

REFUGE CHURCH

JANUARY 5-25, 2026

21 DAYS OF
PRAYER
AND
FASTING

O GOD, YOU ARE MY GOD. EARNESTLY
I SEEK FOR YOU; MY SOUL THIRSTS
FOR YOU, MY WHOLE BEING LONGS FOR YOU, IN A
DRY & PARCHED LAND WHERE THERE IS NO WATER,
TO SEE YOUR **POWER & GLORY.**

PSALM 63:1 & 2 _____

PRAYER & SCRIPTURE
JOURNAL

CREATING A LIFESTYLE OF PRAYER

PRAYER IS MOST EFFECTIVE WHEN IT ISN'T SOMETHING WE DO EVERY NOW AND THEN, BUT WHEN IT'S A LIFESTYLE WE CULTIVATE. TO UNDERSTAND HOW TO HAVE A LIFESTYLE OF PRAYER, WE CAN LOOK AT THE EXAMPLE JESUS GAVE DURING HIS LIFE ON EARTH.

HAVE A CERTAIN TIME

Jesus got up early in the morning to spend time with His Heavenly Father: Make a daily appointment with God - whether it's first thing in the morning, at lunch, or in the evening - and faithfully keep it.

HAVE A CERTAIN PLACE

Jesus had a specific place He went to pray. Having a designated place to pray helps us remove distractions and frees us to worship and pray out loud.

HAVE A CERTAIN PLAN

When Jesus taught His disciples how to pray, He gave them a prayer outline. We call it "The Lord's Prayer." This outline, along with several other tools, is available in this guide. As we pray every day, our plans for our prayer time can vary, maybe including worship music, Bible reading, and quiet time to listen to God. It doesn't always have to look the same; it just helps when we have a plan for connecting regularly with God.

WHY FAST?

- Fasting is one of the most powerful spiritual disciplines of all the Christian disciplines. It is a way to align our hearts with the psalmist: "My soul thirsts for God, the living God" (Psalm 42:2). Fasting is a practice of humbling yourself before God.
- Jesus fasted before He began His public ministry (Luke 4:1,2).
- Nehemiah fasted to help him confess his sins to God and turn away from them and to ask God for favor in the sight of the king of Persia to get permission to rebuild the walls of Jerusalem (Nehemiah 1:4).
- David fasted to ask God to intervene because of injustice (Psalm 35:13). In 2 Samuel 12:17, 23, he fasted to ask for a miraculous healing - a request God did not grant.
- Mordecai and the Jews fasted upon hearing news of Haman's wicked plot for their extermination (Esther 4:3).
- The early church fasted while worshiping and committing their ministry to the Lord. They also sought the Lord through fasting for guidance when they appointed leaders (Acts 13:2; 14:23).
- Fasting enables the Holy Spirit to reveal your true spiritual condition, resulting in brokenness, repentance and a transformed life.
- Through fasting, the Holy Spirit will imprint God's Word deeper on your heart, and His truth will become more meaningful to you.
- Fasting can transform your prayer life into a richer and more personal experience.
- Fasting can result in a dynamic personal revival and make you a channel of life change to others.

WHY FAST?

1. TO SEEK ANSWERS FROM GOD EZRA 8:21 & 23 NLT

*21 And there by the Ahava Canal, I gave orders for all of us to fast and humble ourselves before God. We prayed that he would give us a safe journey and protect us, our children, and our goods as we traveled. 23 So we fasted and earnestly prayed that our God would take care of us, and he heard our prayer"

2. TO PRAY ON BEHALF OF OTHERS EZEKIEL 22:30 NLT

*3 So I looked for someone/who might rebuild the wall of righteousness that guards the land. I searched for someone to stand in the gap in the wall so I wouldn't have to destroy the land, but I found no one."

3. TO BREAKTHROUGH IN DIFFICULT SITUATIONS ISAIAH 58:6-8 NLT

*6 No, this is the kind of fasting I want: Free those who are wrongly imprisoned; lighten the burden of those who work for you. Let the oppressed go free, and remove the chains that bind people. > Share your food with the hungry, and give shelter to the homeless. Give clothes to those who need them, and do not hide from relatives who need your help. 8 "Then your salvation will come like the dawn, and your wounds will quickly heal. Your godliness will lead you forward, and the glory of the lord will protect you from behind."

QUESTIONS TO ASK WHEN STUDYING THE BIBLE

ASK YOURSELF :

- Is there an example for us to follow?
- Is there a sin to avoid?
- Is there a promise to claim?
- Is there a prayer to repeat?
- Is there a command to obey?
- Is there a condition to meet?
- Is there a verse to memorize?

A PRAYER FOR CONSECRATION

HANNAH WHITEHALL SMITH'S JOURNAL, MAY 31, 1869

I feel that perhaps it will help me to write out a definite consecration of myself to God so that I may distinctly grasp the reality and irrevocableness of it.

Lord, I am yours, yours wholly, and yours forever! I am yours by the purchase of your blood, and I present myself to you now as a living sacrifice, body, soul, and spirit to be as clay in your hands. I give you my heart, Lord, to love only what you love; to hate what you hate; to endure all things, to suffer long and be kind, to be not easily provoked; to think no evil, not to seek my own. Help me, oh my God!

I give you my intellect to be wholly devoted to your service, and perfectly under your control to think only those thoughts that will please you, to devise only such plans as you suggest, to yield the management of all its affairs to you! I give it to you that you may fulfill the purposes of your grace by casting down in me imaginations, and every high thing that exalts itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ." Help me, oh my God.

I give you my body to be used by you. My eyes to see only what you would have them see, my ears to hear only what you would have them hear; my feet to go only where you lead, my hands to do only what can be done in fellowship with you, my tongue to speak only words that please you. I give you any appetite to be under thy control and regulation. I give my time to you, Lord, to be all employed for you.

I leave my reputation in your hands. I give you my children, my husband, and everyone whom I love to be disposed of according to your will. I leave to you the ordering of my whole life, and with your help will follow you wherever you lead. I will give you the control of my feelings and of my prejudices. I submit, in short, my whole being and life all that I am and have and will be to your complete control and only ask that your will may be perfectly done in me, through me and by me! Take me and keep me oh my God!

DAY 1 : PRAYERFUL DEPENDANCE

SCRIPTURE: NEHEMIAH 1:1-4; PSALM 34:17

FOCUS: LET GOD SHAPE YOUR HEART

How does this scripture apply to you?

PRAY:

“God, show me what breaks Your heart and give me compassion.”

JOURNAL :

What situations around me need God’s restoration?

DAY 2: GODLY SORROW

SCRIPTURE: NEHEMIAH 1, DANIEL 9:1-5,
PHILIPPIANS 4:6-8

FOCUS: RECEIVING A GODLY BURDEN

How does this scripture apply to you?

DAY 3: PRAYER & ACTION

SCRIPTURE: NEHEMIAH 2, JAMES 2:14-26

FOCUS: SURRENDERING OUR PRIORITIES

How does this scripture apply to you?

How can you take a step in bringing prayer & action together in your life?

DAY 4: RECEIVING GOD-GIVEN VISION

SCRIPTURE: NEHEMIAH 2:9-18, HABBAKKUK 2:2
FOCUS: SURRENDERING OUR PRIORITIES FOR
GOD'S PRIORITIES

How does this scripture apply to you?

What do you think God's vision is for your life? How will this require deeper faith and preparation? Write it down, and seek clarity about a next step about expanding your vision to follow His vision.

DAY 5: DO NOT FEAR OPPOSITION

SCRIPTURE: NEHEMIAH 2:19-20, EPHESIANS 6:10-19

How does this scripture apply to you?

Pray:

“Lord, give me courage.”

Journal:

What fear & opposition are you facing? How can you ask God to help you stand strong against discouragement?

DAY 6: EVERYONE GETS TO PLAY

SCRIPTURE: NEHEMIAH 3, ROMANS 12:3-8

FOCUS: FAITHFUL SERVICE

How does this scripture apply to you?

Pray:

“Lord, help me serve where You place me.”

Journal:

What is your part to play in serving this season? What does a servant’s heart look like in your life?

DAY 7: PRAYER & WATCHFULNESS

SCRIPTURE: NEHEMIAH 4:7-9, PSALM 46:1

FOCUS: SPIRITUAL ALERTNESS

How does this scripture apply to you?

Pray:

“God, help us pray & stay alert.”

Journal:

How can we be more spiritually vigilant in guarding the people & work God has entrusted to us?

DAY 8: STRENGTH IN DISCOURAGEMENT

SCRIPTURE: NEHEMIAH 4:10-14, ISAIAH 41:10,
2 CORINTHIANS 4:6-18

FOCUS: GOD'S STRENGTH IN DIFFICULTY

How does this scripture apply to you?

Pray:

“Lord, renew my strength when I feel weary.”

Journal:

What has been discouraging me lately? How can I receive God's encouragement over my heart & mind?

DAY 9: DEALING WITH INJUSTICE

SCRIPTURE: NEHEMIAH 5:1-7, ISAIAH 58

FOCUS: GOD'S HEART FOR JUSTICE

How does this scripture apply to you?

Pray:

“God, help me treat others with fairness & love.”

Journal:

Where is life unfair to me & around me, and how can I receive God's strength? How can I reflect God's justice today?

DAY 10: LEADING WITH INTEGRITY

SCRIPTURE: NEHEMIAH 5:14-19, LUKE 16:10, 1 JOHN 1:5-10

FOCUS: CHARACTER MATTERS

How does this scripture apply to you?

Pray:

“Lord, help me live with integrity.”

Journal:

Where do I need to be more honest? Am I living in the light, or is there any part of my life or character in the dark?

DAY 11: HOLY FOCUS

SCRIPTURE: NEHEMIAH 6:1-4, HEBREWS 12:1-13

FOCUS: AVOIDING DISTRACTION

How does this scripture apply to you?

Pray:

“God, keep me focused on Your purpose.”

Journal:

What internal & external distractions are pulling me away from God & how can I take a practical step to stay focused?

DAY 12: DISCERNMENT OVER FEAR

SCRIPTURE: NEHEMIAH 6:10-13, GALATIANS 1:10, PROVERBS 2:3-5, ROMANS 12:1-2

FOCUS: DISCERNING TRUTH

How does this scripture apply to you?

Pray:

“Lord, help me recognize lies & fear.”

Journal:

What voices are loudest right now, and how can I listen more closely to God’s voice?

DAY 13: FINISHING THE WORK

SCRIPTURE: NEHEMIAH 6:15-16, GALATIANS 6:9, ROMANS 5:1-5

FOCUS: PERSEVERANCE

How does this scripture apply to you?

Pray:

“God, help me finish what You’ve started.”

Journal:

What has God asked me to complete & where do I need spiritual strength?

DAY 14: REMEMBERING IDENTITY

SCRIPTURE: NEHEMIAH 7:5, PSALM 139, PSALM 127:1

FOCUS: BELONGING TO GOD

How does this scripture apply to you?

Pray:

“Lord, remind me who I am in You.”

Journal:

How does knowing God shape my identity, regardless of circumstances? Am I drawing fresh strength from God today?

REMEMBER YOUR SPIRITUAL IDENTITY

DAY 15: HUNGER FOR GOD'S WORD

SCRIPTURE: NEHEMIAH 8:1-3, PSALM 119:105,
JEREMIAH 15:16, MATTHEW 4:1-4, JOHN 6:35

FOCUS: SCRIPTURE RENEWAL

How does this scripture apply to you?

Pray:

“God, give me a hunger for Your word.”

DAY 16: JOY THROUGH OBEDIENCE

SCRIPTURE: NEHEMIAH 8:9-12, JAMES 1:22,
PSALM 119

FOCUS: LIVING OUT GOD'S WORD

How does this scripture apply to you?

Pray:

“Lord, help me obey with joy.”

DAY 17: REMEMBERING GOD'S FAITHFULNESS

SCRIPTURE: NEHEMIAH 9:5-17, LAMENTATIONS
3:22-23

FOCUS: GRATITUDE

How does this scripture apply to you?

Pray:

“God, thank You for Your faithfulness.”

Journal:

How has God been faithful in my life?

DAY 18: COMMITMENT TO BE SET APART

SCRIPTURE: NEHEMIAH 10:28-39, ROMANS 12:1-2

FOCUS: LIVING SET APART

How does this scripture apply to you?

Pray:

“Lord, I commit my life fully to You.”

Journal:

What changes is God asking me to make to be set apart for Him?

THEY WERE PURSUING GOD'S KINGDOM RATHER THAN THEIR OWN SAFETY & PROSPERITY.

DAY 19: WILLING TO SERVE ANYWHERE

SCRIPTURE: NEHEMIAH 11:1-2, ISAIAH 6:8

FOCUS: AVAILABILITY

How does this scripture apply to you?

Pray:

“God, I am willing to go where You send me.”

Journal:

How and where is God calling me to pray & serve Him to expand and multiply His kingdom?

OBEDIENCE SOMETIMES MEANS LEAVING OUR COMFORT ZONES

DAY 20: CELEBRATING GOD'S WORK

SCRIPTURE: NEHEMIAH 12:27-47, PSALM 126:3

FOCUS: WORSHIP & THANKSGIVING

How does this scripture apply to you?

Pray:

“Lord, I praise You for what You’ve done.”

Journal:

What victories do we see God accomplishing in our church?
Am I known as a public praiser of God, and do I take time to celebrate?

DAY 21: GUARDING SPIRITUAL GROWTH

SCRIPTURE: NEHEMIAH 13:1-9, PHILIPPIANS
3:13-14

FOCUS: STAYING FAITHFUL LONG-TERM

How does this scripture apply to you?

Pray:

“God, help me stay faithful & alert, growing with You.”

Journal:

What makes me prone to drifting & how can I protect my faith moving forward?

DON'T DRIFT BACK INTO OLD HABITS, BUT GUARD
HOLINESS