

21 Days of Prayer and Fasting – Overview and Q & A

OVERVIEW

21 Days of Prayer and Fasting is observed by The Journey every January for a designated consecutive 21 day period. 21 Days offers the opportunity to gather in an intimate setting with other believers to disconnect from the world and reconnect with God. The prayer event will be from 7:00 am to 8:00 am. This year, 21 Days will start January 3, 2022 and continue through January 22, 2022. We will have a finale on January 23, 2022 at 7:00 pm. Our focus for 2022 is on experiencing God.

NEWARK - All experiences for the Newark location will be at The Journey in the main auditorium.

HOCKESSIN - Monday–Friday, morning prayer experiences will be held at Supporting Kidds 1213 Old Lancaster Pike, Hockessin, DE 19707 (mask required due to requirements of the location). Sunday prayer experiences will be at Wilmington Christian School, at the current gathering location. Saturday prayer experience will be held at Newark.

ONLINE - Our Newark experience will be streamed online at www.yourjourney.tv/live each day.

For more general information about the spirit behind the 21 Days of Prayer & Fasting event, we encourage you to check out this video: [Chris Hodges - Prayer and Fasting](#)

Prayer. Most of us can get behind this one. Talking to God. If you don't already exercise a committed slot and spot, this will really help get you into the habit. But be warned – powerful changes happen when you start committing to this practice. Changes that are both seen and unseen. You may feel more uplifted, less worry, more love. You may feel inspired to change some habits, give more time, give more of yourself. You may also see God working through you and around you as you become more in tune with the Holy Spirit and what can happen when you choose, "More of God, and less of me."

Some people think they are not talented enough or have a good enough vocabulary to pray. Trust us, you don't need to carry a Webster's dictionary or be a walking thesaurus to talk to God. Try talking to him like an old friend - after all, no one knows you better than your Creator. Still struggling to put it together? Try using the PRAY acronym:

PRAISE – Tell God you love him and thank him. Psalm 69:30.

REPENT – Confess any sins. Acts 3:19-20.

ASK - Ask God to help you and others. 1 John 5:14.

YIELD – Pause and listen to God’s word. Psalm 130:5.

Just like any other skill set, the more you pray, the better you get and the more meaningful it becomes. The point of prayer is to connect with God.

Fasting. Intentionally depriving myself of food? Really? Not so excited about this one, huh? We get it. In today’s world, the thought of even skipping a meal might have you sweating and thinking you’re going to implode and not be able to actually live until your next meal. Relax. Think of fasting as intentionally letting go of things of the world. The point is to create space to let in more of God. Traditionally, fasting was practiced to set that time that would normally be spent harvesting, preparing, cooking and eating food, to devotions, prayer and spiritual practices. In biblical times, an enormous amount of time was devoted to food. Today, convenience is king and ensuring the family will eat is not such a concern for most people. Fasting is not punishing yourself or creating suffering; it is to let go of things of the world.

Some people feel called to dietary fasting in some fashion during the 21 days. Fasting need not be the same for everyone. Perhaps you have noticed that you are dependent on caffeine to get through your day. Maybe a glass of wine or beer (or three) is your crutch. Maybe you noticed you have gotten away from preparing home-cooked whole foods and are relying on eating out or pre-packaged meals more. You could choose to elect to take those items out of your diet for the 21 days and replace them with water, home-brewed herbal teas, and home-cooked whole food meals. Maybe you elect to pursue The Daniel Plan dietary protocol for the 21 days. Maybe you choose to skip breakfast and commit to coming to The Journey prayer experiences every morning and you elect to fast from dinner the night before until lunch the next day, just to see how that feels for you. Maybe you just commit to not snacking at all between meals. Any of it is fine, and we encourage you to introspect and pray about what would be meaningful to you. Fasting is known to have many, many health benefits, so we encourage you to explore what might work for you. **If you do choose some form of dietary fasting, please be aware of your medical conditions or medications you are on and seek guidance from your physician before embarking on any dietary changes that could adversely affect you.**

A fast need not only be food; fasting can be social media, video games, TV time – whatever you perceive could be something that is a distraction for you, or is taking time from other, more spiritually fulfilling pursuits.

While many people can get into the prayer part of the 21 days, the fasting, well, not so much. Fasting may be something that you think you can skip. We encourage you to check out Matthew 6:16 – 18. Notice the words used: “*WHEN* you fast...” not

“*IF* you fast...” Fasting was not thought to be optional. It was an important part of the spiritual culture of the early church. We encourage you to consider what makes sense for you for the fasting portion of your 21 days and plan how to implement those changes in a meaningful way that will enable you to be successful.

FAQs

I'd like to attend, but am unable to attend in person. Can I still participate?

- You are welcome to join us from wherever you are, whether in person or online. Each day will be live streamed so you can join us at online.yourjourney.tv.

Do I have to fast during 21 Days?

- Choosing to fast (and what to fast from) is a very personal decision. Simply put, fasting is choosing to set aside something you typically depend on for a period of time to spend that time enriching your relationship to God.
- You may choose to omit processed foods, not snack between meals, skip breakfast to attend the morning prayer sessions and wait until lunch to eat, remove alcohol or caffeine, or you may choose to opt out of social media, television, video games – the options are endless. The point is to identify something that is meaningful to you that you recognize as a distraction or crutch and set it aside for 21 days. Fill the space with prayer, giving your time to others, and devotions. “My grace is all you need. My power works best in weakness.” 2 Cor. 12:9.

I've never gone to a prayer experience. What should I expect?

- A typical prayer experience will include some time singing in worship, a short message on a topic to consider and pray about, and a slot of time to pray, both as a group and individually. The music is loud enough during individual prayer time to allow you to pray out loud without anyone hearing your prayer. No one is really watching you – everyone is busy doing their own thing and praying in their own way. After individual prayer time, there is a closing and you are sent on your way promptly at the designated time so you can start your day. There will also be prayer intercessors to facilitate prayer with you if you need some additional support.

Why would I invest the time coming to 21 Days of Prayer & Fasting?

- If you move closer to God, He promises to move closer to you. “This is what the Lord of Heaven’s Armies says: ‘Return to me, and I will return to you.’” Zec. 1:3. Changing a habit takes 21 days. If you immerse yourself with prayer and fasting for 21 days, you do not know how God might change your trajectory for the remainder of the year.

Do I have to come every day?

- No. We understand that work or other obligations may keep you from attending each and every session. While we encourage you to do your best to try to attend daily at the same time, if you cannot make a few sessions, check out the online videos for that day's prayer experience and commit the time later in the day, if possible.