



21 Days Prayer Journal  
Following Tabernacle Prayer Pattern

## Expectation

As we begin 21 days of heightened focus on Jesus Christ, we will change, as 2 Corinthians 3:18 says:

*“And we all, who with unveiled faces contemplate the Lord’s glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit.”*

We will change saying no to temporary aspects of life in fasting, and yes to eternal reality in prayer; and that change will be good.

We will change from less to greater intimacy with Jesus Christ, leading to deeper rest and less stress in our inner self.

We will increase in faith. Faith increases in correlation to fixing the eyes of our inner self on Jesus Christ, he is our faith. And as faith grows fear loses its grip on us.

We will change as hope grows in us, and hope is where confidence and courage spring from. So we will change in living today with greater confidence and courage.

We will change as we fast and pray, because the Holy Spirit will prune unbelief away from our hearts and minds, and as unbelief is removed we experience fruitful outflow from our lives.

## Prayer & Fasting

Simply stated, biblical fasting is refraining from food for a spiritual purpose. Prayer and fasting are an opportunity to become less attached to the temporary natural world, and more attached to the eternal spiritual realm.

Prepare Spiritually. Confess your sins to God. Ask the Holy Spirit to reveal areas of weakness. Forgive all who have offended you and ask forgiveness of those you have offended. Surrender your life fully to Jesus Christ.

Deciding what to fast. The type of fast you go on is up to you. You could go on a full fast, or you may fast like Daniel who abstained from sweets and meat and drank only water. Beginners are encouraged to start slow, try a partial fast from 6am to 6pm or sunrise to sunset.

Fasting is abstaining by choice from something good for a set time. Most people fast food. In choosing our fast we know that different fasting combinations work better for different people. Mixing things up over 21 days works best for most people. One prefers to cut out meals, others choose to adjust their diet to maybe fruits and vegetables. Some will try a few days with only water. There isn't one approach. Experiment and find what works for you.

We fast to get closer to God. If fasting causes you to obsess about food, change either your approach or your mindset. We want to think less about food not more. Consider fasting something else; television, technology, reading, social media, shopping etc. There are many things we do to distract ourselves from the real issues hurting our soul. If you can identify one of these distractions, fasting that would be transformational.

What to Expect.

When you fast your body detoxifies, eliminating toxins from your system. This can cause mild discomfort such as headaches and irritability during withdrawal from caffeine and sugar. And, naturally you will have hunger pains. Limit your activity, take time to rest. Pray as often as you can throughout the day. It is important to drink lots of water while fasting.

How to end.

Don't overeat, begin eating solid food gradually.

## **Ask and seek from God?**

As we launch into this 21 Days take a moment to rest in God's presence and consider what would you like to see change. Write it down as a prayer request to God. Start with a clear goal. Be specific, Why are you fasting? Ask the Holy Spirit for guidance.

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We are in this together and we are seeking a corporate goal as seen in the following scriptures.

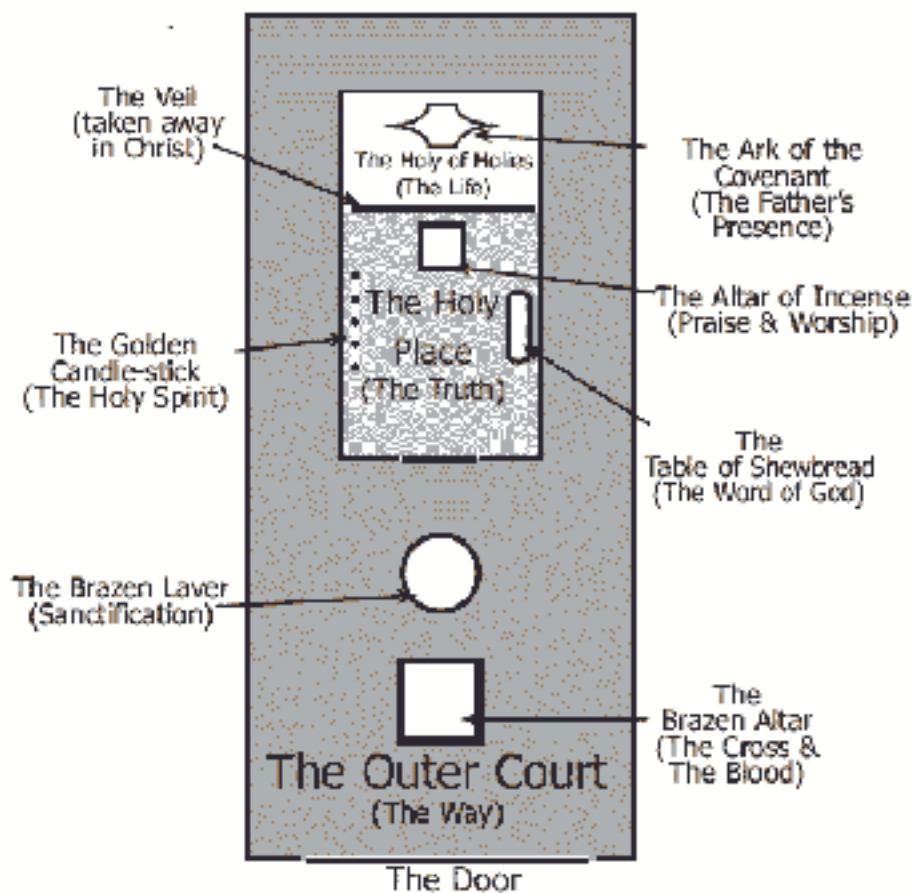
## **The Plan**

This booklet gives a focus and some thoughts for each day alongside a blank page where you can journal your journey with the Spirit through the 21 days.

This booklet will follow a protocol for prayer as seen in the Tabernacle. We read about it in Exodus 25-27 and Hebrews 9.

## **The Tabernacle Prayer**

In the Old Testament the tabernacle was the dwelling place of God, built to His specifications. As they entered the tabernacle, they passed through seven stations to experience His covenant presence. Today, we don't come to a physical Tabernacle to meet with God, but these same steps can still help us connect with Him. This prayer model will take us through each station of the Tabernacle and use the purpose of that station to guide our prayers.



## Day One

**We enter his courts with thanksgiving and praise.**

### Psalm 100

We approach God giving thanks to Him for his goodness and grace towards us. Following the tabernacle protocol we see ourselves coming through the gate into the outer court of the Tabernacle with prayers of thanksgiving.

Prayers which often take the form of songs.

Every day think of a fresh reason to be thankful, this habit will keep prayer alive.

Read Psalm 100 and ask yourself:

What song helps me focus on the goodness and faithfulness of God?

What can I thank God for today?

Write down what you are thankful for and pray this as prayers of thanksgiving to God. Don't forget to thank God for the little things we often take for granted.

Thanksgiving is a challenge when we are in the middle of a trial that feels like hell. The devil will do everything he can to stop us right at the first step of prayer. We resist the devil and overcome him when giving thanks in our trials, and we always have something to be thankful for.





**Day Two**  
**Always be giving thanks to God the Father**

Ephesians 5:15-20, Philippians 4:4-7,  
1 Thessalonians 5:16-18

Read the scriptures out loud to yourself:  
Reflect on a word or phrase in the text that speaks to your  
heart, write it down.

Read the scripture text out loud to yourself:

Ask how is Jesus the speaking to me?

Read the scripture text out loud to yourself:

What does Jesus invite me to do?

The goal is seeing how giving thanks fills the place of  
stress and emptiness in our souls. So where we once  
turned to 'wine' 'food' 'entertainment' or something else  
for stress relief we turn to God through entering his  
presence with thanksgiving and praise.

Review yesterdays list of what you are thankful for and  
add at least two new things to be thankful for.

Write a prayer of thanksgiving for how good life is and  
give credit to God.



**Day Three**  
**The Altar - The Cross**

Our second stop in prayer is the altar for burnt offerings;  
which have been fulfilled by the cross of Jesus.

Psalm 103:1-5 lists five major benefits given to us through  
the cross and blood of Jesus Christ.

Read Psalm 103:1-5 and write down the benefits you see  
God has provided for you. And thank God for them.

**The first benefit of the Cross -**  
Jesus blood forgives all my sins. Psalm 103:3(a)

Acts 2:38

*Peter replied, 'Repent and be baptised, every one of you, in the  
name of Jesus Christ for the **forgiveness** of your sins. And you  
will receive the gift of the Holy Spirit.*

Ephesians 1:7

*In him we have redemption through his blood, the **forgiveness**  
of sins, in accordance with the riches of God's grace.*

Romans 8:1

*Therefore, there is now no condemnation for those who are in  
Christ Jesus*

Reflect on these verses and the complete forgiveness and  
freedom offered at the cross of Jesus Christ; see yourself  
free from guilt, shame and condemnation.

## **Prayer**

Thankyou Jesus for being willing to suffer and die for me on the cross, for shedding your blood to forgive and cleanse my sins, once and for all.

**Day Four**  
**The Altar - The Cross**

The second benefit of the cross listed in Psalm 103 is;  
“ and heals all your diseases”

**Read Matthew 9:1-8**

How do you see Jesus in this story?  
What is the relationship between forgiveness and  
healing?

1 Peter 2:24

*‘He himself bore our sins’ in his body on the cross, so that we  
might die to sins and live for righteousness; ‘by his wounds  
you have been healed.’*

How does this verse help us see what God is wanting us  
to receive at the cross of Jesus Christ?

Name the sickness you are struggling with and thank  
Jesus for being your healer.

Remember, he ‘restores our soul’. He is healer of our  
emotions as well as our body.

This healing can be a momentary miracle but is often a  
process of healing, that includes the wisdom and  
knowledge of God in medical practice, nutrition, exercise  
and the like. But Jesus is the healer, all healing begins and  
ends in him. Going to the doctor is not leaving faith in  
the cross and blood of Jesus.



## Day Five

### The Altar - The Cross

The third benefit of the cross is:

*Psalm 103:4 "who redeems your life from the pit"*

As I pray at the altar of the cross. I see the blood of Jesus redeeming me from every curse from the devil. Every negative word spoken to and about me.

*Galatians 3:13-14*

*Christ redeemed us from the curse of the law by becoming a curse for us, for it is written: 'Cursed is everyone who is hung on a pole.' He redeemed us in order that the blessing given to Abraham might come to the Gentiles through Christ Jesus, so that by faith we might receive the promise of the Spirit.*

*Genesis 50:20*

*You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives.*

*Revelation 12:10-11*

*For the accuser of our brothers and sisters, who accuses them before our God day and night, has been hurled down. They triumphed over him by the blood of the Lamb and by the word of their testimony; they did not love their lives so much as to shrink from death.*

When accused and cursed, we respond from faith in the cross of Jesus?





## Day Six The Altar - The Cross

The fourth benefit of the cross is:

*Psalm 103:4 "and crowns you with love and compassion"*

At the altar I discover the blood of Jesus washes me clean from sin, and births new life in me by the Holy Spirit. The Spirit quickens and transforms me into a new creation in Christ Jesus.

Reflect on these scriptures making them your prayer.

Acts 2:38, Acts 10:44-48, Acts 19:1-7,

Romans 5:5, Romans 12:1

As we come to the altar of the cross, we see Jesus as a living sacrifice, not because he didn't die, but because he rose from the dead. The cross invites us to join Jesus faith that we too will rise from the dead.

This heavenly altar makes us holy.

As Jesus said in Matthew 23:19

*"Which is greater: the gift, or the altar that makes the gift holy?"*

### Prayer of Consecration

I see Jesus Christ offering himself as an altar on which I present my life as a living sacrifice.

I fully surrender and follow Jesus in praying:

'Father, not **my will**, but yours be done in me'



**Day Seven**  
**The Altar - The Cross**

The fifth benefit of the cross is:  
Psalm 103:5 *“who satisfies your desires with good things”*

Matthew 6:25-34, Matthew 7:9-11

Read these verses and see how Our Father in heaven delights to give generously to those who trust him as children trust their Father.

The picture is: If our life is on the altar, one with Jesus Christ. Our Heavenly Father will provide for us.

What is God asking you to release so you can receive more from him?

Read Philippians 4:14-19 and ask: Why did these believers receive the promise that God would meet all their needs ?

The same promise is given to us who believe.



## Day Eight The Bronze Basin

*Exodus 30:17-19*

*Then the Lord said to Moses, 'Make a bronze basin, with its bronze stand, for washing. Place it between the tent of meeting and the altar, and put water in it. Aaron and his sons are to wash their hands and feet with water from it.'*

After the messy work of the burnt offering, the priest washed their hands and feet before going into the presence of God. This basin for washing was bronze and had the effect of a mirror.

Read John 13:1-17

Why did Jesus do this?

Note how Jesus told Peter, you are already clean, you just need your feet washed?

We have come to the altar and received full forgiveness and cleansing in the blood of Jesus. Now we grow in the likeness of Christ in the washing of our minds.

### **Four actions to take at this bronze basin.**

1. We develop a lifestyle of repentance
2. We offer our body to be washed?
3. We offer our thoughts? (Romans 12:2)
4. We pledge our obedience



## Day Nine Bronze Basin

The bronze basin acted like a mirror.

Our greatest challenge after coming to Jesus at the cross is to see ourself as a new person, forgiven, receiving the Holy Spirit, and allowed child of God.

In Luke 15:22-24 we read about the father's goodness when his lost son returned home. Difficult as it may have been for the son to receive blessings he didn't deserve; the real battle was seeing himself as his father did. This is renewing our mind.

So after we have been forgiven and redeemed by the blood of Jesus at the cross; we stop at the bronze basin and look and see ourself as a new person in Christ Jesus.

2 Corinthians 3:18

*And we all, who with unveiled faces contemplate the Lord's glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit.*

Take time to write down how Jesus Christ sees you, and therefore; how he wants you to see yourself.

What new aspect of your life in Christ is being shown to you by the Holy Spirit?





**Day Ten**  
**The Candlestick: Holy Spirit**

Hebrews 9:2

*A tabernacle was set up. In its first room were the lampstand and the table with its consecrated bread; this was called the Holy Place.*

The light in the holy place, was from a seven-branched pure gold lampstand; fuelled by oil. The oil and light both speak to us of the Holy Spirit.

**Read Matthew 25:1-13**

What is this story telling us about coming into the presence of God?  
Where are you in the story?  
Where is the Holy Spirit?

**Ephesians 5:15-18**

What connection is there between these verses in Ephesians, the story in Matthew, and the lampstand in the Holy Place?

**So we pray today:**

Holy Spirit fill me up, I need you in my life. Be the fresh breath of the Father's love in me today, restore to me the joy of my salvation. Holy Spirit I pray that you will enlighten my life in Christ, and that I will shine for you more and more. Amen.



**Day Eleven**  
**The Candlestick: Holy Spirit**

Isaiah 11:1-2

*A shoot will come up from the stump of Jesse; from his roots a  
Branch will bear fruit.*

*The Spirit of the Lord will rest on him – the Spirit of wisdom  
and of understanding, the Spirit of counsel and of might, the  
Spirit of the knowledge and fear of the Lord – and he will  
delight in the fear of the Lord.*

The candlesticks seven branches indicate seven  
expressions of the Holy Spirit given to us.

**We Pray**

Holy Spirit I need your empowering, guiding, directing,  
comforting, and counselling presence in my life.

Thankyou I can come to you for: Wisdom,  
understanding, counsel, might, knowledge, fear of the  
Lord, and delight.

Give me this holy fear of the Lord, that I will be in awe of  
God's greatness, goodness and grace towards me.

Work in me Holy Spirit, convict, teach, and empower  
me . Amen

Take time to pray through your specific issues asking for  
the relevant expression of the Holy Spirit. Write the issue  
down and write a prayer for the Holy Spirit's help.  
e.g. I have a decision to make; Holy Spirit I ask for a spirit  
of wisdom regarding this decision.



## Day Twelve

### The Candlestick: Holy Spirit

John 14:26-27

*But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you. Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.*

We know we are resting in the Holy Spirit's fullness and light when we have peace. And, one reason we have peace is we trust the Holy Spirit to impart the attitude and the gift we need for the occasion we are in.

Galatians 5:22-23 lists the fruit of the Spirit;  
and 1 Corinthians 12:7-11 the gifts of the Spirit.

Read these verses and make a list of the fruit and the gifts; there are 9 in each. Go through them one by one and pray them into your life.

#### **We pray**

Holy Spirit, I thank you for growing these fruit in me, and giving these gifts to me so I can be light amongst the people I meet and live amongst.

Amen.



**Day Thirteen**  
**The Candlestick: Holy Spirit**

Psalm 133

The Holy Spirit is unity(oneness) amongst all God's people, and he is the Spirit of reconciliation.

Read these verses and write what they are saying to you about reconciliation and unity.

2 Corinthians 3:6,

2 Corinthians 5:18

Ephesians 4:1-7

Ephesians 4:29-30.

Just as there is one lampstand with multiple branches, there is one Spirit and one body with diverse expressions. The same oil fuels each branch. The same Holy Spirit fuels every believer.

Pray

Holy Spirit forgive me for where I have grieved you by speaking and acting towards others without seeing your love for them. Open my eyes to your unity in the body of Christ, and lead me to add to this unity.

Show me who I need to be reconciled with.

Amen.





## Day Fourteen

### The table with consecrated bread

On the right side of the holy place was a table of wood covered in gold. On this table were 12 loaves of bread, one for each Israelite tribe. These loaves were replaced each day. So, we learn that God wants to daily feed our spirit life from the written word, the Bible.

Deuteronomy 8:3

*Man does not live on bread alone but on every **word** that comes from the mouth of the Lord.*

John 5:39-40

*You study the Scriptures diligently because you think that in them you have eternal life. These are the very Scriptures that testify about me, yet you refuse to come to me to have life.*

John 6:63

*The Spirit gives life; the flesh counts for nothing. The words I have spoken to you – they are full of the Spirit and life.*

1 Corinthians 2:12-13

*What we have received is not the spirit of the world, but the Spirit who is from God, so that we may understand what God has freely given us. This is what we speak, not in words taught us by human wisdom but in words taught by the Spirit, explaining spiritual realities with Spirit-taught words.*

What are these verses showing us about our relationship to the written word of God?



**Day Fifteen**  
**The table with consecrated bread**

2 Timothy 3:16-17

*All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the servant of God may be thoroughly equipped for every good work.*

2 Peter 1:20

*Above all, you must understand that no prophecy of Scripture came about by the prophet's own interpretation of things. For prophecy never had its origin in the human will, but prophets, though human, spoke from God as they were carried along by the Holy Spirit.*

Isaiah 55:11

*So is my word that goes out from my mouth: it will not return to me empty, but will accomplish what I desire and achieve the purpose for which I sent it.*

**My Prayer**

My Bible is the Word of God

Spoken by the Holy Spirit

I believe it is true

I believe it is life

I live by every word that comes from God

I live by the Bible

I am who it says I am

I can do what it says I can do

I can have what it says I can have



**Day Sixteen**  
**The table with consecrated bread**

A plan helps us to read and meditate on the Bible, so every day we eat a fresh word from God. A word that breathes and imparts spiritual and eternal life into our heart and soul, and even health into our body.

(Psalm 107:20 *He sent out his **word** and **healed** them*)

Joshua 1:7-8

*'Be strong and very courageous. Be careful to obey all the law my servant Moses gave you; do not turn from it to the right or to the left, that you may be successful wherever you go. Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.*

How do you see Jesus in these verses?

How are these verses speaking to you?

What is the Spirit encouraging you to do?

Schedule time to read the bible and reflect on its message to you, note down your reflections; and make them your prayer for that day.



## Day Seventeen

### The Altar of Incense

As we leave the holy place and enter the inner room called the Most Holy Place, or the Holy of Holies; there is a golden altar on which incense was burned every morning and evening. This incense is the prayers of believers.

#### Revelation 8:3-4

*Another angel, who had a golden censer, came and stood at the altar. He was given much incense to offer, with the prayers of all God's people, on the golden altar in front of the throne. The smoke of the incense, together with the prayers of God's people, went up before God from the angel's hand.*

As we proceed through the gates of praise, the altar of sacrifice, the basin to wash, the lampstand of the Holy Spirit, and the word of God; we come to this place of partnering with God in prayer for his will to be done here on earth, for many people to be saved by the grace of Jesus Christ.

#### 2 Chronicles 7:14-16

*If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land. Now my eyes will be open and my ears attentive to the prayers offered in this place. I have chosen and consecrated this temple so that my Name may be there for ever. My eyes and my heart will always be there.*



## **Praying for those lost from God.**

**Pray that the Father would draw them to Jesus.**

John 6:44 *No one can come to me unless the Father who sent me draws him.*

**Bind the Spirit that blinds their eyes.**

2 Corinthians 4:4 *"The god of this world has blinded the minds of unbelievers, so that they cannot see the light of the gospel."*

**Release to them the Spirit of Adoption (Sonship)**

Romans 8:18 *"For you did not receive a spirit that makes you a slave again to fear, but you received the Spirit of sonships. And by Him we cry, Abba Father."*

Revelation 22:17 *"The Spirit and the bride say, Come!"*

**Pray for believers to enter into good relationships with them.**

Matthew 9:38 *"Ask the Lord to send out Labourers into his harvest field."*

**Release the spirit of wisdom and revelation on them so they may know God better.**

Ephesians 1:17 *"I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the spirit of wisdom and revelation, so that you may know him better."*

## Day Eighteen

### The Altar of Incense

It is time for us to allow the Holy Spirit to teach us to intercede.

Read Matthew 26:26-42 and note how Jesus interceded.

Can you hear him asking you to intercede with him?

Who is far from God that your heart desires to see at home with God?

Write down your thoughts and turn them into prayers. The Holy Spirit speaks to our spirit what he wants us to join him in intercession for. Then as we begin to intercede often searching for the right words, we know he is praying through our groans. He needs our consent and our participation, he doesn't need our perfect prayer.

Romans 8:26

*In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans.*

Hebrews 7:25

*Therefore he is able to save completely those who come to God through him, because he always lives to intercede for them.*



## Day Nineteen The Altar of Incense

This altar is the name of the Lord Jesus Christ of  
Nazareth.

### Some of the names of Jesus that we can pray.

- The Lord my righteousness - Jeremiah 23:6
- The Lord who makes me holy - Leviticus 20:7-8
- The Lord, who heals me - Exodus 15:26
- The Lord who will provide - Genesis 22:14
- The Lord my banner of victory - Exodus 17:15
- The Lord my peace - Judges 6:23-24
- The Lord my shepherd - Psalm 23:1
- The Lord who is there and here - Ezekiel 48:35

Each of these names are promises and weapons we use in prayer to fight against the accusations of the devil. The devil says: You will run out of what you need if you do that. The name of Jesus is, I am the Lord who will provide" So we resist the devil's accusation by praying, and speaking the promise of Jesus as provider.

This altar of incense is our place of intercession where we see Jesus victory over the devil in prayer before we live it on earth.

As you pray through the name of Jesus, focus a few aspects of who he is that are especially meaningful in your current season of life.



## Day Twenty

### The Most Holy Place

The inner room was behind a curtain (veil) and access was restricted. But now, in Jesus Christ, we can all come into this place.

Read and see in these verses your invitation into the presence of God.

Hebrews 9:3-5

Hebrews 10:19-23

As we enter the Most Holy Place we are stunned by the brilliant light. And we discover that in the light of his presence we see light. (Psalm 36:9)

We notice this golden box called the Ark of the Covenant (covenant is binding relationship). Now we know that

God has bound himself to keep his word and his promises to us. So we rest from our striving and searching in the promises of God. Write down what stress and cares you are releasing to him as you rest in his faithfulness?

2 Corinthians 1:20

*For no matter how many promises God has made, they are 'Yes' in Christ. And so through him the 'Amen' is spoken by us to the glory of God.*



## **Day Twenty-one**

### **The Most Holy Place**

Numbers 7:89

*When Moses entered the tent of meeting to speak with the Lord, he heard the voice speaking to him from between the two cherubim above the atonement cover on the ark of the covenant law. In this way the Lord spoke to him.*

**Ephesians 2:6**

*And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus.*

We are invited to sit by faith on this mercy seat, the atonement cover face to face with Jesus Christ.

We sit on the promises, we sit on the blood of Jesus that is sprinkled on the atonement cover for the forgiveness of all sin, we sit in the presence of Jesus Christ, we sit in his resurrected glory.

How should we live today on earth from this posture of being seated with Jesus Christ in heaven and eternity?

John 17:20-21

*'My prayer is not for them alone. I pray also for those who will believe in me through their message, that all of them may be one, Father, just as you are in me and I am in you. May they also be in us so that the world may believe that you have sent me.*



