



21 DAYS OF  
PRAYER &  
FASTING  
DEVOTIONAL

WEEK 3



# SCRIPTURES ABOUT PRAYER

The Bible is full of scriptures about the importance and practice of prayer and fasting. Jesus, though He was God in the flesh, modeled a lifestyle of prayer and intimacy with the Father. As you begin this time of prayer and fasting know that you are not only doing what Jesus did but you are also being obedient to what Christ taught about the power of prayer and fasting. Jesus also made it clear that God rewards openly what is done in private. May this time draw you closer to the Lord than ever before.

---

## **Mark 1:35 (NKJV)**

*35 Now in the morning, having risen a long while before daylight, He went out and departed to a solitary place; and there He prayed.*

## **Matthew 6:6 (NKJV)**

*6 But you, when you pray, go into your room, and when you have shut your door, pray to your Father who is in the secret place; and your Father who sees in secret will reward you openly.*

## **Matthew 6:17–18 (NKJV)**

*17 But you, when you fast, anoint your head and wash your face, 18 so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly.*

# A GENTLE REMINDER ABOUT FASTING

Fasting is not about earning God's favor, but about drawing closer to Him. God doesn't love us more if we fast and less if we don't, however fasting is a largely untapped source of power and freedom in the life of the believer. Each person should fast prayerfully, wisely, and according to their health and life circumstances. If you have any questions or concerns about fasting please be sure to consult your physician.

## 4 TYPES OF FASTING

**1. Complete Fast** - This fast involves abstaining from all food for a set period of time. This type of fast should be done carefully and for a short period of time. We strongly encourage you to stay hydrated by continuing to drink water.

**2. Partial Fast** - This fast focuses on refraining from food during specific hours of the day, such as skipping one meal or fasting from sunrise to sunset. The time normally used for eating is instead devoted to prayer, Scripture reading, and reflection.

**4. Daniel Fast** - The Daniel Fast emphasizes eating simple, plant-based foods while avoiding meat, sweets, and rich foods. It is often practiced over a longer period and is paired with intentional prayer and humility before God.

**5. Media or Activity Fast** - Rather than fasting from food, this fast involves stepping away from distractions such as social media, television, or entertainment. The goal is to create space for listening to God and focusing on spiritual growth.

*And fasting is chiefly an aid to prayer, so much so, that it has frequently been found a means, in the hand of God, of confirming and increasing, not one virtue, but also seriousness of spirit, sincerity, sensitivity and tenderness of conscience, deadness to the world, and consequently a love of God, and of every holy and heavenly feeling.*

**-Jon Wesley**

**21** DAYS OF  
**PRAYER &  
FASTING**  
DEVOTIONAL

# DAY 15

## OPPORTUNITIES THROUGH OBSTACLES

**Kim Stone**

“And Jesus said to him, ‘Go your way; your faith has made you well.’ And immediately he received his sight and followed Jesus on the road.”

— **Mark 10:52 (NKJV)**

Bartimaeus’s divine opportunity was on the side of the road, the place of waiting, begging, and being overlooked. Blind and dependent, he lived on the fringes while life passed him by. But when he heard that Jesus was near, he understood something critical: this moment might not come again.

The crowd told him to be quiet. Stay in his place. Don’t interrupt. But Bartimaeus cried out louder. Divine opportunities often require us to push past voices that say it’s not the right time, not the right setting, or not our place.

Many people were close to Jesus that day. Only one responded with bold faith. Opportunity isn’t about your location, it’s about response.

It’s about obedience.

When Jesus called him forward, Bartimaeus threw aside his cloak. That cloak represented security, identity, and survival. He released what was familiar to reach for what was possible. Faith required action before sight was restored. Divine opportunities frequently ask us to speak when silence feels safer, move when staying still feels easier, or let go before we know what comes next. When we respond in faith, Jesus meets us there, not only to change our circumstances, but to redirect our lives. Bartimaeus didn’t just receive sight; he followed Jesus on the road.

### Prayer

Jesus, help me recognize when You are passing by. Give me courage to cry out in faith, wisdom to release what holds me back, and obedience to follow You when opportunity calls. Amen.

# DAY 16

## CONSECRATE THE START

David Stone

“And Joshua said to the people, ‘Sanctify yourselves, for tomorrow the Lord will do wonders among you.

- Joshua 3:5 (NKJV)

As we embark on a new year with expectancy of Divine Opportunity, we must prepare. Before God moved the children of Israel forward into the Promised Land, He called them to set themselves apart. They Consecrated themselves. Consecration is the act of dedicating something or someone to a sacred purpose, making it holy and set apart from a common use. Consecration to God (setting yourself apart) always precedes a manifestation of God. So let’s get ready! Divine Opportunity is often on the other side of personal preparation.

We have been intentionally setting our hearts toward Him over these 21 days of fasting and prayer because we know that as we seek God and His righteousness Divine Opportunities will follow.

### Prayer:

Lord, I consecrate this year to You. I surrender my plans, my pace, and my priorities. Prepare my heart for what You desire to do next. I choose alignment with You above all else. In Jesus’ name, Amen.

# DAY 17

## HE GOES BEFORE ME

Annette Alger

“So be courageous! Do not be afraid and do not panic before them. For the Lord your God will personally go ahead of you. He will neither fail you nor abandon you.”

- **Deuteronomy 31: 6**

Joshua must have felt relief and possibly a sense of boldness, that the God of the universe would be “personally” going ahead of him to destroy the nations so he could then take possession of the land. Not only did God say He would go before Joshua, but He said “ I will not abandon you.”

God will never ask you to go somewhere that He hasn’t already been. When he places a divine opportunity in front of you, He already knows how you will get there, what you will do when you get there and the result of your faithfulness. You simply need to trust the Creator of the universe. He will equip you with everything you need to seize the divine opportunity He is giving to you.

2 Corinthians 3:4-5 “We are confident of all this because of our great trust in God through Christ. It is not that we think we are qualified to do anything on our own. Our qualification comes from God.”

As you step into 2026, you can do so knowing that every divine opportunity that will be placed before you has strategically been placed there by God. You can boldly and confidently know that God has already qualified you and He will walk before you as you follow Him trusting in His promise.

### Prayer:

God, as I step into this new year, I pray you give me courage and boldness to take hold of any divine opportunity you set before me. Give me peace, knowing that nothing I do will be done without you being there with me. In Jesus’ name, Amen.

# DAY 18

## DEVELOPED IN THE HIDDEN FOR DIVINE OPPORTUNITY Hayden Buchanan

“Whoever can be trusted with very little can also be trusted with much, and whoever is dishonest with very little will also be dishonest with much.

- Luke 16:10

Divine opportunities are rarely spontaneous. They are the reveal of a preparation God has been doing quietly over time. Opportunity is not God scrambling, it is God unveiling. What God reveals in public is what He has refined in private.

David didn't learn courage in front of Goliath, he practiced it with lions and bears. Joseph didn't learn leadership in Pharaoh's court, he developed it in prison. Noah didn't learn obedience when the rain started, he learned it through years of faithful building without evidence.

We often pray for opportunity, but God focuses on formation. When divine opportunity arrives, it does not create courage, wisdom or faith, it exposes them. The moment reveals what has already been shaped. That is why Scripture emphasizes faithfulness in small things, not because small things are insignificant, but because they shape us for greater responsibility.

God's goal is not just to open doors, but to prepare people who can walk through them with humility, endurance, and dependence on Him. Oftentimes the greatest evidence that God is at work is not what we see changing around us, but what He is quietly forming within us. Ask yourself, am I trusting God with the timing, or trying to force it?

### Prayer:

God, help me value the work You're doing in the unseen. Teach me to obey even when no one notices. I trust that You are developing me for what lies ahead, Amen.

# DAY 19

## WORSHIP BEYOND THE SANCTUARY DAPHNE HUMPHREY

“Whatever you do, work at it with all your heart, as working for the Lord,  
not for human masters.  
- **Colossians 3:23 (NIV)**

We often think of worship as something that happens on Sundays through songs, prayers, and sermons. But Scripture reminds us that worship does not end when the music fades. True worship takes us beyond the sanctuary into our offices, classrooms, hospitals, homes, and job sites.

Your workplace may not always “feel” holy. It may feel stressful, demanding, or even discouraging. Yet God is present there. Every day, we step into environments shaped by deadlines, personalities, and pressure, but also by divine opportunities. A divine opportunity often doesn’t look spiritual at first. It may look like a difficult conversation, an ethical decision, a moment to extend grace, or a chance to encourage someone quietly struggling. God does not place us in roles, offices, or seasons by accident. Your job title is temporary, but your impact can be eternal.

Worship at work is not about preaching to coworkers or playing worship music at your desk (though those things have their place). It is about WHO YOU ARE SERVING. Every email, decision, meeting, and task becomes holy when done unto the Lord.

- \*Do I see my work as an assignment from God or merely a job?
- \*How might my attitude shift if I viewed my tasks as an act of worship?
- \*Where can I more clearly reflect Christ through my work ethic?

### Prayer:

Today, I declare that I am positioned by God for a divine purpose. My work is not accidental, and my presence matters. I choose to walk in faith, wisdom, and obedience. I will recognize and respond to divine opportunities with courage and grace. I will honor God and reflect His light--right where I am. Amen.

# DAY 20

## PRESENCE OVER PROVISION SAVANNAH SIMS

“One thing only is essential, and Mary has chosen it—it’s the main course, and won’t be taken from her.”

- Luke 10:42 (MSG)

In Luke 10:38–42, Jesus is welcomed into Martha and Marys’ home. This moment is more than a casual visit it is a divine opportunity. The Son of God is present, teaching and revealing the heart of the Father. Yet the sisters respond to His presence in very different ways. Martha is distracted by all the things that need to be done around the house. She prepares the meal, manages the house, and ensures everything is done properly. She wanted to honor Jesus with excellence. Mary, however, recognizes something different. She sits at Jesus’ feet and listens to His words. Mary understands that Jesus is offering a moment that cannot be recreated later. Food can be served again. Tasks can wait. But the presence of Jesus is sacred and fleeting. She chooses presence over provision.

When Martha comes to Jesus with her frustration, Jesus responds gently but firmly: “Martha, Martha, you are worried and upset about all these details. There is only one thing worth being concerned about.” Jesus reveals that intimacy with Him must come before activity for Him. Mary has chosen the “better portion,” and it will not be taken from her.

Like Martha, it is so easy to become distracted by our daily tasks and to do list that we miss the divine opportunity to just sit at the feet of Jesus and just be instead of do. Jesus invites us to slow down, to sit at His feet, and to listen. By choosing presence over provision, we align our hearts with what/who truly sustains us....Jesus

### Prayer:

Lord, help us recognize the divine opportunities You have placed before us. Teach us to choose Your presence over our striving, Your voice over our busyness, and intimacy with You above all else. Amen.

# DAY 21

## RECOGNIZING DIVINE OPPORTUNITIES BROOKE BUCHANAN

When reflecting on divine opportunities, the story of Joseph stands as a powerful example of how God prepares His people through adversity for a greater purpose. Though Joseph was the favored son of Jacob, he was despised by his brothers. Scripture tells us, “When his brothers saw that their father loved him more than all his brothers, they hated him” (Genesis 37:4). God gave Joseph prophetic dreams, but jealousy led his brothers to betray him and sell him into slavery (Genesis 37:28).

Even in Egypt, “the Lord was with Joseph” (Genesis 39:2). As a servant in Potiphar’s house, Joseph worked faithfully and prospered. When he was falsely accused and imprisoned, God’s presence never left him. “The Lord was with Joseph and showed him steadfast love” (Genesis 39:21). Rather than growing bitter, Joseph remained faithful.

While in prison, Joseph interpreted the dreams of Pharaoh’s cupbearer and baker (Genesis 40). Though forgotten for a time, God’s timing proved perfect. When Pharaoh had troubling dreams, Joseph was remembered and brought before him. Joseph humbly declared, “It is not in me; God will give Pharaoh a favorable answer” (Genesis 41:16). His God-given wisdom led to Egypt’s preparation for famine, and Pharaoh elevated Joseph to second in command.

Joseph’s divine opportunity was the culmination of years of obedience and trust. When famine brought his brothers to Egypt, Joseph forgave them, saying, “You meant evil against me, but God meant it for good” (Genesis 50:20). Joseph’s life reminds us that faithfulness in unseen seasons prepares us for kingdom impact. When divine opportunities arise, we need to be ready to step forward in faith, knowing that the Lord has gone before us and we will lack no good thing

### Prayer:

Lord, help me to be prepared and ready in every season that I find myself in. Through the good times and tough times help me to be faithful. Amen.

