

# Seek

21 Days of  
Prayer & Fasting







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# Introduction

In this devotional, we invite you to seek the Lord through 21 days of prayer and fasting using the resources provided. Fasting helps us turn our hearts toward the Lord and depend on Him more fully. Each week has a specific fasting focus and daily Scripture reflections to guide you into deeper intimacy with God.

The first week we invite you to fast social media. During this time you will refrain from using all social media platforms and dedicate that time to studying the daily scripture and answering the reflection question.

The second week we invite you to fast entertainment, which includes TV, movies, and streaming platforms. You will follow the same pattern as the week prior, reading scripture and reflecting.

The third week we invite you to prayerfully identify and eliminate another distraction so you can focus your attention on the Lord. Choose something meaningful that genuinely competes for your attention, not something small you rarely use.

During your time of scripture reading, we encourage you to use a Bible study tool called the S.O.A.P. method to meditate on God's word. This method helps you slow down so you can understand the passage clearly, hear what the Spirit is highlighting, and respond in a way that honors God. Along with SOAP, we have also included a daily reflection question to help you apply the passage and respond to the Lord in a personal way.



### S - Scripture

Open your Bible to your reading for the day and take time absorbing the text.



### O - Observation

What do you sense God is saying to you in this scripture? Be thoughtful here. Ask the Holy Spirit to teach you and reveal His heart to you.

Write your observations down.



### A - Application

Personalize what you have read, by asking yourself how it applies to your life right now. How can you live out this text?

Write down your intention.



### P - Prayer

End your time with prayer. This can be as simple as asking God to help you use this scripture, or even a prayer for a greater insight on what He might be revealing to you.

# Week 1

## Social Media Fast

### Day 1 — Detoxing Your Attention

Reading: Psalm 46

Reflection: God calls you to “be still”—something social media resists. Write down 1–2 areas where constant scrolling has fragmented your attention.

### Day 2 — Reordering Desires

Reading: Psalm 63

Reflection: Let this psalm reset your desires. Consider: What do I reach for first—God or my phone? Why?

### Day 3 — Identity Without Comparison

Reading: Galatians 1:10 & Psalm 139:1–16

Reflection: Social media pressures us to perform and impress. Let these passages remind you whose approval matters and how deeply known you already are.

### Day 4 — Renewing Your Mind

Reading: Romans 12:1–2

Reflection: Identify one thought pattern social media reinforced (fear of missing out, comparison, hurriedness, self-criticism). Invite God to transform it.

### Day 5 — Guarding Your Heart

Reading: Proverbs 4:20–27

Reflection: Ask: What boundaries around media will help me guard my heart long-term? What feeds my spirit vs. drains it?

A full-page background image of a misty mountain landscape. The foreground and middle ground are filled with dense forests of trees displaying vibrant autumn colors, including shades of orange, red, and yellow. The background features rolling mountain ridges shrouded in a thick, white mist or low-hanging clouds, creating a sense of depth and tranquility. The sky is overcast and grey.

## Day 6 — Finding Real Connection

Reading: Acts 2:42–47

Reflection: Social media gives the illusion of connection. This passage shows real community. Consider reaching out to one person today for in-person or voice connection.

## Day 7 — Living With Purpose

Reading: Colossians 3:1–17

Reflection: As you return to normal rhythms, ask God what to “put off” and what to “put on,” so your digital habits reflect kingdom priorities.



# Week 2

## Entertainment Fast

### Day 1 — Silence & Stillness

Reading: 1 Kings 19:9–13

Reflection: Where have you been avoiding silence? What emotions surface when things get quiet?

### Day 2 — Real Joy vs. Artificial Pleasure

Reading: Psalm 16

Reflection: What “lesser pleasures” have been substituting for God’s presence?

### Day 3 — Resisting Cultural Drift

Reading: Romans 12:1–2

Reflection: Where have your habits shaped you more than you realized?

### Day 4 — Hunger for the Word

Reading: Psalm 119:33–40

Reflection: What becomes easier to notice in Scripture when you aren’t overstimulated?

### Day 5 — Redeeming Time

Reading: Ephesians 5:8–17

Reflection: What would it look like to steward your time more intentionally?





## Day 6 — Training the Heart

Reading: 1 Corinthians 9:24–27

Reflection: What appetites need training? What spiritual muscles are growing?

## Day 7 — True Rest & Re-Creation

Reading: Matthew 11:25–30

Reflection: How has emotional, mental, or spiritual rest changed during this fast?

# Week 3

## Distraction Fast

### Day 1 — Re-centering Your Mind

Reading: Psalm 27

Reflection: What “many things” have been scattering your mind? What would it look like to pursue “one thing” this week?

### Day 2 — Choosing What Matters

Reading: Luke 10:38–42

Reflection: Where have responsibilities turned into distractions? What needs to be set down?

### Day 3 — Listening for God’s Voice

Reading: Psalm 37:1–9

Reflection: What internal or external noises do you feel most acutely when you try to be still?

### Day 4 — Guarding Your Thought Life


Reading: Philippians 4:4–9

Reflection: Which thoughts continually pull your attention away from God?

### Day 5 — Eliminating Spiritual Clutter

Reading: Hebrews 12:1–3

Reflection: What “weights,” while not sinful, have become distractions in your life?



## Day 6 — Renewing Focus Through the Word

Reading: Psalm 119:9–16

Reflection: What truth from today's passage can you carry as a focus point for the day?

## Day 7 — Living Undistracted

Reading: Colossians 3:1–17

Reflection: What new rhythms or boundaries do you want to continue after the fast?





**Radiant  
Church**

Radiant Church is a worshipping and praying church committed to leading people to become radiant followers of Jesus in Lexington, KY. We are more than a building or a Sunday service. We are a family sharing the light of Christ in our city. We are Word centered, Spirit empowered, Family oriented, Kingdom focused, and Mission motivated.  
**This is who we are.**