



FUELED FOR THE MISSION

21DAYS
PRAYER & FASTING GUIDE



WHY WE PRAY AND FAST TOGETHER

Prayer and fasting are essential because God's mission requires God's fuel. We cannot carry out what God has called us to do running on our own strength. As a church, we are adhering to the Mission called Operation Reach, and before we can reach out effectively, we must first be fueled properly. These 21 days are about positioning ourselves before God so God can shape our hearts and strengthen us for what lies ahead.

During these 21 days, we are learning to stop depending on ourselves and start depending fully on God. Throughout the fast, we will be challenged to live out Operation Reach in practical ways. We will reach up through prayer and worship, acknowledging that our help comes from the Lord. We will reach in, allowing God to purge us and prepare us. And we will reach out, opening our eyes to the people God has placed around us and responding with obedience. We are doing this together because there is power in unity. When a church prays and fasts together, God moves in ways that do not happen in isolation.





WHAT IS THE DANIEL FAST?

The Daniel Fast is a Bible-based fast in which people intentionally give up choice foods in order to seek God with greater focus through prayer. This fast is inspired by the prophet Daniel found in Daniel 1 and Daniel 10:3, who chose to avoid “choice food,” meats, and wine, and instead ate vegetables and fruits while he humbled himself before God. His decision was about spiritual dependence on God and obedience.

The Daniel Fast creates space for prayer by removing distractions and comforts we often rely on daily. It helps us become more aware of God’s presence and more sensitive to His voice. Every hunger pang becomes a reminder to pray. Every craving becomes an invitation to depend on God. As we fast, we are trusting God to fuel us for the mission ahead. We believe these 21 days will prepare us to walk boldly and live out the mission in 2026.





THREE WAYS TO PARTICIPATE IN THE FAST

We recognize that everyone's health, schedule, and spiritual journey are different. Choose the option that allows you to fully engage while honoring your body and your commitment to God.

OPTION 1: FULL DANIEL FAST

- Eat only approved foods (vegetables, fruits, etc.- see table) for the full 21 days.
- Drink water and pure juices.
- This option is observed 24 hours a day.

OPTION 2: PARTIAL DANIEL FAST

- Fast daily from 7:00 a.m. to 7:00 p.m.
- During those hours, eat only approved foods (vegetables, fruits; see table) for 21 days.
- Outside of those hours eat modestly and intentionally (do not over-indulge).

OPTION 3: MODIFIED FAST

- Sacrifice at least one food item for the entire 21 days.
- Examples include sweets, meats, soda, fast food, or caffeine.
- Choose something you enjoy so it represents a true sacrifice.

Whatever option you choose, commit to it prayerfully and consistently for 21 days.

21 DAYS

PRAYER & FASTING GUIDE

FOODS YOU MAY EAT

WHOLE GRAINS AND NUTS

Brown Rice	Oats	Barley	Nuts	
------------	------	--------	------	--

LEGUMES

Dried Beans	Pinto Beans	Split Peas	Lentils	Black Eye Peas
-------------	-------------	------------	---------	----------------

ALL FRUITS

Apples	Apricots	Bananas	Blackberries	Blueberries
Boysenberries	Cantaloupes	Cherries	Cranberries	Dates
Figs	Grapefruits	Grapes	Guava	Honeydew
Melon	Kiwi	Lemons	Limes	Mangoes
Nectarines	Papayas	Peaches	Pears	Pineapples
Plums	Prunes	Raisins	Raspberries	Strawberries

ALL VEGETABLES

Artichokes	Asparagus	Beets	Broccoli	Brussels Sprouts
Cabbage	Carrots	Cauliflower	Celery	Chili Peppers
Corn	Cucumbers	Eggplant	Garlic	Gingerroot
Kale	Leeks	Lettuce	Mushrooms	Mustard Greens
Okra	Onions	Parsley	Potatoes	Radishes
Rutabagas	Scallions	Spinach	Sprouts	Squash
Sweet Potatoes	Tomatoes	Turnips	Watercress	Yams
Zucchini				

LIQUIDS (No Sparkling or Flavored Water)

Bottled Water or Tap Water	100% Fruit Juices	100% Vegetable Juices	Honey	Pure Olive Oil for cooking/sautéing
----------------------------	-------------------	-----------------------	-------	-------------------------------------

SEASONINGS

Herbs and Powders	Seasonings	Salt and Pepper		
-------------------	------------	-----------------	--	--

FOODS TO AVOID

All Meats	White Rice	Fried Foods	Caffeine	Carbonated Drinks
Foods Containing Preservatives or Additives	White Flour and products using it	Margarine or Butter	Shortening	High Fat Products
All Breads	All Candy	Desserts	Milk or Eggs	Cream Sauces





“FUELED FOR THE MISSION” DEVOTIONAL

21DAYS
PRAYER & FASTING GUIDE



WELCOME TO 21 DAYS THAT WILL FUEL YOU FOR THE MISSION GOD HAS CALLED YOU TO FULFILL.

These 21 days are about positioning yourself to be fueled by the right source so you can go the distance in 2026. Operation Reach is our commitment to reach up for power, reach in for purging and preparation, and reach out with purpose. We recognize that we cannot fulfill this mission in our own strength. We need to be fueled by God's Word and empowered by God's Spirit. Over the next three weeks, you will be challenged to fast, pray, and engage in daily “Operation Reach” Actions” that will move you from information to transformation. Each week focuses on a different dimension of Operation Reach with daily readings that connect to our Sunday sermon series.

Each day includes:

- Primary Scripture - Your “main focus” passage
- Reference Scripture - Additional reading for deeper study
- Theme - The daily focus
- Meditation - A short reflection to guide your thoughts
- Prayer Focus - What to pray for specifically
- “Operation Reach” Action- A concrete action step to apply what you have learned to fulfill the mission.



WEEK 1

**OPERATION REACH EMPHASIS:
REACH UP**

**THEME:
“What's Fueling You?”**

**ANCHOR TEXT:
LUKE 4:1-13**

WEEK ONE EMPHASIS:
Before God sends us to fulfill the mission, He tests what will fuel our obedience when pressure comes.

21 DAYS

PRAYER & FASTING GUIDE

Monday, January 5th

Theme: “Filled Before Led”

Primary Scripture: Luke 4:1

Reference Scripture: Zechariah 4:6

Meditation: Jesus was FULL before He was LED. He didn't attempt to navigate the wilderness in His own strength. The Spirit filled Him first, then directed His steps. Too many of us are attempting to fulfill God's mission on the fumes of our own willpower. But you can't run on empty and expect to go the distance. Before God can lead you, He must fill you.

Prayer Focus: Ask God to fill you with His Holy Spirit today. Surrender any areas where you've been running on your own strength instead of His power.

“Operation Reach” Action: “Reach Up” by intentionally surrendering your day to the Holy Spirit in prayer before you take control of it. Acknowledge out loud your dependence on God and pause before any major decision today to ask for His direction instead of relying on your instincts.

21 DAYS

PRAYER & FASTING GUIDE

Tuesday, January 6th

Theme: “Wilderness as Preparation”

Primary Scripture: Luke 4:1-2

Reference Scripture: James 1:2-4

Meditation: God intentionally allowed Jesus to face testing because the wilderness would fuel Him for the mission ahead. Your wilderness season is evidence that God is preparing you. The enemy wants to use the wilderness to destroy you, but God wants to use it to develop you.

Prayer Focus: Thank God for the wilderness seasons you've faced. Ask Him to use every test to make you stronger and more dependent on Him.

“Operation Reach” Action: “Reach Up” by intentionally bringing your wilderness situation (current or past) before God in prayer. Instead of complaining about it, thank God for it. Then journal one specific way God may be shaping your character and deepening your faith.

21 DAYS

PRAYER & FASTING GUIDE

Wednesday, January 7th

Theme: “Armed with Scripture”

Primary Scripture: Luke 4:3-4

Reference Scripture: Ephesians 6:17;
Hebrews 4:12

Meditation: The Word of God is your weapon, but you can't use a weapon you don't carry. You can't quote Scripture you haven't internalized and memorized. This is why daily Scripture reading matters. When the enemy attacks, you need the ammunition of God's Word.

Prayer Focus: Ask God to give you a hunger for His Word so that you will always be prepared to respond to temptation and attacks with God's Word.

“Operation Reach” Action: “Reach Up” by using God's Word as your first response today. Declare Luke 4:4 aloud whenever the temptation to break the fast arises.

21 DAYS

PRAYER & FASTING GUIDE

Thursday, January 8th

Theme: “Undivided Devotion”

Primary Scripture: Luke 4:5-8

Reference Scripture: Exodus 20:3-5; Matthew 6:24

Meditation: The devil's most dangerous temptations offer shortcuts. He offered Jesus the kingdoms without the cross. All Jesus had to do was bow. But Jesus knew that worship and devotion to God was not negotiable. What are you bowing to? If anything is receiving the worship that belongs to God alone, it's time to cast it down.

Prayer Focus: Confess any area where something or someone has taken God's place in your life. Recommit your worship to God alone.

“Operation Reach” Action: “Reach Up” by intentionally removing one distraction that competes for your worship. Replace that time with focused prayer and praise, declaring God alone as your highest priority.

21 DAYS

PRAYER & FASTING GUIDE

Friday, January 9th

Theme: “Don’t Test God”

Primary Scripture: Luke 4:9–12

Reference Scripture: Deuteronomy 6:16;
Psalm 37:3–5

Meditation: Many times, we test God without realizing it. We move ahead without prayer and expect God to cover us. We ignore Scripture and ask God to bless our choices anyway. We confuse presumption with faith and impatience with boldness. Jesus shows us a better way. He refuses to manipulate God and chooses obedience instead. He trusts the Father without forcing a demonstration.

Prayer Focus: Ask God to reveal any areas where you may be testing Him instead of trusting Him. Pray for a heart that obeys God’s Word without demanding signs, guarantees, or special confirmations.

“Operation Reach” Action: “Reach Up” by surrendering control to God today. Ask yourself, “Am I trusting God, or am I testing Him?” Choose obedience over impulse and let God lead rather than rushing ahead.

21 DAYS

PRAYER & FASTING GUIDE

Saturday, January 10th

Theme: "The Enemy Will Return"

Primary Scripture: Luke 4:13

Reference Scripture: 1 Peter 5:8-9; Ephesians 6:10-13

Meditation: The devil left Jesus, but only for a season. He was waiting for another opportune time. Victory in one battle doesn't mean the war is over. The enemy is patient and is strategically waiting for your guard to drop. This is why you can't live off past victories or coast on yesterday's breakthrough. You need fresh strength and fresh encounters with God every single day.

Prayer Focus: Ask God to help you stay spiritually alert and prepared. Pray for discernment to recognize when the enemy is setting a trap.

"Operation Reach" Action: "Reach Up" by strengthening your spiritual alertness through prayer. Ask God to reveal areas where your guard may be down and commit to developing a daily spiritual rhythm that will help you remain anchored beyond this fast.

21 DAYS

PRAYER & FASTING GUIDE

Sunday, January 11th

Theme: “Power for Purpose”

Primary Scripture: Luke 4:14-15

Reference Scripture: Acts 1:8; 2 Timothy 1:7

Meditation: Jesus went into the wilderness full of the Spirit and returned in the POWER of the Spirit. That's what these 21 days are preparing you for. God is calling you to come out stronger than when you started this journey to live out the mission in 2026.

Prayer Focus: Thank God for fueling you through this first week. Ask Him to position you for the mission while giving you clarity about where He's sending you.

“Operation Reach” Action: “Reach Up” by thanking God for how He has fueled you this week and asking Him to empower you for what lies ahead. Pray specifically for clarity of purpose and boldness to live out the mission in the coming days.



WEEK 2

**OPERATION REACH EMPHASIS:
REACH IN**

**THEME:
“Emptied to Be Filled”**

**ANCHOR TEXT:
Isaiah 58:1–11**

WEEK TWO EMPHASIS:
Before God fills us with His power, He empties us of religion that serves self instead of others.

21 DAYS

PRAYER & FASTING GUIDE

Monday, January 12th

Theme: “Beyond Religious Ritual”

Primary Scripture: Isaiah 58:1-5

Reference Scripture: Matthew 6:16-18

Meditation: God called out Israel for going through the motions while their hearts remained unchanged. God is not impressed by religious activity that is void of transformation. True fasting empties you of self so God can fill you with His heart for others.

Prayer Focus: Ask God to search your heart. Confess any ways you've practiced religion without transformation. Pray that this fast would produce real change.

“Operation Reach” Action: “Reach In” by honestly examining your heart before God. Ask Him to reveal any habits of religious routine without transformation. Write down one area where your actions look spiritual, but your heart has resisted change, then surrender that area to God in prayer.

21 DAYS

PRAYER & FASTING GUIDE

Tuesday, January 13th

Theme: “Breaking Bondage”

Primary Scripture: Isaiah 58:6

Reference Scripture: Luke 4:18-19; Galatians 5:1

Meditation: God wants to use you as a chain-breaker. But you can't break chains in others if you're still bound yourself.

Prayer Focus: Ask God to reveal any chains holding you back from His purpose. Pray for courage to break free and compassion to help others do the same.

“Operation Reach” Action: “Reach In” by naming one internal chain that has limited your obedience. Confess it honestly to God and pray specifically for freedom in that area. Then, intentionally pray for someone you know who is struggling with spiritual bondage, asking God to bring the same freedom into their life.

21 DAYS

PRAYER & FASTING GUIDE

Wednesday, January 14th

Theme: “Sacrificial Generosity”

Primary Scripture: Isaiah 58:7

Reference Scripture: Matthew 25:35-40;
1 John 3:17-18

Meditation: When you deny yourself, you become sensitive to those who have no choice but to go without. Fasting positions you to be used by God to meet needs. God is calling you to move from awareness to action.

Prayer Focus: Ask God to break your heart for what breaks His. Pray for eyes to see needs and courage to meet them.

“Operation Reach” Action: “Reach In” by asking God to shape your heart toward sacrificial generosity. Pray honestly about any resistance you feel when it comes to giving or serving. Then, today, do one intentional act of compassion. Let your fast move from private devotion to public demonstration in a way that reflects God’s heart for others.

21 DAYS

PRAYER & FASTING GUIDE

Thursday, January 15th

Theme: “The Promise of Breakthrough”

Primary Scripture: Isaiah 58:8

Reference Scripture: Psalm 37:5-6

Meditation: Notice that obedience precedes breakthrough. We want blessing without sacrifice. But God is saying, “Do it My Way, and watch what I do.” Fasting creates space for God to move by emptying you so God can fill you.

Prayer Focus: Ask God for breakthrough in specific areas but also ask Him to reveal any disobedience blocking your breakthrough.

“Operation Reach” Action: “Reach In” by responding to God’s instruction with obedience. Ask God to show you one clear act of obedience you have delayed. Decide today to obey fully and without negotiation.

21 DAYS

PRAYER & FASTING GUIDE

Friday, January 16th

Theme: "The Presence of God"

Primary Scripture: Isaiah 58:8-9

Reference Scripture: Deuteronomy 31:6;
Psalms 23:4

Meditation: When you align with God's heart, God's presence becomes undeniable. He goes before you and guards you from behind.

Prayer Focus: Thank God that He is near, even when you don't feel Him. Ask Him to help you recognize His presence and respond to His voice.

"Operation Reach" Action: "Reach In" by creating intentional space to listen for God's voice. Sit quietly before Him without distraction. Simply be present and receptive, trusting that God meets surrendered hearts.

21 DAYS

PRAYER & FASTING GUIDE

Saturday, January 17th

Theme: "Restorer and Repairer"

Primary Scripture: Isaiah 58:10-12

Reference Scripture: Ezekiel 36:33-36

Meditation: God is calling you to be a repairer and restorer. But you can't rebuild if you're still broken yourself. This week has been about allowing God to restore you and rebuild you so you can do the same for others.

Prayer Focus: Ask God to use you as a repairer and restorer. Pray for specific broken areas in your life that need God's rebuilding power.

"Operation Reach" Action: "Reach In" by inviting God to heal what is broken within you. Ask Him to reveal any unresolved wounds or bitterness. Then take a step toward restoration by forgiving someone who hurt you or initiating reconciliation where possible. Begin rebuilding what has been broken with humility and obedience.

21 DAYS

PRAYER & FASTING GUIDE

Sunday, January 18th

Theme: "Continual Guidance"

Primary Scripture: Isaiah 58:11

Reference Scripture: John 7:37-39

Meditation: This is what happens when you fast God's way. You become like a well-watered garden in a desert. God has been reaching in to purify and prepare you. Now God is ready to empower you.

Prayer Focus: Thank God for His continual provision and guidance. Ask Him to make you a source of refreshment to others like a spring that never fails.

"Operation Reach" Action: "Reach In" by Reflecting on week two. Write down two ways God has changed you through fasting. Prepare your heart for week three by asking "God, who are You calling me to reach for You?"



WEEK 3

**OPERATION REACH EMPHASIS:
REACH OUT**

THEME:

“Empowered to Shake the World”

ANCHOR TEXT:

Acts 4:23–31

WEEK THREE EMPHASIS:

**God empowers His people to shake
the world when we pray with bold
faith rooted in His Sovereignty.**

21 DAYS

PRAYER & FASTING GUIDE

Monday, January 19th

Theme: “Instinctive Prayer”

Primary Scripture: Acts 4:23-24

Reference Scripture: Philippians 4:6-7

Meditation: What's your first response when pressure comes? Do you panic? Call a friend? Do you Spiral into anxiety? Or do you pray? The early church teaches us that when trials come, our first move should be toward God.

Prayer Focus: Ask God to make prayer your instinct. Pray that when trials come, your first move would be toward God.

“Operation Reach” Action: “Reach Out” by pausing to pray immediately when pressure or stress arises today, then intentionally pray for one person who does not know Christ. Ask God to open a door to engage that lost person and be attentive to any opportunity God places in front of you.

21 DAYS

PRAYER & FASTING GUIDE

Tuesday, January 20th

Theme: "God's Sovereignty"

Primary Scripture: Acts 4:24

Reference Scripture: Psalm 146:5-10

Meditation: The early church began their prayers by acknowledging God's Sovereignty. When you pray understanding that God has all authority and controls all things, it changes how you see your problems. The way you address God reveals what you believe about God.

Prayer Focus: Spend time today declaring who God is before presenting your requests. Remind yourself that the God you serve is sovereign and in control.

"Operation Reach" Action: "Reach Out" when starting your prayer by listing at least five attributes of God (Faithful, Powerful, Omnipresent, Merciful, Eternal). Let your awareness of who God is shape your confidence in praying for the Lost.

21 DAYS

PRAYER & FASTING GUIDE

Wednesday, January 21st

Theme: “Praying God's Word”

Primary Scripture: Acts 4:25-26

Reference Scripture: 1 John 5:14-15

Meditation: The early church prayed God’s Word reminding God of what He said and asked Him to fulfill it. When you pray Scripture, you're praying God's Will with authority. This is why daily Scripture reading matters. The more Scripture you know, the more powerful your prayers become.

Prayer Focus: Find a Scripture that speaks to your situation and pray it back to God with bold confidence.

“Operation Reach” Action: “Reach Out” by praying a specific promise of Scripture over someone in your life who needs God’s truth. Then share that Scripture with them directly through a conversation or text as a way of speaking God’s Word into their situation.



Thursday, January 22nd

Theme: "Praying for Boldness"

Primary Scripture: Acts 4:29-30

Reference Scripture: Joshua 1:9

Meditation: The early Church asked God to change them so they could face circumstances with courage. Bold prayer asks for strength to obey God no matter what.

Prayer Focus: Ask God for boldness and courage to obey Him even when it's hard.

"Operation Reach" Action: "Reach Out" by identifying one area where fear has kept you silent about your faith. Ask God for boldness, then take one courageous step today by sharing your faith with the person you have been praying for even if it feels uncomfortable.

21 DAYS

PRAYER & FASTING GUIDE

Friday, January 23rd

Theme: “Empowered for the Mission”

Primary Scripture: Acts 4:31

Reference Scripture: Acts 1:8

Meditation: In Acts 4:31, the filling of the Holy Spirit led directly to bold witness. During these 21 days of prayer and fasting, God has been fueling you with His Spirit and strengthening your faith so that you can step into the world with authority. Now is the moment to move from being filled to being sent.

Prayer Focus: Pray for boldness to speak God’s Word and live His Mission without compromise.

“Operation Reach” Action: “Reach Out” by personally inviting the person you have been praying for to church. Let them know you’ve been praying for them and that you would love for them to experience what God is doing in Beulahland.

21 DAYS

PRAYER & FASTING GUIDE

Saturday, January 24th

Theme: "Power in Unity"

Primary Scripture: Acts 4:32

Reference Scripture: Matthew 18:19-20

Meditation: When the church prayed in unity, God responded with power. They went out and turned the world upside down. United prayer moves God. This is why these 21 days matter. When we pray collectively as a unified body, we are positioning ourselves to witness the miraculously Power of God.

Prayer Focus: Pray for unity in Beulahland Bible Church. Ask God to align hearts and remove anything causing division.

"Operation Reach" Action: "Reach Out" by contacting a fellow church member to pray with them. Don't just pray for them but pray with them for the lost person they are trying to reach.

21 DAYS

PRAYER & FASTING GUIDE

Sunday, January 25th

Theme: "Mission Activated"

Primary Scripture: Acts 4:33

Reference Scripture: Acts 2:42-47; Matthew 28:18-20

Meditation: The early church didn't just pray and go home. They testified boldly and demonstrated God's grace practically. That's "Operation Reach." Reaching up to be empowered. Reaching in to be purged. Reaching out to lead the lost to the Lord. You've spent three weeks reaching up and in. Now it's time to reach out.

Prayer Focus: Thank God for what He's done in you over these 21 days. Ask Him to sustain the spiritual momentum and keep you focused on fulfilling the mission throughout the year.

"Operation Reach" Action: "Reach Out" by committing to walk with the person you invited beyond these 21 days. Pray about one intentional way you will continue to minister to them.