



# **21 DAYS OF PRAYER**

March 29th - April 19th, 2025

**Prayer Devotional  
Week 1  
Return and Align**

# Week 1 – Return and Align

Focus this week on aligning your life with the name of the Lord.

## March 29 (Sundown) – Devotional Introduction

### ***“Prepare the Altar”***

#### **Opening Scripture:**

*“So he built an altar there and called on the name of the Lord.”*

— Genesis 26:25, NKJV

#### **Reflection:**

As we enter into this 21-day season of prayer and fasting, we begin not with striving, but with preparation. Throughout Scripture, altars marked significant encounters between God and His people—moments of return, surrender, and revelation. Tonight, as the sun sets, take time to build your altar. This doesn’t require wood or stone, but a heart that is open and ready for God.

What are you bringing to Him in these 21 days? A hunger for more of His presence? Breakthrough in a particular area? A renewed sense of purpose? Whatever your reasons, let this be a time of holy alignment. Fasting is not about depriving your self, it is about devotion. It is about laying down distractions and picking up deeper intimacy with God.

We prepare to walk a path that begins at the feet of Jesus and ends with resurrection power. And it starts tonight.

#### **Journal Prompt:**

- What am I hoping to experience or receive from God during this fast?
- What distractions or habits do I need to lay down to fully enter into this journey?
- What spiritual practices will I commit to during these 21 days?

#### **Prayer of Activation:**

*Father, as I begin this prayer journey, I consecrate this time to You. I ask You to purify my heart, clear the clutter of my life, and awaken me to Your presence. I offer You my worship, my will, and my full attention. Prepare my heart as fertile soil to receive Your Word, and build something holy in me in these 21 days. In Jesus’ Name, Amen.*

# 21-Day Prayer and Fasting Dedication Statement

*"Consecrate yourselves, for tomorrow the Lord will do wonders among you."*

— Joshua 3:5, NKJV

As I enter into this 21-day journey of prayer and fasting, I commit my heart, my time, and my focus to seeking God. I dedicate this season to aligning my life with His purpose, breaking free from anything that hinders me, and making room for the fullness of His presence.

I acknowledge that fasting is not about earning God's favor but about drawing closer to Him. Through prayer, reflection, and surrender, I believe God will move in my life, my family, my church, and my community.

Today, I commit to the following:

## 1. My Time and Place of Prayer

I will dedicate intentional time each day to commune with God through prayer, worship, and reflection. I set this time apart as sacred, believing that as I draw near to Him, He will draw near to me (James 4:8).

- Daily Prayer Time: \_\_\_\_\_
- Prayer Location: \_\_\_\_\_

## 2. My Fasting Commitment

I acknowledge that fasting is a spiritual discipline that draws my heart closer to God. Whether I abstain from food, certain meals, or activities, I will use this time to deepen my dependence on Him.

- Type of Fast: (e.g., Full Fast, Partial Fast, Daniel Fast, Media Fast, Entertainment Fast)

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- Specific Commitments:
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- Scripture or Personal Prayer Focus for This Fast:
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**My Declaration**

*Lord, I offer this time of prayer and fasting as a sacrifice of devotion. I surrender my desires, distractions, and daily routines, choosing instead to fix my eyes on You. Search my heart, renew my mind, and draw me closer to You. May this be a season of breakthrough, revelation, and deeper intimacy with You. I dedicate this fast to You, believing that You will move in my life and through me. In Jesus' name, Amen.*

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

## March 30 – Day 1: Lord, Teach Us to Pray

### ***Prayer Model: The Lord's Prayer***

#### **Opening Scripture:**

*"Lord, teach us to pray..."*

— Luke 11:1, NKJV

#### **Focus of the Day:**

We begin our fast with Jesus' response to the disciples' deepest request—not for miracles, or provision, or power—but for **prayer**. Why? Because they saw that prayer was the foundation of everything He did. Jesus didn't pray occasionally. He lived in prayer.

Today, we step into that same invitation.

#### **Reflection:**

The Lord's Prayer is not merely a recital. It is a spiritual blueprint, a pathway into divine relationship. As you pray, think of each phrase not as a script, but as a doorway into a deeper conversation with your Father:

- "Our Father..." — You are not praying to a distant deity, but to the One who adopted you in love.
- "Hallowed be Your name..." — Begin with worship; declare who He is.
- "Your kingdom come..." — Surrender your plans and align with His.
- "Give us this day..." — Trust Him for every daily need.
- "Forgive us... as we forgive..." — Receive mercy and release it to others.
- "Deliver us..." — Claim His protection from evil.
- "Yours is the kingdom..." — End with praise, faith, and surrender.

Prayer is not just speaking to God; it is becoming aligned with His heart. Begin here, and you'll find your path for the next 21 days.

#### **Journal Prompt:**

- Which part of the Lord's Prayer speaks to my current season most?
- How does calling God "Father" shape the way I approach prayer today?

#### **Prayer of Activation:**

*Lord Jesus, just as You taught Your disciples, teach me how to pray. Let Your prayer shape*

*my heart and reorder my priorities. Let my time with You today be more than routine—let it be real, relational, and reviving. I invite Your kingdom to come in me today. Amen.*

## Monday March 31: The Power of Praise

### **Prayer Model: Tabernacle Prayer – Outer Court**

#### **Opening Scripture:**

*"Enter into His gates with thanksgiving,  
And into His courts with praise.  
Be thankful to Him, and bless His name."  
— Psalm 100:4, NKJV*

#### **Focus of the Day:**

Praise is more than a warm-up for prayer. It is the gateway to God's presence. As we step into the tabernacle model of prayer, we begin in the Outer Court—with thanksgiving and praise.

#### **Reflection:**

Before we bring God our needs, we bring Him our *thanks*. Before we ask for His hand, we acknowledge His heart. Praise reframes our perspective, lifting our eyes above our circumstances to the One who reigns above it all.

Think of the Israelites approaching the Tabernacle. Their first stop was not sacrifice—it was celebration. Praise isn't dependent on mood or setting; it's a choice that shifts the atmosphere of your soul. Whether you feel heavy or hopeful, start with praise. As you speak of who God is—your Healer, Provider, Peace, and Victory—your heart begins to believe again.

When we magnify God in praise, our worries shrink in comparison.

#### **Journal Prompt:**

- What am I grateful for today that I've been overlooking?
- What names or attributes of God bring me the most comfort right now?

#### **Prayer of Activation:**

*Father, I enter Your presence with thanksgiving today. I praise You—not for what I hope You will do, but for who You already are. You are good, faithful, and mighty. Let my praise be genuine, not just words, but a heart lifted toward You. Let worship unlock my spirit and draw me closer to Your presence today. Amen.*

## Tuesday April 1: The Cross and Cleansing

### **Prayer Model: Tabernacle Prayer – Brazen Altar & Laver**

#### **Opening Scripture:**

*"If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."*

— 1 John 1:9, NKJV

#### **Focus of the Day:**

We pause today at the Brazen Altar, where sacrifices were made, and the Laver, where the priests washed. Both point us to Jesus—the Lamb who was slain and the Living Water who cleanses us.

#### **Reflection:**

Fasting humbles the body, but confession humbles the soul. Today, we acknowledge that before we can walk in purpose, we must be cleansed of the weights and wounds that keep us bound. The altar reminds us that our forgiveness was paid for at the Cross. The laver invites us to be washed—again and again—by His grace.

This is not a moment for shame, but for surrender. Lay your guilt, your secret struggles, and your habits at the altar. Let the Word wash you. Receive mercy. Return to purity.

Let your fast include a fast from self-condemnation. You are already loved. But God desires your wholeness. Confession is the doorway to it.

#### **Journal Prompt:**

- What sin or habit am I releasing at the altar today?
- What does it look like for me to walk in God's cleansing?

#### **Prayer of Activation:**

*Jesus, I thank You for the Cross. I bring every sin, burden, and mistake and lay it at Your feet. Wash me, cleanse me, and make me new. Purify my thoughts, my motives, and my heart. I repent and return. Let this day mark a turning point. Restore the joy of my salvation. In Your holy Name, Amen.*



## Wednesday April 2: Hearing the Spirit

### **Prayer Model: Tabernacle Prayer – Candlestick**

#### **Opening Scripture:**

*"He who has an ear, let him hear what the Spirit says..."*

— Revelation 2:7, NKJV

#### **Focus of the Day:**

At the golden candlestick, the light was never to go out. It symbolized the Holy Spirit—our Counselor, Comforter, and Guide.

#### **Reflection:**

The Spirit speaks. The question is: are we listening?

In a world of noise, the voice of the Holy Spirit is often quiet—but never absent. Today we pause to tune in. Fasting quiets the static. Prayer creates the space. And like the candlestick in the tabernacle, the Spirit's flame illuminates what we cannot see on our own.

We need His wisdom. His counsel. His leading. And He's more willing to speak than we are to listen.

As you sit with the Lord today, ask the Holy Spirit to fill you fresh. Ask for sensitivity. Ask for discernment. Ask for the light of revelation to be ignited in your inner being. The flame has never gone out, it's waiting to be fanned.

#### **Journal Prompt:**

- Where in my life do I need the Holy Spirit's guidance today?
- What distractions do I need to silence to hear God more clearly?

#### **Prayer of Activation:**

*Holy Spirit, I welcome You. Be the light in my darkness, the fire in my soul, and the voice in my silence. I ask You to fill me with wisdom, revelation, and power. Speak, and I will listen. Lead, and I will follow. Help me to hear what You are saying—not just with my ears, but with my heart. In Jesus' Name, Amen.*

## Thursday April 3: Feeding on the Word

### **Prayer Model: Tabernacle Prayer – Table of Shewbread**

#### **Opening Scripture:**

*"Your words were found, and I ate them,  
And Your word was to me the joy and rejoicing of my heart."  
— Jeremiah 15:16, NKJV*

#### **Focus of the Day:**

At the Table of Shewbread, the priests received daily nourishment in the presence of God. For us, this bread represents the Word—living, sustaining, nourishing.

#### **Reflection:**

We are not fasting for emptiness. We are fasting to be filled—with truth, with wisdom, with the Word that gives life. Today, we remember that man shall not live by bread alone, but by every word that proceeds from the mouth of God.

When we open the Word, we are not reading for information, but for **communion**. His Word feeds our inner life. It confronts, comforts, corrects, and calls us deeper. If the Word of God feels dry to you, ask the Holy Spirit to make it alive again. Speak it. Pray it. Meditate on it.

Today, let His Word be your food. And let your hunger for Him grow.

#### **Journal Prompt:**

- What Scripture is feeding me in this season?
- Where do I need to replace my words or thoughts with His truth?

#### **Prayer of Activation:**

*Lord, I come to the table of Your Word. Feed me with Your truth. Open my eyes to see You more clearly and my heart to receive what You are saying. Make Your Word alive in me—fresh bread, not stale routine. I choose to eat of it today and be nourished. Thank You for speaking to me. Amen.*

## Friday April 4: Worship & Intercession

### **Prayer Model: Tabernacle Prayer – Altar of Incense & Ark of the Covenant**

#### **Opening Scripture:**

*"Let my prayer be set before You as incense,  
The lifting up of my hands as the evening sacrifice."  
— Psalm 141:2, NKJV*

#### **Focus of the Day:**

Today we come to the Altar of Incense—representing worship—and the Ark of the Covenant, symbolizing God’s presence and our role in intercession.

#### **Reflection:**

Worship and intercession go hand in hand. Worship lifts our eyes to God’s glory; intercession brings His glory to bear on others. We cannot carry people in prayer if we have not first encountered God ourselves.

Like incense rising, worship is a fragrance that pleases the Lord. Intercession, then, is the holy act of standing in the gap—calling down mercy, lifting up the weak, and releasing the will of God into the lives of others.

Today, linger in worship. Then begin to call out names—your family, your church, your city, the lost, the broken. Call heaven to earth. Bring others to the mercy seat.

#### **Journal Prompt:**

- Who is God calling me to intercede for today?
- What burdens can I release to Him in worship?

#### **Prayer of Activation:**

*God, I lift up my worship to You as incense. I glorify You—not just for what You’ve done, but for who You are. I enter into Your presence boldly and intercede for those You’ve placed on my heart. Move in their lives. Meet them. Heal them. I call their names before You now (pause and speak them). Let Your presence flood their lives as You have flooded mine. In Jesus’ Name, Amen.*

## Saturday April 5: God's Presence is My Home

### **Prayer Model: Reflective Worship + Psalm 91**

#### **Opening Scripture:**

*"He who dwells in the secret place of the Most High  
Shall abide under the shadow of the Almighty."  
— Psalm 91:1, NKJV*

#### **Focus of the Day:**

The culmination of this first week is rest—not in inactivity, but in the **abiding** presence of God. He is our refuge, our fortress, our home.

#### **Reflection:**

We've returned to the altar. We've aligned our hearts. Now we rest—not in our works, but in His presence. God is not calling us to visit His presence occasionally. He is inviting us to dwell there.

Psalm 91 is not merely a prayer of protection. It is a declaration of relationship. The shadow of the Almighty is not far. It is near. It covers those who abide.

Today, be still. Reflect. Linger. You don't have to rush into a new prayer model. Just sit with Him. Let Psalm 91 rise from your lips. Let gratitude overflow. He has brought you through one full week of alignment. And the best is yet to come.

#### **Journal Prompt:**

- How has God met me in this first week of prayer and fasting?
- What part of His presence do I want to dwell in more deeply?

#### **Prayer of Activation:**

*Most High God, thank You for Your covering. Thank You for Your presence that never leaves. I choose to dwell in You today—not to visit, but to stay. Let Your peace guard me, Your presence surround me, and Your Word sustain me. I rest in You. I trust in You. And I worship You. In the name of Jesus, Amen.*

## Week 1 Summary: Return and Align

As we conclude Week 1 of our 21-day prayer and fasting journey, we reflect on the theme of **Return and Align**. This week has been a time of preparing our hearts, centering our thoughts, and creating space for God to move. Through intentional prayer, reflection, and fasting, we have built our personal altars of worship and surrender.

### Key Reflections from Week 1:

- **Prepare the Altar:** We began by dedicating this time to God, acknowledging our desire to draw closer to Him.
- **Lord, Teach Us to Pray:** Just as the disciples asked Jesus, we sought to deepen our understanding of prayer using the Lord's Prayer as a model.
- **The Power of Praise:** We entered God's presence with thanksgiving, reminding ourselves that praise shifts our perspective.
- **The Cross and Cleansing:** Recognizing our need for cleansing and renewal, we laid down burdens and accepted the forgiveness freely given through Christ.
- **Hearing the Spirit:** We quieted distractions to hear the voice of the Holy Spirit, allowing His light to guide our steps.
- **Feeding on the Word:** As the priests received nourishment from the Table of Shewbread, we were reminded that God's Word is our daily sustenance.
- **Worship & Intercession:** Our prayers rose like incense as we interceded for others, believing in the power of God to move on their behalf.
- **God's Presence is My Home:** The week concluded with a call to abide in His presence, recognizing that God is our refuge and resting place.

### Preparing for Week 2: Engage in Spiritual Warfare

As we enter Week 2, our focus will shift to **Engaging in Spiritual Warfare**. The deeper we go in our relationship with God, the more we become aware of the spiritual battles that surround us. Through prayer, fasting, and the power of God's Word, we will stand firm against every scheme of the enemy.

Here's how you can prepare your heart for the week ahead:

- **Stay Rooted:** Continue your commitment to daily prayer, fasting, and Scripture reading. Let God's truth be your foundation.

- **Pray with Authority:** Be bold in your prayers, recognizing that God has given you spiritual authority through Jesus Christ. Feel free to use some of the ALWC prayer declarations.
- **Armor Up:** Reflect on the armor of God (Ephesians 6:10-18) and ask God to clothe you with His protection. Remember the actual spiritual are not the physical weapons, but what they represent (i.e. the belt = Truth, the breastplate = Righteousness)
- **Intercede for Others:** Just as you have experienced God's presence, lift up those around you in prayer (your Oikos).

Remember, victory is not something we strive for — it's something we stand in. As you step into Week 2, believe that God is your defender, your strength, and your ever-present help.

### **Reflection Questions:**

1. How has your understanding of prayer deepened this week?
2. What distractions or burdens have you laid at the altar?
3. In what ways have you experienced God's presence?

Let's move forward with confidence, knowing that He who began a good work in us will carry it to completion. (Philippians 1:6)

*Be strong and courageous; the Lord your God is with you! (Joshua 1:7-9)*