

21 Days of Prayer and Fasting - Igniting 2026

21 Days of Prayer and Fasting: Drawing Closer to God in 2026

Introduction to Fasting


As we step into 2026, our church community is embarking on a powerful journey together: 21 days of prayer and fasting, starting after lunch on Sunday, January 4, and concluding as we break the fast together after church on January 25 with a soup potluck and testimony sharing. This time is dedicated to seeking a fresh move of God in our church and neighborhoods. We believe that by intentionally setting aside what fills us daily, we make space for God's presence, guidance, breakthroughs, healing, and revival.

Last week, Pastor Sandy shared a timely and powerful message on fasting as a Kingdom Discipline that humbles us, breaks worldly routines and invites fresh revelation, victory and intimacy with God.

As she emphasized:

1. The reward is His presence. There is nothing more valuable on this planet than an intimate relationship with Him.
2. Fasting isn't about manipulating God or legalism—it's obedience and surrender, where we depend on Him as our sustenance (Romans 12:1 – offering our bodies as living sacrifices).
3. Corporate fasting multiplies strength and unity, creating "rivers of healing, deliverance, victory, and cleansing" across our lives and community.

Watch the full message for encouragement as you prepare:

 AZ Vineyard Church Service 12-28-25

Overview

Fasting, at its core, is abstaining from something that typically satisfies or occupies us, creating room to draw nearer to God. While food fasts are common—such as full abstinence from food, avoiding meat (like a Daniel Fast focusing on vegetables, fruits, whole grains, and water), eliminating carbs/sugars/caffeine, or liquids only—fasting can also involve non-food items like entertainment, social media, TV, video games, or other distractions. Jesus Himself assumed fasting for His followers, teaching in Matthew 6:16-18 that it's a private act of devotion rewarded by the Father who sees in secret, and in Matthew 6:33 to seek God's kingdom first so all needs are met.

Fasting isn't about earning favor but realigning our priorities to His priorities. It heightens sensitivity to the Holy Spirit, fosters humility, amplifies prayer, and prepares us for God's movement—personally and corporately.

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Key Considerations for Your Fast

Approach this prayerfully and practically, building on Pastor Sandy's guidance:

1. **Set Your Objective:** Ask, "Why am I fasting?" Seek the Holy Spirit to clarify your purpose—breakthrough, healing, direction for 2026, revival in our neighborhoods, or deeper intimacy.
2. **Make Your Commitment:** Decide on your fast type through prayer, then commit firmly. Options include skipping meals, liquid-only, Daniel fast, or non-food fasts. Start slow if new—perhaps one or two meals a day. Pre-planning combats temptations.
3. **Prepare Spiritually:** Invite God in. Use this for repentance, forgiveness, and surrender. Fasting humbles us and reminds us of our dependency on God. Clear spiritual blockages so nothing impedes intimacy.
4. **Prepare Physically:** Consult your doctor, especially with medications or conditions. Ease in by reducing caffeine/sugars prior to the fast. Hydrate well; listen to your body. The goal is intimacy with Jesus, not sickness.
5. **Schedule It Intentionally:** Replace "filler" time with prayer, Bible reading, and worship. Use meal times for quiet with God or journaling revelations. Without scheduling, it risks becoming just a diet.
6. **Expect Results:** God honors dedicated time. Anticipate deeper closeness, answered prayers, fresh vision, healing, deliverance, and victory—and capture them in your journal or a notebook.

"One person fasting is powerful, but when a group fasts together, it multiplies strength." Let's believe for revival in 2026!

Weekly Themes for Focus

Three themed weeks provide structure for personal reflection, scheduled prayer times, group intercession, and Scripture meditation. Use these as a resource for our collective prayer and intercession during your daily devotion.

Week 1: Presence and Repentance (January 4–10)

Summary: Ground yourself in God's presence through humility, surrender, and spiritual cleansing. This is the foundation—clearing hindrances so you can hear and encounter Him clearly. Spend extra time in worship (e.g., soaking in praise music), allowing the Holy Spirit to search your heart. Focus on repentance: confess known sins, forgive those God brings to mind (Matthew 6:14-15), seek reconciliation where possible, and surrender areas of control or distraction. As Pastor shared, fasting humbles us and reminds us of total dependency on God (Romans 12:1).

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Key Scriptures: Psalm 51 (create in me a clean heart); Isaiah 58:6-9 (true fasting loosens chains); Matthew 6:16-18 (private devotion rewarded openly).

Prayer Focus: Personal renewal, humility before God, forgiving others, and inviting His presence daily. Journal revelations and any areas God highlights for change.

Week 2: Breakthrough and Guidance (January 11–17)

Summary: Build on your cleansed heart by pressing in for breakthrough, direction, healing, and victory. Shift to intercession—listening for God's voice and praying strategically for needs (personal, family, church, neighborhoods). Expect God to reveal insights, open doors, and move supernaturally, as in the sermon's examples: Cornelius received revelation through fasting/prayer (Acts 10), and Jehoshaphat's corporate fast brought victory without a battle (2 Chronicles 20). "One person fasting is powerful; together, it multiplies strength for revival."

Key Scriptures: Matthew 7:7-8 (ask, seek, knock); Acts 10 (revelation and breakthrough); 2 Chronicles 20 (humility leading to victory); Matthew 6:33 (seek first the kingdom).

Prayer Focus: Wisdom for 2026 decisions, healing (physical/emotional/spiritual), open doors, family restoration, church unity, and neighborhood impact. Record answered prayers or fresh direction in your notebook.

Week 3: Renewal and Vision (January 18–25)

Summary: Embrace restoration, fresh strength, and forward momentum as the fast concludes. Celebrate God's faithfulness so far, allow Him to renew your passion and vision, and pray for sustained revival into the year. This week builds anticipation for the corporate breaking of the fast (soup potluck and testimonies)—position yourself to carry the intimacy and breakthroughs forward boldly. As Joel prophesies, fasting with wholehearted return leads to restoration; God does immeasurably more (Ephesians 3:20).

Key Scriptures: Joel 2:12-17 (return to God with fasting for restoration); Ephesians 3:20 (exceedingly abundantly above all we ask); Isaiah 40:31 (renewed strength like eagles).

Prayer Focus: Sustained revival in the church and neighborhoods, unity, bold steps in 2026, gratitude for God's presence, and vision for personal/church mission. Prepare testimonies of what God has shown/done.

Resources

- Book: [Fasting by Jentezen Franklin](#)
- Spiritual Growth - [Fasting](#)
- [Bible App](#) - Search/Fasting - For studies during your fast
- Sandy's Sermon: <https://youtu.be/y5rZEv5Fhoo>

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21-Day Fasting Summary

January 4 (after lunch) – January 25 (after church – soup potluck & testimonies)

What is Fasting?

Abstaining from fillers (food, media, distractions) to draw closer to God (Matt. 6:16-18). It's a kingdom discipline of humility & surrender—believe for revival in our church & neighborhoods!

Pastor Sandy:

"The reward is His presence. There is nothing more valuable than an intimate relationship with Him." Corporate fasting multiplies strength for breakthrough, healing, & victory!

Steps to Prepare:

1. Set objective & commit (pray what to fast from—e.g., Daniel fast, liquids, media). Start slow!
2. Prepare spiritually (repent, forgive) & physically (consult doctor).
3. Schedule prayer time; replace fillers with God's Word & journaling insights. Expect His presence!

Weekly Themes:

- Wk 1: Presence & Repentance (Jan 4–10) Humble heart, repent, forgive, worship deeply. (Ps. 51; Matt. 6:16-18)
- Wk 2: Breakthrough & Guidance (Jan 11–17) Seek direction, healing, victory; intercede boldly. (Matt. 7:7-8; Acts 10; 2 Chron. 20)
- Wk 3: Renewal & Vision (Jan 18–25) Celebrate restoration; pray for revival & bold 2026 steps. (Joel 2:12-17; Eph. 3:20)

Resources:

- Book: *Fasting* by Jentezen Franklin.
- Bible App: Search "Fasting."
- Sermon: <https://youtu.be/y5rZEv5Fhoo>

Join us—become who you hang with: Jesus! Pray & invite your family.