

Deepen your 21 Days of Prayer through Fasting

WHAT

Biblical fasting is refraining from food for a spiritual purpose. It brings one into a deeper, more intimate, and powerful relationship with the Lord.

HOW

There are many different ways to fast. Find what works for you by sacrificing something that is difficult for you to give up, but also be realistic in what you choose. Every time you want to eat or drink what you've given up, let that remind you to pray.

WHY

God calls us to fast in the Bible. Your experience with fasting will ultimately draw you closer to Him! God will honor your sacrifice and obedience.

New Year, New You - 21 Days & Beyond

Continue growing in your walk with the Lord in one of the following ways:

1 | ENROLL IN OUR NEXT STEPS CLASS.

Find out what's next for you, including your spiritual gifts and talents. Learn what we have to offer and how you can make a difference. Sign up at rocksprings.info.

2 | JOIN A SMALL GROUP

Visit rsgroups.info to browse groups and find the perfect fit for you!

3 | VISIT [RSPRAYER.COM](https://rsprayer.com)

Scan the QR code or visit rsprayer.com to subscribe to receive daily emails and download the digital daily prayer guide!



DAYS OF PRAYER & FASTING GUIDE 2025

We are so excited that you are joining us for 21 days of prayer and fasting! We hope this guide will help make it simple for you to participate. Whether you are new to church or have been in church for years, this prayer guide is for you! A prayer topic and scripture are provided for you to reference as you also pray for your personal needs that you list below.

We also encourage you to participate in fasting as well. Biblical fasting is refraining from food for a spiritual purpose. It brings one into a deeper, more intimate, and powerful relationship with the Lord. According to Matthew 6:16-18, fasting is a spiritual discipline. There are many different ways you can fast - you can reference the back page or visit rsprayer.com for more information.

Some people may not be able to fast food due to health issues or other personal reasons; therefore, we suggest other things to fast such as social media, television, negativity, or even unnecessary financial spending such as eating out or shopping.

Blessings will come to you and your family throughout the year because of the sacrificial act of prayer and fasting during these next 21 days. We are excited about the opportunity to join together as a body of believers as we seek to deepen our relationship with God and believe Him for more in 2025!

We look forward to hearing about the wonderful ways in which God moves in your life throughout this season of prayer and fasting!

What I'm Praying for in 2025:



DAYS OF PRAYER & FASTING

January 12 - God's Will | Psalm 25:4-5

January 13 - Repentance/Surrender | Acts 3:19-20

January 14 - Clear Direction/Vision for Growth | Habakkuk 2:2

January 15 - Israel | Zechariah 2:8

January 16 - Holy Spirit Presence | Ephesians 3:16-17

January 17 - Favor in Building Projects | Psalm 127:1

January 18 - Loss/Grief | 2 Corinthians 1:3-4

January 19 - Military/1st Responders | Psalm 91:14-16

January 20 - Health/Trust through Illness | Jeremiah 30:17

January 21 - Hopes and Dreams | Philippians 2:13

January 22 - Reconciliation/Restoration | Ephesians 4:30-32

January 23 - Worship | Psalm 86:9-10

January 24 - Grow in Faith | Colossians 1:9-10

January 25 - Courage to Witness | Acts 1:8

January 26 - Forgiveness | Matthew 18:21-22

January 27 - Family Unity | Colossians 3:14-15

January 28 - Perseverance | Galatians 6:9

January 29 - Revival in our Country | 2 Chronicles 7:14

January 30 - Spiritual Warfare | 2 Corinthians 10:3-5

February 1 - Freedom from Addiction and Depression | Hebrews 4:15-16

February 2 - Gratitude | 1 Thessalonians 5:18