

21 DAYS OF PRAYER & FASTING

JANUARY 11 - FEBRUARY 1, 2026

Gateway's Sanctuary will be open during the week, with worship playing, for you to come if you wish to spend some time in prayer here. There will also be special worship each Wednesday (Jan 14/21/28) 11am-1pm if you want to pop in over lunch or watch it on livestream.

FASTING 101

Fasting isn't about getting God's attention; its about getting our attention back where it belongs - on Him!

Fasting isn't about "getting" God to do something: its about intentionally taking something OUT of your life in expectation that God will pour something IN. Its removing something physical from your life in order to tell your body that we live by the Spirit! There are different types of fasts: The one you choose is between you and God. He will honour your best sacrifice. Here are SOME examples (see Aaron if you'd like some more ideas!)

Full Fast

In Jesus' day, a 'full fast' meant no food, only liquids, and it was traditionally done for one day only. - please consult your doctor before fasting this way.

Multi-Day/multi-week fasts:

In Jewish tradition, including the time of Jesus, longer fasts were generally about giving up "choice or customary foods." In other words, giving up your regular or favourite foods, but still eating to meet your needs.

Here are some traditional ideas:

The Daniel Fast

Eat no meat, no sweets and no bread. Drink water and juice. Eat legumes, fruits and vegetables.

3-Day Fast

This fast can be a Full Fast, Daniel Fast or give up at least one item of food

Partial Fast

A partial fast is from 6:00 am to 3:00 pm or from sun up to sundown. You can select from three types of fasting —a Full Fast, Daniel Fast or give up at least one item of food.

Non-Food Fasts

For some of us, food-related fasting is not advisable. Special dietary needs, medical condition, or psychological relationship to food makes a food fast a bad idea. If that is you, we encourage you to explore a non-food fast.

A non-food fast is giving up something else, such as trading your TV time for a devotional. Or giving up social media for 3 weeks in order to do something more faith-positive.

Some people give up complaining or negative talk, and try to intentionally replace that with prayer and thanksgiving. Others might give up a habit or practice that we go to for comfort, and instead go to God for the comfort we need.

A non-food fast is a great alternative to a food-related fast. Just make sure to replace the time usually spent on those activities in prayer, worship, and Scripture. The point is to make more space to relate with God.

Scripture References for Fasting:

Matthew 6:16-18, Matthew 9:14-15, Luke 18:9-14

Relation to Prayer and Reading of the Word:

1 Samuel 1:6-8, 17-18, Nehemiah 1:4, Daniel 9:3, 20, Joel 2:12-13, Luke 2:37, Acts 10:30, Acts 13:2

Corporate Fasting:

1 Samuel 7:5-6, Ezra 8:21-23, Nehemiah 9:1-3, Joel 2:15-16, Jonah 3:5-10, Acts 27:33-37, 2 Chronicles 20

Remember that it is the attitude of a heart sincerely seeking Him to which God responds with a blessing (Isaiah 40, Isaiah 58, Jeremiah 14:12, 1 Corinthians 8:8). Be sure that whatever you give up for your time of fasting is intentionally replaced by time to hear from God: through his written Word, prayer time, worship time, service to others, etc.

GATEWAY CHURCH