

21 Days of Fasting & Seeking God

Harman Memorial Baptist Church

Beginning January 11

“You will seek me and find me, when you seek me with all your heart.”
— Jeremiah 29:13 (ESV)

Day 1 – Setting Our Hearts to Seek God

Scripture: Joel 2:12

“Yet even now,” declares the LORD, “return to me with all your heart, with fasting, with weeping, and with mourning.”

Devotional Reflection:

Fasting begins not with food or habits, but with the heart. God’s invitation is clear: return to Him fully. This fast is not about deprivation; it is about direction. We are declaring together that God matters more than comfort, routine, or noise.

Prayer:

Lord, we begin this fast by turning our hearts toward You. Remove distractions and awaken hunger for Your presence.

Fasting Encouragement:

Fasting aligns our desires with God’s desires. When lesser things fade, eternal things come into focus.

Faith Challenge:

Write down why you are fasting and commit it to God today.

Day 2 – Depending on God, Not Ourselves

Scripture: Matthew 4:4

“Man shall not live by bread alone, but by every word that comes from the mouth of God.”

Devotional Reflection:

We often depend on what we can see, touch, and control. Fasting reminds us that our true source of life is God Himself. His Word sustains us far more than physical provision.

Prayer:

God, teach us to depend on You more than our own strength or resources.

Fasting Encouragement:

Every hunger pang is a reminder to pray and rely on God.

Faith Challenge:

Read Scripture before reaching for comfort today.

Day 3 – Personal Repentance and Renewal

Scripture: Psalm 51:10

“Create in me a clean heart, O God, and renew a right spirit within me.”

Devotional Reflection:

Before God directs us outward, He often works inward. Fasting creates space for honest examination and renewal. God is faithful to cleanse and restore.

Prayer:

Search us, O God. Cleanse our hearts and renew our spirits.

Fasting Encouragement:

Fasting softens the heart and sharpens spiritual awareness.

Faith Challenge:

Confess one area where you need God’s renewing grace.

Day 4 – Hearing God’s Voice Clearly

Scripture: Psalm 46:10

“Be still, and know that I am God.”

Devotional Reflection:

Our lives are loud. Fasting quiets distractions so we can hear God more clearly. Stillness is not inactivity; it is attentiveness.

Prayer:

Lord, help us slow down and listen for Your voice.

Fasting Encouragement:

Fasting reduces noise so truth can rise.

Faith Challenge:

Spend ten minutes today in silence before God.

Day 5 – Strength for the Journey

Scripture: Isaiah 40:31

“They who wait for the LORD shall renew their strength.”

Devotional Reflection:

Fasting may reveal weakness, but God meets us there with strength. Waiting on Him renews what life has worn down.

Prayer:

God, renew our strength as we wait on You.

Fasting Encouragement:

Weakness during fasting becomes a doorway for God’s power.

Faith Challenge:

Ask God for strength instead of quitting when it feels hard.

Day 6 – Seeking God’s Direction for Our Lives

Scripture: Proverbs 3:5–6

“Trust in the LORD with all your heart... and he will make straight your paths.”

Devotional Reflection:

Many of us need clarity: decisions, relationships, callings. Fasting positions us to trust God’s direction over our own understanding.

Prayer:

Lord, guide our steps and make our paths clear.

Fasting Encouragement:

Fasting sharpens spiritual discernment.

Faith Challenge:

Surrender one decision you've been holding tightly.

Day 7 – God Honors Faithful Obedience

Scripture: Matthew 6:18

“And your Father who sees in secret will reward you.”

Devotional Reflection:

God sees every unseen act of obedience. This fast matters, even when no one else notices.

Prayer:

Thank You, Father, for seeing our faithfulness.

Fasting Encouragement:

God's rewards are often spiritual before they are visible.

Faith Challenge:

Thank God today for walking with you through this fast.

Day 8 – Praying for Our Church

Scripture: Acts 2:42

“They devoted themselves to the apostles' teaching and the fellowship.”

Devotional Reflection:

The early church was built on devotion, unity, and prayer. As we fast, we ask God to strengthen Harman Memorial Baptist Church in truth, love, and mission.

Prayer:

Lord, unify our church and deepen our devotion to You.

Fasting Encouragement:

Fasting together strengthens spiritual unity.

Faith Challenge:

Pray specifically for church leadership and ministries.

Day 9 – God’s Presence Among Us

Scripture: Exodus 33:14

“My presence will go with you, and I will give you rest.”

Devotional Reflection:

Programs cannot replace God’s presence. We seek Him above all else.

Prayer:

God, may Your presence be evident in our church.

Fasting Encouragement:

Fasting heightens awareness of God’s nearness.

Faith Challenge:

Ask God to make His presence real in worship.

Day 10 – Seeking Revival

Scripture: Psalm 85:6

“Will you not revive us again, that your people may rejoice in you?”

Devotional Reflection:

Revival begins with God’s people returning to Him. Fasting fuels repentance and joy.

Prayer:

Revive us, Lord, for Your glory.

Fasting Encouragement:

Fasting prepares the soil for revival.

Faith Challenge:

Pray for renewed passion in your walk with Christ.

Day 11 – Interceding for the Lost

Scripture: Romans 10:1

“My heart’s desire and prayer to God for them is that they may be saved.”

Devotional Reflection:

Souls matter to God. Fasting intensifies our burden for those who do not yet know Christ.

Prayer:

Lord, save the lost and draw them to Yourself.

Fasting Encouragement:

Fasting aligns our hearts with God’s compassion.

Faith Challenge:

Write down three names of people you’re praying for.

Day 12 – Boldness to Share the Gospel

Scripture: Acts 4:31 (ESV)

“And when they had prayed, the place in which they were gathered together was shaken, and they were all filled with the Holy Spirit and continued to speak the word of God with boldness.”

Devotional Reflection:

Boldness is not personality-driven; it is Spirit-filled. The early church did not pray for safety or comfort, but for courage to proclaim Christ. As we fast, God strengthens our resolve and deepens our compassion for the lost. Bold faith grows when we value obedience more than approval.

Prayer:

Lord, fill us with Your Spirit and give us boldness to speak the truth of the gospel in love.

Fasting Encouragement:

Fasting quiets fear and sharpens spiritual courage.

Faith Challenge:

Pray today for an opportunity to speak about Christ.

Day 13 – God’s Power in Our Weakness

Scripture: 2 Corinthians 12:9 (ESV)

“My grace is sufficient for you, for my power is made perfect in weakness.”

Devotional Reflection:

Fasting reminds us that we are not self-sufficient. Weakness is not a liability in God’s hands; it is an invitation for His strength to be displayed. When we surrender our limitations, God supplies His power.

Prayer:

God, help us rely on Your grace rather than our own strength.

Fasting Encouragement:

Fasting exposes weakness so God’s power can be revealed.

Faith Challenge:

Acknowledge one weakness today and place it in God’s hands.

Day 14 – Trusting God’s Timing

Scripture: Ecclesiastes 3:11 (ESV)

“He has made everything beautiful in its time.”

Devotional Reflection:

Waiting is one of the hardest disciplines of faith. Fasting trains our hearts to trust God’s timing rather than demand immediate results. God is never late, even when His timing stretches our patience.

Prayer:

Lord, help us trust You when answers are delayed.

Fasting Encouragement:

Fasting teaches patience and dependence.

Faith Challenge:

Release impatience and trust God’s plan today.

Day 15 – Compassion for Our Nation

Scripture: 1 Timothy 2:1–2 (ESV)

“I urge that supplications, prayers, intercessions, and thanksgivings be made for all people.”

Devotional Reflection:

Scripture calls God’s people to pray for their nation, not withdraw from it. Fasting enlarges our hearts for intercession. We seek God’s mercy, wisdom, and righteousness to flow through our land.

Prayer:

God, we lift up our nation. Bring repentance, healing, and renewal.

Fasting Encouragement:

Fasting fuels intercession beyond personal needs.

Faith Challenge:

Pray specifically for national leaders today.

Day 16 – Walking in Holiness

Scripture: 1 Peter 1:15–16 (ESV)

“Be holy in all your conduct.”

Devotional Reflection:

Holiness is not isolation from the world but devotion to God within it. Fasting helps break attachments that pull our hearts away from Christ. God calls His people to live distinctly for His glory.

Prayer:

Lord, shape our lives to reflect Your holiness.

Fasting Encouragement:

Fasting strengthens spiritual discipline.

Faith Challenge:

Lord point out any attachment that takes me from you.

Day 17 – Faith That Acts

Scripture: James 1:22 (ESV)

“Be doers of the word, and not hearers only.”

Devotional Reflection:

Fasting moves faith from intention to action. God's Word demands response. As we deny ourselves, we learn to submit more fully to God's will.

Prayer:

God, help us obey what You reveal.

Fasting Encouragement:

Fasting cultivates responsiveness to God's Word.

Faith Challenge:

Act on one biblical truth today.

Day 18 – Love in Action

Scripture: Isaiah 58:10 (ESV)

“If you pour yourself out for the hungry... then shall your light rise in the darkness.”

Devotional Reflection:

True fasting overflows into compassion. God desires transformed hearts that result in transformed actions. Fasting loosens selfishness and strengthens love for others.

Prayer:

Lord, help us love sacrificially as You love.

Fasting Encouragement:

Fasting opens our eyes to the needs around us.

Faith Challenge:

Serve someone intentionally today.

Day 19 – Persevering in the Fast

Scripture: Galatians 6:9 (ESV)

“Let us not grow weary of doing good.”

Devotional Reflection:

Spiritual discipline requires endurance. As the fast continues, fatigue may tempt us to quit. God honors perseverance. Growth often happens quietly and slowly.

Prayer:

God, give us endurance to finish faithfully.

Fasting Encouragement:

Fasting builds spiritual resilience.

Faith Challenge:

Encourage another believer today by letter, phone call, or message.

Day 20 – God’s Mission for Our Church

Scripture: Matthew 28:19–20 (ESV)

Devotional Reflection:

The church exists for God’s mission. Fasting aligns us with Christ’s command to make disciples. We seek clarity, courage, and commitment to fulfill God’s purpose for our church.

Prayer:

Lord, send us out to make disciples for Your glory.

Fasting Encouragement:

Fasting renews passion for God’s mission.

Faith Challenge:

Pray for the church to see God’s clear direction.

Day 21 – Continuing the Walk

Scripture: Philippians 1:6 (ESV)

“He who began a good work in you will bring it to completion.”

Devotional Reflection:

Fasting concludes, but devotion continues. God has been working in hearts, homes, and our church. The spiritual habits formed during this fast are meant to carry forward into daily life.

Prayer:

Thank You, Lord, for meeting us during this fast. Help us continue walking faithfully with You.

Fasting Encouragement:

Fasting trains us to keep Christ central beyond the fast.

Faith Challenge:

Commit to one ongoing spiritual discipline.