



21 days of prayer & fasting

Why should I take part?

21 Days of Prayer and Fasting is an intentional way to start the year by drawing closer to God. As we set aside distractions and focus on prayer, we make room for Him to speak, strengthen our faith, and align our hearts with His purpose. It's more than a spiritual challenge—it's an invitation to deepen your relationship with God and depend on Him in a fresh way. Whether this is your first time fasting or you've done it before, this season is an opportunity to seek renewal and invite God to move in our hearts, our homes, and our church.

Scripture

God's Word can guide and shape your prayer time, offering wisdom, encouragement, and direction. As you read each passage, let it inspire your prayers, speak to your heart, and help you focus on what God is saying to you. Scripture reminds us of His promises, teaches us how to live, and draws us closer to Him. By reflecting on His Word each day, you create a deeper connection with God and a foundation for meaningful prayer throughout the 21 days.

Prayer

Prayer during 21 Days of Prayer and Fasting is a personal and flexible time to connect with God. There are no set topics or points—just an invitation to speak from your heart and listen for His voice. You can pray about your own life, your family, your church, or anything God puts on your heart. The goal is to create a consistent habit of turning to God, seeking His guidance, and experiencing His presence throughout these 21 days. Even a few intentional minutes a day can have a powerful impact.

Fasting

Fasting is a way to intentionally set aside something—often food or a specific habit—to focus more fully on God. It's not about punishment, but about creating space in your life to hear from Him, grow in self-discipline, and depend on His strength. During this 21-day period, participants may choose a full fast, a partial fast, or another form that fits their health and lifestyle. Fasting is paired with prayer, so as you deny yourself, you make room to seek God's guidance, wisdom, and renewal. Even small steps of fasting can lead to big spiritual breakthroughs. Fasting is not commanded but is an assumed discipline of the Christian life. (*Matthew 6:16-18*)

Examples of Fasting

Absolute Fast - No food or water (*Ezra 10:6; Esther 4:16; Acts 9:9*)

Normal Fast - No food for a period of time (*Luke 4:2*)

Partial fast - Abstain from certain foods (*Daniel 10:3; Matthew 3:4; Romans 14:17-23*)

Private fast - Just between you and the Lord (*Matthew 6:16-18*)

Congregational fast - A whole group or church fasts (*Joel 2:15-21*)

National Fast - The whole nation fasts (*Nehemiah 9:1; Esther 4:16*)

Regular Fast - A day set aside each year to fast - Day of Atonement (*Leviticus 16:29-31*)

Occasional Fast - On special occasions as the need arises (*Matthew 17:15-21*)

Devotional Fast - A fast from whatever preoccupies/distracts you (*1 Corinthians 7:5*)

Abstinence from **one meal** constitutes as a fast.

Things to Remember

- Fasting is not just going without food - **that is dieting.**
- Fasting is not just starving yourself to force God to act - **that is a hunger strike.**
- Fasting is not just for monks, priests, or the super-holy - **it is for every believer.**
- Fasting is not to earn God's approval - **faith in Christ gives us His acceptance.**
- Fasting is "abstaining from *food for a certain period of time for spiritual benefits."
- Fasting helps with perspective - what truly satisfies.
- It is almost always accompanied by prayer and humbleness.

Dangers to Guard Against

1. **The "God will reward me or this" mentality.**
 - Fasting is not the "work" that earns blessings from the hand of God.
2. **The pride and self-righteous attitude that can come with practicing spiritual disciplines.**
 - This is not about you being that best disciple, this is about your desire and hunger to draw closer to God.
3. **The idea of breaking your fast because you've already done enough.**
 - Several times during the fast you will think to yourself, "I can't do this any longer," and you will try to justify breaking your fast since you have already done more than ever before. Don't quit. Stick to your commitment.

10 Ways You Can Fast

1. All meals for 21 days
2. Two meals a day for 21 days
3. One meal a day for 21 days
4. All meals 3 days a week for 3 weeks
5. All meals 1 day a week for 3 weeks
6. All food with only water to drink 1 day a week for 3 weeks
7. Eat only nuts, grains, fruits, and vegetables for 21 days
8. All meals for 7 days, 2 meals a day for 14 days
9. Coffee or caffeine for 21 days
10. Television, video games, and social media (scrolling) for 21 days

What is Your Purpose for Fasting?

Biblical Purposes:

1. To Strengthen Prayer - Daniel 9:3
2. To Seek God's Guidance - Judges 20:26-28
3. To Express Grief - 2 Samuel 1:11-12
4. To Seek Protection - Ezra 8:21-23
5. To Express Repentance - 1 Samuel 7:6
6. To Humble Oneself - 1 Kings 21:27-29
7. To Express Concern for God's Work - Nehemiah 1:3-4, 11
8. To Minister to the Needs of Others - Isaiah 58:6-7
9. To Overcome Temptation - Luke 4:1-13
10. To Express Love & Worship to God - Matthew 4:1-11

Things to Consider

- **Medical Condition** - expecting, diabetic, migraines (may determine type and duration)
 - **What is distracting me?** - unnecessary things that take my time (fast from that as well)
 - **How is my relationship with the Lord?** -
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Fasting as a Family

Your children may hear you talk about the 21 Days of Prayer and Fasting emphasis and wonder if it’s something they can participate in. The answer is yes! Explain to them that when they take special time to pray and make a special effort to give up a favorite food, snack, or activity, they can grow closer to Jesus. As a family, sit down together to talk about the purpose of the fast and how they will participate. Write it down on a card, just like you are doing in this guide, and place it on the fridge or somewhere visible as a reminder for everyone. Help your children understand that there may be moments when fasting feels difficult and they may want to change their minds. Gently encourage them to stay committed to what they have decided before the Lord and to watch how He answers their prayers. At the end of the fast, take time to talk together about what the Lord did during this special season.

Keep your family’s schedule in mind as you plan. Decide which days of the week you will meet together to pray, and make sure to explain the prayer emphasis for each day so your children can fully participate.

Remember that children need proper nutrition, activity, and rest to stay healthy. They don’t need to fast full meals or healthy foods for extended periods, or give up the exercise that play provides. Children do best with clear routines, so be sure to create a simple schedule that helps them understand which days they are fasting and what they are fasting from.

Preparing for the Fast

Write down your purpose—or purposes—and the type of fast you will follow over the next 21 days. Give it prayer and thoughtful consideration, and be as specific as possible. This will become something you can return to, especially in moments when you may feel tempted to quit or “adjust” your commitment to the Lord.

My purpose for fasting is:

(e.g., to seek God’s guidance for work or an important decision; to overcome an addiction or temptation; to pray for the salvation of a family member; etc.)

The type of fast I will do is:

(e.g., Normal fast — no food for the duration; Partial fast — one or two meals a day, or abstaining from certain foods, or fasting all meals three days a week; Fast from distractions — TV, social media, etc.)



21 Days of Prayer & Fasting Reading Plan

- January 1
Chapter 17
Lord, Teach Us to Pray
Luke 11:1
- January 2
Chapter 1
Give Me Success Today
Genesis 24:12
- January 3
Chapter 2
Bless Me
Genesis 32:26
- January 4
Chapter 3
Go with Us
Exodus 33:15
- January 5
Chapter 4
Give Me a Sign
Judges 6:17
- January 6
Chapter 5
Remember Me
1 Samuel 1:11
- January 7
Chapter 6
I Have Sinned
2 Samuel 12:13
- January 8
Chapter 7
Enlarge My Territory
1 Chronicles 4:10
- January 9
Chapter 8
Give Me Wisdom
2 Chronicles 1:10
- January 10
Chapter 9
Answer Me
1 Kings 18:37
- January 11
Chapter 10
Deliver Us
2 Kings 19:19

21 Days of Prayer & Fasting Reading Plan

January 12
Chapter 11
Help Us
2 *Chronicles* 14:11

January 13
Chapter 12
Grant Me Favor
Nehemiah 1:11

January 14
Chapter 13
Strengthen My Hands
Nehemiah 6:9

January 15
Chapter 14
Send Me
Isaiah 6:8

January 16
Chapter 15
Save Us
Matthew 8:25

January 17
Chapter 16
Have Mercy on Us
Matthew 9:27

January 18
Chapter 18
Lord, Help Me
Matthew 15:25

January 19
Chapter 19
Increase Our Faith
Luke 17:5

January 20
Chapter 20
God, Have Mercy on Me,
a Sinner
Luke 18:13

January 21
Chapter 21
Father, Forgive Them
Luke 23:34