

DAY 18
20/20 VISION

Proverbs 29:18 (KJV) *Where there is no vision, the people perish: but he that keepeth the law, happy is he.*

- Pray for revelation every time you open your Bible. This includes personal devotions and corporate church services.
- Pray for Pastor Patrick and the entire leadership team, that they will receive greater clarity with regards to the vision God has for Compel Church.
- Pray that the church will rally around this God-given vision.
- Pray for greater clarity in your life: vision for your family, career, and house.

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DAY 19

EXPAND MY TERRITORY

1 Chronicles 4:10 (NIV) *He was the one who prayed to the God of Israel, “Oh, that you would bless me and expand my territory! Please be with me in all that I do, and keep me from all trouble and pain!” And God granted him his request.*

- Pray for God's blessing.
- Pray God will expand Compel's influence and territory.
- Pray God's hand will be with us.
- Pray God will keep evil from us.
- Pray for freedom from pain.

[illegible]

DAY 20

GROWTH

Philippians 1:9 (NLT) *I pray that your love will overflow more and more, and that you will keep on growing in knowledge and understanding.*

- Pray that we all grow in love.
- Pray that we all grow in knowledge.
- Pray that we all grow in understanding.
- Pray that we learn to become real disciples.
- Pray for mature people in the body of Christ.

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DAY 21
PRAISE HIM IN THE SANCTUARY

Psalm 150:1 (NLT) Praise the Lord! Praise God in His sanctuary; praise Him in His mighty heaven!

- Read Psalm 150.
- As you enter the auditorium this weekend think about what God has done for you.
- Praise Him for the little things: breath, clothes, day-to-day essentials.
- Listen to the band as they praise the Lord on instruments: Thank God for the innumerable sounds we have to lift our praise.
- Praise Him for His mighty works.
- Praise Him for His greatness.

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