

21 DAY PRAYER CHALLENGE & CONSECRATION | Monday, January 3 – Sunday, January 23, 2022

Join with us as we seek God's best for 2022 by dedicating time during the first month of the new year in prayer!

How to Participate:

1. Follow along with the prayer prompts each day and pray for those concerns (see below)
2. Check in each week during the Wednesday Evening Prayer Call for strength and inspiration along the journey (check your Allen Temple email for information on how to join the call.)
3. Consecrate by fasting (see options below) and /or giving up a treasured hobby, favorite food, or other activity.

Guiding Scripture References for Fast (not exhaustive list)

- Daniel fasted before he received a vision (Daniel 9:3; 10:2-3).
- In Acts, church leaders fasted to know God's purpose and direction in ministry (Acts 13:2-3, 14:23).
- Jesus fasted before he began his ministry (Matthew 4:2; Luke 4:1-2).

Fasting Options - As you follow along with us in prayer, you can also participate in the 21 Day Prayer Challenge and Consecration by doing one or more of the following during the challenge period:

- **Daniel Fast** - Eat no meat, no sweets, and no bread. Drink water or pure fruit juice. Eat fruits and vegetables.
- **Sacrificial Fast** - This fast is a great option if you do not have much experience fasting food or have health issues that prevent you from fasting from food. This fast involves giving up things like television, social media, unnecessary spending, or hobbies.
- **Partial Fast** - A partial fast is refraining from food during a certain window of time, for example from 6:00 am to 3:00 pm or from sunup to sundown.

***Please note:** if you are unable to fast for any reason, you are still invited to pray with us daily!*

Make for a Successful Challenge

1. **Pray about your fast** - Ask God what you should give up during the time of consecration.
2. **Plan to pray** - Identify specific time each day that will be committed to prayer over and above your regular time of devotion.
3. **Stay plugged in** - Join us each week to the Wednesday Evening Prayer Call (check your Allen Temple Email for dial in information) to get strength and inspiration for the journey.
4. **Get a partner** - Buddy up with a friend who will hold you accountable and do the challenge with you.
5. **Go with God** - If you feel led to pray about something different than the daily prompt, do it!
6. **Keep the habit going and expand** - Use a Bible App such as YouVersion® or other resources like Daily Bread or Biblegateway.com to get a scripture a day that you can use to springboard your time of prayer.

21 DAY PRAYER CHALLENGE & CONSECRATION | Monday, January 3 – Sunday, January 23, 2022

Monday, January 3 CHURCH & CONGREGATION Pray for Families and Households Joshua 24:15	Tuesday, January 4 CHURCH & CONGREGATION Pray for Youth Luke 2:40	Wednesday, January 5 CHURCH & CONGREGATION Pray for Marriages Genesis 2:24	Thursday, January 6 CHURCH & CONGREGATION Pray for Community Health and Wholeness 3 John 1:2	Friday, January 7 CHURCH & CONGREGATION Pray for our Seniors Psalm 37:25	Saturday, January 8 CHURCH & CONGREGATION Pray for Caregivers Isaiah 40:29	Sunday, January 9 CHURCH & CONGREGATION Pray for Provision Philippians 4:19
Monday, January 10 CHURCH & CONGREGATION Pray for our Pastors and Leaders Ephesians 6:10-19 1 Timothy 5:17 Psalm 15:2	Tuesday, January 11 CHURCH & CONGREGATION Pray for our Church Ministries and Ministry Impact in the Community Galatians 6:9 Matthew 5:16	Wednesday, January 12 CHURCH & CONGREGATION Pray for our Church Staff Titus 3:14	Thursday, January 13 CHURCH & CONGREGATION Pray for New Members Joshua 1:8	Friday, January 14 CHURCH & CONGREGATION Pray for People to Come to Christ John 3:16-17	Saturday, January 15 COMMUNITY Pray for Peace in the City of Oakland Jeremiah 29:7	Sunday, January 16 COMMUNITY Pray for Government Leaders (Local, State and National) Proverbs 29:2
Monday, January 17 COMMUNITY Pray for School Districts and Systems Proverbs 22:6	Tuesday, January 18 COMMUNITY Pray for those struggling with mental health issues; troubled souls and mental fortitude for all Isaiah 26:3 Luke 15:11-24	Wednesday, January 19 COMMUNITY Pray about issues related to the Pandemic Isaiah 33:2,6 Hebrews 6:18-19	Thursday, January 20 COMMUNITY Pray for the Unsheltered Deuteronomy 15:11	Friday, January 21 COMMUNITY Pray for the Criminal Justice Reform Jeremiah 22:3	Saturday, January 22 COMMUNITY Pray for Voting Rights Amos 5:24	Sunday, January 23 COMMUNITY Pray for All Churches in the City and Region Acts 9:31