



TWENTY - ONE DAYS OF

Prayer & Fasting



Anchor Church: 21 Days of Prayer & Fasting Overview

“Consecrate Yourselves, for Tomorrow the Lord Will Do Amazing Things.” – Joshua 3:5

THE HEART OF FASTING

Fasting is humble sacrifice and worship – giving up what you have to be filled with more of God and to bless others. True fasting breaks yokes, feeds the hungry, restores justice, and rebuilds ruins (Isaiah 58:3-12).

Result: God’s presence, healing, guidance, strength, and renewal. “The LORD will guide you always... you will be like a well-watered garden.”

WHAT FASTING IS

Fasting is intentionally eliminating something to gain something greater – power to love God and people. Ask the Holy Spirit what to fast, why, and for how long. Every fast should include worship, prayer, Scripture, and generosity.

TYPES OF FASTS

Type	Description	Example/Notes
Complete Fast	Water & select juices only; abstain from media or excess input.	Always stay hydrated. Avoid total food-and-water fasts without medical oversight.
Selective Fast	Remove certain foods or categories.	Daniel fast (fruits, vegetables, nuts, water) or omit sweets, fast food, caffeine.
Partial Fast	Skip meals or eat only at set times.	Sun-up to sun-down; one meal daily.
Soul Fast	Eliminate distractions that dull devotion.	Step back from social media, TV, shopping, or entertainment.

Important note: Fasting requires reasonable precautions. If you have any health concerns, please consult your physician prior to beginning your fast, especially if you are taking medications, have a chronic condition, or are pregnant or nursing a baby.

HOW TO PLAN YOUR FAST

1. Clarify Your Goal.

Ask: “Why am I fasting?” Fresh start? Healing? Wisdom? Direction? Deliverance? Write your focus and pray for God’s purpose.

2. Make a Plan.

Decide what you’re giving up, how long, and when. Communicate with those close to you. Be realistic – and gracious – if you fall short. Just begin again.

Example Rhythms – Anchor’s 21 Days is flexible – follow the Spirit’s lead.

- 21-day continuous fast... or selective soul fast of some type.
- 1 meal per day for specific amount of days.
- 3-day specific type of fast.

3. Start Smart. Finish Well.

For total fast... Ease in: Gradually reduce heavy foods 2-3 days before starting.

Ease out: Reintroduce foods gradually. Stay hydrated and rest in His presence.

21-DAY PRAYER GUIDE

DAY 1 Favor With God and Man “God Opens Doors No Man Can shut.” Nehemiah 2:4-5	DAY 2 The Fear of the Lord “I choose integrity over influence.” Nehemiah 5:15	DAY 3 Clean Hands, Pure Hearts “My heart is clean; My hands are Consecrated.” Psalm 24:3-4	DAY 4 Spirit Outpouring “The Spirit of God is poured out on us.” Joel 2:28	DAY 5 The Joy of the Lord “His joy is my strength.” Nehemiah 8:10	DAY 6 Consecrate Yourselves “The good hand of my God is upon me today.” Nehemiah 2:8	DAY 7 Presence & Worship “The Lord has filled our house with Joy.” Ezra 6:22
DAY 8 Return to the Lord “My heart is turning fully toward the Lord.” Ezra 7:10, Hosea 6:1	DAY 9 Confess & Rebuild “God’s mercy is greater than my mistakes.” Nehemiah 1:6-9	DAY 10 Breakthrough & Victory “The Wall is finished because God helped us.” Nehemiah 6:15-16	DAY 11 Compassion for the Lost “He leaves the ninety-nine for the lost one – I join His rescue.” Luke 15:4-7	DAY 12 Revival Fire “The Shout of joy is louder than the sound of sorrow.” Ezra 3:10-13	DAY 13 Strength for the Work “The Lord fights for us – so we do not fear.” Nehemiah 4:14	DAY 14 Awakening The Word “Your Word revives our soul.” Nehemiah 8:3-6
DAY 15 Seeing God’s Vision “Great joy fills the city, for the Lord has done great things.” Isaiah 54:10	DAY 16 Healing Restoration “Your light breaks forth like the dawn.” Isaiah 58:8-9	DAY 17 Generosity & Stewardship “I give my first and best to God with great joy.” Nehemiah 10:35-39	DAY 18 Unity of Heart “We are one body and we will rise and build together.” Nehemiah 4:6	DAY 19 Peace & Protection “The Lord is a wall of fire around us.” Nehemiah 7:79-8:1	DAY 20 Family Restoration “My household belongs to the Lord.” Nehemiah 7:1-3	DAY 21 Renew the Altar “Worship opens the gate for God’s glory in my life.” Nehemiah 3:1

SAMPLE ANCHOR KIDS 21-DAY FAST

Keep it simple and meaningful. Teach children that fasting makes room for God to give new gifts. Instead of skipping meals, have them give up one joy for a greater joy in Jesus.

DAY 1 Fast sugars, desserts, & candy Psalm 25:4-5	DAY 2 Fast TV, movies, videos, & gaming devices Colossians 1:10	DAY 3 Fast TV, movies, videos, & gaming devices Philippians 3:13-14	DAY 4 Fast sugars, desserts, & candy Ezra 8:23	DAY 5 Fast computers (except for school) & video games Isaiah 54:2-3	DAY 6 Fast computers (except for school) & video games Mark 9:29	DAY 7 Fast sugars, desserts, & candy Luke 22:42
DAY 8 Fast sugars, desserts, & candy Philippians 2:3-5	DAY 9 Fast TV, movies, videos, & gaming devices Nehemiah 4:14	DAY 10 Fast TV, movies, videos, & gaming devices John 17:20-21	DAY 11 Fast sugars, desserts, & candy Psalm 25:4-5	DAY 12 Fast computers (except for school) & video games Isaiah 40:29-31	DAY 13 Fast computers (except for school) & video games I Timothy 2:1-2	DAY 14 Fast sugars, desserts, & candy James 1:5
DAY 15 Fast sugars, desserts, & candy Isaiah 54:10	DAY 16 Fast TV, movies, videos, & gaming devices Psalm 5:11-12	DAY 17 Fast TV, movies, videos, & gaming devices Daniel 11:32	DAY 18 Fast sugars, desserts, & candy I John 5:14	DAY 19 Fast computers (except for school) & video games Nehemiah 1:4-5	DAY 20 Fast computers (except for school) & video games Matthew 6:16-18	DAY 21 Fast sugars, desserts, & candy Matthew 6:33