

**BLACK  
LIVES  
MATTER**



**July Fasting, Prayer,  
& Meditation Guide**

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Lead Pastors



THE MESSAGE CHURCH



# 21 Days of Breakthrough

Fasting | Prayer | Meditation

SUN                      MON                      TUE                      WED                      THU                      FRI                      SAT

**Helpful Hints**  
→

**Fasting** is our intentional sacrifice of eating food, as we focus on increasing our faith.

**Prayer** is our invitation to, and acknowledgment of, God's activity in our life circumstances.

**Meditation** is the act of giving my time or attention to a thought, concept, or situation.

Choose a Bible translation that is easy for you to read.

**Be disciplined!** If you want something you've never had, you have to do something you've never done.

5

6  
**Social Injustice**  
Micah 6:1-8

7  
**A Praying Spirit**  
Exodus 15:1-18  
Matthew 6:5-15

8  
**A Giving Spirit**  
Proverbs 3:1-10  
Matt. 6:1-4

9 **Prayer & Praise Service 7 PM**  
Pursuing the Kingdom/Kin-dom of God  
Isaiah 65:17-25  
Romans 8:18-25

10  
**A Spirit of Praise and Worship**  
1 Chron. 16:23-31  
Psalm 34

11  
**A Praying Church**  
Acts 4:23:31  
Acts 12:6-19

12  
**Pastoral Leadership**  
1 Tim. 5:17-18  
Hebrews 13:17

13  
**TMC Staff and Servant Leaders**  
Exodus 18:14-27

14  
**Pastor K's BDay! Women Around the World**  
Esther 4:1-14

15  
**A Teachable Spirit**  
Deut. 28:1-14  
1 Peter 5:1-11

16 **Prayer & Praise Service 7 PM**  
**TMC Deacons in Training**  
Isaiah 42:1-9  
Acts 6

17  
**Increased Church Volunteers**  
Matthew 9:35-38  
Romans 12:6-11

18  
**Encouraging Ourselves**  
Psalm 23

19  
**The Seemingly Impossible**  
Luke 1:26-37

20  
**Future Home of The Message Church**  
Exodus 36:1-7

21  
**Restoration**  
Job 42:10-16

22  
**Peace During Life Transitions**  
Proverbs 3:5-6  
Philipp. 4:4-9

23 **Prayer & Praise Service 7 PM**  
**Holy and Healthy Lifestyles**  
1 Cor. 6:12-20

24  
**Peace & Reconciliation**  
Philippians 4:2-9

25  
**100% Tithing Church**  
Malachi 3:6-18  
Mark 12:41-44

26  
**Clarified Vision**  
2 Kings 6:8-23

We will fast each day, not eating (only drinking water or juice), from wake up – 12 PM. **If you have a medical condition, please consult a medical doctor.** Read the scripture passages for each day, and focus on the designated area in prayer and meditation.

**YOU NEED TO HEAR FROM GOD. GOD WANTS TO HEAR FROM YOU.**