

# 21 Days of Prayer and Fasting

## John 17

### Introduction

“When Jesus had spoken these words, he lifted up his eyes to heaven, and said, ‘Father, the hour has come; glorify your Son that the Son may glorify you.’” - John 17:1 (ESV)

God’s glory revealed. Jesus came to reveal the glory of the Father to us. But it wasn’t just so we would see it. He came so we could know and trust the Father’s heart. He came so that, seeing God’s glory, we would respond in surrender and love to the King of Glory. He came so we would be worshipers. Paul tells us that we have been given “the light of the knowledge of the glory of God in the face of Jesus Christ” (2 Corinthians 4:6). So as Jesus approached the end of his life on earth, he prayed that this revelation of God’s glory would have its full effect. John 17 is the longest prayer of Jesus recorded in the Scriptures. And as Jesus prayed, we want to pray.

For 21 days, we want to invite you to soak in Jesus’ prayer in John 17. Read the chapter regularly; you may even consider memorizing parts of it. And follow along and pray daily, using the prayer prompts. Together, let’s seek the face of the Lord, asking him to cause us to see and know and respond rightly to his glory.

### How to Participate in 21 Days of Prayer and Fasting

#### How to PRAY

Praying is spiritual breathing, essential for us to grow as disciples. As we meditate on God’s Word, we breathe in the promises and purposes of God. In prayer, we also breathe out, responding to God’s Word to us. Each day in this guide, there will be one verse from John 17 and a few prayer responses to guide your praying. Throughout the 21 days, you will be praying for specific areas in your life, our church, and our mission. Together, let’s put our faith into action,

trusting in the promises of God for us and our church. Below are some helpful tips on how to make the most of this guide.

- **Commit to a specific time each day to devote to prayer.** Find a place where you can be free of distractions and be alone with God.
- **Use the prayer points and Scripture** in this guide to focus and fuel your praying. **Write** the Scripture and prayer point on a card and carry it with you, post it on your social media, make it the **screensaver on your phone**—whatever you can think of to keep these prompts in front of you. Use them throughout the day and invite others to join you in praying.
- You can take it a step further by **journaling** your prayers each day, simply writing out your prayers in the space provided. It's a great opportunity to make a record of what you are praying so that you go back and see where God is working in response to your prayer.
- In addition, you may consider ways to **pray with others** during this season. Set up a Zoom call with friends, or members of your small group. Pray together as a family.
- **Meditate** - These are Jesus' words. Don't just read them and move on. Run them over in your mind. Let them sink down into your heart. Ask the Holy Spirit to speak to you as you ponder the prayer of your Savior.

### How to FAST

Why do we fast? Simply put, the goal of fasting is to turn ourselves from worldly things and set our minds and hearts fully on God. It is not a way to manipulate God or coerce him to hear and answer our prayers; rather, it acknowledges our complete dependence on him. Fasting awakens us to the reality that we are so often driven by our fleshly desires and appetites. It humbles us and awakens us to our great need for and reliance on God. As you consider fasting, we want to encourage you to listen to the Holy Spirit. Ask God to lead you in this time of seeking his face. Whether you choose to fast for one day, several days, or the entire 21 days, the point is to humble yourself in a new way and draw near to God. Here are some ideas of what you could choose:

- **You might choose a selective fast, eliminating certain things from your diet.** Eating only fruits and vegetables, what some might call a "Daniel fast," is an example of this type of fasting.

- **Another option is a partial fast, which is refraining from eating for a set period of time each day.** You could choose to fast from a single meal or from sunup to sundown.
- **Some of you may feel led to engage in a complete fast,** refraining from eating and only drinking liquids for particular days or even an extended period of time.
- **If fasting from food is not possible, you may feel led by the Lord to fast from something else, such as social media, television, or certain times or activities on your cell phone.**
- If you would like more information and help on fasting, read these articles: [Seven Basic Steps to Successful Fasting and Prayer](#) and [Six Ingredients That Will Help You Fast From Technology](#), or a video teaching from our friend, John Mark Comer: [John Mark Comer's fasting resource](#).

## John 17 (ESV)

When Jesus had spoken these words, he lifted up his eyes to heaven, and said, “Father, the hour has come; glorify your Son that the Son may glorify you, **2** since you have given him authority over all flesh, to give eternal life to all whom you have given him. **3** And this is eternal life, that they know you, the only true God, and Jesus Christ whom you have sent. **4** I glorified you on earth, having accomplished the work that you gave me to do. **5** And now, Father, glorify me in your own presence with the glory that I had with you before the world existed.

**6** “I have manifested your name to the people whom you gave me out of the world. Yours they were, and you gave them to me, and they have kept your word. **7** Now they know that everything that you have given me is from you. **8** For I have given them the words that you gave me, and they have received them and have come to know in truth that I came from you; and they have believed that you sent me. **9** I am praying for them. I am not praying for the world but for those whom you have given me, for they are yours. **10** All mine are yours, and yours are mine, and I am glorified in them. **11** And I am no longer in the world, but they are in the world, and I am coming to you. Holy Father, keep them in your name, which you have given me, that they may be one, even as we are one. **12** While I was with them, I kept them in your name, which you have given me. I have guarded them, and not one of them has been lost except the son of destruction, that the Scripture might be fulfilled. **13** But now I am coming to you, and these things I speak in the world, that they may have my joy fulfilled in themselves. **14** I have given them your word, and the world

has hated them because they are not of the world, just as I am not of the world. **15** I do not ask that you take them out of the world, but that you keep them from the evil one. **16** They are not of the world, just as I am not of the world. **17** Sanctify them in the truth; your word is truth. **18** As you sent me into the world, so I have sent them into the world. **19** And for their sake I consecrate myself, that they also may be sanctified in truth.

**20** “I do not ask for these only, but also for those who will believe in me through their word, **21** that they may all be one, just as you, Father, are in me, and I in you, that they also may be in us, so that the world may believe that you have sent me. **22** The glory that you have given me I have given to them, that they may be one even as we are one, **23** I in them and you in me, that they may become perfectly one, so that the world may know that you sent me and loved them even as you loved me. **24** Father, I desire that they also, whom you have given me, may be with me where I am, to see my glory that you have given me because you loved me before the foundation of the world. **25** O righteous Father, even though the world does not know you, I know you, and these know that you have sent me. **26** I made known to them your name, and I will continue to make it known, that the love with which you have loved me may be in them, and I in them.”

## Week 1: Praying for Yourself, Friends, and Family

### Day 1

v. 1: “When Jesus had spoken these words, he lifted up his eyes to heaven, and said, ‘Father, the hour has come; glorify your Son that the Son may glorify you.’”

**Father.** Jesus addressed God as Father. As sons and daughters, we have the same privilege. We read in 2 Corinthians 1:3 that “the God and Father of our Lord Jesus Christ” is the Father of mercies and God of all comfort. Today, rejoice in this wonderful truth and cry out to God for his mercy and grace.

1. Praise God that by faith in Jesus you have become his disciple. You are now his precious child, loved and cherished by your Father.
2. Recall his faithfulness to you and thank him for his past mercies in your life.

3. Where do you need mercy and grace today? Ask your Father to pour out his goodness and mercy on you.

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## Day 2

v. 1: “When Jesus had spoken these words, he lifted up his eyes to heaven, and said, ‘Father, the hour has come; glorify your Son that the Son may glorify you.’”

**Father, the hour has come.** Jesus recognized that this was the reason for his coming to earth. This was God’s sovereign plan, to sacrifice his only Son for our salvation. In the Garden of Gethsemane, Jesus would pray again, “My Father, if it be possible, let this cup pass from me; nevertheless, not as I will, but as you will” (Matthew 26:39). Jesus surrendered himself to the Father’s will.

1. Give thanks today that Jesus willingly laid down his life for your salvation.
2. What do you need today? Ask him to provide for you, knowing that he who did not spare his only Son will freely give us all things (Romans 8:32).
3. Where do you need to follow Jesus’ example today and lay down your own life for the sake of the gospel? Ask God to lead you in denying yourself and following Jesus as his disciple.

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### Day 3

v. 1: “When Jesus had spoken these words, he lifted up his eyes to heaven, and said, ‘Father, the hour has come; glorify your Son that the Son may glorify you.’”

**Glorify your Son that the Son may glorify you.** Jesus didn’t ask for glory for his own sake. He wanted his life, death, and resurrection to bring glory to his Father. Our lives, lived in surrender to the Father, should also result in the glory of the Father being seen. In John 15:8, Jesus said, “By this my Father is glorified, that you bear much fruit and so prove to be my disciples.”

1. Confess the places where you are tempted to draw attention to yourself and seek your own glory.
2. Pray that the Holy Spirit would show you where and how to lay down your life in order that others may see and know the glory of God.
3. Ask God to give you favor in specific relationships, so that others can see the glory of God in your witness.

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### Day 4

v. 2: “Since you have given him authority over all flesh, to give eternal life to all whom you have given him.”

**You have given him authority over all flesh.** The Father has placed everything under Jesus’ feet; nothing and no one is outside of his authority. In Matthew 28:18–19, Jesus said, “All authority in heaven and on earth has been given to me. Go therefore and make disciples...” As disciples and disciple-makers, our commission and success depends on that authority.

1. Praise God today that nothing can come against him or thwart the Father's purposes and plans for you.
  2. Ask God to free you from fear and anxiety, and to give you confidence and hope in the sovereign goodness of your Savior.
  3. Ask the Father to show you where you need to step out in faith, surrendering yourself to his sovereign plan to bring glory to himself through your life.
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## Day 5

vv. 2–3: “Since you have given him authority over all flesh, to give eternal life to all whom you have given him. And this is eternal life, that they know you, the only true God, and Jesus Christ whom you have sent.”

**To give eternal life to all whom you have given him.** Let this sink in. The Father loved you and chose you and called you. Ephesians 1:4–5 tells us that “he chose us in him before the foundation of the world, that we should be holy and blameless before him. In love he predestined us for adoption to himself as sons through Jesus Christ.” Because of that, we have the privilege and joy of abiding in him and knowing him.

1. Give thanks today that the Father has revealed himself to you in the person of Jesus Christ, and that he has brought you from death to life by faith in Jesus.
2. Pray that he would grant you the spirit of wisdom and revelation, that you might know him better (Ephesians 1:17) and enjoy him more as you grow as a disciple.

3. Who has God put on your heart that needs to know him? Call out their name and pray that you would have Holy Spirit power to love them and share with them in a way that makes much of Jesus.

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## Day 6

v. 3: “And this is eternal life, that they know you, the only true God, and Jesus Christ whom you have sent.”

**Jesus Christ whom you have sent.** Jesus was sent by the Father to rescue and redeem. He came to call us to know him and make him known. In John 20:21, Jesus said, “As the Father has sent me, even so I am sending you.” Jesus’ disciples are called and sent to be disciple-makers.

1. Praise God today for the privilege of walking with Jesus, knowing him, and making him known to others.
2. Ask the Father to show you where and to whom you are sent as a witness. Reaffirm your willingness to go wherever he calls you to go and do whatever he calls you to do.
3. Pray that the Holy Spirit would make you effective in calling others to follow Jesus and helping them walk as disciples of Christ.

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## Day 7

v. 4: "I glorified you on earth, having accomplished the work that you gave me to do."

**I glorified you on earth.** With confidence, Jesus could say to his Father, "I glorified you on earth." From the cross, Jesus cried out, "It is finished." Mission accomplished. He has done everything necessary to save you and me. Colossians 1:13–14 tells us this: "He has delivered us from the domain of darkness and transferred us to the kingdom of his beloved Son, in whom we have redemption, the forgiveness of sins." The Father gets glory in the finished work of the Son.

1. Express your joy and gratitude for the salvation you have received by faith in Jesus. Ask God to drive the gospel deep down into your own heart.
2. Where are you still prone to try to earn your salvation? Confess and repent of all self-righteousness and lean into the grace of Jesus.
3. Pray for friends and family members who have yet to believe the glorious good news of the gospel. Ask God to make you a faithful witness to his saving power.

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## Week 2: Praying for Our Church

### Day 8

v. 6: "I have manifested your name to the people whom you gave me out of the world. Yours they were, and you gave them to me, and they have kept your word."

**I have manifested your name to the people whom you gave me.** Jesus came to show us the glory of his name and reveal to us the way of salvation. Acts 4:12 says, "And there is salvation in

no one else, for there is no other name under heaven given among men by which we must be saved.” By God’s grace, we know and believe that name.

1. Give thanks for your brothers and sisters, your family members, at The Summit Church who have believed on the name of the Lord Jesus Christ.
2. Ask God to fill his people with confidence as we live by faith in the one who loved us and gave himself up for our salvation.
3. Pray that we would be joyful worshipers, lifting up the name of Jesus and calling others to believe and be saved.

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## Day 9

v. 6: “I have manifested your name to the people whom you gave me out of the world. Yours they were, and you gave them to me, and they have kept your word.”

**Yours they were, and you gave them to me, and they have kept your word.** God’s word to us, his call, is for us to believe that Jesus is his Son, who has come to redeem us. John 1:11–12 says, “He came to his own, and his own people did not receive him. But to all who did receive him, who believed in his name, he gave the right to become children of God.” We are his children by faith in his Word.

1. Remember today that you have been saved by grace through faith, and express your joy to God for this precious gift.
2. Ask God to reveal himself to the next generation at The Summit Church, calling them to become disciples by believing in his name and trusting in his Word.

3. Pray that as family members we would be faithful to encourage one another to continue to walk by faith in Jesus.

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### Day 10

v. 8: “For I have given them the words that you gave me, and they have received them and have come to know in truth that I came from you; and they have believed that you sent me.”

**They have received them and have come to know in truth that I came from you.** The disciples knew that what Jesus had spoken was true and right. In John 6:68–69, Simon Peter confessed to Jesus, “You have the words of eternal life, and we have believed, and have come to know, that you are the Holy One of God.” Oh, the joy of trusting Jesus, of knowing and believing the one who is the Word of life.

1. Give thanks for the people he has used to witness to you, leading you to believe the truth of the gospel.
2. Ask God to fill your family members at the Summit with gratitude for the gospel and make us bold in calling others to believe.
3. Ask God to make you alert to opportunities to witness to those around you. Pray for courage and boldness in being a disciple-making disciple.

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## Day 11

v. 9: “I am praying for them. I am not praying for the world but for those whom you have given me, for they are yours.”

**I am praying for them. ... for they are yours.** Jesus prayed for the disciples whom he had come to rescue and redeem. He was committed to their flourishing and faithfulness. Titus 2:14 says that Jesus “gave himself for us to redeem us from all lawlessness and to purify for himself a people for his own possession who are zealous for good works.”

1. Give thanks today for all those in our church family whom God has called to be his very own, redeeming them by his blood.
2. Pray that we would be faithful to encourage one another to trust in the sufficiency of Christ’s work on our behalf.
3. Ask God to make us faithful prayer warriors, fighting on our knees for our brothers and sisters in Christ.

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## Day 12

v. 11: “And I am no longer in the world, but they are in the world, and I am coming to you. Holy Father, keep them in your name, which you have given me, that they may be one, even as we are one.”

**Father, keep them in your name.** He keeps us. He sustains us. Jude 1:24 says, “Now to him who is able to keep you from stumbling and to present you blameless before the presence of his glory with great joy...” The work of salvation, from beginning to end, belongs to the Lord.

1. Pray that the people of God at the Summit would be filled with joy as we wait for the fulfillment of all God's promises.
  2. Pray for those in your circle who might be struggling to persevere in their faith. Ask God to show you how to come alongside them in their struggle.
  3. Pray that our pastors and staff would not grow weary but would walk in a manner worthy of the gospel.
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### Day 13

v. 11: "And I am no longer in the world, but they are in the world, and I am coming to you. Holy Father, keep them in your name, which you have given me, that they may be one, even as we are one."

**That they may be one, even as we are one.** Jesus was asking that his disciples would have a unity like the union he and the Father enjoyed. But Jesus knew that kind of oneness would require the Father's work in their lives just as it does in ours. And what Jesus prayed for, we should pursue. 1 Corinthians 1:10 says, "I appeal to you, brothers, by the name of our Lord Jesus Christ, that all of you agree, and that there be no divisions among you, but that you be united in the same mind and the same judgment."

1. Pray for unity in diversity in our church. Ask God to make our unity as family members a remarkable testimony to the reconciling power of the gospel.
2. Ask God to root out bitterness, unforgiveness, division, prejudice, pride, selfishness, and anything else that might divide us.
3. Pray that God would lead you in specific ways, in order that you can engage in working to build bridges and cross divides.

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## Day 14

v. 13: “But now I am coming to you, and these things I speak in the world, that they may have my joy fulfilled in themselves.”

**That they may have my joy fulfilled in themselves.** Jesus wanted all of his disciples to have his joy—full joy, unending joy. John 15:10–11 says, “If you keep my commandments, you will abide in my love, just as I have kept my Father's commandments and abide in his love. These things I have spoken to you, that my joy may be in you, and that your joy may be full.”

1. Pray today that your brothers and sisters at the Summit would experience the joy of Jesus as they abide in him and obey his Word.
  2. Ask God to make our worship gatherings joy-filled celebrations of his goodness that draw others to the Savior.
  3. Pray that our children would see us delight in God more than the things of the world and that they would be drawn to him because of our joy.
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## Week 3: Praying for Our World

### Day 15

v. 14: “I have given them your word, and the world has hated them because they are not of the world, just as I am not of the world.”

**And the world has hated them.** Jesus had already warned the disciples that they would be hated by the world. John 3:19–20 says, “And this is the judgment: the light has come into the world, and people loved the darkness rather than the light because their works were evil. For everyone who does wicked things hates the light and does not come to the light, lest his works should be exposed.” What the disciples experienced is repeated even in our day.

1. Ask God to protect and sustain brothers and sisters around the world who endure intense persecution because of their faith.
2. Pray that their faith and endurance would become a beacon of light to those in darkness.  
Ask God to build his church for his glory.
3. Thank God today that Christ in us is indeed our hope, and that greater is he who is in us than he who is in the world (1 John 4:4).

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### Day 16

v. 15: “I do not ask that you take them out of the world, but that you keep them from the evil one.”

**Keep them from the evil one.** Jesus did not deny or take lightly the work of the devil. He prayed that God would not allow the evil one to overcome. We have an Enemy who is seeking to kill,

steal, and destroy. And Jesus said that we should ask the Father to “deliver us from evil” (Matthew 6:13). We are dependent on him to deliver us, our family and friends, and his children all around the world.

1. Ask God to make you, as well as your brothers and sisters around the world, alert to the schemes of the Enemy. Pray for faith and courage to withstand temptation.
  2. Pray that God would bring deliverance from the evil one, especially in places where Satan has a stronghold.
  3. Pray for confidence and faith to cry out and wait for deliverance, knowing that he hears and answers our prayers.
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## **Day 17**

v. 17: “Sanctify them in the truth; your word is truth.”

**Sanctify them in the truth.** God calls us to be holy even as he is holy. Ephesians 5 tells us that “Christ loved the church and gave himself up for her, that he might sanctify her, having cleansed her by the washing of water with the word, so that he might present the church to himself in splendor, without spot or wrinkle or any such thing, that she might be holy and without blemish” (vv. 25–27).

1. Pray that God would continue to sanctify and purify his church for his glory.
2. Ask the Father to raise up faithful pastors and teachers who would preach the Word of God, calling people to a life of faith and obedience.
3. Pray that the Holy Spirit would bring a great revival to the church, in RDU and all around the world.



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## Day 18

v. 18: “As you sent me into the world, so I have sent them into the world.”

**So I have sent them into the world.** Jesus was sent by the Father. The disciples were sent by Jesus. In the same way, we have been sent to make disciples. Matthew 28:19–20 is our commission: “Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age.”

1. Praise God for the privilege of knowing him and making him known.
  2. Ask the Holy Spirit to show you where and to whom he is sending you, as you surrender yourself to his call to be a disciple-making disciple.
  3. Pray that many would be sent from The Summit Church to the nations. Pray specifically for college students and young adults to surrender to the call to go.
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## Day 19

v. 20: “I do not ask for these only, but also for those who will believe in me through their word.”

**For those who will believe in me through their word.** Jesus anticipated, even promised, that others would come to know and believe in him because of our testimony. Romans 10:14–15 says, “How then will they call on him in whom they have not believed? And how are they to believe in him of whom they have never heard? And how are they to hear without someone preaching? And how are they to preach unless they are sent? As it is written, ‘How beautiful are the feet of those who preach the good news!’”

1. Pray for those you know who have yet to believe. Call them out by name and ask God to lead them to respond in faith to the gospel.
2. Pray that the preaching of God’s Word around the world would result in many coming to faith in Jesus.
3. Ask God to raise up church planters and pray that gospel-preaching churches would be planted across the US and around the world, especially in unreached areas.

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## Day 20

v. 21: “That they may all be one, just as you, Father, are in me, and I in you, that they also may be in us, so that the world may believe that you have sent me.”

**That they may all be one.** Jesus prayed earnestly that we would live together in unity, filled with love for one another, just as he and the Father lived in love. Our witness to his love is validated by

our love for each other. John 13:35 tells us, “By this all people will know that you are my disciples, if you have love for one another.”

1. Pray that union with Christ would compel all believers to love one another as they have been loved.
  2. Pray that we, along with our brothers and sisters around the world, would act with humility and love toward one another, willingly laying down our lives for others.
  3. Ask God to grow a unified multiethnic church at the Summit that puts the love of God on display for the watching world.
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## Day 21

vv. 24–26: “Father, I desire that they also, whom you have given me, may be with me where I am, to see my glory that you have given me because you loved me before the foundation of the world. O righteous Father, even though the world does not know you, I know you, and these know that you have sent me. I made known to them your name, and I will continue to make it known, that the love with which you have loved me may be in them, and I in them.”

**Father, I desire that they also ... may be with me where I am, to see my glory.** What an incredible thought—one day we will see him face to face. We will behold him in all of his glory, and we will be like him. 1 John 3:2–3 says, “Beloved, we are God's children now, and what we will be has not yet appeared; but we know that when he appears we shall be like him, because we shall see him as he is. And everyone who thus hopes in him purifies himself as he is pure.”

1. Praise God that by his Holy Spirit he is continually calling people from every tribe and tongue and nation to know and believe the gospel.

2. Ask God to fill his people with love for him and for one another, that the world may believe that Jesus is the Son of God.
  3. Pray that the people of God around the world would continue to pursue righteousness and holiness as we wait for Jesus' return.
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## What's Next After 21 Days of Prayer and Fasting?

Now that you've completed these three weeks of prayer and fasting, what's next? What we know for sure is that our need for God to reveal himself and speak to us has not decreased. We cannot go on without him keeping us, providing for us, and working on our behalf. We want to press in and seek his face with greater resolve.

**What about prayer?** If you established a new habit or pattern, we want to encourage you to continue making those prayer habits a part of your daily life. And if you found these 21 days to be difficult, don't give up now. Press in and work hard to discipline yourself to seek God in prayer.

### **A few resources to help you on your journey of enjoying and knowing God through prayer:**

Two sermons, one by Pastor Tim Keller ("[The Primacy of Prayer](#)") and the other by our pastor, J.D. Greear ("[Prayer to God, Your Sovereign Father](#)"), give some great vision for what prayer can look like in our lives 365 days a year. And two, a [30-day plan](#) to go from praying three minutes a day to 30 minutes a day.

**What about fasting?** You can continue to pursue God by turning away from distractions and temporary pleasures to find satisfaction in him. We'll continue to call you to fast, establishing

regular days of fasting and prayer. It's an important part of the spiritual disciplines that drive us to rely on God. We have heard from countless numbers of you that you plan to continue to fast in different forms because of how you have known God more through what you have given up.

**A few resources to encourage you in your journey of enjoying and knowing God through fasting:**

[Steps to a Lifestyle of Fasting](#) and [Fasting from Technology](#)

We're confident that God did something in you as you sought him in prayer over the duration of 21 days. We are often looking for a new word, a fresh revelation—but don't despise yesterday's word. Hang on to it; write down what you saw and heard from God. Share it with others. God's grace to you should be shared.

Summit family, what a joy to fast and pray together for these past 21 days. We're confident that as we continue to abide in him, God will continue to work in us and through us for his glory.

Chris Gaynor, *Pastor of Prayer*