

# 21 Days of Fasting & Following Jesus

*A Youth Devotional Journey*

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## 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**.

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## Week 1 – Clearing Space for God

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### 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.

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## 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.

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## 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.

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## 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.

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## 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.

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## 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.

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## 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.

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## Week 2 – Depending on God

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### 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.

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### 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.

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### 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.

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## **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.

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## **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.

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## **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.

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## **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.

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## **Week 3 – Living Changed**

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### **Day 15 – Fasting Leads to Obedience**

**Scripture:** James 1:22

**Fast Focus:**

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

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### **Day 16 – Fasting Builds Bold Faith**

**Scripture:** Acts 13:2–3

**Fast Focus:**

Pray for boldness to live for Christ.

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### **Day 17 – God Is Shaping Your Story**

**Scripture:** Romans 8:28

**Fast Focus:**

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

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### **Day 18 – Love Others Better**

**Scripture:** Isaiah 58:10

**Fast Focus:**

Let fasting soften your heart toward others.

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## **Day 19 – Stay Focused**

**Scripture:** Hebrews 12:11

**Fast Focus:**

Don't quit early. God is working.

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## **Day 20 – God Sends You Out**

**Scripture:** Matthew 28:19

**Fast Focus:**

Pray for friends who need Jesus.

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## **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.