



# 21-Day Prayer & Fasting Guide

## Focus 2022: Becoming disciples, fruitful and (John 15:1-20)

### Prayer and Fasting Theme Verse - Deuteronomy 31:8

The LORD Himself goes before you and will be with you; He will never leave you nor forsake you.  
Do not be afraid; do not be discouraged."

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## Week 1- 10<sup>th</sup> Jan to 16<sup>th</sup> Jan- Individual Prayers-

(Teach us to number our days, that we may gain a heart of wisdom. (Psalms 90:12))

### DAY 1- Thanksgiving for the crossover and all the Lord has done for us. (Psalms 100)

- Worship and Thank God for the year that has been, and for the new year. (**Isaiah 12:4-5, Psalms 118:24**)
- Thank Him for the highs and lows of 2021 as you reflect and make plans for the year, pray that He may teach you to be content in every circumstance. Thank Him for the new things He will do in your life in 2022 (**1<sup>st</sup> Thessalonians 5:16-18, Philippians 4:11-13, Isaiah 43:18-19**)
- Commit the next 21 days to the Lord, that you shall be faithful in the fast as the Lord leads, and pray that He will answer all who call unto Him according to His will. Pray against temptations, attacks and derailment from the evil one, pray that your faith may grow in this season (**Isaiah 58, Genesis 15:6**)

### Day 2- Repentance and Consecration ("Come now, let us settle the matter, says the LORD. "Though your sins are like scarlet, they shall be as white as snow; though they are red as crimson, they shall be like wool. (Isaiah 1:18))

- Repent and ask for forgiveness as you start fast, that nothing will stand in the way, repent also on behalf of your family (**1 John 1:9, Mark 1:15**)
- Consecrate yourself and make a commitment to turn back to God in this year (**Joshua 3:5, Proverbs 2:1-8**)
- Pray that God shows you the areas in your life that need change and pray for grace and the power of the Holy spirit to follow through (**James 4:8, Joel 2:13**).

### Day 3- Provision (Jabez cried out to the God of Israel, "Oh, that you would bless me and enlarge my territory! Let your hand be with me, and keep me from harm so that I will be free from pain." And God granted his request. 1<sup>st</sup> Chronicles 4:10))

- Repent for the times you have not been a good steward of resources, pray that He may help you be a better steward of your resources, talents etc., Pray that He may give you more wisdom as you make financial decisions, be faithful in tithing and giving. (**Malachi 3:10, Luke 19:11-27**)
- Thank God for His Provision this far, for jobs, businesses. Pray for His provision in all areas of life- healthcare, school fees, housing, according to your personal needs (**Deuteronomy 8:18, Deuteronomy 28:1-14**)
- Pray that God will open your eyes for opportunities, that you may thrive in your school, work and business. Pray for ability to get out of debt and for open doors in 2022 (**Psalms 92:12, Joshua 1:8-9**)



**Day 4- Family and Relationships** (*But if serving the LORD seems undesirable to you, then choose for yourselves this day whom you will serve, whether the gods your ancestors served beyond the Euphrates, or the gods of the Amorites, in whose land you are living. But as for me and my household, we will serve the LORD.* (Joshua 24:15))

- Pray that every member of your family will love and serve the Lord. Pray that God will continue to be the head of your home and at the helm of your relationships and that your life will be guided by love. (**1<sup>st</sup> Corinthians 13, 2<sup>nd</sup> Peter 3:9, Acts 16:31**)
- Pray for healing and restoration in your relationships, marriage, extended families, pray for unity and love in families. Pray that God will help you let go of things that no longer serve you- bitterness, anger, grudges, hatred etc. (**Psalms 147:3, Ephesians 4:32**)
- Pray that God will give you the family you desire. Pray that God will bring the right people and relationships that build your life in 2022 and pray for protection against anything that seeks to destroy your life. (**Psalms 37:4, 1<sup>st</sup> Peter 5:8,**)

**Day 5- Health** (*Jesus went throughout Galilee, teaching in their synagogues, proclaiming the good news of the kingdom, and healing every disease and sickness among the people.* (**Mathew 4:23**))

- Thank God for good physical & mental health, for the health of your loved ones. Pray for the grace and strength to take care of your body, His temple. (**1<sup>st</sup> Peter 2:24, Exodus 15:26, 1<sup>st</sup> Corinthians 6:19**)
- Pray for healing for the sick, and that God will build a hedge of protection over you and your loved ones that you may enjoy good health and have a long impactful life. (**Psalms 91, Psalms 34:7**)

**Day 6- Personal Plans, Goals, Resolutions** (*In their hearts humans plan their course, but the LORD establishes their steps.* (Proverbs 16:9))

- Thank God for what you have been able to accomplish in your life this far. Pray that your gifts and talents shall be utilized even more this year, pray for passion and zeal for life, for your work and ministry. Pray for more open doors in this year in every area of your life (**Colossians 2:6-7, Ecclesiastes 11:2**)
- Pray that God will soften your heart and make you sensitive to His voice, commit your plans to Him, and pray for courage that wherever He leads, you will follow. (**Proverbs 3:5-6, John 14**)
- Pray that your heart's desires will be aligned to His will for your life, pray for total surrender of your plans, dreams and goals to Him, pray for new opportunities to share the gospel, for new spheres of influence as you carry out your plans. (**Psalms 119:105, Joshua 1:8-9**).

**Day 7- Spiritual Growth-** (*Anyone who lives on milk, being still an infant, is not acquainted with the teaching about righteousness. But solid food is for the mature, who by constant use have trained themselves to distinguish good from evil.* (Hebrews 5:13-14))

- Thank God for the gift of salvation, for the grace and love He has shown you, for the gift of the Holy Spirit, our helper. Pray that He may fill you with His Spirit to enable you to live a godly life. (**Romans 5:8, 2Peter 1:3**)
- Pray that God will restore to you the joy of salvation, pray that He may give you the desire to know and serve Him more, that you will not become complacent. (**Revelation 2:2-4, Colossians 1:9-10, Psalms 42:1**)
- Pray that He may reveal His will, gifts to you and for direction to where you can best utilize these gifts, pray for humility as you serve, and that His light shall shine in and through you, pray that your life shall be a life of impact for His glory. (**Mathew 5:16, Psalms 119:36**)



## Week 2- 17<sup>th</sup> Jan to 23<sup>rd</sup> Jan- Praying for the Church

("I, the LORD, have called you in righteousness; I will take hold of your hand. I will keep you and will make you to be a covenant for the people and a light for the Gentiles, to open eyes that are blind, to free captives from prison and to release from the dungeon those who sit in darkness. (Isaiah 42:6-7))

**Day 8 and 9- KCC Strategic Plan** (And I tell you that you are Peter, and on this rock I will build my church, and the gates of Hades will not overcome it. (Mathew 16:18))

- Pray that God will guide the planning, strategizing, communication and execution of the new KCC strategic plan. That His will and purpose for KCC shall prevail. (**Proverbs 16:3, Isaiah 55:8**)

Pray for resources to implement this plan. (**1<sup>st</sup> Corinthians 9:11**)

- Pray that the church will grow in discipleship, equipping more people to serve, and becoming more fruitful, (disciples making disciples). Pray that we may develop a lifestyle of worship, engaging in fellowship. (**Mathew 22:36-40, 28:28-20**)
- Pray that God will guide the church as it seeks new ways to minister in the "new normal", pray for financing of these new ministry avenues, pray for church engagement and commitment to this new plan as we seek to grow and connect. (**Ephesians 5:15-16, 4:16**)
- Pray for the leadership Pipeline/ Succession. Pray for able and anointed leaders (**2<sup>nd</sup> Timothy 2:20-21, Luke 2:52**)
- Pray that KCC shall grow in the ministry of prayer and intercession, Pray for salvation of souls through the ministries in KCC (**Colossians 4:2, Jeremiah 33:3**)
- Pray that God will guide the leaders to identify the needs of the people in the church and show them ways in which these needs can be met. Pray that the seeds planted shall take root in people's hearts and bear fruit. (**Psalms 23, Luke 8:1-15**)

**Day 10- Co-Laborers-** For we are co-workers in God's service; you are God's field, God's building. (1<sup>st</sup> Corinthians 3:9)

- Thank Him for KCC & the Church Plants, the Leaders, Staff team, Volunteers, and all those who serve in the church. Pray that God will favor them, cover them and give them strength, and that they will continue to serve with wisdom, zeal, guided only by Him and His word for His glory. Pray that none will fall or be put to shame but that they will be good examples (**Galatians 6:10, Acts 20:35, Ephesians 2:10**)
- Pray that God will bring more people who are willing to do His work. Pray for faithful staff and volunteers who will help KCC in accomplishing its mission and vision. Pray that God's hand shall be seen in their service. (**Mark 10:45, Mathew 23:11**)
- Pray for good working relationships in the church (**Rom 12:18, Psalms 133:1, 2<sup>nd</sup> Corinthians 13:11**)

**Day 11- Spiritual Emphasis Campaign 2022-Redefining Success According to Jesus .** (The LORD was with Joseph so that he prospered, and he lived in the house of his Egyptian master. **3** When his master saw that the LORD was with him and that the LORD gave him success in everything he did, **4** Joseph found favor in his eyes and became his attendant..... Genesis 39:2-4))

- Pray that as we enter a new season of SEC that God will speak to His people and that It will be a time of reflection and learning for the growth of every individual in the church and for the church as a whole.
- Pray that people will commit to reading the Word, and the book together. Pray that God will bring people together as CLGs during this season, pray for those CLGs that are not active that God will wake them up, and pray that the fellowship will continue even after the campaign season.
- Pray for those that will be leading us through this season.



**Day 12- Fundraising** - (He told them, "The harvest is plentiful, but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into his harvest field. (Luke 10:2))

(Go up into the mountains and bring down timber and build my house, so that I may take pleasure in it and be honored," says the LORD. (Haggai 1:8))

- Thank God for the vision of the new sanctuary, for the giving and dedication of His people towards this project, for the completion of Kisima Champions. (**Ephesians 3:20-21, Zechariah 4:10**)
- –Pray that God will stir the hearts of men to give generously their time and resources towards this project. Pray that God will give direction on financing etc. and that He will open doors that no man can shut. (**James 1:17, Exodus 35:21**)
- Pray that God will bless each and every individual that has given so far, pray for provision for them. Pray for provision and faithfulness in the church and beyond in redeeming of pledges towards the new sanctuary, that the work will not stall. (**2<sup>nd</sup> Corinthians 9:7-9, Luke 6:38**)
- Pray that through this project, many more people will come to know Christ, see His faithfulness in its construction and in its completion, pray that it will forever be used for His purposes and Glory. Pray that it will be a blessing to generations to come. (**1<sup>st</sup> Corinthians 10:31, Mathew 21:13**)
- Pray for fresh ideas, new opportunities, that He will raise more people dedicated to fundraising in the church, pray for the Fundraising Committee and all those who will be charged with responsibilities in this project that they will not grow weary. (**Ephesians 2:10, Isaiah 40:30-31**)
- Pray for the actual construction work, that the work will go on smoothly, steadily, pray for safety and protection of the workers, pray for strength and wisdom for the building committee. (**Luke 10:19, Philippians 4:13**)

**Day 13- Ministries** (They devoted themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer. (Acts 2:42))

- Thank God for the various ministries at KCC-Youth, Children, Adults and Family, Dorcas, Tumaini, Missions, Women and Men's Ministries, Worship & Services, Prayer, PMCC, Missions, Church Planting, Ushers, CLGs, Hekima and for what they have been able to accomplish for the Kingdom
- Dedicate the various ministries to God, that His love shall be seen through them and pray that God shall equip each one of them with the right people for the advancement of the Gospel, pray that they shall remain rooted in Him as they continue to serve, dedicate their leaders to God.
- Pray for financial provision according to the needs of each ministry that the church will continue to grow in giving and catering for the needs of the community.

**Day 14- Church Plants-** ("Then the master told his servant, 'Go out to the roads and country lanes and compel them to come in, so that my house will be full. (Luke 14:23))

- Thank God for the various KCC Campuses – Kenol, Kiambu Road, Membley, Kitale, Foresight, Kabuku. Thank God for their leadership and those who have worked tirelessly to plant them.  
  
Pray for wisdom in their leaders and that they will be led by the Holy Spirit, teaching sound doctrine and being good stewards of the resources. (**Proverbs 11:4, Exodus 18:21**)
- Pray for provision of resources/ manpower for their smooth running and growth, pray that they will have impact in their communities/ neighborhoods and through this, pray that God will draw more people to them. (**Luke 15:1-10, John 12:32**)
- Pray that no one will plant a church driven by their own desires, but that KCC will continue to seek guidance in when and where to plant, and for the boldness to take the step when God calls. (**Joshua 9, Mathew 6:33**)



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## **Week 3- 24<sup>th</sup>- 30<sup>th</sup> January- Praying for the Country**

(I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people- for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. (1 Timothy 2:1-2))

**Day 15- Elections (a)** (And we know that in all things God works for the good of those who love him, who have been called according to his purpose. Romans 8:28))

- Thank God for our country Kenya, the leadership, the beauty and resources, the diversity, the people, accomplishments so far etc. Thank Him for the privilege of being Kenyan and pray for the desire, opportunities and ability to make positive contributions to the country. (**Romans 13:1, Philippians 4:6-7**)
- Pray that God will raise leaders with integrity & good character, who will serve Him and the people, that will do the work they have been chosen for, pray for wise leaders that fear Him, united and just leaders, the right advisers. Pray that people will not be guided by selfish ambition in this season but will vote wisely for the good of the people. (**Jeremiah 29:7, Psalms 2:10-11**)
- Pray that God will open our eyes to the reality of our current status as a people, and pray that this will lead to repentance and all people turning back to God, pray that the fear of God and love for one another shall govern our actions as a people. Repent on behalf of the country (**2<sup>nd</sup> Corinthians 7:10, Daniel 9:1-19**)

**Day 16- Elections (b)-** (If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land. 2<sup>nd</sup> Chronicles 7:14))

- Pray for a peaceful transition and that justice will prevail, pray against any plan the devil may have towards this country and the election year. (**Isaiah 54:17, Hosea 12:6**)
- Pray for the next 5 years for our country Kenya, that God will give us a fresh vision, that healing and restoration shall begin to be felt in this country, that God will make the crooked paths straight. (**Proverbs 29:18, Jeremiah 29:10-12**)
- Pray that we may become a nation that loves one another, takes care of each other, reaches out to the less privileged and the vulnerable, lives in peace regardless of tribe, race, religion etc. (**1<sup>st</sup> Peter 2:17, Luke 10:25-37**)

**Day 17- Healing – Covid-19 & Its Effects-** (He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away." (Revelation 21:4))

- Thank God for preserving your life and the lives of many in this pandemic.  
Pray for healing and restoration for those still infected and/ affected.  
Pray for end of this pandemic, against further mutation, for effectiveness of the vaccines and cures that people will go back to living without fear and the sense of community restored (**Mark 5:34, James 5:14**)
- Pray that we shall carry the lessons learnt throughout this pandemic way after the pandemic is over and that we shall be better for it. Pray that people will respond to the guidance of those God has entrusted. (**Philippians 4:9, Psalms 25:8-9**)
- Pray for the essential workers who continue to risk their lives to help us navigate through this pandemic, thank God for their service and dedication and pray that God will continue to protect them and take care of them and their loved ones. Pray that God will richly reward their sacrifices (**2<sup>nd</sup> Thessalonians 3:3, Psalms 46:1**)



#### **Day 18- Safety and Protection-** (Psalms 121)

- Pray that safety will be restored in this country. Pray against people stealing from one another, killing each other, Pray against tribal clashes, terrorism, racism, pray that God will guard the hearts and minds of men that we may not be guided by greed or selfishness, that God will protect us from hatred (**Proverbs 24:3, 1<sup>st</sup> Timothy 6:10**)
- Pray for protection of children and the youth that the devil will not corrupt the next generation. Pray that God will soften their hearts to heed His teachings and those of their guardians. Pray for protection and safety as schools open. Pray for the teachers and guardians and all those entrusted to take care of them, that they shall not harm them but bring them up in the Lord. (**Proverbs 22:6, Psalms 127:3**)

#### **Day 19- Church of Christ in Kenya-** (What, then, shall we say in response to these things? If God is for us, who can be against us? He who did not spare his own Son, but gave him up for us all—how will he not also, along with him, graciously give us all things Romans (8:31-32))

- Repent on behalf of the church, for the leaders who have led others astray, for all Christians where we have failed to walk in the ways of the Lord, for compromising, immorality and failing to teach His word as it is for fear of reproach. (**Romans 3:23, 12:1-2**)
- Pray that God will heal the church, that God will raise Christians willing to follow His example in a fallen world, pray for God ordained leaders and pray for their protection from evil schemes, pray above all that love and sacrifice shall be the mark of every believer. (**John 13:35, Mathew 16:24-26**)
- Pray for boldness for the people of God, to preach the gospel, to stand for what is right and just, to live a life of integrity. Pray that every believer shall stand firm in the face of persecution. Pray for a spiritual hunger/ awakening in the church. Pray that God will bring down every evil spiritual force/ power that threatens the church of Christ. Pray for Unity in the church. (**Ephesians 6:10-20, 5:14**)

#### **Day 20- Economy & Trade-** (And my God will meet all your needs according to the riches of His glory in Christ Jesus. (Philippians 4:19))

- Pray that God will enable us to develop the economy of the nation in a way suited to the needs of its people, pray that we may be good stewards of the creation He gave us charge over and the human resources too, pray that He may open our eyes to our mistakes and help show us the way. Pray that Kenya will prosper again. (**1Corinthians 4:1-2, 1<sup>st</sup> Timothy 6:17-19**)
- Pray for the financial resources required in this nation to get out of debt, to develop, create employment and to help those in need. Pray for restoration of businesses, new ideas and ventures. Pray for the unemployed, for those that their businesses have failed. (**Galatians 2:10, 3John 2**)
- Pray against corruption and all other things that are affecting our economy and pray that God will intervene. Pray for good/ beneficial international relations and mutual understanding. (**Proverbs 10:2, Mark 10:19**)
- Pray for hope for the people of Kenya (**Ezekiel 37, Psalms 2:8**)

#### **Day 21- Conclusion-**

- Thank God for the testimonies throughout this season of prayer and fasting (**Revelation 12:11, Hebrews 13:15-16**)
- Pray for the church and the year ahead that no one's faith will falter but we shall walk by faith (**Romans 10:17, 2<sup>nd</sup> Corinthians 5:7**)
- Worship the Lord for all He has done and is going to do. (**Ezra 3:11, Psalms 106:1**)

(NB: Scriptures derived from NIV Version)

*Blessed & Prosperous 2022!*