



TWENTY - ONE DAYS OF

Prayer

COMPANION GUIDE

21

A GUIDE TO PLANNING YOUR 21 DAYS OF PRAYER & FASTING

THE GOAL

Fasting is to seek God's presence in a way that changes how you live—how you treat resources, possessions, relationships, and time.

The end result of fasting is a changed lifestyle, aligned more closely with God and others. "Why have we fasted,' they say, 'and you have not seen it? Why have we humbled ourselves, and you have not noticed?' Yet on the day of your fasting, you do as you please and exploit all your workers. Your fasting ends in quarreling and strife, and in striking each other with wicked fists. You cannot fast as you do today and expect your voice to be heard on high."
— Isaiah 58:3–4

THE ATTITUDE

Humble sacrifice and worship is to give up what you have for a period of time in order to be filled more with God's presence and allow what you do have to be a blessing to others.

Is this the kind of fast I have chosen, only a day for people to humble themselves? Is it only for bowing one's head like a reed and for lying in sackcloth and ashes? Is that what you call a fast, a day acceptable to the Lord? "Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke? Is it not to share your food with the hungry and to provide the poor wanderer with shelter. When you see the naked, to clothe them, and not to turn away from your own flesh and blood?

Isaiah 58:5–7

The most effective methods of fasting are accompanied with extended times of worship, prayer and Scripture reading & meditation.

THE RESULT

- glowing with the radiant presence of God
- personal healing
- power in prayer
- satisfied needs
- rebuild ruins
- raise foundations
- repair broken walls
- restore neighborhoods

Then your light will break forth like the dawn, and your healing will quickly appear; then your righteousness will go before you, and the glory of the Lord will be your rear guard. Then you will call, and the Lord will answer; you will cry for help, and he will say: Here am I. “If you do away with the yoke of oppression, with the pointing finger and malicious talk, and if you spend yourselves in behalf of the hungry and satisfy the needs of the oppressed, then your light will rise in the darkness, and your night will become like the noonday. The Lord will guide you always; he will satisfy your needs in a sun-scorched land and will strengthen your frame. You will be like a well-watered garden, like a spring whose waters never fail. Your people will rebuild the ancient ruins and will raise up the age-old foundations; you will be called repairer of broken walls, restorer of streets with dwellings.

Isaiah 58:8-12

FROM THE BEGINNING OF ANCHOR CHURCH

We make it a priority to seek God's presence first in prayer. We do this collectively as a church in January and August through 21 days of prayer. These months are intentional as they begin new seasons of the year.

Together, we faithfully seek God first, trusting in his power alone to impact our lives, build his church, & change our world. Biblical fasting is always challenging. It is intentionally eliminating something in your life for the purpose of being filled with something greater. The result is always more power to love God and love people.

Biblical fasting requires wisdom, selfawareness, discernment, and hearing God. The key to a fast is ask God what type of fast He wants you to do. Ask God what your focus is to be. Then make arrangements in your life to dedicate your time to the Lord for a specific amount of time. Be realistic with your body, your options, and, most importantly follow what the Holy Spirit leads you to do.

TYPES OF FASTING

COMPLETE FAST

We do not recommend any fast that is without water. Going without water is dangerous for your body. With that in mind, we define a complete fast as giving up all food and drink water and select juices. This is also accompanied with abstaining from many other means of input such as technology, entertainment, media, etc.

All resources typically spent on consumption of these things are repurposed toward the principles of Isaiah 58:3-12.

SELECTIVE FAST

This type of fast involves removing certain elements from your diet or life. One example of a selective fast is the Daniel fast, during which you remove meat and sweets from your diet and consume water and juice for fluids and fruits and vegetables for food. Another type of Selective Fast could be abstaining from certain foods.

PARTIAL FAST

This involves abstaining from eating any type of food during select times of the day. It can be a sunup to sundown version of any of the fasts. It can also be abstaining from any regular meals during the day.

SOUL FAST

The Soul Fast is common for those who are not able to fast from food due to health issues or lack of experience. Those wishing to refocus certain areas of their life that are out of balance may choose to abstain from things such as social media, television, media, shopping, entertainment for the duration of the fast. They would then choose to bring back that element into their life with a fresh perspective and moderation at the conclusion of the fast.

HOW TO PLAN A FAST

Successful fasting begins with the right preparation. All preparation will help you count the cost, sustain the plan, and finish well.

WHAT IS YOUR GOAL?

Decide why you are fasting. Are you seeing a fresh start? Are you rebooting your digestive system and eating healthy? Are you seeking healing? Are you seeking wisdom or a fresh perspective on things? Are you seeking resolution or direction? What are the top areas of your life that you need to pray about?

Ask God what He wants you to focus on and then do whatever He tells you. Allow God to show you your goals for the fast.

WHAT IS YOUR PLAN AND SCHEDULE?

What are you going to give up and for how long? What days are you going to fast? When is your start date and time? When is your end date and time?

Set the plan, and then communicate it clearly to people in your life to help you, as they're able.

Anchor 21 Days of Prayer is intentionally designed to be flexible. As with choosing what type of fast you will be undertaking, it is important to also decide ahead of time how long you will be fasting and to what extent you will be fasting.

Some people may choose to fast at one level, all 21 days, and then culminate with a special 3-day fast at the end. Others may choose to fast one week out of the 21 days, or even fast once or twice a week throughout the 21-day period. This is a personal decision and one that should be prayerfully considered. Whatever you do, be intentional, be specific, be gracious to yourself if you mess up. If you mess up, just reset and keep going.

HOW TO USE THIS COMPANION GUIDE

This 21-Day Prayer and Fasting Companion is designed to help you stay focused and intentional during this season of seeking God.

Each day includes a Scripture, a prayer focus, and a prompt to guide your personal time with the Lord. These same prayer focuses will also be used during our daily noon prayer gatherings, so whether you're joining us in person or praying from home, you'll be united with your church family in prayer.

Use this guide to align your heart, build your faith, and pursue God's presence with purpose. Let it lead you into deeper intimacy with Him and renewed strength for the season ahead.

WEEK ONE: SUPERBLOOM!

Isaiah 35:1–4 (NIV)

“The desert and the parched land will be glad; the wilderness will rejoice and blossom. Like the crocus, it will burst into bloom; it will rejoice greatly and shout for joy. The glory of Lebanon will be given to it, the splendor of Carmel and Sharon; they will see the glory of the Lord, the splendor of our God. Strengthen the feeble hands, steady the knees that give way; say to those with fearful hearts, ‘Be strong, do not fear; your God will come, he will come with vengeance; with divine retribution he will come to save you.’”

Day 1 – Kairos: God’s Special Time for My Family

Scripture: “He has made everything beautiful in its time.” – Ecclesiastes 3:11a (NIV)

Devotional Thought: God moves in Kairos moments, His appointed time. This is a divine season for your family, not based on your calendar, but on His purpose.

Prayer Prompt: Lord, help me trust Your perfect timing. In Your divine way, bring breakthrough and beauty into my family.

Day 2 – Gathering Storm Clouds

Scripture: “He made darkness his covering, his canopy around him—the dark rain clouds of the sky.” – Psalm 18:11 (NIV)

Devotional Thought: God sometimes moves through what looks like chaos. Don’t fear the storm. He may be using it to bring the rain you've prayed for.

Prayer Prompt: Father, help me to see You even in the storms. Let my faith grow strong while I wait for the rain.

Day 3 – Outpouring

Scripture: “And afterward, I will pour out my Spirit on all people...” – Joel 2:28 (NIV)

Devotional Thought: God doesn’t sprinkle, He pours. His desire is a full outpouring of His Spirit over your life, family, and church.

Prayer Prompt: Holy Spirit, pour Yourself out on my life today. I welcome Your presence and power.

Day 4 – Streams in the Desert

Scripture: “See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland.” – Isaiah 43:19 (NIV)

Devotional Thought: Even in wilderness seasons, God makes a way. Where things have felt dry, He brings refreshing.

Prayer Prompt: Lord, refresh me with Your presence. Do a new thing in the dry places of my life.

Day 5 – The Desert Shall Bloom like a Rose

Scripture: “The desert and the parched land will be glad; the wilderness will rejoice and blossom. Like the crocus, it will burst into bloom...” – Isaiah 35:1–2a (NIV)

Devotional Thought: God can cause beauty to rise from barren places. Even lifeless seasons can bloom in His presence.

Prayer Prompt: Father, bring life where there has been barrenness. Let my soul and circumstances bloom again.

Day 6 – Superbloom for Anchor

Scripture: “They will see the glory of the Lord, the splendor of our God.” – Isaiah 35:2b (NIV)

Devotional Thought: God has a corporate plan for Anchor church to bloom. Believe for abundant life, growth, and unity across the house.

Prayer Prompt: Lord, let Anchor Church experience a supernatural season of growth and joy. Make us fruitful in Your purpose.

Day 7 – Superbloom in My Family

Scripture: “The righteous will flourish like a palm tree... planted in the house of the Lord, they will flourish in the courts of our God.” – Psalm 92:12–13 (NIV)

Devotional Thought: Your family is meant to thrive, not just survive. God is planting and prospering your household in His presence.

Prayer Prompt: God, let my family flourish. Root us in Your house and let fruitfulness be our testimony.

Week Two: Miracles and Healings!

Isaiah 35:5–7 (NIV)

“Then will the eyes of the blind be opened and the ears of the deaf unstopped. Then will the lame leap like a deer, and the mute tongue shout for joy. Water will gush forth in the wilderness and streams in the desert. The burning sand will become a pool, the thirsty ground bubbling springs. In the haunts where jackals once lay, grass and reeds and papyrus will grow.”

Day 8 – Break Up the Fallow Ground

Scripture: “Break up your unplowed ground, for it is time to seek the Lord...” – Hosea 10:12 (NIV)

Devotional Thought: New fruit can’t grow in hardened ground. God is calling you to a season of surrender and spiritual readiness.

Prayer Prompt: Lord, break through the hard places of my heart. Prepare me for what You’re about to grow.

Day 9 – Sow Abundantly

Scripture: “Whoever sows sparingly will also reap sparingly, and whoever sows generously will also reap generously.” – 2 Corinthians 9:6 (NIV)

Devotional Thought: Generosity is the seed for a supernatural harvest. Don’t be afraid to sow big.

Prayer Prompt: Father, help me sow with faith today, my time, my resources, my obedience. You are my provider.

Day 10 – Water the Dry Places

Scripture: “You, God, are my God, earnestly I seek you; I thirst for you... in a dry and parched land where there is no water.” – Psalm 63:1 (NIV)

Devotional Thought: Spiritual thirst leads us to the Living Water. He will fill the places no one else can reach.

Prayer Prompt: Jesus, fill every dry space in my soul. Let Your Spirit overflow in me today.

Day 11 – Fight for Focus

Scripture: “...fixing our eyes on Jesus, the pioneer and perfecter of faith.” – Hebrews 12:2 (NIV)

Devotional Thought: Distraction is the enemy of destiny. Keep your eyes locked on Jesus.

Prayer Prompt: Lord, remove distractions and sharpen my focus. Help me fix my gaze on You alone.

Day 12 – Speak to the Mountain

Scripture: “Truly I tell you, if anyone says to this mountain, ‘Go, throw yourself into the sea,’ and does not doubt... it will be done for them.” – Mark 11:23 (NIV)

Devotional Thought: Mountains move when faith speaks. Don’t just climb it, command it.

Prayer Prompt: Father, I declare Your promises over my life. Move what stands in the way of Your purpose.

Day 13 – Break the Chains

Scripture: “Is not this the kind of fasting I have chosen: to loose the chains of injustice... and to set the oppressed free...?” – Isaiah 58:6 (NIV)

Devotional Thought: Fasting isn’t just about denial but freedom. Chains break in the presence of God.

Prayer Prompt: Lord, break every chain in my life. Set me and others free today in Your name.

Day 14 – A New Anointing

Scripture: “...I have been anointed with fresh oil.” – Psalm 92:10 (NIV)

Devotional Thought: Yesterday’s oil won’t carry you through today. Ask for a fresh anointing to match the new assignment.

Prayer Prompt: God, anoint me afresh. Empower me to do what You’ve called me to do this season.

Week Three: Everlasting Joy!

Isaiah 35:8–10 (NIV)

“...But only the redeemed will walk there, and those the Lord has rescued will return. They will enter Zion with singing; everlasting joy will crown their heads. Gladness and joy will overtake them, and sorrow and sighing will flee away.”

Day 15 – Salvations

Scripture: “If you declare with your mouth, ‘Jesus is Lord,’ and believe in your heart... you will be saved.” – Romans 10:9 (NIV)

Devotional Thought: There’s no greater miracle than salvation. God is still in the soul-saving business.

Prayer Prompt: Lord, draw hearts to You. Use me to share the gospel and bring your salvation to my family and city.

Day 16 – Miracles

Scripture: “Stretch out your hand to heal and perform signs and wonders through the name of your holy servant Jesus.” – Acts 4:30 (NIV)

Devotional Thought: God does signs that make us wonder. He’s not limited by what we think is possible.

Prayer Prompt: Jesus, work miracles in my life today. Let Your power be seen and Your name be glorified.

Day 17 – Healings

Scripture: “And the prayer offered in faith will make the sick person well; the Lord will raise them up.” – James 5:15 (NIV)

Devotional Thought: Healing is part of the gospel. God wants to restore what’s been broken: body, mind, and soul.

Prayer Prompt: Lord, heal me and those I love. Let Your restoring touch bring complete wholeness.

Day 18 – Freedom

Scripture: “It is for freedom that Christ has set us free...” – Galatians 5:1 (NIV)

Devotional Thought: Jesus didn’t just save you, He freed you. Walk in that freedom daily.

Prayer Prompt: God, break every area of bondage in my life. I declare that I am free in Christ.

Day 19 – Rewards of Fasting

Scripture: “...your Father, who sees what is done in secret, will reward you.” – Matthew 6:18 (NIV)

Devotional Thought: Your fasting hasn’t gone unnoticed. God sees the secret sacrifice and rewards it.

Prayer Prompt: Thank You, Lord, for seeing what no one else sees. I received the reward You’ve prepared.

Day 20 – Crown of Life

Scripture: “Blessed is the one who perseveres under trial... that person will receive the crown of life...” – James 1:12 (NIV)

Devotional Thought: The pressure you're under today is producing something eternal. Keep going.

Prayer Prompt: Jesus, help me endure with joy. Strengthen me for the journey and keep me faithful.

Day 21 – Gladness and Joy

Scripture: “...Gladness and joy will overtake them, and sorrow and sighing will flee away.” – Isaiah 35:10 (NIV)

Devotional Thought: God's people are marked by joy. This is your portion, not sorrow, but celebration.

Prayer Prompt: Lord, fill me with joy that cannot be shaken. Let gladness replace every heavy thing in my heart.