

All Church Fast 2025

21 Days of Prayer and Fasting

You are invited to become an active part of what God is doing for 2025. Fasting can focus your mind and heart on the things God has in store for you this year. The sacrifice that you make of denying your flesh for the next 21 days will enable you to enhance your relationship with the Lord.

The following are suggestions of things that you can do during this time of consecration.

1. Engage with God individually every morning and evening
2. Find a prayer partner
3. Take a prayer walk in your neighborhood
4. Participate in the Wednesday night (7:00pm) prayer meeting in-person or online.
5. Record your prayers somewhere, journal, notebook, phone or computer.

Pursue a Fast during the time of consecration.

1. Removing certain foods from your diet
 - a. “Daniel Fast”: fruit and vegetables only (see link on website for guidelines)
 - b. Weekend fasting for 2 days (Saturday Sunday)
 - c. Eliminating sugar, dairy, coffee, specific proteins, or other food sources
2. Eliminating media sources for 21 days.
3. Pursuing prayer meetings or other spiritual encounters with believers for prayer and Bible study.

For the next 21 days we will be studying Ephesians 3:14-21, 4:1-6, and 6:10-20.

These verses of scripture talk about the prayer Paul was praying in supplication before the Father over specific aspects of provision that God had appointed toward believers. We will be exploring each one of these topics for us to embrace with a greater focus on God's great provision.

Week 1: Ephesians 3:14-21

Day 1 – Glorious Riches

- A. God has more riches that we can imagine
- B. Our father is generous
- C. He has made provisions for us and our families
- D. We are recipients of glorious riches.

Day 2 – Strength

- A. We will have the power of our inner being to choose to be faithful
- B. We will build faithfulness over disobedience
- C. We will receive power to follow Jesus regardless of the opposition of the enemy
- D. Stand firm, persevere, and choose to love.

Day 3 – Rooted

- A. We are called to anchor ourselves in the love of Christ
- B. Our roots will only go as deep as our desire to be steadfast in our relationship with the Lord
- C. We must pray for a daily relationship with the Lord.
- D. We choose to draw strength from the fullness of His grace.

Day 4 – Together

- A. We have the opportunity to embrace our faith with other believers
- B. We need the encouragement of one another to keep our focus on the Lord
- C. We need to pray for people in our life that are walking with us on this journey
- D. We should pray that we can be the person willing to walk along with others to keep things together.

Day 5 – The Vastness of God’s Love

- A. God’s love surpasses any means we might have to measure it.
- B. God’s favor, presence, and involvement are born out of His love for us.
- C. We can live secure in God’s love for us.
- D. Pray for someone in your life that does not know Jesus.

Day 6 – God Can Do More

- A. What is the deepest longing in your life for God to do?
- B. Pray for the faith to believe those things that seem impossible
- C. Pray for more grace, more love, more generosity, more goodness.
- D. Increase your belief that you will receive what you asked God for.

Day 7 – Glory to God

- A. We must sow seeds of the gospel to future generations.
- B. We must pray for the faith to plant seeds of faith in the hearts of those that seem indifferent toward the gospel.
- C. We must prayerfully set a foundation that invites our children and their children to trust and glorify God.
- D. We must be willing to ask the Spirit for opportunities to demonstrate the love of Christ to this generation.

Week 2: Ephesians 4: 1-6

All of us who have chosen to follow Christ have received gifts from God. We are chosen to live a life worthy of what has been given to us.

Day 8 – Live Worthy

- A. In humble reception of God’s gift, we should be willing to accept new ways of living.
- B. Our new life is one shaped by the Spirit.
- C. We should thank and praise God for His calling on our life.
- D. We should pray for one another to be empowered to live lives worthy of His calling

Day 9 – Be Humble and Gentle

- A. To be humble is to resist everything that is contrary to this virtue
- B. We see Jesus, though equal with the Father submitting to the will of the Father
- C. By Jesus example and Spirit, we can be humble and gentle.
- D. Pray that God will by His Spirit help you to be humble and gentle

Day 10 – Be Patient and Bear With One Another

- A. When we are patient and bear with one another we learn how to remain present with each other regardless of the season they or we might be in.
- B. We are willing to accept their grief and sorrow with kindness and compassion
- C. We learn how to celebrate and believe and trust that we will be faithful when others frustrate us.
- D. The Holy Spirit will give you peace, strength and wisdom in your relationships.

Day 11 – Keep Unity and Peace

- A. The peace of God is more about that is happening in our hearts.
- B. It is often more about living in harmony with those that are different from you.
- C. The bond of peace helps us become something new that requires the acceptance of both pieces willing to work together
- D. We must be willing to ask God to help us love His people in other churches and thank Him for other people of God that we might build the kingdom together.

Day 12 – We Are One Body

- A. Each part of the body plays a significant role.
- B. We should value the function of each person's part of the body.
- C. Thank God that He has united us together with other believers
- D. Pray that the Holy Spirit will show us how to honor one another prayer and unity.

Day 13 – We Share One Hope

- A. In the Christian life we have a shared hope and destination
- B. Our present hope is forgiveness, new life and the Holy Spirit that works in and through us.
- C. Our hope keeps us moving forward to gain eternal life with Jesus
- D. We should pray daily for those who have no hope to find it in Jesus.

Day 14 – God is One

- A. We rejoice in the triune God, one Spirit, one Lord, and God and Father of all.
- B. We are united in the three persons of the Trinity.
- C. Our prayer should be to keep peace and unity with all believers.
- D. The unity of the Spirit will rest in the hearts of those who pray “Thy kingdom come, thy will be done.”

Week 3: Eph 6: 10-20

Day 15 – Be Strong and Stand Firm

- A. We are not alone because we have the Lord’s might and power.
- B. We pray in the power of the Lord and not our own.
- C. Our minds should be soaked in the Lord’s truth and righteousness.
- D. Today you should pray to God about your life, your hopes, your fears and your temptations.

Day 16 – Stand Against

- A. The Bible makes it clear the devil is at work and we should pray against his attacks.
- B. Our enemies are not other people but the devil and his schemes.
- C. We must pray against the power of this dark world and its forces.
- D. Today ask the Spirit to bring to mind people He would have you pray for, family, friends, neighbors and co-workers.

Day 17 – Put on the Armor of God (part 1)

- A. The Word is the center of truth that we must put on daily to defend us against the lies of the enemy.
- B. We must pray and allow the breastplate of righteousness to protect our heart against works of the flesh.
- C. Our hearts must be protected by the power of God's word.
- D. Scripture and prayerful meditation will keep our hearts and minds focused.

Day 18 – Put on the Armor of God (part 2)

- A. It is essential for believers to be people of peace.
- B. We must protect the gospel of peace with God and peace with one another.
- C. We must wear the shield of faith against doubt, fear and unbelief.
- D. We must hold tightly to our faith with unwavering faith and trust in God

Day 19 – Put on the Armor of God (part 3)

- A. The helmet of salvation is the hope that we have in Jesus.
- B. We can rest in the hope that we have in His Word and promises.
- C. The sword of the Spirit which is the Word of God will refute the lies of the enemy.
- D. We have access to the promises of Jesus to ward off temptations, shame and condemnation.

Day 20 – Keep Praying

- A. We must be ready to pray daily with great expectation.
- B. The word of God admonishes us to pray without ceasing.
- C. Our prayers invite the Spirit to work in our lives and give us guidance in our personal circumstances
- D. Praying and putting on the armor of God go hand in hand.

Day 21 – Fearlessly Proclaim the Gospel

- A. We must be confident in our proclamation of the truth of the gospel.
- B. We must be fearless in what we know and believe to be true about Jesus,
- C. We must be willing to share that God loves them no matter what they have done.
- D. We proclaim in Christ we all become a new creation – someone capable of love generosity, forgiveness and care for all people.