



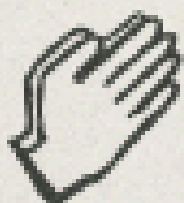
MAKE US ONE

21 DAYS

OF PRAYER

& FASTING

JANUARY 7-28 • 2026



**REACHING PEOPLE.
CHANGING LIVES.**
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**DAYS OF
PRAYER**

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WELCOME

We are so excited about what God is going to do in your life and in our church during the next 21 days. Our prayer this year is for God to **“Make Us One”**. If this statement is going to be realized then it has to be established in prayer. Prayer moves the hand of God. Prayer brings Heaven’s influence into earthly situations. Prayer always works in us! Prayer will be what binds us together in ways we never thought possible.

Many times, we act first and then want God to help out our situation; however, prayer should be our first response, not our last resort.

Understanding the necessity of prayer is not enough. In order for it to become part of our life, it needs to become something we actually do. I’m convinced most people don’t enjoy prayer because they have never been taught how to pray. Some may have tried praying in the past, but became discouraged when they didn’t see immediate results. Either way, prayer is a powerful part of a Christ-follower’s faith walk and it is our goal to see you excel in this discipline.

That’s where this simple prayer journal can help. By using several prayer models out of the Bible and having some guides to make prayer more personal, this booklet is designed to bring joy into your time with God. When you discover the beauty of daily conversation with Him, you’ll experience the presence of God that will change your life. Once you learn how to pray, prayer can become a part of everyday life.

And then...

Before the day begins—

Before you go to bed—

Before you go to work or school—

Before you send that text—

Before you eat, drive, or travel—

Before good things—

Before bad things happen—

In every situation—

PRAY FIRST!

MAKE US ONE

Prayer changes everything!

Brad & Erica

Brad and Erica Lewis

Lead Pastors, Montclair Tabernacle



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HOW TO USE THIS RESOURCE

We don't have to follow a specific formula to talk with God, but practicing different ways to pray can help us find deeper purpose and connection to Him through our prayer time.

This book is designed to give you several prayer models that will help you expand your knowledge of God's Word and experience the power of His presence in your everyday life.

To get started, simply follow along with the prayer model each day. You can even spend a few days on the same model as you become more comfortable. As you pray, focus on the process the model reveals, giving yourself time to pray intentionally. If your mind wanders, use the model to restore your focus.

The goal of using this guide is not to add pressure or overwhelm you. The goal is simply to get comfortable with different Biblical models of prayer and for your prayer life to become more natural, effective, and enjoyable.

To make your prayer time even more meaningful, you can write notes and prayer requests and play worship music. The most important step is committing to regularly entering God's presence through prayer.

FASTING

In addition to prioritizing prayer during these 21 days, some of you may choose to participate in some type of fast.

There are many different fasts to choose from. Some may include omitting a particular food, giving up a habit, or perhaps you may choose to do a soul fast.

Your personal fast should present a level of challenge, but it is very important to know your body, your options, and most importantly, to seek God in prayer and follow what the Holy Spirit leads you to do.

TYPES OF FAST

COMPLETE FAST

In this type of fast, you drink only liquids, typically water with light juices as an option.

SELECTIVE FAST

This type of fast involves removing certain elements from your diet. One example of a selective fast is the Daniel Fast, during which you remove meat, sweets, and bread from your diet and consume water and juice for fluids and fruits and vegetables for food. This fast is based off of the fasting experiences of Daniel in the Old Testament.

PARTIAL FAST

This fast is sometimes called the “Jewish Fast” and involves abstaining from eating any type of food in the morning and afternoon. This can either correlate to specific times of the day, such as 6:00AM to 3:00PM, or from sunup to sundown.

SOUL FAST

This fast is a great option if you do not have much experience fasting food, have health issues that prevent you from fasting food, or if you wish to refocus certain areas of your life that are out of balance. For example, you might choose to stop using social media or watching television for the duration of the fast and then carefully bring that element back into your life in healthy doses at the conclusion of the fast.

**Please consult with a medical professional before taking part in a fast if you have any health concerns or are under the care of a physician.*

CREATING A LIFESTYLE OF PRAYER

Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where He prayed. – MARK 1:35

Prayer is most effective when it isn't something we do every now and then, but when it's a lifestyle we cultivate. To understand how to have a lifestyle of prayer, we can look at the example Jesus gave during His life on earth.

HAVE A CERTAIN TIME

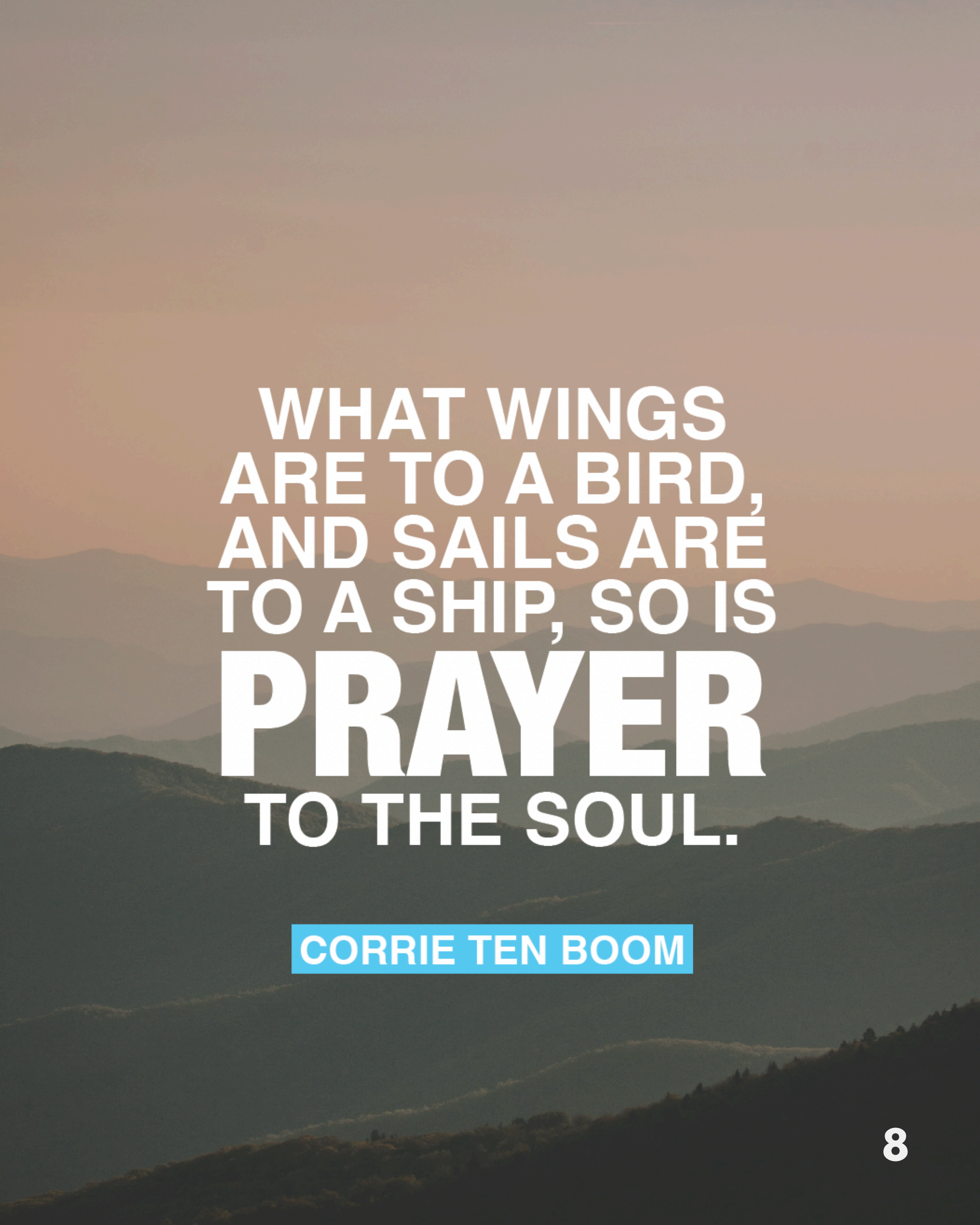
Jesus got up early in the morning to spend time with His Heavenly Father. Make a daily appointment with God—whether it's first thing in the morning, at lunch, or in the evening—and faithfully keep it.

HAVE A CERTAIN PLACE

Jesus had a specific place He went to pray. Having a designated place to pray helps us remove distractions and frees us to worship and pray out loud.

HAVE A CERTAIN PLAN

When Jesus taught His disciples how to pray, He gave them a prayer outline. We call it "The Lord's Prayer." This outline, along with several other tools, is available in this guide. As we pray every day, our plans for our prayer time can vary, maybe include worship music, Bible reading, and quiet time to listen to God. It doesn't always have to look the same; it just helps when we have a plan for connecting regularly with God.



WHAT WINGS
ARE TO A BIRD,
AND SAILS ARE
TO A SHIP, SO IS
PRAYER
TO THE SOUL.

CORRIE TEN BOOM

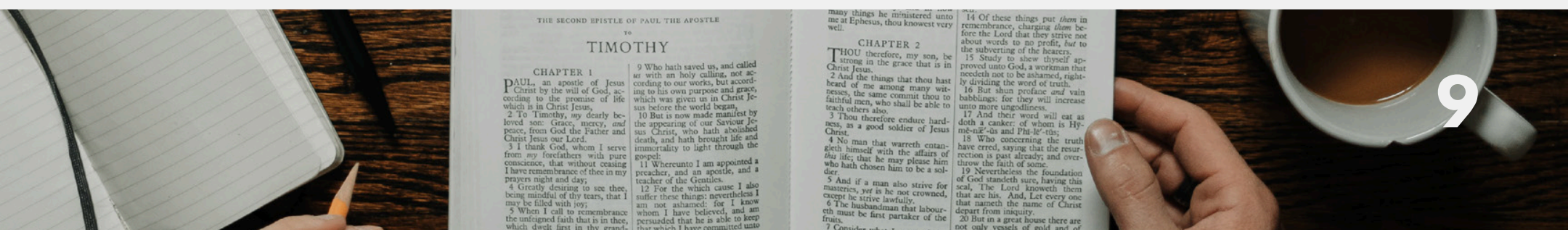
DAILY PRAYER MODELS

THE LORD'S PRAYER

The Lord's Prayer is often recited in churches or at religious events, but there's so much more to this prayer. Jesus provided this model as an outline to teach us how to pray in a way that connects us to God and empowers us to accomplish great things through Him. This model takes us through each part of The Lord's Prayer, showing us how to pray the way Jesus instructed.

One day Jesus was praying in a certain place. When He finished, one of His disciples said to Him, "Lord, teach us to pray..." -

LUKE 11:1 NIV Our Father in Heaven, hallowed be Your Name. Your Kingdom come. Your will be done on earth as it is in Heaven. Give us this day our daily bread. And forgive us our debts, as we forgive our debtors. And do not lead us into temptation, but deliver us from the evil one. For Yours is the Kingdom and the power and the glory forever. Amen. - MATTHEW 6:9-13 NKJV



SPIRITUAL BATTLE PRAYER

“AND DO NOT LEAD US INTO TEMPTATION BUT DELIVER US FROM THE EVIL ONE.”

Spiritual battles can seem difficult to understand, but the Bible makes it very clear that we have an enemy who has come to steal, kill, and destroy our lives (John 10:10). As we pray, we take our stand against the enemy and fight from a place of victory through Jesus as we're empowered by His Holy Spirit. There is power in God's Word, and every lie the enemy has told us can be replaced with God's truth.

For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.
- EPHESIANS 6:12 NIV

By recognizing that the enemy wants to destroy you, you can shed light on his lies and claim God's truth over your life. Ask God to show you any lies you're believing or areas of spiritual battles happening in your life. Ask Him to expose the enemy and to help you understand and receive His truth. Simply speaking the name of Jesus has great power in the spiritual realm. The Bible tells us in James 4:7 that if we resist the devil, he will flee from us. Through prayer, we can resist him and walk forward in freedom.

PRAYER:

“God, I recognize that my struggles today aren't against the people or circumstances around me, but against the enemy. Please help me to see how the enemy is lying to me. Help me recognize his lies, take them captive, and make all of my thoughts obedient to the truth of Your Word (list out any specific areas God shows you where you have believed a lie that needs to be replaced with His truth). While the enemy wants to destroy me, I know that You came to give me life to the fullest. I speak the name of Jesus over my life and declare that no weapon formed against me will prosper. I don't have to fear the enemy because the One who is in me is greater than the one who is in the world.”

HEALING PRAYER

BASED ON 1 PETER 2:24; PSALM 103:2-5; LUKE 1:37

Our God is a God of miracles. Just as we read about in the Bible, we still see Him perform miraculous healing today. He is our healer, and we can confidently approach Him asking for healing for ourselves or someone we know.

Praise the Lord, my soul, and forget not all His benefits—who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle's.

PSALM 103:2-5

In faith, ask God for healing. Proclaim His power and goodness, believing and trusting Him to take care of you or those you're praying to be healed.

PRAYER:

"Father, in the Name of Jesus, I come before You asking for healing (name yourself or someone you are praying to experience healing). My hope is in You as our healer. I believe You are able to do this. You are the God who heals, and I believe every knee will bow to You including (the name of name disease or disorder). Thank You, Jesus, for dying on the cross so that we can receive healing. You say that You forgive our sins and heal our diseases, and I praise You for this. Thank You that the Spirit that raised Jesus from the dead lives in us. I stand in faith believing for healing for (yourself or someone you're praying for). Nothing is impossible for You, God! Give us peace and direction as You work in our lives. In Jesus Name, Amen."



PRAYING SCRIPTURE

The Word of God is one of the most valuable tools we have to build a dynamic daily prayer life. It brings power, truth, and encouragement to our prayer time. Let's begin with King David's Psalm 23. Take a moment to read it, and then use the prayer below as a way to use the Psalm to have a conversation with God.

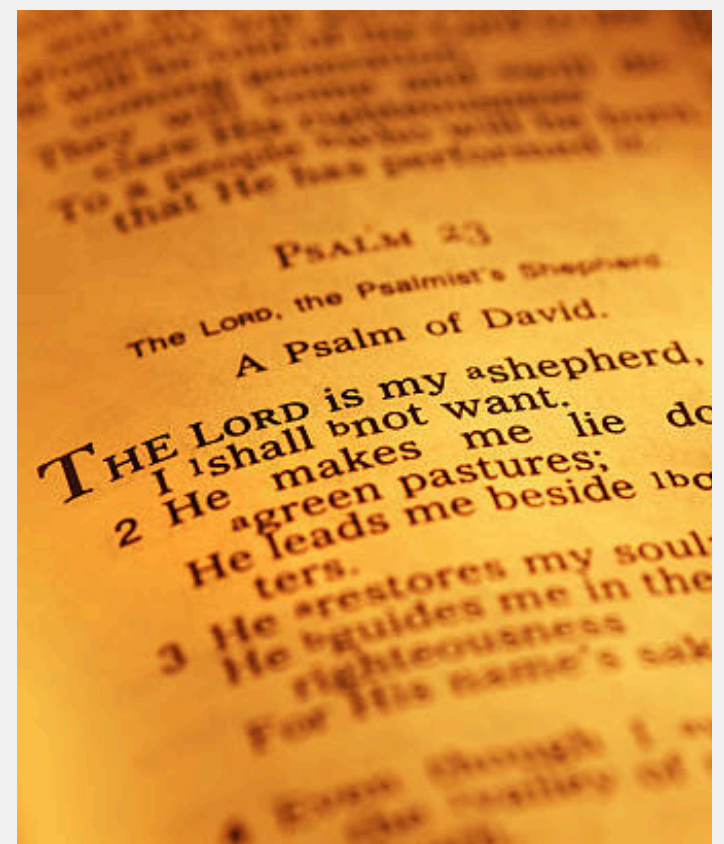
SCRIPTURE:

The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, He leads me beside quiet waters, He refreshes my soul. He guides me along the right paths for His name's sake. Even though I walk through the darkest valley, I will fear no evil, for You are with me; Your rod and Your staff, they comfort me. You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. Surely Your goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever.

PSALM 23 NIV

PRAYER:

"God, You are my Provider, and I know You will take care of me. Thank You for guiding me to places of rest. You are my source of energy and passion. You keep me going and lead me toward a life of purpose and freedom. I know that even when I experience my darkest seasons of difficulty and challenge, I have nothing to be afraid of because You are with me. Your presence and power are a constant comfort to me. I know that You are preparing the way for me and that my enemies cannot touch me because You are taking care of me. I know that You have blessed me, and I thank You for choosing me and anointing me with purpose. Your blessings are so much more than I could ask for. I know that You are good, God, and that You are with me all the days of my life. You have chosen me, and I have chosen You, and that means I will be with You, in Your presence, forever." Throughout this prayer guide, we have used several scriptures and claimed their promises through prayer each day. You can continue this practice beyond 21 days and make this as personal as you like. You will find the most benefit when you pray the scriptures that God is showing you in His Word and that are connecting with you personally in your current season of life.



PRAYING FOR THE LOST

God desires everyone to know Him. He says in His Word that He would leave the 99 to go after the one who doesn't know Him. As followers of Christ, we are called to partner with Him praying for those who don't know Him to come to know Him.

ASK THE FATHER TO DRAW THEM TO JESUS

God draws people to Himself. It's not something we can make happen out of our own efforts, so we need to be faithful in praying that the Father would draw those to Jesus that He's placed on our hearts.

No one can come to Me unless the Father who sent Me draws them... JOHN 6:44 NIV

Think about the people you know who are far from God. Let your heart be open to God and anyone He may bring to your mind. It may help to write down their names as you focus on praying for them.

PRAYER:

"Father, I pray for the people around me (list specific names), that you would supernaturally draw their hearts to you. Send your Holy Spirit to them, and give them the desire to give their lives to You. Help them to recognize their longing for more in life as a spiritual thirst only You can quench. Open their ears to hear your voice."



21

DAYS OF PRAYER & FASTING



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MAKE US

ONE IN PRAYER • ONE IN PURPOSE • ONE IN POWER

ONE

20
26

Based on John 17 (NKJV)

ONE WITH GOD (Days 1-7)

Unity begins in intimacy with the Father.

Day 1 – The Prayer of Jesus

Scripture Reading – **John 17:1-2** (NKJV)

*“Jesus spoke these words, lifted up His eyes to heaven, and said:
“Father, the hour has come. Glorify Your Son, that Your Son also
may glorify You, as You have given Him authority over all flesh, that
He should give eternal life to as many as You have given Him.”*

Reflection:

Before the cross, Jesus prays. Unity flows from surrendered obedience to the Father’s will.

Prayer:

Father, align my heart with Yours. May my life glorify You. Teach me to live fully surrendered, as Jesus did. Amen.

Personal Prayer:

ONE WITH GOD (Days 1-7)

Unity begins in intimacy with the Father.

Day 2 – Eternal Life Is Knowing God

Scripture Reading – **John 17:3** (NKJV)

“And this is eternal life, that they may know You, the only true God, and Jesus Christ whom You have sent.”

Reflection:

Unity is rooted not in activity or agreement, but in knowing God deeply and personally.

Prayer:

Lord, draw me deeper into relationship with You. Remove shallow faith and lead me into true intimacy with You. Amen.

Personal Prayer:

ONE WITH GOD (Days 1-7)

Unity begins in intimacy with the Father.

Day 3 – Revealed and Kept by the Father

Scripture Reading – **John 17:6, 11** (NKJV)

“I have manifested Your name to the men whom You have given Me out of the world... Now I am no longer in the world, but these are in the world, and I come to You. Holy Father, keep through Your name those whom You have given Me, that they may be one as We are.”

Reflection:

God keeps His people united through His name—His nature, power, and faithfulness.

Prayer:

Holy Father, keep me faithful. Guard my heart and mind. Keep Your people united in You. Amen.

Personal Prayer:

ONE WITH GOD (Days 1-7)

Unity begins in intimacy with the Father.

Day 4 – Not of the World

Scripture Reading – **John 17:14-16** (NKJV)

“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. I do not pray that You should take them out of the world, but that You should keep them from the evil one. They are not of the world, just as I am not of the world.”

Reflection:

Unity in Christ does not mean blending into the world—it means living distinctly for God.

Prayer:

Lord, help me live faithfully in a divided world. Keep me from compromise and protect me from the evil one. Amen.

Personal Prayer:

ONE WITH GOD (Days 1-7)

Unity begins in intimacy with the Father.

Day 5 – Sanctified by the Truth

Scripture Reading – **John 17:17** (NKJV)

“Sanctify them by Your truth. Your word is truth.”

Reflection:

True unity is built on God’s Word, not opinions or preferences.

Prayer:

Sanctify me by Your Word. Unite us around truth, humility, and love. Amen.

Personal Prayer:

ONE WITH GOD (Days 1-7)

Unity begins in intimacy with the Father.

Day 6 – Sent Into the World

Scripture Reading – **John 17:18** (NKJV)

“As You sent Me into the world, I also have sent them into the world.”

Reflection:

Unity has a mission. We are sent together to represent Christ.

Prayer:

Lord, send me where You desire. Unite us in purpose and obedience to Your calling. Amen.

Personal Prayer:

ONE WITH GOD (Days 1-7)

Unity begins in intimacy with the Father.

Day 7 – Joy Made Full

Scripture Reading – **John 17:13** (NKJV)

“But now I come to You, and these things I speak in the world, that they may have My joy fulfilled in themselves.”

Reflection:

Abiding in Christ produces joy, even in difficult circumstances.

Prayer:

Jesus, restore my joy. Let Your joy be complete in me and in Your people.
Amen.

Personal Prayer:

ONE WITH EACH OTHER (Days 8-14)

Unity within the Body of Christ.

Day 8 – One Body, Many Members

Scripture Reading – **1 Corinthians 12:12** (NKJV)

“For as the body is one and has many members, but all the members of that one body, being many, are one body, so also is Christ.”

Reflection:

God’s design includes many different people with different backgrounds, talents and experiences- working together in unity.

Prayer:

Lord, help me value every part of Your body. Remove pride and comparison.
Amen.

Personal Prayer:



ONE WITH EACH OTHER (Days 8-14)

Unity within the Body of Christ.

Day 9 – Known by Our Love

Scripture Reading – **John 13:34-35** (NKJV)

“A new commandment I give to you, that you love one another; as I have loved you, that you also love one another. By this all will know that you are My disciples, if you have love for one another.”

Reflection:

Love is the visible evidence of unity.

Prayer:

Fill me with Your love. Heal broken relationships and teach us to love like You.
Amen.

Personal Prayer:



ONE WITH EACH OTHER (Days 8-14)

Unity within the Body of Christ.

Day 10 – Walking in Unity

Scripture Reading – **Ephesians 4:2-3** (NKJV)

“With all lowliness and gentleness, with longsuffering, bearing with one another in love, endeavoring to keep the unity of the Spirit in the bond of peace.”

Reflection:

Unity requires humility, patience, and intentional effort.

Prayer:

Holy Spirit, help me walk humbly. Teach me to guard unity and pursue peace.
Amen.

Personal Prayer:

ONE WITH EACH OTHER (Days 8-14)

Unity within the Body of Christ.

Day 11 – Ministry of Reconciliation

Scripture Reading – **2 Corinthians 5:18** (NKJV)

“Now all things are of God, who has reconciled us to Himself through Jesus Christ, and has given us the ministry of reconciliation.”

Reflection:

Reconciled people become reconcilers.

Prayer:

Lord, make me an agent of healing and reconciliation. Show me where forgiveness is needed. Amen.

Personal Prayer:

ONE WITH EACH OTHER (Days 8-14)

Unity within the Body of Christ.

Day 12 – Accept One Another

Scripture Reading – **Romans 15:5-6** (NKJV)

“Now may the God of patience and comfort grant you to be like-minded toward one another, according to Christ Jesus, that you may with one mind and one mouth glorify the God and Father of our Lord Jesus Christ.”

Reflection:

Unity glorifies God when believers worship Him together in harmony.

Prayer:

God of patience, teach us to live and worship in unity for Your glory. Amen.

Personal Prayer:

ONE WITH EACH OTHER (Days 8-14)

Unity within the Body of Christ.

Day 13 – United in Prayer

Scripture Reading – **Acts 1:14** (NKJV)

“These all continued with one accord in prayer and supplication...”

Reflection:

Power is released when God’s people pray in one accord.

Prayer:

Lord, unite our hearts in prayer. Teach us to wait on You together. Amen.

Personal Prayer:

ONE WITH EACH OTHER (Days 8-14)

Unity within the Body of Christ.

Day 14 – The Blessing of Unity

Scripture Reading – **Psalms 133:1** (NKJV)

“Behold, how good and how pleasant it is For brethren to dwell together in unity!”

Reflection:

Unity is both good in God’s sight and life-giving to His people.

Prayer:

Lord, let Your blessing rest upon our unity. Heal divisions and restore fellowship. Amen.

Personal Prayer:



ONE FOR THE WORLD (Days 15-21)

Unity as witness and mission.

Day 15 – That the World May Believe

Scripture Reading – **John 17:20-21** (NKJV)

“I do not pray for these alone, but also for those who will believe in Me through their word; that they all may be one, as You, Father, are in Me, and I in You; that they also may be one in Us, that the world may believe that You sent Me.”

Reflection:

God’s glory rests on a unified people.

Prayer:

Lord, perfect us in unity. Let Your glory be seen in Your Church. Amen.

Personal Prayer:



ONE FOR THE WORLD (Days 15-21)

Unity as witness and mission.

Day 16 – Perfected in One

Scripture Reading – **John 17:22-23** (NKJV)

“And the glory which You gave Me I have given them, that they may be one just as We are one: I in them, and You in Me; that they may be made perfect in one...”

Reflection:

Unity is evangelistic. The world sees Christ through our oneness.

Prayer:

Father, make us one so the world may believe in Jesus. Amen.

Personal Prayer:



WEEK 3 :

21

**DAYS OF
PRAYER
& FASTING**

ONE FOR THE WORLD (Days 15-21)

Unity as witness and mission.

Day 17 – Breaking Down Walls

Scripture Reading – **Ephesians 2:14** (NKJV)

“For He Himself is our peace, who has made both one, and has broken down the middle wall of separation.”

Reflection:

Christ removes every barrier that divides His people.

Prayer:

Jesus, tear down every wall of division. Make us one in You. Amen.

Personal Prayer:



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WEEK 3 :

21

**DAYS OF
PRAYER
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ONE FOR THE WORLD (Days 15-21)

Unity as witness and mission.

Day 18 – A Light to the World

Scripture Reading – **Matthew 5:14** (NKJV)

“You are the light of the world. A city that is set on a hill cannot be hidden.”

Reflection:

Unified believers shine brightly in a dark world.

Prayer:

Lord, let our unity reflect Your light and truth to the nations. Amen.

Personal Prayer:



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ONE FOR THE WORLD (Days 15-21)

Unity as witness and mission.

Day 19 – Standing Together in Suffering

Scripture Reading – **Philippians 1:27** (NKJV)

“Only let your conduct be worthy of the gospel of Christ... that you stand fast in one spirit, with one mind striving together for the faith of the gospel.”

Reflection:

Unity gives strength in hardship and opposition.

Prayer:

Lord, help us stand together in faith, courage, and perseverance. Amen.

Personal Prayer:



ONE FOR THE WORLD (Days 15-21)

Unity as witness and mission.

Day 20 – One Bride Prepared

Scripture Reading – **Ephesians 5:27** (NKJV)

“That He might present her to Himself a glorious church, not having spot or wrinkle or any such thing, but that she should be holy and without blemish.”

Reflection:

Christ is preparing a unified, holy Bride.

Prayer:

Jesus, cleanse and prepare Your Church. Make us one and ready for You.
Amen.

Personal Prayer:



ONE FOR THE WORLD (Days 15–21)

Unity as witness and mission.

Day 21 – The Final Cry: Make Us One

Scripture Reading – **John 17:24** (NKJV)

“Father, I desire that they also whom You gave Me may be with Me where I am, that they may behold My glory which You have given Me...”

Reflection:

Jesus’ prayer ends with eternal unity—forever with Him.

Prayer:

Father, make us one—now and forever.

ONE IN CHRST, ONE IN LOVE, ONE IN YOUR GLORY

Personal Prayer:



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