

GLORY

21 DAYS

OF PRAYER & FASTING

JANUARY

5-25



A LETTER FROM PASTOR CARTER

As your pastor, I invite you to enter these 21 days with expectation, humility, and courage. This is not just another fast, this is a divine appointment. God is calling us higher, deeper, and closer. He desires to reveal Himself to you in ways you have never experienced before. Every name we will study is an invitation into deeper trust, deeper worship, and deeper surrender.

I encourage you to approach these days with intentionality. Protect your time with God. Silence distractions. Lean into His presence with a yielded heart. Don't rush, rest in the scriptures, pray through the reflections, and allow God to speak to you through His names. I encourage you to expect God to move. Expect clarity. Expect healing. Expect breakthrough. Expect peace. Expect restoration. Expect the God whose names you call to reveal Himself in power.

I encourage you to consecrate yourself unto the Lord. These days are holy. They are set apart. They are forming something new in you. As you seek Him, He will draw near (James 4:8). The God who is Elohim, El Shaddai, Jehovah Rapha, Abba Father, and the Alpha and Omega will meet you, strengthen you, and transform you.

My prayer is that:
Your hunger for Him increases.
Your ears hear Him clearly.
Your faith be stretched.
Your soul be renewed.
And may you discover the truth:
The God whose names we call is
the God who answers.
This is your season to go deeper.
This is your moment of encounter.
Step into these 21 days believing your life
will not be the same.

Pastor Bryan Carter

For fasting instructions and tips, please see the final section of the guide.

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PRAYER GUIDE

DAY 1

Name of God: ELOHIM – GOD THE CREATOR

Scripture: Genesis 1:1

Reflection: Praise God as Creator who brings order out of chaos.

Prayer Target 1: I pray for creative solutions and divine order in my life and church.

Prayer Target 2: Pray that God brings life and restoration to what feels void or broken.

DAY 2

Name of God: YAHWEH – THE LORD (I AM WHO I AM)

Scripture: Exodus 3:14

Reflection: Worship the eternal, self-existent God who never changes.

Prayer Target 1: Help me know You as the unchanging one in every season.

Prayer Target 2: Anchor me in Your truth when everything around me shifts.

DAY 3

Name of God: ADONAI – LORD AND MASTER

Scripture: Psalm 8:1

Reflection: Submit to God's authority and yield every part of your life to Him.

Prayer Target 1: I surrender my plans and will to You.

Prayer Target 2: Teach us to surrender to Your ultimate plan.

DAY 4

Name of God: EL SHADDAI – GOD ALMIGHTY

Scripture: Genesis 17:1

Reflection: Trust in God's sufficiency when your strength is limited.

Prayer Target 1: Be my strength when I am weak.

Prayer Target 2: Show Your power in the areas I cannot control.



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PRAYER GUIDE

DAY 5

Name of God: JEHOVAH JIREH – THE LORD WILL PROVIDE

Scripture: Genesis 22:14

Reflection: Thank God for being your faithful Provider in every season.

Prayer Target 1: Provide for my needs and the needs of others around me.

Prayer Target 2: Teach me to trust Your timing as You provide.

DAY 6

Name of God: JEHOVAH RAPHA – THE LORD WHO HEALS

Scripture: Exodus 15:26

Reflection: Pray for healing—physical, emotional, and spiritual.

Prayer Target 1: Heal my heart, body, and mind.

Prayer Target 2: Bring wholeness and peace to my relationships.

DAY 7

Name of God: JEHOVAH NISSI – THE LORD IS MY BANNER

Scripture: Exodus 17:15

Reflection: Declare God as your victory and covering in every battle.

Prayer Target 1: Thank You for gaining the victory in every battle I face.

Prayer Target 2: Cover me in every battle that I have to face.

DAY 8

Name of God: JEHOVAH SHALOM – THE LORD IS PEACE

Scripture: Judges 6:24

Reflection: Invite God's peace to calm anxiety and rule in your heart.

Prayer Target 1: Fill me with Your peace when I feel anxious.

Prayer Target 2: Let Your peace flow through my home, my neighborhood, and my church.



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DAY 9

Name of God: JEHOVAH RA'AH – THE LORD IS MY SHEPHERD

Scripture: Psalm 23:1

Reflection: Rest in God's care, knowing He guides, protects, and provides.

Prayer Target 1: Lead me in the right path and protect my heart.

Prayer Target 2: Give me wisdom to follow Your direction daily.

DAY 10

Name of God: JEHOVAH TSIDKENU – THE LORD OUR RIGHTEOUSNESS

Scripture: Jeremiah 23:6

Reflection: Thank God for making you righteous through Christ.

Prayer Target 1: Help me walk in purity and truth.

Prayer Target 2: Make my life reflect Your righteousness and grace.

DAY 11

Name of God: JEHOVAH SHAMMAH – THE LORD IS THERE

Scripture: Ezekiel 48:35

Reflection: Acknowledge God's nearness in every place and circumstance.

Prayer Target 1: Help me sense Your presence wherever I go.

Prayer Target 2: Fill every space—home, work, church—with Your presence.

DAY 12

Name of God: EL ELYON – GOD MOST HIGH

Scripture: Psalm 57:2

Reflection: Exalt God above all powers, people, and problems.

Prayer Target 1: Keep my heart humble before You.

Prayer Target 2: Give me favor and strength to do Your will.



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DAY 13

Name of God: YAHWEH YOTZER – THE LORD OUR POTTER

Scripture: Isaiah 64:8

Reflection: Allow God to shape and mold your life for His glory.

Prayer Target 1: Shape my heart to look more like Yours.

Prayer Target 2: Transform my mindset and renew my purpose.

DAY 14

Name of God: EL OLAM – THE EVERLASTING GOD

Scripture: Isaiah 40:28

Reflection: Rest in the God who outlasts every season and never changes.

Prayer Target 1: Help me stay faithful through every season.

Prayer Target 2: Keep me steady when life changes around me.

DAY 15

Name of God: EL ROI – THE GOD WHO SEES ME

Scripture: Genesis 16:13

Reflection: Remember that God notices you, knows your pain, and cares deeply.

Prayer Target 1: Thank You for seeing me when I feel invisible.

Prayer Target 2: Comfort those who are hurting and unseen.

DAY 16

Name of God: ABBA – FATHER

Scripture: Romans 8:15

Reflection: Draw near to God as your loving, approachable Father.

Prayer Target 1: Draw me closer to You, my Father.

Prayer Target 2: Heal the places in me that need a father's love.

DAY 17

Name of God: IMMANUEL – GOD WITH US

Scripture: Matthew 1:23

Reflection: Thank God for His constant presence through Christ.

Prayer Target 1: Help me feel Your presence in every challenge.

Prayer Target 2: Bring unity and peace through Your Spirit.



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DAY 18

Name of God: JEHOVAH SABAOTH – THE LORD OF HOSTS

Scripture: Psalm 46:7

Reflection: Remember God as commander of angel armies—your protector and defender.

Prayer Target 1: Protect me and my loved ones from harm.

Prayer Target 2: Give me courage to stand strong in spiritual battles.

DAY 19

Name of God: THE ROCK

Scripture: Psalm 18:2

Reflection: Stand firm on God's unshakable character and promises.

Prayer Target 1: Help me to stand firm in faith when life is uncertain.

Prayer Target 2: Keep me rooted in Your Word and promises.

DAY 20

Name of God: THE REDEEMER

Scripture: Job 19:25

Reflection: Rejoice in the God who rescues and restores what was lost.

Prayer Target 1: Redeem what feels broken in my life.

Prayer Target 2: Bring revival and renewal to my heart and church.

DAY 21

Name of God: THE ALPHA AND OMEGA

Scripture: Revelation 22:13

Reflection: Worship the eternal God who holds all things—from start to finish.

Prayer Target 1: Help me trust You with my beginning and my end.

Prayer Target 2: Give me eyes to see Your hand in every season of my life.





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FASTING GUIDE

FASTING

Fasting is one of the most powerful yet often neglected spiritual disciplines in the life of a believer. It is a sacred act of humility and surrender before God. When we fast, we deny our flesh what it wants so our spirit can receive what it needs. Fasting clears the mind, purifies the heart, and positions us to hear the voice of the Lord more clearly.

During this sacred 21-day journey, we are not simply abstaining from food; we are pursuing God with intentional focus. This year, our theme is the Names of God, because those who know His name trust in Him (Psalm 9:10). Every name He reveals carries divine weight and personal meaning—He is Elohim, our Creator; Jehovah Jireh, our Provider; Jehovah Shalom, our Peace; Immanuel, God with us. As we call on His names during this fast, expect God to reveal His character in fresh and life-changing ways. Whether this is your first fast or a familiar discipline, we invite you to journey with us, slow down, listen for His voice, meditate on His nature, and let each name draw you deeper into relationship with Him. This season is sure to be a season of renewal, repentance, realignment, awakening, and transformation.



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FASTING GUIDE

PRAYER

Prayer is the lifeline of this fast. Fasting without prayer is merely a diet. But fasting with prayer becomes a spiritual weapon, a place of encounter, and a pathway to your breakthrough. Prayer opens our hearts to God's voice, aligns us with His will, and builds spiritual sensitivity. It is in prayer that we will come to know the God whose names we are studying.

During these 21 days, we encourage you to:

► **Set a Daily Prayer Rhythm**

Choose a consistent time each day to pray, read the Scripture focus, meditate on the name of God, and sit quietly before Him.

► **Pray With Intention**

Each day, use the prayer targets connected to the name of God to guide your prayer time for yourself, your family, our church, and our city.

► **Pray With Expectation**

Come before God believing He hears, responds, heals, restores, directs, and reveals. Expect insight. Expect clarity. Expect transformation.

► **Pray With Surrender**

Ask God to reveal anything in your heart that needs healing, alignment, repentance, or release. Allow Him to shape, purify, and strengthen you in this season.

► **Pray With Community**

Join us for corporate prayer moments at 6 AM Monday — Friday via Facebook and Instagram as we seek the Lord together.



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TIPS FOR FASTING

Stay Hydrated: Drink 6–8 glasses of water daily.

Consult Your Doctor: Especially if you have medical conditions or take medication.

Expect Detox Symptoms: Headaches and fatigue may occur as your body releases caffeine, sugar, and salt.

Be Flexible & Wise: Modify the fast if needed for health reasons; pray for guidance.

FOODS TO AVOID

- Sugar and sweeteners
- Caffeinated beverages
- White or enriched grains
- Meat, poultry, fish, dairy
- Fried foods and high-fat processed items

FOODS TO INCLUDE

Whole Grains: brown rice, oats, barley, whole-grain pasta

Legumes: lentils, peas, pinto beans, kidney beans, black-eyed peas

Fruits: fresh fruits; limit citrus to 2/day

Vegetables: fresh or frozen; low-sodium if canned

Seeds & Nuts: unsalted nuts, seeds, sprouts

Oils & Seasonings: olive oil, herbs, spices

Liquids: water, natural juices, vegetable juices with no added sugar

Note: A daily multivitamin is recommended.

