



ST. JOHN CHURCH UNLEASHED  
FACING THE FUTURE WITH FAITH FORWARD

# 21 DAYS

prayer & fasting

MARCH 15 - APRIL 7

DAILY PRAYER: 6:00 A.M.  
PRAYER LINE: 530-881-1212  
PRAYER LINE CODE: 291-359-153

DEVOTIONAL BOOK:  
FORWARD MOVING FAITH  
BY CLEDDIE KEITH AND AARON SCHILLING



ST. JOHN CHURCH  
unleashed

St. John Church 21 Days of Prayer and Fasting (SJC21DPF)  
begins Wednesday, March 15 and ends Friday, April 7 (Good Friday).  
Our theme is "Facing the Future with Faith Forward"! (Philippians 3:12-14)

## ***During the St. John Church 21 Days of Prayer and Fasting:***

1) Set aside personal daily quiet time with God.

2) Join together on a church-wide daily prayer call at 6:00 AM.  
(including Sundays during the fast, Holy Saturday and  
Resurrection Sunday)

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3) Choose your personal fast that is so impactful that in your sacrifice you  
are constantly reminded of the power and presence of God in your life.  
(i.e. food, media/technology, money, etc.)

4) Download or pick up the SJC 21 Days of Prayer and Fasting Guide.  
Also, our 21 daily devotions will come from the book, Forward Moving  
Faith by Cleddie Keith and Aaron Schilling which is available in the SJC  
Growing in the Spirit Bookstores.

5) Keep a journal to record and commemorate your prayer and fasting  
journey.

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## COMMITMENT CARD

I, \_\_\_\_\_  
am committing to joining the St. John Church 21 Days Prayer and Fasting 2023

### THINGS TO CONSIDER?

When and where will your personal quiet time with the Lord be? What will it include? How will you protect that time? How will you record your journey?

Are you going to write in a journal or via computer?

What are some changes you need to make? What are some things you need to buy to prepare?

Who do you need to communicate your plans to or invite to join?

Write down scriptures that will aid you.

What is your personal spiritual fast? Is a food fast, like the Daniel Fast or is it financial, media/technology or combination of different things? Is it impactful enough to constantly remind you of the power and presence of God?

Check with your doctor concerning diet changes.

Below are some suggestions:

FOOD - Increase water consumption; eliminate sugar, caffeine and meat,  
Daniel Fast (Daniel 10:3)

SOCIAL MEDIA - Incorporate daily prayer and meditation; social media sign off; limit TV and unnecessary conversations (phone, text, gossip)

FINANCIAL - Eliminate discretionary expenses and spending (online purchases, eating out); journal the ways to have a healthier relationship with money.

What are you believing God for during the fast?

Date: \_\_\_\_\_ Signature: \_\_\_\_\_

This form is to be kept by the person making the commitment.  
Thank you for participating in SJC 21 Days Prayer and Fasting 2023.