



THE VICTORY HOUSE

21-DAY FAST

TURN TO HARVEST

The Three Turns That Release Harvest

Foundation Scripture

2 Chronicles 7:14

"If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land."

Vision Statement

Before we can turn a community, we must turn to God. Before we can reach the world, we must reach our own. This is not just a fast from food; this is a fast unto harvest. We're turning the soil of our hearts, our homes, and our mission field. Expect transformation. Expect breakthrough. Expect harvest.

WEEK 1: THE UPWARD TURN

Turning to God - "Empty Me, Fill Me, Send Me"

WEEK 2: THE INWARD TURN

Turning to Those Closest - "You Cannot Reach the World While Ignoring Your Home"

WEEK 3: THE OUTWARD TURN

Turning to the Harvest - "The Soil Is Turned. Now We Sow."

DAY 1

The Turn Begins

Scripture:

Joel 2:12-13

"Even now,' declares the LORD, 'return to me with all your heart, with fasting and weeping and mourning.' Rend your heart and not your garments. Return to the LORD your God, for he is gracious and compassionate."

Challenge: THE INVENTORY

Today, ask the Holy Spirit: "What has taken Your place in my life?" Make a list. Don't rush this. Be brutally honest. Is it comfort? Control? Entertainment? Success? Busyness? Fear? Write it down. Then declare over each item: "I release you. I turn from you to God alone."

Prayer Focus:

"Lord, show me what I've turned to instead of You."

NOTES:

What's on my heart:

What God is speaking to me:

Additional Reading: John 1 - The Word became flesh and dwelt among us | Psalm 139 - "Search me, O God, and know my heart"

DAY 2

The Exchange - Anxiety for Peace

Scripture:

Philippians 4:6-7

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

Challenge: THE SURRENDER LIST

Write down every anxiety you're carrying. Every fear. Every "what if." Pray over each one, physically releasing it (crumple the paper, burn it safely, or bury it). Replace each anxiety with a Scripture promise. Memorize one today.

Prayer Focus:

"I trade my anxiety for Your peace. Fill every worried place with Your presence."

NOTES:

What's on my heart:

What God is speaking to me:

Additional Reading: John 2 - Jesus turns water into wine (the first sign) | Psalm 23 - "The LORD is my shepherd, I shall not want"

DAY 3

The Exchange - Depression for Joy

Scripture:

Psalm 30:11-12

"You turned my wailing into dancing; you removed my sackcloth and clothed me with joy, that my heart may sing your praises and not be silent. LORD my God, I will praise you forever."

Challenge: THE GRATITUDE RESET

Depression often feeds on what we don't have. Today, write 20 things you're grateful for. Speak them aloud. Worship intentionally—even if you don't feel it. Joy is not an emotion; it's a decision. Choose it today.

Prayer Focus:

"Turn my mourning into dancing. Let joy rise where heaviness has lived."

NOTES:

What's on my heart:

What God is speaking to me:

Additional Reading: John 3 - "You must be born again" | Psalm 42 - "Why, my soul, are you downcast? Put your hope in God"

DAY 4

The Exchange - Greed for Generosity

Scripture:

Luke 12:15

"Then he said to them, 'Watch out! Be on your guard against all kinds of greed; life does not consist in an abundance of possessions.'"

Challenge: THE GIVING TEST

Give something away today that costs you. Not leftovers—something valuable. Money, time, a possession you love. Give it secretly. Ask God: "What am I holding too tightly?" Then open your hands.

Prayer Focus:

"Break the spirit of greed in me. Make me a conduit, not a container."

NOTES:

What's on my heart:

What God is speaking to me:

Additional Reading: John 4 - Jesus and the woman at the well | Psalm 24 - "The earth is the LORD's, and everything in it"

DAY 5

The Exchange - Lust for Purity

Scripture:

Psalm 51:10

"Create in me a pure heart, O God, and renew a steadfast spirit within me."

Challenge: THE PURITY AUDIT

What are you looking at that pollutes your mind? What are you consuming (media, entertainment, relationships) that compromises holiness? Delete it. Block it. Walk away from it. Replace it with Scripture. Memorize Philippians 4:8 today.

Prayer Focus:

"Purify my eyes, my mind, my heart. Let me see as You see."

NOTES:

What's on my heart:

What God is speaking to me:

Additional Reading: John 5 - Jesus heals on the Sabbath | Psalm 51 - David's prayer of repentance

DAY 6

The Exchange - Pride for Humility

Scripture:

James 4:6, 10

"God opposes the proud but shows favor to the humble... Humble yourselves before the Lord, and he will lift you up."

Challenge: THE CONFESSION

Confess your pride to someone you trust. Where have you elevated yourself? Where have you refused correction? Where have you needed to be right? Apologize to someone you've hurt through pride. Watch what God does when you go low.

Prayer Focus:

"Strip me of all pride. Clothe me in humility. I decrease; You increase."

NOTES:

What's on my heart:

What God is speaking to me:

Additional Reading: John 6 - Jesus is the bread of life | Psalm 131 - "My heart is not proud, LORD"

DAY 7

The Full Surrender

Scripture:

Romans 12:1

"Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship."

Challenge: THE ALTAR MOMENT

Get alone with God. Physically lay face-down if possible. Say aloud: "I am Yours. My life is not my own. Every plan, every dream, every relationship, every ambition—I place it on the altar. Do with me what You will. I am available. I am surrendered. Use me for Your glory and Your harvest."

Prayer Focus:

"I hold nothing back. All of me for all of You."

NOTES:

What's on my heart:

What God is speaking to me:

Additional Reading: John 7 - Rivers of living water will flow | Psalm 40 - "Here I am, I have come... I desire to do your will, my God"

DAY 8

Turn to Your Spouse/Partner

Scripture:

Malachi 2:15-16

"Has not the one God made you? You belong to him in body and spirit. And what does the one God seek? Godly offspring. So be on your guard, and do not be unfaithful... 'I hate divorce,' says the LORD."

Challenge: THE RECONNECTION

If married: Serve your spouse today without expecting anything in return. Ask: "How can I love you better?" Listen without defending. Pray together if possible. If single: Reach out to a close friend or family member you've neglected.

Prayer Focus:

"Heal my closest relationships. Let love begin here."

NOTES:

What's on my heart:

What God is speaking to me:

Additional Reading: John 8 - "Let him who is without sin cast the first stone" | Psalm 127 - "Unless the LORD builds the house, the builders labor in vain"

DAY 9

Turn to Your Children

Scripture:

Deuteronomy 6:6-7

"These commandments that I give you today are to be on your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up."

Challenge: THE PRIORITY RESET

Spend intentional, device-free time with your children (or young people in your sphere). Ask them about their spiritual journey. Pray over them. Speak life and destiny. If you have no children, invest in a young person today.

Prayer Focus:

"Let me see my children/youth as You see them. Give me words of life to speak."

NOTES:

What's on my heart:

What God is speaking to me:

Additional Reading: John 9 - Jesus heals the blind man | Psalm 78:1-8 - "Tell the next generation the praiseworthy deeds of the LORD"

DAY 10

Turn to Your Parents

Scripture:

Exodus 20:12

"Honor your father and your mother, so that you may live long in the land the LORD your God is giving you."

Challenge: THE HONOR BRIDGE

Contact your parents (or parental figures) today. If the relationship is healthy, express gratitude. If it's broken, take a step toward reconciliation—even if it's just prayer. If they've passed, honor their memory by living out what they taught you that was good.

Prayer Focus:

"Heal generational wounds. Let honor flow through me."

NOTES:

What's on my heart:

What God is speaking to me:

Additional Reading: John 10 - "I am the good shepherd" | Psalm 103 - "Praise the LORD, my soul... who forgives all your sins"

DAY 11

Turn to Your Siblings/Family

Scripture:

Psalm 133:1

"How good and pleasant it is when God's people live together in unity!"

Challenge: THE RECONCILIATION CALL

Is there a family member you're estranged from? Reach out today. If reconciliation isn't safe or possible, forgive them in prayer and release them to God. Break the cycle of family division in your lineage.

Prayer Focus:

"Where there is division, bring unity. Where there is bitterness, bring healing."

NOTES:

What's on my heart:

What God is speaking to me:

Additional Reading: John 11 - Jesus raises Lazarus from the dead | Psalm 133 - "How good and pleasant it is when God's people live together in unity"

DAY 12

Turn to Your Church Family

Scripture:

Hebrews 10:24-25

"And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another."

Challenge: THE COMMITMENT RENEWAL

Recommit to your church community. If you've been distant, reengage. If there's offense, seek reconciliation. If you've been passive, step up. Reach out to three people in your church you don't know well.

Prayer Focus:

"Knit my heart to Your body. Remove all division and apathy."

NOTES:

What's on my heart:

What God is speaking to me:

Additional Reading: John 12 - Mary anoints Jesus' feet | Psalm 122 - "I rejoiced with those who said to me, 'Let us go to the house of the LORD'"

DAY 13

Turn to Your Friends

Scripture:

Proverbs 27:17

"As iron sharpens iron, so one person sharpens another."

Challenge: THE FRIENDSHIP AUDIT

Who are you doing life with? Are they pulling you toward God or away from Him? Invest in godly friendships today. Reach out to someone who sharpens you. If needed, lovingly create distance from relationships that compromise your walk.

Prayer Focus:

"Surround me with friends who fan the flame, not extinguish it."

NOTES:

What's on my heart:

What God is speaking to me:

Additional Reading: John 13 - Jesus washes the disciples' feet | Psalm 1 - "Blessed is the one who does not walk in step with the wicked"

DAY 14

Turn in Forgiveness

Scripture:

Matthew 6:14-15

"For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins."

Challenge: THE RELEASE

Who do you need to forgive? Today, write their name(s) and say aloud: "I forgive [name]. I release them from the debt they owe me. I break every chain of bitterness. I am free." If possible and safe, reach out and offer forgiveness.

Prayer Focus:

"I choose forgiveness. I release all who have hurt me. Free me from unforgiveness."

NOTES:

What's on my heart:

What God is speaking to me:

Additional Reading: John 14 - "I am the way, the truth, and the life" | Psalm 32 - "Blessed is the one whose transgressions are forgiven"

DAY 15

Eyes on the Harvest

Scripture:

John 4:35

"Don't you have a saying, 'It's still four months until harvest'? I tell you, open your eyes and look at the fields! They are ripe for harvest."

Challenge: THE VISION SHIFT

Ask God to show you who He's placed in your sphere who needs Him. Write down 5-10 names. These are your harvest field for this season. Begin praying for them daily by name.

Prayer Focus:

"Open my eyes to see the harvest around me. Give me Your heart for the lost."

NOTES:

What's on my heart:

What God is speaking to me:

Additional Reading: John 15 - "I am the vine; you are the branches" | Psalm 126 - "Those who sow with tears will reap with songs of joy"

DAY 16

Turn to Your Workplace

Scripture:

Colossians 3:23-24

"Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, since you know that you will receive an inheritance from the Lord as a reward."

Challenge: THE WORKPLACE MISSION

You are a missionary in your workplace. Pray for your coworkers by name. Be intentionally excellent and kind today. Look for an opportunity to share your testimony or offer to pray for someone.

Prayer Focus:

"Make me a light in my workplace. Let them see You in me."

NOTES:

What's on my heart:

What God is speaking to me:

Additional Reading: John 16 - "In this world you will have trouble. But take heart! I have overcome the world" | Psalm 90 - "Establish the work of our hands"

DAY 17

Turn to Your Neighborhood

Scripture:

Jeremiah 29:7

"Seek the peace and prosperity of the city to which I have carried you into exile. Pray to the LORD for it, because if it prospers, you too will prosper."

Challenge: THE NEIGHBORHOOD WALK

Walk your neighborhood today. Pray over every home. If possible, introduce yourself to a neighbor you don't know. Ask how you can serve them. Be the hands and feet of Jesus on your street.

Prayer Focus:

"Let my neighborhood encounter Your love through me."

NOTES:

What's on my heart:

What God is speaking to me:

Additional Reading: John 17 - Jesus prays for His disciples and all believers | Psalm 67 - "May God be gracious to us and bless us and make his face shine on us"

DAY 18

Turn to the Stranger

Scripture:

Hebrews 13:2

"Do not forget to show hospitality to strangers, for by so doing some people have shown hospitality to angels without knowing it."

Challenge: THE DIVINE APPOINTMENT

Be intentionally interruptible today. When you encounter someone (cashier, server, stranger), pause and see them. Ask their name. Smile. If prompted, offer to pray. Expect God to orchestrate a divine appointment.

Prayer Focus:

"Order my steps into divine appointments. Let me see people as You see them."

NOTES:

What's on my heart:

What God is speaking to me:

Additional Reading: John 18 - Jesus arrested and put on trial | Psalm 146 - "The LORD watches over the foreigner"

DAY 19

Turn to the Marginalized

Scripture:

Matthew 25:40

"The King will reply, 'Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.'"

Challenge: THE COMPASSION TEST

Serve someone today who cannot repay you. Volunteer. Give. Visit. Feed. Clothe. Jesus is in the margins. Go find Him there.

Prayer Focus:

"Give me Your compassion for the least, the last, and the lost."

NOTES:

What's on my heart:

What God is speaking to me:

Additional Reading: John 19 - The crucifixion of Jesus | Psalm 82 - "Defend the weak and the fatherless; uphold the cause of the poor and the oppressed"

DAY 20

Turn in Boldness

Scripture:

Acts 4:29-31

"Now, Lord, consider their threats and enable your servants to speak your word with great boldness... After they prayed, the place where they were meeting was shaken. And they were all filled with the Holy Spirit and spoke the word of God boldly."

Challenge: THE TESTIMONY SHARE

Share your testimony with someone today—on social media, in person, via text. Don't edit it for comfort. Be bold. Someone needs to hear what God has done in your life.

Prayer Focus:

"Fill me with holy boldness. Remove all fear of man."

NOTES:

What's on my heart:

What God is speaking to me:

Additional Reading: John 20 - The resurrection of Jesus | Psalm 27 - "The LORD is my light and my salvation—whom shall I fear?"

DAY 21

The Commissioning

Scripture:

Matthew 28:18-20

"Then Jesus came to them and said, 'All authority in heaven and on earth has been given to me. Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.'"

Challenge: THE SENDING

This is not the end; it's the beginning. Today, make a covenant with God: "I will be a laborer in Your harvest. I will not return to passivity. I will turn continually toward You, toward my people, and toward the lost. Send me. Use me. Here I am."

Prayer Focus:

"Send me, Lord. I am available. Use my life for Your harvest."

NOTES:

What's on my heart:

What God is speaking to me:

Additional Reading: John 21 - Jesus and the miraculous catch of fish | Psalm 96 - "Declare his glory among the nations, his marvelous deeds among all peoples"

CLOSING DECLARATION

"The Turn Has Happened. Now We Reap."

For 21 days, you have turned. You've turned from sin to God, to your people, and to the harvest. Relationships have been restored. You've stepped into mission.

Now we declare harvest.

The soil has been turned. The seed has been sown. The laborers are ready. And God is faithful. We expect souls to come into the Kingdom. We expect prodigals to return. We expect divine appointments, breakthrough, and revival.

This is the turn before the harvest. And the harvest is coming.

'Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.' (Galatians 6:9)

DAILY RHYTHMS

Suggested Structure

Morning: Read the day's Scripture. Journal your response. Pray the Prayer Focus.

Midday: Fast (as you're able). When hunger hits, turn it into prayer for someone on your harvest list.

Evening: Complete the Challenge. Share your experience with someone or journal it.

Throughout: Stay surrendered. Stay expectant. Stay on mission.