

Your Guide!

21 DAYS OF PRAYER & FASTING

JANUARY 6-26, 2025



GATHER WITH OTHERS TO PRAY

By God's design, when His people get together to pray, more of Heaven happens. Consider getting together with your church family:

Thursday Zoom Prayer

6:05-6:50am at
parksidechurch.ca/zoom

Sunday Early Bird Prayer

5:30-6:30am at the Church

Foursquare Canada Prayer

Jan. 10 at 8:00am on Zoom
parksidechurch.ca/fgcc

Parkside Prayer Summit

January 26 at 6:30pm

PICK-UP THE WEEKLY PRAYER GUIDE!

21 DAYS OF PRAYER & FASTING

MISSIONAL MONDAYS

Pray for a peer (co-worker or classmate) who doesn't know Jesus. Send them an encouraging text or give them a hug or say something encouraging.

TOGETHER TUESDAYS

Call up a friend or get together and pray for one another. Be vulnerable and full of love and faith.

WALK WEDNESDAYS

Go for a walk and pray for your neighbours. Be sensitive to what God might put in your heart.

TEMPLE THURSDAYS

Pray for someone in your church. Write a note of encouragement and bring it to church this Sunday.

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[PARKSIDECHURCH.CA/21](https://parksidechurch.ca/21)


Available in your seat pocket and Welcome Desk. Take one or two for your Bible, devo chair, bedside table, or car!





EMBODY PRAYERS WITH FASTING

Start hungering for God. Give up a meal once a week or one day a week and in its place, pray!

If you struggle with praying for longer periods, consider some options:

 *Reading the Bible and writing down some thoughts that come to mind.*

 *Play worship music and sing along.*

 *Write out what you'd like to see God fix in your life or your world.*



WEEKLY PRAYER GUIDE

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TOGETHER TUESDAYS

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WALK WEDNESDAYS

Go for a walk and pray for your neighbours. Be sensitive to what God might put in your heart.

TEMPLE THURSDAYS

Pray for someone in your church. Write a note of encouragement and bring it to church this Sunday.

FAMILY FRIDAYS

Pray for your family. Ask the Lord to help you think of something nice to do for them or say to them.

SOUL SATURDAYS

Pray for yourself. Take 2 minutes of silence and just breathe (picture Jesus sitting beside you). Journal what's on your heart to Him.

SUNDAY FUNDAY

Stop your work. Rest in Him. Worship with your church family. Move slowly through the day and enjoy His creation (i.e. good food, relaxing activity, etc.).

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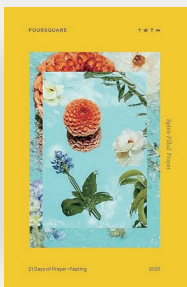


SHARE YOUR STORIES AND EXPERIENCES ON OUR FACEBOOK GROUP

Request to join our private Facebook Group at [parksidechurch/fbgroup](https://www.facebook.com/parksidechurch/fbgroup). Every day we'll post a daily reminder of our weekly prayer guide. Encourage others with your experiences!

FOUR SQUARE'S DAILY DEVOTIONAL

Available as an optional extra, we've printed a few copies (available at the Welcome Desk).



FOUR SQUARE'S DAILY EMAIL

Get the subscription link to a daily prayer guide from Foursquare at [parksidechurch.ca/21](https://www.parksidechurch.ca/21).