



: to make simple or simpler: such as
 a: to reduce to basic essentials
 b: to diminish in scope or complexity

JANUARY 2025

21 DAYS OF PRAYER AND FASTING
 CHURCH AT DENVER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	31	01	02	03	04
05	06	07	08 Fast Begins 7pm Prayer Night 6:30	09 Day 1: Desire for God's Word Verse: Psalm 119:18	10 Day 2: Meditating on God's Word Verse: Joshua 1:8	11 Day 3: Living Out God's Word Verse: James 1:22
12 Day 4: Understanding and Discernment Verse: Psalm 119:130	13 6am prayer Day 5: God's Word as a Source of Comfort Verse: Romans 15:4	14 Day 6: Scripture as a Guide Verse: Psalm 119:105	15 Prayer Night 6:30 Day 7: Delighting in God's Law Verse: Psalm 1:2	16 Day 8: Unity Among Believers Verse: John 17:21	17 Day 9: Encouraging One Another Verse: 1 Thess. 5:11	18 Day 10: Bearing One Another's Burdens Verse: Galatians 6:2
19 Day 11: Forgiveness and Reconciliation Verse: Ephesians 4:32	20 6am prayer Day 12: Hospitality Verse: Romans 12:13	21 Day 13: Love One Another Deeply Verse: 1 Peter 4:8	22 Prayer Night 6:30 Day 14: Devotion to Fellowship Verse: Acts 2:42	23 Day 15: Thankfulness for Daily Bread Verse: Matthew 6:11	24 Day 16: Gratitude for Spiritual Nourishment Verse: John 6:35	25 Day 17: Communion with God Verse: 1 Cor. 10:16
26 Day 18: Seeking God's Presence Verse: Psalm 145:18	27 6am prayer Day 19: Praying for Others Verse: 1 Timothy 2:1	28 Day 20: Perseverance in Prayer Verse: Colossians 4:2	29 Fast Ends 7pm Prayer Night 6:30 Day 21: Joyful Anticipation Verse: Ephesians 3:20	30	31	01

Weekly Focus

Week 1: Scripture Memory

Memorize One Verse – Choose a verse from the week's focus in Acts 2 or another foundational scripture, and commit to memorizing it.

Week 2: Fellowship Through a Shared Meal

Invite Someone for a Meal – Invite someone from church or your neighborhood for a meal or coffee, ideally someone you don't know well or haven't connected with recently.

Week 3: Extended Prayer Time

Dedicate Time for Extended Prayer – Spend a longer stretch of time in prayer than you typically would, aiming for 30 minutes or more. This can be alone, with family, or in a small group.

Acts 2:42 - "And they devoted themselves to the apostles' teaching and fellowship, to the breaking of bread and the prayers"

sim·pli·fy

In the early church, believers anchored their lives in a steadfast rhythm of devotion—teaching, fellowship, breaking of bread, and prayer—carving out sacred space for communion with God throughout the day. Inspired by their example, we invite you to join us over the next 21 days in a daily prayer rhythm rooted in Scripture. From morning to midday to evening, this practice echoes the Bibles' call to "seek His face continually" (1 Chronicles 16:11) and to praise Him from dawn till dusk (Psalm 55:17). By embracing this rhythm, we align our hearts with the timeless beat of God's love, building a foundation of gratitude, unity, and spiritual strength that reaches deep into our lives and draws us closer to Him.

Week 1

Devotion to Teaching

This week, we ground ourselves in the Word, committing to the teachings that shape and strengthen our faith. Just as the early church devoted themselves to learning from the apostles, we, too, seek to build a foundation rooted in God's truth.

Spending this week devoted to teaching allows us to remember that God's Word is "a lamp to our feet and a light to our path" (Psalm 119:105), guiding us through every season of life. In dedicating this time, we prepare our hearts and minds to understand and live out His calling with greater clarity and purpose, knowing that every insight brings us closer to Him.

Week 2

Fellowship and Community

The early believers shared life deeply and sacrificially, finding joy, strength, and unity in one another. This week, we embrace the power of fellowship, connecting with our brothers and sisters in Christ to be reminded that we are not alone. Just as we are made for relationship with God, we are also created for community with each other.

Through shared faith and genuine fellowship, we discover God's love in new ways, strengthen our resilience, and find encouragement to walk out our faith together. In dedicating this week to fellowship, we cultivate bonds that uplift, inspire, and empower us to live fully as the body of Christ.

Week 3

Communion and Prayer

This final week invites us to experience the deep communion with God that comes through prayer. In prayer, we go beyond speaking to God—we enter into a relationship where we are heard, known, and transformed by His presence. Just as the early church continually devoted themselves to prayer, we set aside this week to deepen our connection with Him, cultivating a rhythm of communication that sustains and renews us. Through intentional communion with God, we align our hearts with His, find peace and strength for our lives, and learn to carry His presence with us wherever we go. This week is a sacred time to draw close, listen, and experience the fullness of life with God.

Daily Prayer Rhythm

Morning · Midday · Evening



Morning Prayer – Rooted in the Word

Begin each day with a scripture from the daily calendar, allowing its themes of praise, trust, and guidance to set the tone for the day. Pray God's word back to Him.



Midday Prayer – The Lord's Prayer

At midday, pause and pray the Lord's Prayer, grounding yourself in Jesus' model for prayer and recalibrating your heart to God's will. Reflect on how it informs the focus of that day.



Evening Prayer – The Examen

Close the day with The Examen, a prayer that has been prayed in the church since the early 16th century to help us reflect on how God was present through our day.

- Presence – Become aware of God's presence where you are
- Gratitude – Give thanks for His gifts experienced throughout the day
- Review – Reflect on the day, talk with God about what happened
- Sorrow – Acknowledge shortcomings
- Renewal – Look forward with hope to tomorrow and ask God for guidance, strength, and grace.

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