

# 21-DAYS OF PRAYER & FASTING

January 12th - February 1, 2026

***“And ye shall seek me, and find me, when ye shall search for me with all your heart.” –Jeremiah 29:13***

Join us for a transformative and powerful season of fasting and prayer as we press into God's presence and align ourselves with His divine plans! This is a time to seek the Lord wholeheartedly, activate His promises, and expect the manifestation of his glory and the power of the Holy Spirit in our lives!

## CORPORATE GOALS:

- **Spiritual Renewal, Growth and Maturity in All Areas:** Our Walk with God
- **Health for the Whole Man:** Physical, Mental, and Emotional Well-being
- **Financial Wellness:** Supernatural Breakthrough, Deliverance, Increase, and Provision
- **Church Growth and Development:** Membership, Ministry, & Money (Finances)

**Fasting** is the discipline of abstaining from food with the purpose of increasing our hunger for God. **Consecration** is the act of separating ourselves from worldly activities to give ourselves to scripture study and prayer.

**We are inviting you to select a fasting plan that works for you and to join us for prayer.**

**IMPORTANT: In spite of the safety and benefits of fasting, there are certain persons who should NEVER fast without professional supervision.** Please consult your doctor if you are sick or have a medical condition or are taking certain medications (such as diabetes or high blood pressure). If you are sick with the flu or similar condition, you may consider broth and soup and jello or fruit the first 3 days instead of just water. Eating and drinking when you're sick is important because nutrition helps your immune system fight infection. If you suffer chronic problems with kidneys, liver, lungs, heart, or other vital organs, take insulin for diabetes or suffer any other blood sugar problem such as hyperglycemia, are underweight or have struggled with an eating disorder in the past, have illnesses such as a blood disorder, cancer, or bleeding ulcer, etc., please consult with a medical professional in advance of fasting. If you are pregnant, do not fast -- you are welcome to abstain from activities such as shopping, video games, social media, and TV.

Pray about the kind of fast you should undertake. Before you fast, decide the following upfront: How you will fast – water only, water and juice, fruits and vegetables throughout the day or eat one healthy meal at the end of the day; sunup to sundown (6AM-6PM), to 12 Noon or 3PM, two-three days a week, several weeks, etc. Whatever you decide, try to discipline yourself for the entire 21 days (Beginners should start slowly, building up to longer fasts.) Consider what activities you will restrict and how much time you will devote to prayer and the word.

## First 3 Days

(Regular/Normal Fast -- Only Water (and 100% Juice or broth if needed for medical/health reasons).

**Day 4-21 Daniel Fast** (Fruits & Vegetables, & Whole Grains, Water & 100% Juice - if needed) **OR You can do a Normal Fast but eat only one light/healthy meal a day** (Meat is allowed, but it is suggested to avoid red meat or a lot of beef -- try fish, chicken, turkey; avoid foods such as pizza, potatoes, pasta, sweets, sodas...).

**AFTER the first 3 days, if you choose the Daniel Fast, you can choose the following OPTIONS:**

- (1) You can eat fruit and vegetables throughout the day.
- (2) You can fast until 6PM and then have a meal of vegetables and fruit. If you are not quite ready to fast until 6PM or have medical concerns, you can fast until 3PM.
- (3) If you are NEW to fasting or have serious medical issues or are a teenager, you can fast until 12 NOON and then continue regular healthy meals.

On the Daniel Fast, AVOID meat, dairy, coffee, caffiene, sugar, sweets, soda, junk food, fast food, bread, pasta, fried foods, high fat foods, etc.

**AFTER the first 3 days, if you choose the Regular/Normal Fast, you can choose the following OPTIONS:**

- (1) You can fast until 6PM (OR 3 PM) and then have a regular meal (try to avoid red meat as it might be too hard on your system while fasting. (Limit red meat, sugar, sweets, soda, junk food, fast food, bread, pasta, fried foods, high fat foods, etc.)
- (2) If you are a youth or NEW to fasting or have serious medical issues, you can fast until 12:00 NOON and continue your normal meals.

**ADVANCED OPTION:** After Day 3, If you are experienced with fasting or feel led to go deeper, you can fast with NO food (water only/maybe broth or juice at mealtimes) for an extended time - - you can try a week at first and go from there. **Be led of the Lord because fasting done improperly can be dangerous.**

**NOTE TO PARENTS:** If you have young children, but you would like to train them: you may have them fast desserts and sodas and certain items for a certain time. You may also choose to restrict TV, video games, and social media for a certain time. Teenagers (who understand what fasting is) can fast one meal and abstain from the above mentioned activities.

### **Important Tips:**

- (1) Pray at least 3 times a day. (If you feel weak, pray!)
- (2) Read your Bible and meditate as much as you can. (Try to seek the Lord through the word in the morning, on your lunch, and in the evening.)
- (3) Limit TV, social media, video games, unnecessary shopping, excessive talking, etc. during this time also.
- (4) **DRINK PLENTY OF WATER** (6-8 glasses each day) Toxins are being released from your body, and the water will help with that process.
- (5) If you choose an absolute fast, please remember that fasting without prayer and without being led of God can be dangerous -- because **fasting without prayer and without being led of God is just going without eating**, please pray and ask God what type of fasting you should be doing.
- (6) The Daniel Fast is a healthy way of eating; however, please consult your physician about the Daniel Fast (plant-based eating) if you still have concerns.

### **Why 21 Days of Prayer and Fasting?**

Whether you're brand new to fasting or have practiced it before, 21 days of prayer and fasting is one of the most powerful spiritual rhythms a Christian can engage in. Throughout Scripture, fasting is consistently linked with intimacy with God, spiritual clarity, repentance, humility, and breakthrough. This guide was created to help you understand what biblical fasting is, why Christians fast, and how you can participate in a healthy, God-honoring way—spiritually and physically.

### **What About Fasting Social Media or Activities?**

Scripture encourages abstaining from activities for spiritual devotion (see 1 Corinthians 7:5), but **biblical fasting specifically refers to food**. That said, fasting food and **abstaining from distractions** like social media, TV, extra shopping or entertainment can significantly deepen your focus on God.

**The Daniel Fast is taken from Daniel 10:3 and is ideal for a 21-day season.**

### **What You Eat**

- Vegetables
- Fruits
- Legumes (beans, lentils)
- Whole grains
- Nuts and seeds
- Water

### **What You Avoid**

- Meat
- Dairy
- Sugar and sweeteners
- Bread and refined grains

**This fast is simple, biblical, and sustainable—perfect for 21 days of prayer and fasting. The Purpose of Fasting:**

Fasting helps you:

- Draw closer to God
- Pursue spiritual breakthrough
- Strengthen discipline
- Resist fleshly cravings
- Seek healing or restoration
- Refocus worship and prayer

Fasting is one of the Spirit's tools for strengthening and transforming grace in our lives. This spiritual practice is a gift from God meant to grow us and draw us into a deepening relationship with Him. If you do not already know this power and the importance of fasting, here are some insights drawn from God's Word and personal experience to get you started:

- Fasting was an expected practice in both the Old and New Testament eras. For example, Moses fasted for at least two recorded 40-day periods. Jesus fasted 40 days and reminded His followers to fast. He said, "When you fast," not, "If you fast" (Matthew 6:16).
- Fasting and prayer can restore the loss of your "first love" for the Lord (Revelation 2:4) and result in a more intimate relationship with Christ.
- Fasting is a biblical way to truly humble yourself in the sight of God (Ezra 8:21). King David said, "I ... humbled myself with fasting" (Psalm 35:13, New International Version).
- Fasting enables the Holy Spirit to reveal your true spiritual condition, resulting in brokenness, repentance and a transformed life.
- Through fasting, the Holy Spirit will imprint God's Word deeper on your heart, and His truth will become more meaningful to you.
- Fasting can transform your prayer life into a richer and more personal experience.
- Fasting can result in a dynamic personal revival and make you a channel of life change to others.

### **SCRIPTURE REFERENCES FOR FASTING:**

Matthew 6:16-18, Matthew 9:14-15, Luke 18:9-14 RELATION TO PRAYER AND READING OF THE WORD: 1 Samuel 1:6-8, 17-18, Nehemiah 1:4, Daniel 9:3, 20, Joel 2:12, Luke 2:37, Acts 10:30, Acts 13:2 CORPORATE FASTING: 1 Samuel 7:5-6, Ezra 8:21-23, Nehemiah 9:1-3, Joel 2:15-16, Jonah 3:5-10, Acts 27:33-37

## **Preparing Spiritually:**

- Ask God to help you make a comprehensive list of your sins.
- Confess every sin that the Holy Spirit calls to your remembrance and accept God's forgiveness (1 John 1:9).
- Seek forgiveness from all whom you have offended, and forgive all who have hurt you (Mark 11:25; Luke 11:4; 17:3,4).
- Make restitution as the Holy Spirit leads you.
- Ask God to fill you with His Holy Spirit according to His command in Ephesians 5:18 and His promise in 1 John 5:14,15.
- Surrender your life fully to Jesus Christ as your Lord and Master; refuse to obey your worldly nature (Romans 12:1,2).
- Meditate on the attributes of God, His love, sovereignty, power, wisdom, faithfulness, grace, compassion, and others (Psalm 48:9,10; 103:1-8, 11-13).
- Begin your time of fasting and prayer with an expectant heart (Hebrews 11:6).
- Do not underestimate spiritual opposition. Satan sometimes intensifies the natural battle between body and spirit (Galatians 5:16,17).

## **Preparing Physically**

- Although fasting is primarily a spiritual discipline, it begins in the physical realm. You should not fast without specific physical preparation.
- If you plan on fasting for several days, you will find it helpful to begin by eating smaller meals before you abstain altogether.
- Resist the urge to have that "last big feast" before the fast.
- Cutting down on your meals a few days before you begin the fast will signal your mind, stomach, and appetite that less food is acceptable.
- Some health professionals suggest eating only raw foods for two days before starting a fast.
- It is also recommended to start weaning yourself off caffeine and sugar products to ease your initial hunger or discomfort at the early stages of your fast.

## **During the Fast**

- Limit your activity.
- Exercise only moderately. Walk one to three miles each day if convenient and comfortable. Rest as much as your schedule will permit.
- Prepare yourself for temporary mental discomforts, such as impatience, crankiness, and anxiety.
- Expect some physical discomfort, especially on the second day. You may have fleeting hunger pains, dizziness, or the "blahs." Withdrawal from caffeine and sugar may cause headaches. Physical annoyances may also include weakness, tiredness, or sleeplessness.

During your fast, you may have your struggles, discomforts, spiritual victories, and failures. In the morning you may feel like you are on top of the world, but by evening you may be wrestling with the flesh-sorely tempted to raid the refrigerator and counting how many more days are left in your fast. To counteract temptations like these, take extra time with the Lord. in the process, always keep on sipping water or juice frequently during your waking hours.

### **Break the Fast Gradually (Especially if you are doing a full or complete fast.)**

Gradually, return to regular eating with several small snacks during the first few days. Start with a little soup and fresh fruit such as watermelon and cantaloupe. Advance to a few tablespoons of solid foods such as raw fruits and vegetables or a raw salad and baked potato.

### **Expect Results**

If you sincerely humble yourself before the Lord, repent, pray, and seek God's face; if you consistently meditate on His Word, you will experience a heightened awareness of His presence (John 14:21). The Lord will give you fresh, new, spiritual insights. Your confidence and faith in God will be strengthened. You will feel mentally, spiritually, and physically refreshed. You will see answers to your prayers.

A single fast, however, is not a spiritual cure-all. Just as we need fresh infillings of the Holy Spirit daily, we also need new times of fasting before God. A 24-hour fast each week has been greatly rewarding to many Christians.

It takes time to build your spiritual fasting muscles. If you fail to make it through your first fast, do not be discouraged. You may have tried to fast too long the first time out, or you may need to strengthen your understanding and resolve. As soon as possible, undertake another fast until you do succeed. God will honor you for your faithfulness.

Be encouraged to continue fasting and prayer again and again until we truly experience revival in our homes, our churches, our beloved nation, and throughout the world.

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## **Day 1 – Consecration and Surrender**

**Devotional:** The journey of prayer and fasting begins with surrender. Before asking God to move in our circumstances, we present ourselves to Him. Consecration is the act of setting ourselves apart—mind, body, and spirit—for God's purposes. As we surrender control, we make room for transformation.

### **Prayer Points:**

- Surrender every area of your life to God
- Ask God to cleanse your heart and renew your mind
- Commit these 21 days fully to the Lord

**Scriptures:** Romans 12:1–2; Psalm 51:10; Joel 2:12–13

## **Day 2 – Hunger for God and Spiritual Renewal**

**Devotional:** Fasting awakens spiritual hunger. As physical appetites are reduced, spiritual desire increases. Ask God to deepen your longing for His presence and to refresh your spiritual life.

### **Prayer Points:**

- Pray for renewed passion for God
- Ask for spiritual sensitivity and discernment
- Pray against complacency and spiritual dryness

**Scriptures:** Matthew 5:6; Psalm 42:1–2; Isaiah 40:31

## **Day 3 – Filling and Fresh Infilling of the Holy Spirit**

**Devotional:** The Christian life cannot be lived by human strength alone. We need the ongoing work and filling of the Holy Spirit for power, guidance, and holiness. God desires to fill His people afresh.

### **Prayer Points:**

- Ask for a fresh infilling of the Holy Spirit
- Pray for boldness, power, and spiritual gifts
- Pray for sensitivity to the Spirit's leading

**Scriptures:** Acts 1:8; Ephesians 5:18; Luke 11:13

## **Day 4 – Guidance and Direction**

**Devotional:** God is a faithful guide. When we seek Him with humility, He promises to direct our paths. Use this day to bring decisions, plans, and uncertainties before the Lord.

### **Prayer Points:**

- Ask God for clarity and wisdom
- Pray for alignment with God's will
- Commit future plans to the Lord

**Scriptures:** Proverbs 3:5–6; James 1:5; Psalm 32:8

## **Day 5 – Personal Repentance and Heart Alignment**

**Devotional:** Repentance clears the way for deeper fellowship with God. Fasting helps reveal attitudes, habits, or sins that need correction. God's grace meets us when we humble ourselves.

### **Prayer Points:**

- Confess personal sins and shortcomings

- Ask God to realign your heart with His
- Pray for a clean conscience and renewed obedience

**Scriptures:** 1 John 1:7–9; Psalm 139:23–24; Isaiah 1:18

## **Day 6 – Prayer for the Local Church**

**Devotional:** The local church is God’s chosen instrument for ministry in the earth. Pray that your church will be spiritually strong, unified, and effective in fulfilling its God-given mission.

**Prayer Points:**

- Pray for spiritual growth and unity in the church
- Pray for increased membership and discipleship
- Pray that the church will impact its community

**Scriptures:** Acts 2:42–47; Ephesians 4:11–16; Matthew 16:18

## **Day 7 – Church Leadership and Vision**

**Devotional:** God places leaders in the church to shepherd His people. Leadership requires wisdom, integrity, courage, and spiritual strength. Today, lift up pastors and ministry leaders.

**Prayer Points:**

- Pray for pastors, ministers, and leaders
- Ask God for wisdom, protection, and endurance
- Pray for unity among leadership

**Scriptures:** Hebrews 13:17; 1 Timothy 2:1–2; Proverbs 11:14

## **Day 8 – Church Finances and Provision**

**Devotional:** God provides resources so His work can continue without hindrance. Financial stewardship and provision are spiritual matters. Pray for overflow and faithfulness.

**Prayer Points:**

- Pray for financial growth and stability for the church
- Pray for faithful stewardship
- Pray that every need will be met

**Scriptures:** Philippians 4:19; Malachi 3:10; 2 Corinthians 9:6–8

## **Day 9 – Church Ministries and Volunteers**

**Devotional:** Ministry happens through willing servants. Ask God to strengthen existing ministries and raise up new workers with servant hearts.

### **Prayer Points:**

- Pray for effectiveness of all ministries
- Pray for volunteers and workers
- Pray for creativity and anointing

**Scriptures:** 1 Corinthians 12:4–7; Colossians 3:23–24; Matthew 9:37–38

## **Day 10 – Church Members and Spiritual Growth**

**Devotional:** God desires mature believers who grow in faith, love, and obedience. Pray that every member will grow spiritually and walk in purpose.

### **Prayer Points:**

- Pray for spiritual maturity among members
- Pray for unity and love
- Pray for perseverance in faith

**Scriptures:** Colossians 1:9–10; Ephesians 3:16–19; Hebrews 6:1

## **Day 11 – Families and Marriages**

**Devotional:** Families are under great pressure in today's world. God desires strong marriages and healthy homes that reflect His love.

### **Prayer Points:**

- Pray for unity and peace in families
- Pray for marriages to be strengthened
- Pray for healing in broken relationships

**Scriptures:** Joshua 24:15; Ephesians 5:25; Psalm 127:1

## **Day 12 – Finances, Jobs, and Entrepreneurship**

**Devotional:** God cares about provision and purpose in our work. Pray for favor, wisdom, and integrity in finances and employment.

### **Prayer Points:**

- Pray for jobs and career opportunities
- Pray for entrepreneurs and business owners
- Pray for financial wisdom and freedom

**Scriptures:** Deuteronomy 8:18; Proverbs 10:22; Psalm 90:17

## **Day 13 – Children and Youth**

**Devotional:** Children and youth face spiritual battles at early ages. Pray for protection, identity in Christ, and godly influence.

### **Prayer Points:**

- Pray for salvation and spiritual growth
- Pray for protection and wisdom
- Pray for godly friendships

**Scriptures:** Proverbs 22:6; Psalm 91:11; Isaiah 54:13

## **Day 14 – Schools and Education**

**Devotional:** Schools shape minds and values. Pray for God's presence in schools, wisdom for educators, and safety for students.

### **Prayer Points:**

- Pray for teachers and administrators
- Pray for safety and peace in schools
- Pray for moral and spiritual guidance

**Scriptures:** James 3:17; Proverbs 2:6; Psalm 34:7

## **Day 15 – Communities and Cities**

**Devotional:** God cares deeply about communities. Pray that righteousness, peace, and justice will flourish where you live.

### **Prayer Points:**

- Pray for peace and safety
- Pray against violence and injustice
- Pray for revival in the community

**Scriptures:** Jeremiah 29:7; Proverbs 11:11; Matthew 5:14–16

## **Day 16 – Government and Leaders**

**Devotional:** Scripture calls believers to pray for those in authority. Pray that leaders will govern with wisdom, humility, and justice.

### **Prayer Points:**

- Pray for local, national, and global leaders
- Pray for righteous decisions
- Pray for peace among nations

**Scriptures:** 1 Timothy 2:1–2; Proverbs 21:1; Psalm 72:1–4

## **Day 17 – The Nation and the World**

**Devotional:** God is sovereign over all nations. Pray for revival, peace, and salvation around the world.

### **Prayer Points:**

- Pray for national repentance and healing
- Pray for global peace
- Pray for the advancement of the gospel

**Scriptures:** 2 Chronicles 7:14; Matthew 24:14; Psalm 46:9

## **Day 18 – The Lost and the Backslidden**

**Devotional:** God desires that none should perish. Today, intercede for those far from Him, believing for restoration and salvation.

### **Prayer Points:**

- Pray for salvation of the lost
- Pray for backsliders to return
- Pray for bold witnesses

**Scriptures:** Luke 15:7; 2 Peter 3:9; Romans 10:1

## **Day 19 – Protection and Spiritual Warfare**

**Devotional:** Believers are engaged in spiritual battle. God provides protection and authority through Christ.

### **Prayer Points:**

- Pray for spiritual protection
- Pray against deception and evil
- Pray for strength to stand firm

**Scriptures:** Ephesians 6:10–18; Psalm 91; 2 Thessalonians 3:3

## **Day 20 – God’s Provision and Power**

**Devotional:** God is our source. He supplies strength, wisdom, and power for every assignment He gives.

### **Prayer Points:**

- Pray for supernatural provision
- Pray for strength and endurance
- Pray for God’s power to be displayed

**Scriptures:** Isaiah 40:29–31; Philippians 4:13; Zechariah 4:6

## **Day 21 – Thanksgiving, Praise, and Commitment**

**Devotional:** End this fast with gratitude and renewed commitment. Praise seals what prayer has prepared.

### **Prayer Points:**

- Thank God for what He has done
- Praise Him for answered and future prayers
- Commit to ongoing prayer and obedience

**Scriptures:** Psalm 103:1–5; Philippians 1:6; Psalm 150

**Closing Encouragement:** As you complete these 21 days, continue to walk in obedience, expectancy, and faith. What God begins in consecration, He completes in power.

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