



M E S A
CHURCH

21 Days of Prayer and Fasting

January 4–25, 2026

As we begin a new year, we are choosing to slow down, quiet our lives, and intentionally seek God together. These 21 days are not about religious performance or personal discipline alone. They are about creating space for God to shape our hearts, clarify our direction, and align us with His will. Fasting is not a way to earn God's attention. It is a way to give Him ours. Whether this is your first time fasting or a familiar practice, this journey is an invitation. Participate at the level that fits your season of life. Abstain from something meaningful and replace it with prayer, Scripture, and intentional listening. God honors hunger, humility, and sincerity.

WHY WE FAST

Throughout Scripture, God's people fasted during moments of transition, repentance, dependence, and expectation. Fasting helps us reorder our desires and refocus our attention. It reveals what we rely on and invites us to trust God more deeply. Fasting does not change God.

Fasting changes us. As a church, we are fasting to seek God's presence before His provision, His voice before our plans, and His kingdom before our comfort.

HOW TO FAST

Fasting looks different for different people. Health, work, age, and life season all matter. The goal is not comparison. The goal is participation. You may choose a food-based fast, a partial fast, or a fast from distractions such as media, entertainment, or habits that compete for your attention. Whatever you choose to abstain from, intentionally replace it with prayer, Scripture, or quiet reflection.

DAILY RHYTHM

- Plan for twenty to thirty minutes each day
- Read Scripture slowly and prayerfully
- Reflect honestly
- Pray intentionally
- Listen attentively
- Let hunger remind you to pray
- Let silence teach you to listen.

WEEK 1: SURRENDER

Clearing space. Reordering desires. Returning to first love.

Day 1: Hunger for God

Read: Matthew 4:1–4; Psalm 63:1–5

Reflect: Jesus begins His ministry in the wilderness, not the synagogue or the marketplace. Before miracles, crowds, or teaching, there is solitude and hunger. This is not accidental. Jesus enters the wilderness full of the Spirit and willingly submits Himself to physical deprivation so that His dependence on the Father might be fully revealed. When the tempter invites Him to meet a legitimate need in an illegitimate way, Jesus responds with clarity. Life is not sustained by bread alone, but by every word that comes from the mouth of God. Fasting reorients our understanding of what truly sustains us.

Physical hunger has a way of revealing spiritual truth. It exposes how quickly we reach for substitutes when discomfort arises. As you begin this fast, resist the urge to rush past hunger or silence it immediately. Let it teach you. Let it point you to the deeper hunger of your soul. The psalmist reminds us that when God becomes our greatest desire, satisfaction follows. Not because our circumstances change, but because our priorities do.

Questions:

- What comforts or routines do I normally turn to instead of God when I feel discomfort or stress?
- What would it look like for God to become my deepest desire during these 21 days?

Pray: God, I confess how easily I satisfy myself with lesser things. I fill my life with noise, comfort, and distraction while neglecting the deeper hunger of my soul. Today, I choose to let my hunger remind me of my need for You. Teach me to desire Your presence more than provision, Your voice more than relief, and Your Word more than anything that sustains my body. Awaken in me a holy hunger that draws me closer to You. I want to live not by bread alone, but by every word You speak. Amen.

Day 2: Returning with the Heart

Read: Joel 2:12–13; Psalm 51:10–12

Reflect: God's invitation to fast is always an invitation to return. Not to ritual. Not to performance. To Him. The prophet Joel records God's call to His people in a moment of crisis, yet the emphasis is not on outward expressions of grief but on inward transformation. God is not impressed by torn garments. He is moved by surrendered hearts. Fasting is never meant to be a spiritual show. It is meant to bring us back to honesty before God. Psalm 51 echoes this truth with painful clarity. David does not offer excuses. He does not minimize his sin. He asks for a clean heart and a renewed spirit. As you fast today, consider where your heart has drifted. Not in dramatic rebellion, but in quiet distance. God's grace meets us not when we pretend to be strong, but when we return honestly and fully.

Questions:

- Where have I allowed my heart to drift from God, even while maintaining spiritual habits?
- What would wholehearted repentance look like for me today?

Pray: Merciful God, I return to You with my whole heart. I lay down my defenses, my justifications, and my need to appear put together. I ask You to search me and cleanse me from the inside out. Create in me a clean heart and renew a right spirit within me. Restore the joy of my salvation and draw me close again. Thank You that You are gracious, compassionate, and slow to anger. I return to You, trusting Your mercy. Amen.

Day 3: Empty to Be Filled

Read: Philippians 2:5–8; John 15:4–5

Reflect: Jesus willingly emptied Himself, not because He lacked authority, but because He trusted the Father completely. Philippians reminds us that true power is revealed through humility and surrender. Fasting mirrors this posture. We choose to empty ourselves of comfort and control so that we might be filled with God's life and power. This is not weakness. It is trust. Jesus teaches that abiding is essential for fruitfulness. Apart from Him, we can do nothing of lasting value. Fasting strips away the illusion of independence and exposes how deeply we rely on ourselves. As you fast today, ask yourself what you are clinging to that may be preventing deeper intimacy with God. Emptiness creates space. God delights to fill surrendered lives.

Questions:

- What am I holding onto that God may be inviting me to release?
- How does fasting help me recognize my need to abide in Christ?

Pray: Jesus, You humbled Yourself in perfect obedience and trust. Today, I choose to follow Your example. I empty myself of pride, self-reliance, and control. I acknowledge that apart from You, I can do nothing. Fill me with Your Spirit. Teach me to abide in You, to remain connected to You, and to draw my strength from You alone. I surrender my will and ask You to shape my heart according to Yours. Amen.

Day 4: Tearing Down Idols

Read: Exodus 20:1–3; 1 John 5:21

Reflect: An idol is anything that takes God's rightful place in our lives. It does not need to be evil to be dangerous. Often, idols are good things elevated to ultimate importance. Comfort, success, approval, and control quietly demand our attention and affection. Fasting exposes these attachments by removing what we often depend on without realizing it. God's command to have no other gods is not restrictive. It is protective. He knows that divided devotion leads to spiritual exhaustion. As you fast today, pay attention to what feels hardest to release. That discomfort may reveal where your trust has shifted. God does not shame us for discovering idols. He invites us to lay them down and experience freedom.

Questions:

- What has subtly taken priority over God in my life?
- What is God inviting me to surrender so that He can reclaim first place?

Pray: God, You alone are worthy of my worship and devotion. I confess that I have allowed other things to compete for my attention and trust. Today, I choose to lay those things down. Reveal any idols I have overlooked and give me the courage to surrender them fully. I want You to be first in my heart, my decisions, and my desires. Reorder my life around You. Amen.

Day 5: A Humble Posture

Read: Isaiah 66:1–2; James 4:6–10

Reflect: God is not impressed by our strength or spiritual effort. He is drawn to humility. Scripture consistently reminds us that God gives grace to the humble but resists the proud. Fasting places us in a posture of dependence where pride has little room to thrive. Hunger has a way of softening us and reminding us of our need for grace. Humility is not self-condemnation. It is honest dependence. As you fast today, practice humility not only before God but with others. Listen more than you speak. Be quick to repent and slow to defend yourself. God promises that when we humble ourselves before Him, He will lift us up in due time.

Questions:

- Where do I tend to rely on my own strength instead of God's grace?
- How can I practice humility today in my relationships and attitudes?

Pray: God, I come before You with a humble heart. I acknowledge my need for You and my tendency toward self-reliance. Teach me to walk in humility, not out of fear, but out of trust. Soften my heart and shape my character. I want to be receptive to Your work in me. Thank You for the grace You give freely to those who humble themselves before You. Amen.

Day 6: Choosing Dependence

Read: Proverbs 3:5–6; Psalm 20:7

Reflect: Fasting confronts the illusion of control. It reminds us that we are not sustained by our plans, strategies, or resources, but by God alone. Trust is not passive. It is an active decision to lean on God rather than ourselves. Proverbs invites us to trust the Lord with all our heart, not partially or selectively. As you fast today, consider what areas of your life you are tempted to control tightly. Dependence on God does not eliminate responsibility, but it does redefine where our confidence rests. When we trust God fully, He directs our paths with wisdom and faithfulness.

Questions:

- What areas of my life am I struggling to trust God with?
- How does fasting help me practice dependence rather than control?

Pray: Faithful God, I choose to trust You today. I release my need to control outcomes and place my confidence in You alone. Teach me to lean not on my own understanding but to acknowledge You in all my ways. Direct my steps and shape my decisions according to Your wisdom. I depend on You completely. Amen.

Day 7: Sabbath Reflection

Read: Psalm 46:10; Lamentations 3:22–23

Reflect: Today is a day to pause and reflect. Surrender is not accomplished in a single moment. It is a posture we learn over time. As you look back on this first week, consider what God has revealed and where He has gently invited you to let go. Stillness allows us to recognize God's faithfulness. God's mercies are new every morning. Even if this week felt challenging or uneven, His grace remains constant. Rest in His presence today. Gratitude is a powerful response to surrender.

Questions:

- What has God revealed to me during this first week of fasting?
- How can I practice rest and gratitude today?

Pray: God, I pause to acknowledge Your faithfulness. Thank You for meeting me in moments of surrender and struggle. I rest in Your presence and trust in Your mercy. Continue Your work in me as I move forward with humility and expectation. I receive Your grace today. Amen.

WEEK 2: LISTENING

Quieting the noise. Attuning the heart. Hearing God clearly.

Day 8: Stillness Before God

Read: 1 Kings 19:11–13; Psalm 62:1

Reflect: Elijah expected God to speak through dramatic displays of power, but the Lord chose to reveal Himself in a gentle whisper. This moment reminds us that God is not always found in noise, urgency, or intensity. Often, He speaks in stillness. Fasting creates space for that stillness by quieting the distractions that dominate our attention. Silence can feel uncomfortable at first, especially when we are used to constant input, but it is often the place where God's voice becomes clear. As you fast today, resist the urge to fill every quiet moment. Instead, allow silence to become a place of expectation rather than anxiety. God is not absent when He is quiet. He is present and attentive. Stillness teaches us patience and trains our hearts to listen rather than rush.

Questions:

- What noises or distractions most often prevent me from hearing God clearly?
- How can I intentionally create space for stillness today?

Pray: God, I slow myself before You. I quiet my thoughts, my worries, and my constant need for activity. Teach me to be still in Your presence. Help me to trust that You are at work even when things feel quiet. Open my heart to hear Your gentle voice and give me the patience to listen without rushing ahead. I want to know You more deeply and clearly. Amen.

Day 9: God's Word as Our Guide

Read: Psalm 119:105; Hebrews 4:12

Reflect: God speaks most clearly through His Word. Scripture is not only informative but also formative. It shapes our thinking, exposes our motives, and directs our steps. Fasting heightens our sensitivity, but the Bible anchors our discernment. When we remove distractions, God's Word has space to speak more deeply into our lives. As you read today, approach Scripture slowly and attentively. Do not rush to the application. Let the Word read you. God's truth illuminates our path one step at a time. We are not promised full clarity for the entire journey, but we are given enough light for faithful obedience today.

Questions:

- How consistently do I turn to Scripture when seeking guidance?
- What truth from today's reading stands out and why?

Pray: God, thank You for Your Word that brings light and life. As I read Scripture, help me to receive it with humility and openness. Reveal truth that challenges and encourages me. Shape my thoughts, my decisions, and my desires according to Your will. Let Your Word guide my steps and guard my heart. Amen.

Day 10: Listening Through Prayer

Read: Matthew 6:9–13; John 10:27

Reflect: Prayer is more than presenting requests. It is a conversation that shapes our hearts to recognize God's voice. Jesus teaches His disciples to pray in a way that aligns their desires with the Father's will. When we pray this way, our priorities begin to shift. We learn to listen as much as we speak. Fasting creates space for attentive prayer. As hunger reminds us of our dependence, prayer becomes less about control and more about trust. God promises that His sheep know His voice. Listening requires patience, attentiveness, and a willingness to obey what we hear.

Questions:

- Do I allow space for listening when I pray or do I rush through my requests?
- What might God be inviting me to hear or notice today?

Pray: Father, teach me how to pray in alignment with Your heart. Slow my words and quiet my spirit so I can listen attentively. Help me to recognize Your voice and respond with trust and obedience. Shape my desires to reflect Yours and guide me as I seek Your will above my own. Amen.

Day 11: Discerning God's Voice

Read: Romans 12:1–2; Galatians 5:16–17

Reflect: Discerning God's voice requires a renewed mind. Scripture reminds us that transformation begins internally as we surrender our patterns of thinking to God. Fasting

supports this renewal by interrupting habits that dull our spiritual awareness. As our minds are reshaped, our ability to recognize God's leading increases. The Spirit's voice leads us toward truth, peace, and obedience. It never contradicts Scripture or produces confusion. As you fast today, pay attention to what draws you closer to God and what pulls you away. Discernment grows as we consistently choose to walk by the Spirit rather than our impulses.

Questions:

- What patterns of thinking does God want to renew in my life?
- How can I better distinguish between my own desires and God's leading?

Pray: Holy Spirit, renew my mind and sharpen my discernment. Help me to recognize Your voice clearly and follow Your leading faithfully. Guard me from confusion and align my thoughts with Your truth. I want to walk by the Spirit and live in obedience to You. Amen.

Day 12: Waiting Well

Read: Isaiah 40:28–31; Psalm 27:14

Reflect: Waiting challenges our faith and exposes our impatience. Yet Scripture consistently teaches that waiting on the Lord is not passive or wasted. It is a season where strength is renewed, and trust is deepened. Fasting teaches us to sit with discomfort and trust God's timing rather than rushing for immediate relief. As you wait today, consider how God may be shaping your character. Waiting develops endurance, humility, and hope. God's promises are never delayed without purpose. He is at work even when answers are not immediate.

Questions:

- Where am I struggling to wait on God's timing?
- What might God be developing in me through waiting?

Pray: God, I confess my impatience and my desire for quick answers. Teach me to wait with trust and hope. Renew my strength as I place my confidence in You. Help me to believe that You are working even when I cannot see it. I wait on You today. Amen.

Day 13: Obedience in Small Things

Read: Luke 16:10; John 14:23

Reflect: God often speaks through simple invitations to obedience. Faithfulness in small things prepares us for greater responsibility. Fasting sensitizes us to these quiet prompts that are easy to overlook in busy seasons. Obedience is not about perfection, but responsiveness. As you fast today, consider what small step of obedience God may be asking of you. It might involve a conversation, a habit, or an attitude. Obedience deepens intimacy and strengthens trust between us and God.

Questions:

- What small act of obedience is God inviting me to take today?
- How does obedience strengthen my relationship with God?

Pray:

Lord, give me a willing and obedient heart. Help me to respond faithfully to Your leading, even in small and unseen ways. Teach me to trust that obedience draws me closer to You. Give me the courage to obey you, especially when it's inconvenient and uncomfortable. I choose to follow You today. Amen.

Day 14: Reflection and Gratitude

Read: Psalm 103:1–5; Colossians 3:15–17

Reflect: Gratitude anchors our hearts in faith. As you reflect on this week, consider how God has spoken, guided, and sustained you. Gratitude keeps us aware of God's goodness and prevents discouragement from taking root. Thankfulness shifts our focus from what we lack to what we have received. As you fast today, let gratitude fill your prayers. God delights in hearts that remember His faithfulness.

Questions:

- What has God been teaching me during this week of listening?
- How can gratitude shape my perspective moving forward?

Pray: God, I thank You for Your faithfulness and grace. I recognize Your work in my life and choose to be grateful today. You have blessed me in so many ways, and I don't want to take for granted any of your kindness and goodness. Help me to carry a thankful heart as I continue to seek You. May my life reflect praise and trust in all circumstances. Amen.

WEEK 3: ALIGNMENT

Walking in obedience. Living on mission. Moving forward in unity.

Day 15: Aligning with God's Will

Read: Matthew 26:36–39; Romans 8:28

Reflect: Jesus models ultimate surrender in the garden. During His darkest hour, Jesus chose obedience over comfort. The Father's will mattered most to Jesus, and he wanted to align with it perfectly. Alignment with God's will does not remove difficulty, but it brings peace and purpose in the midst of trials and tribulations. Fasting helps us loosen our grip on personal agendas so we can embrace God's plan. Alignment requires trust. God works all things together for good, even when His will feels costly. As you fast today, consider where God may be inviting you to say yes even when it is difficult.

Questions:

- Where am I resisting God's will in my life?
- What would surrender look like for me today?

Pray: Father, I choose to trust Your will above my own. Help me to surrender my plans and embrace Your purposes. I want your perfect will for my life and ask that you help me to align every area of my life according to your very best for me. Give me peace as I walk in obedience and confidence in Your faithfulness. Amen.

Day 16: Called to Mission

Read: Matthew 28:18–20; Acts 1:8

Reflect: Fasting turns our hearts outward. Fasting gives us eyes to see the real needs around us. Fasting allows God to align us with His mission to reach and restore others. Spiritual renewal is never meant to end with us. It fuels compassion, courage, and obedience. As you fast today, ask God to show you where He is inviting you to participate in His mission. As Him to open your eyes to see where He is already at work so you can join Him there! Every believer is called and sent by God to accomplish His purposes.

Questions:

- Who might God be calling me to serve or reach?
- How does fasting prepare me for God's mission?

Pray: God, open my eyes to see the people You love. Help me to remember that every human I encounter this week is made in Your image. Give me the courage to step into Your mission and the willingness to be used by You. I make myself available to You today and ask You to send me where You desire and to work through me for Your glory. Amen.

Day 17: Strength for the Journey

Read: Isaiah 41:10; Ephesians 6:10

Reflect: God never calls us without equipping us. We feel inadequate, but that's where God does His best work—in our weakness! That's why alignment is so important. Alignment with Him provides strength beyond our own. Fasting reminds us that spiritual strength comes from dependence on God, not self-effort. As you continue this fast, trust that God is sustaining you. His strength is sufficient for every challenge you're facing today or will face tomorrow.

Questions:

- Where do I need God's strength today?
- How does fasting remind me of my dependence on Him?

Pray: God, strengthen me to become the follower You desire me to be. Help me to answer your call and respond with faithful obedience. I need Your presence and power to go with me and before me in everything I do. I rely on You today. Help me to move forward with confidence in You and boldness for You, trusting Your strength to sustain me. Amen.

Day 18: Walking in Unity

Read: Ephesians 4:1–6; Psalm 133

Reflect: God's presence flows where His people walk in unity. Unity invites God's blessing and makes room for His purposes and plans to take priority. Alignment with God includes alignment with one another. Fasting softens hearts and fosters humility, making room for reconciliation and peace. Fasting doesn't make God listen to us; it just puts us in a place where we can better listen

to Him. Consider how God may be inviting and calling you to pursue unity in relationships. Unity is not uniformity. It is the by-product of shared devotion to Christ.

Questions:

- Where is God inviting me to pursue peace and unity?
- How can I contribute to unity within my church or family?

Pray: God, help me to be a grace-giver and a bridge-builder. A broken world needs a united Church, so help me to live in peace and harmony with other believers. Thank You for my church family and for my brothers and sisters in Christ. Unite us all in love and purpose. Heal broken relationships and help me to walk in humility and forgiveness. May Your presence be evident among us as we walk together in unity. Amen.

Day 19: Bearing Fruit

Read: John 15:7–8; Galatians 5:22–23

Reflect: Spiritual fruit is the measure of our maturity as believers. It's not how often or how loudly we pray or praise. Spiritual fruit is the natural result of abiding in Christ. Fasting is one of the ways we can cultivate attentiveness and dependence on God. The aim of our fasting is to allow God's Spirit to work freely in our lives. Spiritual fruit cannot be forced. It grows as we remain connected to Jesus. Trust that His process of making you fruitful is already at work in your life. Your role is to remain faithful and receptive as He does it in you.

Questions:

- What spiritual fruit do I desire to see God grow in my life?
- How does abiding in Christ shape my character and keep me in alignment with Him?

Pray: Jesus, help me remain connected to You. Save me from dead religion that relies on works or human effort to make me better. I am nothing without you, Jesus. I want all that You have for me today. Produce Your fruit in my life and shape my character to reflect Your love. I trust You to work in me according to Your purpose. Amen.

Day 20: Living Set Apart

Read: 1 Peter 1:15–16; Romans 6:22

Reflect: Holiness is not withdrawal from the world but devotion to God within it. Holiness is about understanding that God has set us apart for a special work that He has for us. Aligning to that purpose will shape how we live, speak, and love. Fasting doesn't make us holy. Fasting renews our commitment to live set apart for God's purposes. As you reflect today, consider how your life reflects God's holiness. God's call to holiness is an invitation to embrace God's fullness and live free from the guilt and shame of our past, knowing that God has already written our future!

Questions:

- What does living set apart look like in my daily life?
- How can I reflect God's holiness with humility and grace this week?

Pray: God, thank You for choosing me and calling me. I know there's nothing I've done to earn that. You love me and have set me apart for Your purposes. Take away anything in me that hinders me from receiving all You have for me. Shape my life to reflect Your holiness and love. Help me to live faithfully in a world that needs Your truth and grace. Amen.

Day 21: Renewal and Sending

Read: Isaiah 6:1–8; Psalm 85:6

Reflect: God meets surrendered hearts with renewed vision. It's important that we seek spiritual renewal at times in our faith journey. If we're tired and running on empty, it's an opportunity to return to the One who can renew our strength and give us the grace to keep going. Spiritual renewal prepares us to be sent with clarity and courage. The conclusion of this fast marks a beginning rather than an ending. As you finish these 21 days, trust that God has been at work in you, through you, and all around you. Step forward with faith and obedience, ready to follow where He leads.

Questions:

- How has God renewed my heart during this fast?
- Where is God sending me next, and what special calling do I sense He has on my life?

Pray: God, thank You for renewing my heart and aligning my life with Your will. Thank You for showing me how to become the person You've created me to be. I offer myself to You fully. Here I am. Send me. Use my life for Your glory. Amen.