

---

## 21-Day 'Prayer & Fast Reboot' Guide: Week 1

---

***“set your face to the Lord to seek him by prayer and fasting” (cf. Daniel 9:3).***

The following guide is **only a suggestion**. As you seek the Lord, He may lead you to modify or amplify the patterns of prayer and fasting listed below.

### **Step 1: Gather Resources**

- Devotional articles, prayer outlines, videos, music, and other helpful resources are available on the LCC app and website under the '21-Day Prayer and Fast Reboot' tab.
- New content will be added regularly.

### **Step 2: Make a Plan**

- Create a prayer calendar: Will you be engaging God once a week or daily for 21 days? When will you pray? Early morning, lunch break at work?
- Create a fasting plan: Will you be fasting from food? Social media? TV? For help, check out Pastor Keith's article entitled "*Practicals for Prayer and Fasting.*"
- How will you be praying? Check out Pastor Keith's article titled "*Prayer Models*" in the resources section.

### **Step 3: Pray and Fast**

- This week's prayer theme is "***humble yourselves***". The phrase can mean two things: ***First*** – to see accurately our creaturely need for God. ***Second*** – to surrender our will to the will of God.
- As you pray this week, consider questions like the following:
  - How have you ***not*** humbled yourself before the Lord in the past 3 months?
  - What about my life and actions show that '*I need God?*'
  - Ask the Lord to reveal his will to you.
  - Confess the areas in your life you have been reluctant to surrender to God's will.

*Our own self-importance is the greatest hindrance to the revelation of God in our hearts and lives. In order that He may come in, self must go out. The more we die to ourselves the more room we have to receive Him in His fullness. ~ A.B. Simpson, ***The Supernatural God****