

21 Days of Fasting & Following Jesus

A Youth Devotional Journey

Before You Begin: What Is Fasting?

Fasting is choosing to give something up for a time so you can focus more clearly on God.

“And when you fast...” (Matthew 6:16, ESV)
Jesus didn’t say *if* you fast, but *when*.

Youth-Friendly Fast Options

(Students choose ONE unless parents approve otherwise)

- Social media fast 
- Gaming or streaming fast 
- Sweets or soda fast 
- One-meal fast (with parental permission)
- Phone-free mornings or evenings 

Fasting is not about hurting your body. It’s about **training your heart**.

Week 1 – Clearing Space for God

Day 1 – Why We Fast

Scripture: Matthew 6:16–18

Devotional Thought:

Fasting isn’t about impressing God or others. It’s about making room. When we fast, we tell God, “You matter more than this thing I depend on.”

Fast Focus:

Today, choose what you’re fasting and dedicate it to God.

Prayer:

Lord, I want You more than distractions. Teach me to seek You.

Live It Challenge:

Write down what you're fasting and why.

Day 2 – Hunger Can Teach You

Scripture: Matthew 4:4

Devotional Thought:

Hunger reminds us we're dependent. Every craving is a signal to pray.

Fast Focus:

When you miss what you gave up, pause and pray instead.

Live It Challenge:

Turn one craving today into prayer.

Day 3 – Fasting Reveals the Heart

Scripture: Psalm 139:23–24

Devotional Thought:

Fasting exposes attitudes, impatience, and habits hiding under the surface.

Fast Focus:

Pay attention to what surfaces when things get uncomfortable.

Live It Challenge:

Ask God to show you one thing He wants to shape.

Day 4 – Less Noise, More God

Scripture: Psalm 46:10

Devotional Thought:

Our lives are loud. Fasting turns the volume down so we can hear God more clearly.

Fast Focus:

Spend 10 quiet minutes with God today.

Live It Challenge:

Sit in silence with God. No phone.

Day 5 – Strength Comes From God

Scripture: Isaiah 40:31

Devotional Thought:

Fasting doesn't weaken your faith. It strengthens it.

Fast Focus:

Ask God for strength instead of quitting.

Live It Challenge:

Pray before school or practice today.

Day 6 – Jesus Fasted Too

Scripture: Matthew 4:1–2

Devotional Thought:

Jesus fasted before stepping into His calling. Fasting prepares us for what's next.

Fast Focus:

Trust that God is preparing you, even now.

Live It Challenge:

Journal one area you want God to grow.

Day 7 – God Sees Your Faithfulness

Scripture: Matthew 6:18

Devotional Thought:

No one else may notice your fast, but God does.

Fast Focus:

Fasting is for God, not attention.

Live It Challenge:

Thank God for helping you stay faithful this week.

Week 2 – Depending on God

Day 8 – Fasting Trains Self-Control

Scripture: Galatians 5:22–23

Devotional Thought:

Fasting strengthens discipline, not just spiritually but in daily life.

Fast Focus:

Ask God to help you say no to temptation.

Day 9 – Prayer Gets Sharper

Scripture: Daniel 9:3

Devotional Thought:

Prayer and fasting work together. Fasting clears the fog.

Fast Focus:

Pray specifically today, not generally.

Day 10 – God Is Near

Scripture: James 4:8

Devotional Thought:

When we draw near to God, He draws near to us.

Fast Focus:

Lean into God today instead of distractions.

Day 11 – Fasting Helps Break Strongholds

Scripture: Isaiah 58:6

Devotional Thought:

Some battles need more than willpower. They need surrender.

Fast Focus:

Ask God to break unhealthy habits.

Day 12 – Weakness Isn’t Failure

Scripture: 2 Corinthians 12:9

Devotional Thought:

Feeling weak during a fast is normal. God’s strength shows up there.

Fast Focus:

Admit weakness and ask for help.

Day 13 – God Cares About Your Heart

Scripture: Joel 2:12–13

Devotional Thought:

God wants your heart, not just your effort.

Fast Focus:

Confess and refocus today.

Day 14 – Rest in God

Scripture: Matthew 11:28

Devotional Thought:

Fasting isn't striving. It's resting in dependence.

Fast Focus:

Let God carry the weight today.

Week 3 – Living Changed

Day 15 – Fasting Leads to Obedience

Scripture: James 1:22

Fast Focus:

Ask God what step of obedience He's calling you to.

Day 16 – Fasting Builds Bold Faith

Scripture: Acts 13:2–3

Fast Focus:

Pray for boldness to live for Christ.

Day 17 – God Is Shaping Your Story

Scripture: Romans 8:28

Fast Focus:

Trust God's work even when it's hard.

Day 18 – Love Others Better

Scripture: Isaiah 58:10

Fast Focus:

Let fasting soften your heart toward others.

Day 19 – Stay Focused

Scripture: Hebrews 12:11

Fast Focus:

Don't quit early. God is working.

Day 20 – God Sends You Out

Scripture: Matthew 28:19

Fast Focus:

Pray for friends who need Jesus.

Day 21 – The Fast Ends, the Walk Continues

Scripture: Philippians 1:6

Devotional Thought:

The fast may end today, but your walk with Jesus doesn't.

Prayer:

Lord, thank You for meeting me during this fast. Help me keep choosing You daily.

Live It Challenge:

Commit to one habit that keeps you close to God.