

2026



Freewill Missionary Baptist Church

21-DAYS OF PRAYER & FASTING DEVOTIONAL

A PRAYING CHURCH IS A POWERFUL CHURCH
JANUARY 4TH – 24TH



Like Prayer and Bible reading, Fasting is one of the spiritual disciplines of followers of Jesus. Biblical Fasting takes not only a great deal of discipline, rather it takes a unique level of strength ... strength which you can only receive from God as you seek him daily during your Fast.

When you give God your first through Fasting, Prayer and Giving at the beginning of the year, you set the course for the entire year. **This is why Freewill is engaging in a 21-Day Fast starting January 4, 2026, and concluding on January 24, 2026.**

Each Freewill member and friend is asked to join us as we take part in what is commonly known as the ***“Daniel Fast”*** or another Sacrificial Fast that is appropriate for you. The Daniel Fast requires that we abstain from certain foods or activities as a means to denying our flesh and drawing closer to God. Our desire is to know God’s perfect Will for our lives. Beyond abstaining from specific foods and activities, we will gather each morning at **7:00 am** for Empowerment Prayer! ***Dial (727) 731-7356***

The information following will answer many of your questions about Fasting.

What is Prayer and Fasting?

Prayer is connecting with God; Fasting is disconnecting ourselves from the World. Biblical Fasting is, very simply, denying oneself for the sake of seeking and honoring God. Fasting allows us to deny our flesh as we gain a response from the Spirit of God.

How should I prepare to fast?

If you are sacrificing food or committing to the Daniel Fast, it’s smart to plan ahead and make sure you’ll have plenty of the fruits and vegetables on hand. We have provided in this guide, a list of nutritious foods that you can enjoy while on the Daniel Fast.



Why should I fast?

Over time, it's very easy for our souls (*mind, will and emotions*) to become full of junk. Fasting is a way to give our bodies and our souls a deep cleansing. When we do, we find that not only do we feel better, but as we draw closer to God, we are more in tune with His voice. Some reasons to Fast include:

- ❖ When you desire a deeper, more meaningful and intimate relationship with God?
- ❖ When you desire to know God's will and design for your life?
- ❖ Whenever you're seeking a fresh spiritual encounter?
- ❖ If you need breakthrough for a particular area or areas of your life?
- ❖ If you need healing or a miracle?
- ❖ When you need to break away from bondages or curses that have had you bound?
- ❖ If there is a loved one or friend in need of salvation?
- ❖ When there's a loved one or friend in need of God's tender touch for their life?

What to Expect?

The main thing to remember is don't make this time all about what you give up. Most importantly, this time is about drawing closer to God!

When you participate in the Daniel Fast, your body detoxifies, eliminating toxins from your system. This can cause mild discomfort, such as headaches and irritability, during withdrawals from caffeine and sugars. If you suffer these discomforts, **STAY THE COURSE!** Naturally, you will have hunger pains. Limit your activity and exercise moderately. Take time to rest. Fasting brings about miraculous results. You are following Jesus' example when you fast. Spend time replacing common distractions such as TV and social media with praying often throughout the day, reading your Bible, listening to Praise & Worship and setting your heart and mind to seeking God's face.



***** NOTE *****

***If you have health issues and/or are concerned
about your physical ability to participate in this fast, we
encourage you to consult your physician for guidance.***

The Daniel Fast Food List

- All fruit – fresh, frozen, dried, juiced, or canned. *(try to stay away from most acidic fruits)*
- All vegetables – fresh, frozen, dried, juiced, or canned.
- All whole grains – amaranth, barley, brown rice, oats, quinoa, millet, and whole wheat.
- All nuts & seeds – almonds, cashews, macadamia nuts, peanuts, pecans, pine nuts, walnuts, pumpkin seeds, sesame seeds, and sunflower seeds; unsweetened almond milk. Nut butters are also included.
- All legumes – canned or dried; black beans, black eyed peas, cannellini beans, garbanzo beans (chickpeas), great northern beans, kidney beans, lentils, pinto beans, and split peas.
- All quality oils – avocado, coconut, grapeseed, olive, peanut, sesame, and walnut.
- Beverages– distilled water, filtered water, and spring water.
- Other – unsweetened almond milk, coconut milk, rice milk, or soy milk; herbs, spices, salt, pepper, unsweetened coconut flakes, seasonings, Bragg's Liquid Aminos, soy products, and tofu.

Foods to Avoid on the Daniel Fast

- All meat & animal products – bacon, beef, buffalo, eggs, fish, lamb, poultry, and pork.
- All dairy products – butter, cheese, cream, milk, and yogurt.
- All sweeteners – agave nectar, artificial sweeteners, brown rice syrup, cane juice, honey, molasses, raw sugar, syrups, stevia, and sugar.
- All leavened bread & yeast – baked goods and Ezekiel bread (if it contains yeast and honey).
- All refined & processed food products – artificial flavorings, chemicals, food additives, preservatives, white flour, and white rice.
- All deep-fried foods – corn chips, French fries, and potato chips.
- All solid fats – lard, margarine, and shortening.
- Beverages – alcohol, carbonated drinks, coffee, energy drinks, and tea.



DAY – 1 / JANUARY 4TH

Recenter Your Heart

James 4:8 –

Draw near to God,
and He will draw near to you

Thought to Consider:

Every new season begins with a decision: What will be the center of my life? Drifting from God never happens in a moment, it happens gradually, subtly, quietly. But returning to Him is always deliberate. Fasting is more than abstaining; it is the holy act of re-centering, of turning your gaze away from the noise of life and fixing it back on the One who anchors your soul. God never moves away from us. But He waits for the moment when we turn our hearts toward Him with full intention. And when we do, Scripture guarantees: He responds.

Action Steps

One:

Spend 5–10 minutes reflecting on what has quietly pulled your heart off center (fear, busyness, grief, ambition, disappointment) and name it before God.

Two:

Write a short personal declaration beginning with: “*Lord, I return to You with my whole heart ...*”.

Three:

Create a daily practice (*quiet time, Scripture meditation, journaling*) that will help you remain centered throughout this 21-day journey.

Prayer:

Father, I turn my heart intentionally toward You. Pull me back from every place where my attention has wandered. Reorient my desires, reorder my priorities, and restore my focus. As I draw near to You, draw near to me with clarity, peace, and renewed spiritual strength. In Jesus Name ... Amen



DAY – 2 / JANUARY 5TH

Renew Your Mind

Romans 12:2 –

**Be transformed
by the renewing of your mind.**

Thought to Consider:

Transformation begins where truth replaces lies, where Scripture replaces assumptions, and where God's voice becomes louder than culture, fear, and past experiences. Your mind is the battleground where victory is either won or surrendered. God does not simply want to improve your life, He wants to renew your thinking, reshape your perspective, and align your inner world with His eternal truth. When your mind is renewed, peace increases, anxiety decreases, faith rises, and spiritual clarity becomes your norm. A renewed mind is not a one-time experience, it is the daily work of allowing God's Word to wash over you until your thoughts reflect His heart.

Action Steps

One:

Identify one recurring thought that does not align with God's truth (fear, scarcity, insecurity, or negativity) and confront it with Scripture.

Two:

Memorize one verse today that counters that unhealthy pattern of thinking.

Three:

Ask the Holy Spirit to reveal why certain thoughts have had power over you; He will show you the root so renewal can begin.

Prayer:

Lord, renew my mind with Your Word. Replace every lie with Your truth, every fear with Your promises, and every anxious thought with Your peace. Transform the way I think so that my life reflects Your wisdom and not my worries. Make my mind a place where faith flourishes. In Jesus Name ... Amen



DAY – 3 / JANUARY 6TH

Choose Unity

Ephesians 4:3 –

Make every effort
to keep the unity of the Spirit.

Thought to Consider:

Unity is not accidental, it is intentional. It is not simply the absence of conflict; it is the presence of love, humility, patience, and spiritual maturity. Unity is powerful because it aligns us with the heart of Jesus, who prayed that His followers “*may be one*.” When a church, family, or community walks in unity, God’s power flows freely, His favor rests heavily, and His blessings multiply. Division drains strength, but unity amplifies it. In this season, God is not just calling you to walk with people, He is calling you to walk in oneness, refusing to let offense, pride, immaturity, or misunderstanding fracture what the Spirit is trying to build.

Action Steps

One:

Ask God to reveal any area of hidden tension, offense, or distance between you and another person, and commit to addressing it with humility.

Two:

Speak a blessing over your church family and leadership ... unity is strengthened through intentional words of life.

Three:

Encourage at least one person today; unity grows when we actively build one another up.

Prayer:

Father, make me an instrument of unity. Remove every trace of pride, offense, or selfishness in me. Give me a heart that loves deeply, forgives freely, and pursues harmony faithfully. Help me contribute to the unity of my church, my family, and every place You’ve called me to serve. In Jesus Name ... Amen



DAY – 4 / JANUARY 7TH

Walk In Agreement

Amos 3:3 –

Can two walk together,
unless they are agreed?

Thought to Consider:

Agreement is not just about shared opinions, it is about shared direction. When God calls us into relationship, He calls us into alignment with His will and with one another. Agreement requires humility, maturity, and a willingness to listen. When two or more people walk in agreement, they create spiritual harmony, the kind that invites God's presence and attracts supernatural results. Agreement is powerful because it eliminates division and positions us for momentum. Walking in agreement does not require that we think alike, but that we move alike, under the same spiritual authority and toward the same spiritual purpose.

Action Steps

One:

Ask God to reveal one area where your heart is not fully aligned with His will, then intentionally respond through worship, surrender, or prayer until your spirit is brought back into alignment.

Two:

Pray intentionally for unity within your church, family, or ministry team, asking God to heal fractures, soften hearts, and align everyone with His purpose.

Three:

Choose one relationship where you will pursue peace and clarity today by initiating a conversation, extending grace, or releasing an offense.

Prayer:

Lord, align my heart with Your will and align my steps with Your purpose. Help me walk in agreement with Your Word and with those You've placed in my life. Remove anything that creates discord and lead me into Godly unity. In Jesus Name ... Amen



DAY – 5 / JANUARY 8TH

Cultivate Spiritual Hunger

Psalm 42:2 –

**My soul thirsts
for God, for the living God.**

Thought to Consider:

Spiritual hunger is the birthplace of spiritual encounter. God fills those who desire Him, pursues those who long for Him, and responds to those who seek Him with sincere hunger. Hunger is a sign of spiritual life, the evidence that your soul recognizes it was made for more than this world can offer. During a fast, hunger takes on a different shape: it becomes focus. It becomes longing. It becomes an invitation for God to fill your life with fresh revelation and renewed passion. To hunger for God is to acknowledge that nothing else satisfies, and nothing else should.

Action Steps

One:

Spend intentional time seeking God today beyond routine prayer, allowing desire for Him to rise above distractions.

Two:

Identify one habit or distraction that dulls your spiritual appetite and intentionally remove or limit it for the remainder of the fast.

Three:

Read Psalm 42 slowly and prayerfully, allowing the words to awaken longing for God's presence.

Prayer:

Father, deepen my hunger for You. Awaken every part of me that has grown dull or complacent. Let my thirst for Your presence overwhelm every lesser desire. Fill me with more of You. In Jesus Name ... Amen



DAY – 6 / JANUARY 9TH

Silence the Noise

Psalm 23:2-3 –

He restores my soul;
He leads me beside still waters.

Thought to Consider:

Noise is the enemy of clarity. We live in a world saturated with voices; opinions, news cycles, pressures, demands; all of them wrestling for attention. But God often speaks in stillness. The more noise we tolerate, the harder it becomes to discern God's whisper. Silence is not empty, it is sacred. It is the space where God begins to quiet our fears, calm our anxieties, and restore our focus. When we silence the noise around us, we make room for the voice of God within us.

Action Steps

One:

Turn off unnecessary media for a portion of the day, creating space for spiritual attentiveness.

Two:

Spend 5–7 minutes with God in quiet, reflective stillness resisting the urge to speak and simply resting in His presence.

Three:

Write down what you sense God impressing on your heart, trusting that clarity often follows stillness.

Prayer:

Lord, quiet every external and internal voice that competes with Yours. Lead me beside still waters where my soul can breathe, rest, and recover. Teach me to hear You clearly. In Jesus Name ... Amen



DAY – 7 / JANUARY 10TH

Seek God's Strategy

James 1:5 –

If any of you lacks wisdom, let him ask of God...

Thought to Consider:

Before God gives instruction, He often gives insight. God does not simply bless movement, He blesses obedience, and obedience requires clarity. Throughout Scripture, whenever God moved His people into a new assignment, He provided a divine strategy. What you need this year is not more effort, it is more direction. When we ask God for wisdom, we are not begging; we are responding to His invitation. His strategy removes confusion, eliminates wasted time, and positions us for supernatural success. Your next season will require God's voice more than your own understanding.

Action Steps

One:

Bring one specific decision or concern before God, asking Him for wisdom rather than rushing toward your own solution.

Two:

Write down any Scripture, insight, or direction you sense God revealing during prayer.

Three:

Choose to wait patiently, trusting that God's timing and strategy are always purposeful.

Prayer:

God, reveal Your strategy for my life. Lead me with clarity, wisdom, and understanding. Help me not to run ahead of Your voice but to wait for Your direction. Align my steps with Your design. In Jesus Name, Amen



DAY – 8 / JANUARY 11TH

Strengthen Your Stand

Ephesians 6:10 –

Be strong in the Lord
and in the power of His might.

Thought to Consider:

Spiritual maturity is revealed not only by how well you walk, but by how well you stand. Standing is not passive, it is an act of spiritual resistance, a refusal to let the enemy push you back into fear, doubt, or weariness. Some seasons require movement, but others require endurance. To stand strong is to plant your feet in God's Word and refuse to be shaken by emotion, circumstance, or opposition. You stand because God stands with you. You stand because God strengthens you. And you stand because the ground beneath you is holy, God-prepared ground.

Action Steps

One:

Identify one area where pressure, fear, or weariness has challenged your faith, and lift it before God honestly.

Two:

Speak a strengthening Scripture aloud, declaring God's power over that situation.

Three:

Affirm your trust in God by declaring, ***"I will stand firm in the strength of the Lord."***

Prayer:

Father, fortify my spirit. Strengthen my resolve, deepen my courage, and steady my steps. Help me stand in Your power and not my own. In Jesus Name ... Amen



DAY – 9 / JANUARY 12TH

Submit Your Will

Psalm 143:10 –

Teach me to do
Your will, for You are my God ...

Thought to Consider:

Submission is the doorway to elevation. God cannot bless what we refuse to surrender. If your will remains central, frustration will follow; but when God's will becomes central, peace becomes your portion. Submission is not losing control, it is placing control in safer hands. Jesus modeled submission in Gethsemane when He prayed, "Not My will..." Even the Son of God bowed before the will of the Father. If Jesus surrendered, so must we. Submission is the soil where obedience grows and where destiny develops.

Action Steps

One:

Identify one desire, plan, or outcome you have been holding tightly, and name it before God.

Two:

Pray sincerely, "Lord, not my will, but Yours be done," releasing control.

Three:

Consciously place the outcome in God's hands, choosing trust over anxiety.

Prayer:

God, I surrender my will to Yours. Bend my desires toward Your heart. Lead me in the path that pleases You and give me peace in trusting Your plan. In Jesus Name ... Amen



DAY – 10 / JANUARY 13TH

Walk in Spiritual Alignment

Psalm 119:133 –

Order my steps in Your Word ...

Thought to Consider:

Alignment is the spiritual posture that brings stability, clarity, and momentum. When your life is aligned with God's Word, confusion loses power, fear loses grip, and distraction loses influence. God is a God of order, and when your heart, habits, and priorities reflect His order, you begin to walk in supernatural rhythm. Spiritual misalignment creates unnecessary battles, but alignment unlocks grace, ease, and flow. Putting God first is not a motto, it is a structure that shapes your entire year.

Action Steps

One:

Examine your daily rhythms to identify where God has been crowded out and acknowledge it honestly.

Two:

Adjust one habit, schedule, or priority today to reflect God-first living.

Three:

Commit to beginning each day with prayer or Scripture, anchoring your life in God's order.

Prayer:

Lord, align my life with Your Word. Bring order where there has been disorder and clarity where there has been confusion. Make my steps steady and established in You. In Jesus Name ... Amen.



DAY – 11 / JANUARY 14TH

Guard Your Connections

Proverbs 27:17 –

As iron sharpens iron, so a man sharpens the countenance of his friend.

Thought to Consider:

God often advances us through people, and the enemy often attacks us through people. Every relationship in your life carries influence. Some sharpen you, while others dull your spiritual edge. Some push you toward destiny, while others pull you away from it. Guarding your connections doesn't mean closing your heart; it means cultivating wisdom. Discernment is one of the greatest gifts God can give you in a season of elevation. You must know who to walk with, who to correct with grace, who to hold close, and who to release. Healthy spiritual connections bring strength, accountability, encouragement, and protection.

Action Steps

One:

Evaluate your current relationships: who sharpens you, drains you, or distracts you?

Two:

Pray for courage to strengthen godly connections and loosen unhealthy ones.

Three:

Intentionally reach out to someone who helps you grow spiritually.

Prayer:

Father, thank You for the people You've placed in my life. Give me wisdom to recognize relationships that strengthen me and courage to release the ones that do not. Surround me with those who sharpen my spirit and help me become who You've called me to be. In Jesus Name ... Amen



DAY – 12 / JANUARY 15TH

Stand as One Body

Romans 12:4-5 –

For just as each of us has one body
with many members ... so in Christ we,
though many, form one body.

Thought to Consider:

The church is not a building, it is a living body with every part divinely placed. No part is insignificant, and no part is self-sufficient. Unity is not uniformity; it is harmony. When each member functions in their God-given assignment, the whole body thrives. Standing as one body requires humility, spiritual maturity, and a shared understanding that we need one another. The enemy knows the strength of a united church, which is why he works tirelessly to create division. But when we stand as one body, fueled by one Spirit, anchored in one Lord, our impact becomes undeniable.

Action Steps

One:

Pray specifically for unity among
your church family, asking God
to bind hearts together in love.

Two:

Ask God where He wants
you to serve or contribute
this year.

Three:

Offer encouragement to
someone who faithfully
serves, affirming their role in
God's work.

Prayer:

Lord, make us one body. Strengthen our unity, deepen our love, and align our gifts. Use each of us to contribute to the health of the whole. Help us stand together in purpose, passion, and mission. In Jesus Name ... Amen



DAY – 13 / JANUARY 16TH

Build Together

Nehemiah 4:6 –

So we built the wall ...
for the people had a mind to work.

Thought to Consider:

Anything God builds in the earth, He builds through people who are united in purpose. Nehemiah did not rebuild the wall alone, the people worked side by side, each fulfilling their assigned section. The work was sacred because the unity was strong, and the unity was strong because the vision was shared. In every church and ministry, God calls people to build together, to serve, support, and strengthen the vision He has entrusted. The enemy fears a unified people with a unified mind, because unity produces momentum and momentum produces miracles.

Action Steps

One:

Ask God how your gifts and availability can serve the church's vision, listening with openness.

Two:

Identify one ministry or project you can help strengthen.

Three:

Pray for cooperation and humility among leaders and volunteers, strengthening collective effort.

Prayer:

Father, give us a mind to work together. Unite our hearts, strengthen our hands, and use our efforts to build something that brings glory to Your name. Help me take my place in what You are constructing. In Jesus Name ... Amen



DAY – 14 / JANUARY 17TH

Break Every Barrier

Ephesians 2:14 –

For He Himself is our peace,
who has broken down in His flesh
the dividing wall of hostility.

Thought to Consider:

Barriers exist in the natural, but they begin in the heart. Walls of fear, shame, offense, insecurity, or unforgiveness can separate us from God, from others, and even from our own spiritual growth. But the Good News is this: Jesus is a wall-breaker. He demolishes strongholds, tears down division, restores relationships, and heals the inner fractures that keep us spiritually stuck. When God breaks a barrier, He clears the path for unity, healing, and breakthrough. You cannot carry old walls into a new season, they must come down.

Action Steps

One:

Ask God to reveal any emotional or spiritual barrier that limits your freedom and invite Him to begin His healing work in that area today.

Two:

Spend time in prayer declaring that Christ is your peace, trusting Him to dismantle walls you cannot remove on your own.

Three:

Choose one Scripture about freedom or healing and meditate on it, allowing God's truth to reshape your perspective.

Prayer:

Lord, break every wall in me that hinders Your work. Tear down fear, remove offense, dissolve insecurity, and destroy every barrier that keeps me from walking in unity and purpose. Make room for healing and new beginnings. In Jesus Name ... Amen



DAY – 15 / JANUARY 18TH

Believe Bigger

Ephesians 3:20 –

Now to Him who is able to do exceedingly abundantly above all that we ask or think ...

Thought to Consider:

Faith requires imagination, the ability to believe that God can do what you've never seen. Small belief produces small expectations, but big faith positions you for God-sized results. Believing bigger is not wishful thinking; it is spiritual alignment with the God who has no limits. When your belief grows, your prayers expand, your vision stretches, and your courage increases. What if this is the year God wants to do something in you and through you that defies your imagination? Big miracles often begin with big faith.

Action Steps

One:

Present a bold prayer request to God today, trusting His ability rather than your limitations.

Two:

Reflect on a past moment when God exceeded your expectations and thank Him for His faithfulness.

Three:

Speak words of faith aloud, affirming that God is able to do more than you imagine.

Prayer:

Lord, help me to be faithful as You are faithful. Strengthen my devotion and keep me steadfast in Your will (Hebrews 10:23). Let my actions reflect a commitment to serve You wholeheartedly and trust in Your plans. In Jesus Name ... Amen



DAY – 16 / JANUARY 19TH

Protect the Vision

Habakkuk 2:2 –

Write the vision and make it plain...

Thought to Consider:

Every God-given vision will face God-opposing resistance. The moment God reveals a plan for your life, the enemy launches a plan of distraction. The purpose of distraction is not to make you stop loving God, it is to make you stop pursuing what God showed you. Vision must be guarded with focus, prayer, discipline, and intentionality. Protecting the vision means protecting what God spoke. It means refusing to let fear, fatigue, opinions, or busyness dilute your obedience. What God placed in you is worth defending.

Action Steps

One:

Spend time revisiting a vision or promise God has given you, asking Him to renew your clarity and confidence.

Two:

Pray specifically for focus and spiritual discipline, inviting God to guard your heart against distraction.

Three:

Encourage the leaders of your church, affirming your support of the vision God has entrusted to them.

Prayer:

Lord, guard the vision You've entrusted to me. Strengthen my focus, protect my purpose, and give me discipline to walk out what You have revealed. Keep my heart aligned with Your direction. In Jesus Name ... Amen



DAY – 17 / JANUARY 20TH

Walk in Holy Boldness

2 Timothy 1:7 –

For God has not given us a spirit of fear, but of power, love, and a sound mind.

Thought to Consider:

Boldness is not loudness, it is clarity. It is conviction. It is obedience without hesitation. Holy boldness is the courage to do what God says even when you feel inadequate. It is the willingness to step out of comfort zones, confront fears, and embrace the assignments God places before you. Boldness comes from knowing who sent you, who strengthens you, and who walks with you. God is not calling you to arrogance, He is calling you to courageous obedience. The world needs what God placed inside you.

Action Steps

One:

Ask God to strengthen your courage in areas where fear has limited your obedience.

Two:

Meditate on a Scripture that reminds you of God's power and presence, allowing it to replace fear with confidence.

Three:

Act boldly in one situation today, trusting God to guide your steps as you move forward.

Prayer:

God, give me holy boldness. Remove fear, strengthen my resolve, and empower me to walk confidently in the assignments You've placed before me. Make me bold in faith and humble in spirit. In Jesus Name ... Amen



DAY – 18 / JANUARY 21ST

Release a Unified Sound

Acts 4:24 –

When they heard this, they raised their voices together in prayer to God

Thought to Consider:

There is a sound heaven responds to, the sound of unified prayer. When God's people lift their voices together, spiritual atmospheres shift. Walls fall. Chains break. Clarity comes. The early church moved in power because they prayed with one voice, worshiped with one voice, and believed with one voice. A unified sound is not about volume but agreement. When unity is present, spiritual strength is multiplied. Your individual voice matters, but your voice joined with others creates a sound the enemy cannot ignore.

Action Steps

One:

Spend intentional time today lifting your voice in prayer, expressing dependence and trust in God.

Two:

Engage in worship through music or spoken praise, offering God thanksgiving and honor.

Three:

Pray for unity within your church body, asking God to align hearts and strengthen relationships.

Prayer:

Lord, unify our voices in prayer, worship, and faith. Let our collective sound rise before You as a fragrance of unity. Release power, breakthrough, and clarity as we seek You together. In Jesus Name ... Amen



DAY – 19 / JANUARY 22ND

Set Your Hope

Hebrews 6:19 –

We have this hope
as an anchor for the soul ...

Thought to Consider:

Hope is not optimism, it is spiritual stability. Optimism is based on circumstances, but hope is based on God's character. Hope keeps you grounded when emotions fluctuate, when seasons shift, and when outcomes are uncertain. Hope anchors the believer because hope believes God will do what He said, even when nothing around you looks like what He promised. In a time of fasting, God often restores hope, the hope to dream again, believe again, try again, and move forward again.

Action Steps

One:

Reflect on a promise of God that strengthens your confidence in Him, allowing hope to steady your heart.

Two:

Choose to replace discouraging thoughts with gratitude, thanking God for what He is already doing.

Three:

Share a word of encouragement with someone, pointing them toward hope rooted in Christ.

Prayer:

Father, anchor my hope in You. Steady my emotions, strengthen my heart, and remind me that Your promises are sure. Restore hope where it has faded and increase faith where it has weakened. In Jesus Name ... Amen



DAY – 20 / JANUARY 23RD

Finish Strong

Hebrews 12:1 –

Let us run with endurance
the race that is set before us ...

Thought to Consider:

Finishing strong requires the same focus that starting strong does. It is easy to grow tired, distracted, or mentally fatigued near the end of a fast, but this is where the greatest clarity and breakthrough often come. God honors endurance. He blesses perseverance. He rewards those who finish what they started. Finishing strong is not about feeling strong, it is about choosing consistency over convenience, obedience over emotion, and faithfulness over fatigue.

Action Steps

One:

Ask God for renewed strength to remain faithful in your spiritual commitments.

Two:

Spend time in prayer thanking God for sustaining you throughout this fast.

Three:

Declare your commitment to complete this season with endurance, trusting God to carry you through.

Prayer:

Lord, strengthen me to finish this fast with endurance and focus. Renew my energy, refresh my spirit, and help me cross this finish line with joy and expectation. In Jesus Name ... Amen



DAY – 21 / JANUARY 24TH

Walk in Newness

Isaiah 43:19 –

Behold, I am
doing a new thing... shall you not perceive it?

Thought to Consider:

A new season requires new posture, new obedience, and new expectation. God never invites us through a journey like this without preparing to release something fresh, revelation, alignment, clarity, breakthrough, direction, or renewed strength. But new things are often missed when we cling to old patterns, old mindsets, or old wounds. Today is not just the end of a fast, it is the beginning of a new chapter. God is inviting you to walk boldly into a season marked by unity, spiritual maturity, deeper faith, and divine direction.

Action Steps

One:

Pray with expectation for fresh direction as you step into a new season with God.

Two:

Celebrate the spiritual growth God has produced in you during this journey.

Three:

Commit one area of your life to ongoing obedience, embracing the newness God is bringing.

Prayer:

Father, thank You for the work You've done in me these 21 days. I walk into this new season with courage, expectancy, and joy. Do a new thing in my heart, my future, my family, my relationships, and my church. I am ready for what You are releasing. In Jesus Name ... Amen



Fasting in the Bible

Scripture Reference for Fasting:

- *Matthew 6:16-18*
- *Luke 18:9-14*
- *Matthew 9:14-15*

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, 13:2*

Corporate Fasting: *(together as one Faith Family and People of God)*

- *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*