

**"I HUMBLE  
MYSELF  
WITH  
FASTING"  
PSALM  
69:10**

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.  
2 CHRON 7:14

**21  
DAYS**



**FASTING &  
PRAYER**

GARDEN CITY CHURCH

# WELCOME

**Thank you for partnering with us.**

You are stepping into 21 days that will revolutionize your Christian walk. You're choosing to set aside the noise, the clutter, and the hurry of life so you can pursue God with clarity and hunger. That choice alone places you in rare territory — the territory of those who encounter God deeply.

## THE BIBLICAL PATTERN

**Daniel 10:2-3, 12-13 (NASB)**

"In those days, I, Daniel, had been mourning for three entire weeks. I did not eat any tasty food, nor did meat or wine enter my mouth, nor did I use any ointment at all until the entire three weeks were completed."

Then he said to me, "Do not be afraid, Daniel, for from the first day that you set your heart on understanding this and on humbling yourself before your God, your words were heard... But the prince of Persia was withstanding me for twenty-one days; then behold, Michael... came to help me..."

***Daniel's fast was not a diet, a trend, or a seasonal practice — it was a cry of the heart. His hunger for God outweighed his hunger for comfort.***

# ARE YOU SATISFIED WITH YOUR RELATIONSHIP WITH GOD?



Many believers feel the desire for “more,” yet find themselves stalled by:

- Misaligned priorities
- Endless activities
- Mental fog or spiritual fatigue
- Constant commitments that steal attention
- Distractions that devour the day

If anything on that list hits home — good. You’re in the right place. Fasting removes the clutter so you can recover your spiritual clarity. Imagine your life if you went deeper, further, higher in the things of God.

***Imagine the strength, joy, freedom, and confidence that would define you.***

## FASTING: TOUCHING THE HEM OF HIS GARMENT

Let’s be honest — the moment someone hears fasting, the internal brakes slam. It sounds extreme, painful, archaic.

But what if fasting is one of the most powerful ways a believer can draw near to the heart of God?

If you knew fasting unlocked clarity, breakthrough, peace, and nearness to Christ — would you be willing to step in?

# JESUS EXPECTED FASTING, NOT SUGGESTED IT.

## **Jentezen Franklin puts it beautifully:**

*"In Matthew 6, Jesus gave us three duties of a believer: giving, praying, and fasting. He said 'When you give... when you pray... when you fast.' When all three operate in your life, you release the complete power of God. Could it be that prayer releases thirty-fold, prayer + giving releases sixty-fold, but when you pray, give, and fast — you experience a hundred-fold return?"*

**Fasting is normal Christianity.**

**It is not radical — it is biblical alignment.**

# WHAT IS FASTING?

From the Greek word *tsoom* - "to abstain from food" or "to put a hand over the mouth."

# BIBLICALLY, FASTING...

- Weakens dependence on physical comforts
- Heightens spiritual sensitivity
- Makes the soul “lean,” receptive, alert
- Reorders internal priorities
- Builds spiritual strength by lowering fleshly strength



## TYPES OF FASTS IN SCRIPTURE

### 1. Regular Fast

- No food; liquids only
- Example - Jesus (Matthew 4)

### 2. Partial Fast

- Restricting enjoyable or rich foods.
- Example: Daniel 10:2–3.
- Note: This is not the same as the modern “Daniel Fast.”
- Daniel’s dietary choice in Babylon (Daniel 1) was rooted in Mosaic Law, not a spiritual fast.

# LENGTHS OF BIBLICAL FASTS

Person	Reference	Duration
Moses	Ex. 34:28	40 days
Jesus	Matt. 4	40 days
Elijah	1 Kings 19	40 days
Daniel	Dan. 10	21 days
David	2 Sam. 12	7 days
Esther & Israel	Esther 4	3 days
Cornelius	Acts 10	Midday/partial

## What does fasting do?

1. Humbles Us Before God – Chronicles 7:14
2. Weakens the Flesh / Strengthens the Spirit – 2 Corinthians 4:16, Joel 2:12, Philippians 3:3

**Fasting brings your soul into alignment with God's voice.**

## What happened when Daniel fasted?

Daniel saw warfare in the unseen realm. And God responded. Four things were released by his fast:

1. God heard his prayers immediately.
2. Opposition rose up – fasting disrupts darkness
3. Understanding and revelation came.

**Fasting does not make God love you more.  
It positions you to hear Him more clearly.**

# REMEMBER THIS:

- We do not fast to get something from God
- We fast to give God our attention, affection, and surrender
- We fast to remove noise so God may speak
- We fast to realign with heaven's agenda
- We fast because we are hungry for Him



As we enter 2026, God is calling us back to the center — back to focus, purity, and spiritual vitality.

Will you fast, pray, and seek God's face with me?

—Pastor Aaron Rios

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# DAY 1

## Devote Your Fast

Scripture – NASB

### Joel 1:14

“Consecrate a fast, Proclaim a solemn assembly; Gather the elders  
And all the inhabitants of the land To the house of the LORD your God,  
And cry out to the LORD.”

### Lesson

Day One begins with surrender. Before you ask God for anything, you give Him everything. Consecration is separating your heart from what is common so God may fill it with what is holy. Repentance is not shame; it is realignment — the gift of returning to God with an undivided heart.

### Reflection Questions

What do I need to lay down as I begin this fast?

What area of my heart is the Spirit calling back into alignment?

What am I believing God to transform during these 21 days?

### Closing Prayer

Father, I consecrate this fast to You. Cleanse me, purify me, and make my heart ready. I repent of every distraction and sin, and I fix my eyes on You alone. Amen.

# DAY 2

## Thanksgiving, Praise, and Worship

Scripture – NASB

### Daniel 2:22–23

“It is He who reveals the profound and hidden things; He knows what is in the darkness, And the light dwells with Him. To You, O God of my fathers, I give thanks and praise, For You have given me wisdom and power; Even now You have made known to me what we requested of You, For You have made known to us the king’s matter.”

### Lesson

Praise shifts your atmosphere. Thanksgiving breaks heaviness. Worship magnifies God above every circumstance. Daniel praised before the breakthrough fully unfolded, proving that gratitude is not a reaction — it’s a posture of faith.

### Reflection Questions

What blessings have I overlooked?  
How does gratitude change my spiritual focus?  
What can I intentionally praise God for today?

### Closing Prayer

Lord, I thank You for who You are and for all You have done. Stir a spirit of worship within me. Let Your presence fill my mind and heart today. Amen.

# DAY 3

## Strength & The Armor of God

Scripture – NASB

### Ephesians 6:10–18

“Finally, be strong in the Lord and in the strength of His might.

Put on the full armor of God, so that you will be able to stand firm against the schemes of the devil...”

(Full passage continues through verse 18 – NASB)

### Lesson

Strength in God is supernatural, not emotional. The armor of God equips you to stand against spiritual resistance. You are not fighting people — you are contending against darkness. Every piece of armor is essential, intentional, and powerful.

### Reflection Questions

Which part of the armor do I need to apply more intentionally today?

Where am I facing the greatest spiritual resistance?

What does “standing firm” look like for me right now?

### Closing Prayer

Lord, clothe me in Your armor. Strengthen me in Your might. Help me stand firm and alert against every scheme of the enemy. Amen.

# DAY 4

## Protection & Provision

Scripture – NASB

### Deuteronomy 31:6

“Be strong and courageous, do not be afraid or in dread of them, for the LORD your God is the One who is going with you. He will not desert you or abandon you.”

### 2 Thessalonians 3:3

“But the Lord is faithful, and He will strengthen and protect you from the evil one.”

### Lesson

God’s protection is not distant — it is deeply present. His provision is not limited to finances but includes strength, clarity, wisdom, endurance, and favor. Fasting realigns your dependence so you can recognize His faithfulness.

### Reflection Questions

What fear do I need to surrender today?

Where do I need God’s protection?

What provision am I believing God for?

### Closing Prayer

God, protect my mind, heart, family, and steps. Provide every need according to Your will. Strengthen me today. Amen.

# DAY 5

## Freedom, Deliverance & Victory

Scripture – NASB

### 1 John 4:4

“You are from God, little children, and have overcome them; because greater is He who is in you than he who is in the world.”

#### Lesson

Victory is not achieved — it is received. Christ’s power in you is greater than anything resisting you. Fasting breaks the grip of bondage, awakens spiritual authority, and restores alignment with truth.

#### Reflection Questions

What area in my life needs breakthrough?

What lies have I been believing?

What would walking in victory look like for me today?

#### Closing Prayer

Jesus, break every chain and silence every lie. Let Your victory fill my life today. Amen.

# DAY 6

## Vision & Focus

Scripture – NASB

### Ephesians 1:18

“I pray that the eyes of your heart may be enlightened, so that you will know what is the hope of His calling...”

#### Lesson

Fasting sharpens spiritual vision. Clarity replaces confusion. Insight replaces distraction. God desires to reveal purpose, identity, and direction — but you must create space to hear.

#### Reflection Questions

What area of my life needs clarity?

What has been stealing my focus?

What is God calling me toward?

#### Closing Prayer

Lord, open the eyes of my heart. Show me the hope of Your calling. Bring clarity, direction, and wisdom. Amen.

# DAY 7

## Advancement & Destiny

Scripture - NASB

### Philippians 3:13-14

"...forgetting what lies behind and reaching forward to what lies ahead, I press on toward the goal for the prize..."

#### Lesson

Spiritual advancement requires leaving behind what God has already forgiven and released. Destiny is ahead, not behind. Pressing forward is an act of faith and obedience.

#### Reflection Questions

What do I need to release from the past?

What promise is God calling me to pursue?

What practical step can I take to move forward?

#### Closing Prayer

Father, give me courage to move toward my destiny. Help me release the past and pursue the future You have prepared. Amen.

# DAY 8

## Family Salvation

Scripture - NASB

### Philippians 3:13-14

"...forgetting what lies behind and reaching forward to what lies ahead, I press on toward the goal for the prize..."

#### Lesson

Spiritual advancement requires leaving behind what God has already forgiven and released. Destiny is ahead, not behind. Pressing forward is an act of faith and obedience.

#### Reflection Questions

What do I need to release from the past?

What promise is God calling me to pursue?

What practical step can I take to move forward?

#### Closing Prayer

Father, give me courage to move toward my destiny. Help me release the past and pursue the future You have prepared. Amen.

# DAY 9

## Friends & Community Salvation

Scripture – NASB

### Philippians 3:13–14

“...forgetting what lies behind and reaching forward to what lies ahead, I press on toward the goal for the prize...”

#### Lesson

Spiritual advancement requires leaving behind what God has already forgiven and released. Destiny is ahead, not behind. Pressing forward is an act of faith and obedience.

#### Reflection Questions

What do I need to release from the past?

What promise is God calling me to pursue?

What practical step can I take to move forward?

#### Closing Prayer

Father, give me courage to move toward my destiny. Help me release the past and pursue the future You have prepared. Amen.

# DAY 10

## Freedom from Depression, Anxiety & Addiction

Scripture – NASB

### John 8:36

“So if the Son makes you free, you will be free indeed.”

#### Lesson

Freedom is the inheritance of every believer. Fasting exposes lies, breaks bondages, and strengthens the inner man. Christ sets captives fully free — not partially, not temporarily.

#### Reflection Questions

Where do I or someone I love need emotional or mental healing?

What lies fuel anxiety or shame?

How can I declare freedom over my life today?

#### Closing Prayer

Jesus, bring freedom to every area of bondage, addiction, fear, or oppression. You make me free indeed. Amen.



# DAY 11

## Unity in the Body of Christ

Scripture – NASB

### 1 Corinthians 1:10

“...that you all agree and that there be no divisions among you...”

### Colossians 3:13–14

“...Bearing with one another, and forgiving each other... Beyond all these things put on love, which is the perfect bond of unity.”

### Lesson

Unity is warfare against division. A united church is spiritually powerful. Forgiveness heals, love binds, and humility restores.

### Reflection Questions

Do I have unresolved conflict?

Where can I choose unity today?

How can I better reflect Christ’s love?

### Closing Prayer

Lord, unite Your people. Heal division, restore relationships, and cultivate love among us. Amen.

# DAY 12

## Revival

Scripture – NASB

### Psalm 85:6

“Will You not revive us again, So that Your people may rejoice in You?”

### 2 Chronicles 7:14

“...if My people who are called by My name humble themselves and pray...”

### Acts 3:19–20

“...so that times of refreshing may come from the presence of the Lord...”

### Lesson

Revival is God restoring life where there has been decline. It begins with repentance, humility, and hunger. True revival transforms hearts, homes, churches, and cities.

### Reflection Questions

What area of my heart needs awakening?

What would revival look like in my home or church?

Am I willing to be part of the answer?

### Closing Prayer

Lord, revive me again. Revive our church, our city, and our nation. Let Your presence bring refreshing and renewal. Amen.

# DAY 13

## Job, Work & Career

Scripture – NASB

### Ecclesiastes 9:10

“Whatever your hand finds to do, do it with all your might...”

### Proverbs 16:3

“Commit your works to the LORD, And your plans will be established.”

### Lesson

Your work is worship when surrendered to God. Excellence honors Him. Committing your labor to God invites His blessing, direction, and favor.

### Reflection Questions

What area of my work do I need to surrender?

Where do I need wisdom or direction?

How can I work “unto the Lord” today?

### Closing Prayer

Father, I commit my work to You. Establish my plans and bless the work of my hands. Amen.

# DAY 14

## Government & Leaders

Scripture – NASB

### 1 Timothy 2:1–2

“...entreaties and prayers, petitions and thanksgivings, be made on behalf of all people, for kings and all who are in authority...”

### Romans 13:1

“...there is no authority except from God...”

### Lesson

God commands us to pray for leaders, regardless of political preference. Prayer brings peace, stability, and spiritual covering over a nation.

### Reflection Questions

How often do I pray for leaders?

Where does my heart need alignment with Scripture?

How can I be a peacemaker?

### Closing Prayer

Lord, bless our leaders. Guide them with wisdom and integrity. Protect our nation and establish Your purposes. Amen.

# DAY 15

## Pastors & Church Leadership

Scripture – NASB

### 2 Timothy 2:15

“Be diligent to present yourself approved to God...”

### Jeremiah 3:15

“Then I will give you shepherds after My own heart...”

### Hebrews 13:7

“Remember those who led you, who spoke the word of God to you...”

### Lesson

Pastors pour out spiritually, emotionally, and physically. Your prayers strengthen their families, uplift their hearts, and protect their calling.

### Reflection Questions

How can I pray for my pastors today?

What blessings has their leadership brought into my life?

How can I honor their role?

### Closing Prayer

Father, strengthen my pastors. Refresh them, protect them, and anoint them to lead with wisdom and grace. Amen.

# DAY 16

## Provision

Scripture – NASB

### Matthew 7:11

“...how much more will your Father who is in heaven give good things to those who ask Him!”

### 2 Corinthians 9:8

“And God is able to make all grace overflow to you, so that... you will have an abundance for every good deed.”

## Lesson

Provision is not scarcity — it is sufficiency. God gives what you need for every good work. Trust replaces anxiety when you remember your Father’s goodness.

## Reflection Questions

Where do I need God to provide?

Have I fully trusted Him in this area?

What step of faith can I take?

## Closing Prayer

Lord, provide abundantly according to Your will. Let grace overflow so I may excel in every good work. Amen.

# DAY 17

## Healing

Scripture – NASB

### 1 Peter 2:24

“...for by His wounds you were healed.”

### Exodus 15:26

“...for I, the LORD, am your healer.”

### Psalms 147:3

“He heals the brokenhearted And binds up their wounds.”

## Lesson

God heals the body, the mind, and the heart. Healing is an expression of His nature and His compassion. Fasting stirs faith and expectancy for miracles.

## Reflection Questions

What area of my life needs healing?

Who am I interceding for today?

How can I believe God for a miracle?

## Closing Prayer

Jesus, heal my body, mind, and heart. Heal those I love. Let Your power bring restoration and renewal. Amen.

# DAY 18

## The Poor & Vulnerable

Scripture – NASB

### Galatians 6:2

“Bear one another’s burdens, and thereby fulfill the law of Christ.”

### Philippians 2:4

“...not looking out for your own personal interests, but also for the interests of others.”

### Lesson

Compassion is evidence of a fasted heart. When you lift the burdens of others, you reflect Christ. God calls His people to see, serve, and love the overlooked.

### Reflection Questions

Who around me needs encouragement or help?

How can I show Christ’s compassion today?

What burden can I help carry?

### Closing Prayer

Lord, give me Your heart for the broken. Help me carry others’ burdens with humility and love. Amen.

# DAY 19

## Missionaries & Global Workers

Scripture – NASB

### Romans 10:13–14

“...How then are they to call on Him in whom they have not believed?... And how are they to preach unless they are sent?”

### Lesson

Missionaries bring light into some of the darkest places of the world. Your prayers strengthen, protect, and empower them. You partner with their calling through intercession.

### Reflection Questions

1. Which missionaries can I pray for by name?

2. What nation is the Lord placing on my heart?

3. How can I support global ministry?

### Closing Prayer

Father, empower missionaries around the world. Protect them, provide for them, and fill them with boldness to preach Christ. Amen.

# DAY 20

## Schools, Students & Teachers

Scripture – NASB

### Proverbs 1:5

“A wise person will hear and increase in learning...”

### 2 Timothy 2:15

“Be diligent to present yourself approved to God...”

### Lesson

Schools shape the next generation. Students face unprecedented pressures. Teachers carry immense responsibility. Your prayers bring covering, clarity, and protection.

### Reflection Questions

Who in education can I pray for today?

What breakthrough do our schools need?

How can I be a light to students or educators?

### Closing Prayer

Lord, bless our schools. Protect our students. Strengthen our teachers. Let truth, wisdom, and righteousness flourish. Amen.

# DAY 21

## Thanksgiving & The Holy Spirit

Scripture – NASB

### Acts 1:5

“...you will be baptized with the Holy Spirit not many days from now.”

### Acts 2:4

“And they were all filled with the Holy Spirit...”

### Acts 11:16

“...‘John baptized with water, but you will be baptized with the Holy Spirit.’”

### Jude 1:20

“But you, beloved, building yourselves up on your most holy faith, praying in the Holy Spirit...”

### Lesson

The conclusion of a fast is not an ending — it's an infilling. Today we thank God for all He has done and open our hearts to the Holy Spirit's empowering presence. The fast prepares the vessel; the Spirit fills it.

### Reflection Questions

What has God done in me during these 21 days?

What new hunger has awakened in me?

How can I continue walking in this momentum?

### Closing Prayer

Holy Spirit, fill me afresh. Empower me with boldness, wisdom, and grace. Thank You for everything You have done in these 21 days. Amen.



# **CONGRATU LATIONS, YOU COMPLETED THE FAST!**

MAY THE LORD STRENGTHEN YOU, GUIDE YOU, AND  
CONTINUE THE WORK HE BEGAN IN THESE 21 DAYS.