

Cornerstone Chapel 21 Days of Prayer & Fasting

January 1-21, 2025

Ways to Participate...

1. Personally at home:

Fast (Disconnect):

- Pray and ask the Holy Spirit to show you how He is calling you to fast during this time.
- Types of Fasts
 - ⇒ Water fast – water only, no other food or beverage
 - ⇒ Juice fast – fruits & vegetables blended, and other healthy beverages
 - ⇒ Daniel fast – fruits, vegetables, and other healthy foods
 - ⇒ Specific fast – cutting out certain food or beverage (sweets, soda, etc.)
 - ⇒ Intermittent fast – eat only during certain hours of the day
 - ⇒ Media fast – cutting out certain media or technology (TV, FaceBook, movies, sports, etc.)
 - ⇒ Lifestyle fast – changing a life-style habit (To bed earlier, wake earlier, exercise, etc.)

Pray & Scripture (Connect):

- Choose a certain time (when) & place (where) to connect with God and spend daily time with Him
- Read the daily devotional from the Foursquare Prayer & Fasting guide
- Read the daily chapter from the Cornerstone Chapel Bible Reading plan
- Using the S.O.A.P. method, journal about the verse the Holy Spirit is highlighting for you this day
- Spend time in prayer, including praying for our daily Prayer Focus listed below

2. Personally at church:

Cornerstone Chapel's sanctuary will be open for prayer:

- Wed Jan 8, 8:00am-8:00pm
- Wed Jan 15, 8:00am-8:00pm

***Soft instrumental worship will be playing all throughout these days, with lights and heat set for a comfortable & peaceful time with the Lord. A sheet with guided prayer points will be available to you.

Daily Prayer Focus

Salvations

Spiritual Growth & Discipleship

Our Church & Vision

Healings & Miracles

Our Government & other Nations

Marriages, Families & Next Gen

Our Community, Schools, etc.