



**21 DAYS  
OF PRAYER**

# CHECKLIST



## USE THIS PREPARATION CHECKLIST TO CREATE YOUR 21 DAYS OF PRAYER PLAN

- Sign-up for the 21 Day Prayer Commitment** at [mcleanbible.org/21days](http://mcleanbible.org/21days) or by scanning the QR code above. The commitment is to spend intentional time in prayer every day during the 21 days.
  - Reflect on this question:** Are there any things you need to more fully surrender to God this year?
  - Identify your Top 3 Prayer Requests** (see below).
  - Decide on a daily routine.**
    - Pick a time: When will you spend focused time in prayer and Bible reading?
    - Pick a place: Where will you spend focused time in prayer and Bible reading?
    - Pick a team: Who will you sync up with for encouragement and accountability?
  - Make a fasting plan.**
    - Read the “Guidance on Fasting” section below for more details.
    - When will you fast? Specify the particular days and timeframe. E.g. Thursdays from 9a-3p
    - What will you fast from?
    - How will you be intentional about prayer, reflection and Bible meditation during your fast?
  - Share your 21 Days of Prayer Plan with a few people who can support you and give you feedback.** For example, your church group, family members, or close friends.
  - We want to hear how God is working in response to your prayers!** So send in any encouraging stories to [21days@mcleanbible.org](mailto:21days@mcleanbible.org).
- 

## IDENTIFY YOUR TOP 3 PERSONAL PRAYER REQUESTS

Write out your answers to the following questions. List as many as you want.

1. What do you want God to do for you?
2. What do you want God to do in you?
3. What do you want God to do for people around you?

Of all the prayer requests you wrote down, list the top 3 you'd like to focus on during these 21 Days of Prayer.

- 1.
- 2.
- 3.

Share your top 3 with your Church Group, family or Christian friends so that you all can pray for each other through the 21 Days. To help you narrow it down, ask yourself “Which prayer requests am I feeling most passionate or concerned about?” and/or “Which prayer requests does it seem like God would want me to focus on the most?”

Keep a journal throughout the 21 Days of Prayer in order to help you process and record the various ways God responds to your prayers. You can write out your prayers and/or use the journal to take note of thoughts that come to mind, ways God answers your prayers, relevant passages of Scripture, and wise counsel you receive related to those specific prayer requests.

At the end of the 21 Days, write out your answer to this question: How has God worked or what has God been showing you related to your top 3 prayer requests?



**MCCLEAN BIBLE CHURCH**