

REFOCUS 2026

21 DAYS OF PRAYER AND FASTING

FORMATION GUIDE



REFOCUS 2026

We're excited
you're participating
in this time of
Prayer and Fasting
with us.

You are about to embark on a spiritual journey that will draw you closer to the presence of Jesus. **Jeremiah 29:13** promises, **“You will seek me and find me when you seek me with all your heart.”** This season of prayer and fasting is your move towards more of Jesus. We pray that you will experience the presence and power of God in an extraordinary way as you commit yourself to Him over the next 21 days.

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The next three weeks will be a time for you to turn down the noise of life to hear the voice of God in a fresh way. As you prepare for the next 21 days, think about what you are praying for and why you are fasting. Fasting isn't something we "have to do," it's a spiritual discipline that we "get to do" to draw us closer to God. What does that look like personally? Are you praying and fasting for spiritual growth, clarity, guidance, healing, for the resolution of problems, for grace to handle a difficult situation, or for a major decision? Identifying your focus will enable you to pray specifically and strategically.

When praying, make your primary goal to know Jesus more and to experience Him. Do your best to make time to pray daily. But, don't overcomplicate this! Just talk to God. Have a place and time where you can seek Him every day. The key is to be intentional about that time. Our prayer is that you would find this **21-day formation guide** to be a useful resource that helps guide you in experiencing Jesus in new and fresh ways as you implement the various spiritual practices that are outlined.



Fasting for example, is a practice that God intended for everyone to be able to enjoy. It's not a punishment; it's a privilege! By incorporating fasting into your everyday life, you become closer to God and grow in your spiritual life like never before and that's our goal! However, fasting alone without prayer or attention on God is no more than a diet plan. Prayer is integral to a relationship with Jesus.

During this fast, it will require you to be intentional both about what you choose to give up and how you engage with Jesus. It will cost your convenience, your comfort, and it will also take some serious focus and commitment. What will your sacrifice be during this fast? Make sure it's something that stretches and challenges you. Make your commitment in writing and share it with someone close to you who will hold you accountable to your commitment.

We look forward to all that God has in store for 2026 as we let go, lean in and reorient our focus towards the things that matter most.

We pray God would strengthen you, empower you, lead you and refresh you mind, body, and soul as we take this journey together.

Grace and Peace.
Cityline Church



PREPARING FOR THE NEXT 21 DAYS

We are so encouraged that you have decided to join us for our annual rhythm of intentional prayer, fasting, and devotion at Cityline Church. This 21-day experience was intentionally designed to be flexible so that you can choose to participate at any level. Whether you have fasted before, or if this is your very first time, you can start where you are and experience what God wants to do in your life in a unique and powerful way.

As we move together in faith, we pray that through this time together as a church, you will become closer to God and experience Him in greater ways as you take a next step towards the life God has created you for. The key will be making a commitment to Jesus about the next 21 days. Just like anything else, choosing to commit to this experience and taking the necessary steps to follow through makes all the difference. Of course, it would be easier to fill your time with a lot of other things that could keep you from participating or getting the most out of this experience, but we pray that you would choose to say that I am done with that (whatever that is) because you know, God's not done with you! Remember, you are not alone. We get to do this together as a community of faith!



PREPARING FOR THE NEXT 21 DAYS

This February we will celebrate Cityline's 10-year Anniversary! In the last 10 years we have seen and experienced God do amazing things in the life of this community of faith, however we believe that we are just scratching the surface for all God has in store. This year we anticipate God moving in amazing ways, doing greater things in our lives and in the life of our church as we head into this New Year filled with hopes, dreams, excitement, expectation as well as unknowns. We are confident that God is still a miracle worker, there is nothing too hard for him. Our desire as a church is to see his Kingdom come and his will be done on earth as it is in heaven. During this time of REFOCUS which begins Monday **January 5 – Sunday January 25, 2026,** together we will trust in God to do above and beyond anything we ask, think or have imagined. We thank you for taking this journey with us.

We love you so much!
Jack and Linda
Lead Pastors

*****Remember, the goal of fasting is not to go without so that you can get something from God. The goal of fasting is to draw closer to God as he works in your life.***



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Fasting is a spiritual discipline that helps us focus on God and align our hearts with His. Jesus expected His followers to fast, and He said that God rewards fasting. However, the goal of fasting is to focus on God. When you experience hunger, a craving or a desire to participate in what you have chosen to give up, this is your reminder to pray, refocus and turn to Him for your needs.

Remember fasting is realistic, not legalistic. Don't focus on what you are giving up. Focus on communication with God and the reason(s) you are participating. (See Matthew 6:16-18)

WHAT IS FASTING?

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There are many good reasons, and even health benefits, for fasting. However, during our 21-day prayer & fast challenge, together we will focus on the following.

1. Fasting gives you more time for prayer and engaging spiritual practices that help you connect with God. You can use the time you'd normally spend eating or participating in various activities, as time to connect with in prayer for what God wants to do in you during this upcoming year. Biblical fasting is always connected to prayer.
2. Fasting demonstrates the depth of your desire when praying for something. It focuses our attention on God and it shows you that you are serious enough about your prayer request to pay a personal price. God honors deep desire and praying in faith. It is a way of acknowledging to God that more than anything, you need Him.
3. Fasting releases God's power in our life. It is a tool we can use when there is opposition to God's will. We don't have to settle for the mediocre. This year can be our best year yet. A community united in prayer and fasting has always been used by God to crush the plans of the enemy!

WHY FAST?



REMEMBER...

“

Fasting is not "earning"
an answer to prayer.

”

God cannot be blackmailed by human effort. God wants to answer our prayers and He answers out of grace. Fasting simply prepares us for God's answer, whatever that may be and direction that takes.

HOW TO GET STARTED:

As you prepare to fast, it is important to choose a fasting plan that works for you. The following is some general information about different types of fasts as well as some possible suggestions on how to develop your fasting plan. Please understand that spiritually, no one particular fast is any lesser or greater than the other. The different fasts are simply suggestions on different ways you can participate.

Don't let what you eat or do not eat or what you choose to give up become the focus of your fast. Remember that the focus is on God and becoming closer to Him.

START WHERE YOU ARE:

We are all at different places on this journey together following Jesus. The same is true of our jobs, daily schedules and health conditions. Whether you've fasted before or maybe this will be your first time, it is important to remember to simply start where you are. Your personal fast should have a degree of challenge to it, but ultimately you are aware of your physical needs. Know your options and don't forget to spend time praying asking God to lead you in discovering what is best for you. (**For any health concerns or during pregnancy, always consult your doctor prior to any kind of food fast)



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1. FAST: Choose and commit to a type of fast for 21 days. (See “Types of Fasts” for examples.) Choose something to fast that will stretch you and allow you to grow.

2. READ: Read together as a church the “21 Day Formation Guide” for the next 21 days: One entry a day with various practical next steps to help you connect with God.

3. PRAY: Each entry gives a prayer prompt to help you get started, once you begin, allow yourself to lean in and spend extra time with God in prayer. Although everyday might be different, simply commit to seeking more of God’s strength, direction and his power at work in your life.

FASTING FOCUS



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NORMAL FAST

No food. Drink only liquids. (water, fruit juice, tea, coffee; no solid foods.)

PARTIAL FAST

This fast is sometimes called the “Jewish Fast” or intermittent fasting and involves abstaining from eating any type of food in the morning and afternoon. This can either correlate to specific times of the day, such as no food from 6:00 am to 3:00 pm, or from 7pm to 11am depending on what time frame you choose.

LIFESTYLE OR SOUL FAST

Choose something from your daily routine, for example, specific foods or beverages, television, other technology or an activity that normally takes a lot of your attention and ‘fast’ in that manner for the next 21 days. This is about fasting from those things that may consume our time and resources and stand in our way of truly connecting with God. (Examples of: computer games, social media, Facebook, Instagram, Twitter, Pinterest etc.). For others, it could be shopping, sports or another hobby or pastime that can distract you from what’s most important, focusing on God.

TYPES OF FASTS

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DANIEL FAST

This is a partial fast, which means that we eliminate some common things from our daily diet, but will still have food options available. We focus on eating fruits and vegetables that are pure and simple. Below is a list of foods to eat and foods to avoid. Foods to Eat in the Daniel Fast -Whole Grains, Legumes, Fruits, Vegetables

***** Foods to Avoid in a Daniel Fast- Meat, Poultry, Fish, White Rice, Fried Foods, Carbonated Beverages, Refined Sugar, or Sugar Substitutes, White Flour, Margarine, Shortening, High Fat Products, All Breads, Dairy (milk, butter, cheese, yogurt, etc.)***

JUICE FAST

A juice fast is simply consuming vegetable and fruit juices and water instead of solid food. Many people include whey protein in their liquid fast also. This is a common and effective fast. If you choose not to make your entire fast liquids only, substituting one or two meals for liquids is a great alternative.

C
TYPES OF FASTS

FASTING TIPS AND BEST PRACTICES

- Pray and ask God for strength, and wisdom during your fast. Look ahead, you may have to rearrange your schedule or change your grocery list.
- If participating in the Daniel fast, keep your fridge and pantry stocked with the items you need. Being unprepared sets you up to give into temptation. Choose the right products, stick to raw food as much as you can, and limit artificial ingredients.
- Make it a priority to attend church during your twenty-one day fast. Being around others who are participating will encourage you to keep on going when fasting gets difficult.
- Consult with your pastoral leader about what is appropriate for you.
- Start small. As with anything, fasting requires practice to become better at it.
- Set yourself a challenging, but realistic goal.
- Begin and end well. When fasting from food, the meals before and after the fasting period should be smaller and lighter than usual. End your fast gradually.
- Drink plenty of water to prevent dehydration.

If you mess up, don't get discouraged. Just get right back on track and keep going. God's mercies "are new every morning" (Lamentations 3:22-23). He wants you to finish well, and He will give you the grace and strength needed to do it.



SPIRITUAL PRACTICES THAT TRANSFORM

The purpose of this formation guide is to introduce you to spiritual disciplines that are both ancient and revolutionary. The idea behind engaging in spiritual disciplines is not so much about turning to God to get something as it is turning to God to simply be with him. This intentional time of prayer and fasting is not to simply feel spiritual by quickly moving through each daily entry, rather the goal and challenge during the next 21 days is to learn to pay attention to God throughout the entire day and in the midst of our activities.

Devout Jews in Jesus' time prayed at morning, afternoon, and evening. Such set times of prayer were one of the Israelites' great spiritual and cultural treasures, a practical way to keep their lives centered on loving God at all times. Even after the resurrection, Jesus' disciples continued to pray at certain hours of the day (Acts 3:1; 10:2–23).

This guide with each daily entry is a structured way of spending time with God each day. It's a flexible structure for your time with God. Our hope is that you will adapt it to the unique needs and demands of this season in your life. God has built each of us differently. What works for one person will not necessarily work for another, and what worked for you at one time in the past may no longer work for you now. Allow grace—not legalism—to be the foundation for your practice. Busyness, distractions and stubborn self-will make it extraordinarily difficult to sustain any consistent awareness of God's presence. But it is far from impossible.

THE DAILY ELEMENTS

SILENCE AND STILLNESS

We stop our activity and turn our attention to the Living God. We choose to enter into awareness of God's presence and to rest there in his love. There is nothing particularly "Christian" about the silence itself. What makes silence unique for us as followers of Christ is that we are still and silent in the context of our relationship with the living God. In a posture of attentiveness and surrender, we allow him and his will access to the innermost parts of our lives.

This may be difficult for you, especially at first. Our internal and external worlds are filled with noise and distractions. For this reason, spending time alone with God in silence is perhaps the most challenging and least experienced spiritual practice among Christians today. There are a number of ways to approach this. Start by settling into a comfortable and quiet place. Take a few deep breaths, allowing yourself to inhale and exhale slowly.

Begin with a simple prayer—often just one word—that expresses your openness to God and your desire to spend time with him. Or you could use a phrase such as, Here I am, Lord. When distractions come—use your simple prayer phrase to turn your thoughts back to God before you move the next element in the guide.

THE DAILY ELEMENTS

SCRIPTURE READING

The important thing to remember here is the adage that “less is more.” The Scripture selections are intentionally brief. Read slowly—possibly aloud—chewing on any words or phrases that stand out to you. If God leads you to linger over a verse, do so. Be attentive to what God is doing inside of you and what he wants to show you.

DEVOTIONAL READING

As with Scripture, these selections are meant to be read slowly and prayerfully. Sometimes the readings will speak powerfully to where you are. At other times, you may find yourself wanting to skim or skip them. Once again, it’s important to remember that the purpose of this time is to take the time to connect with God.

QUESTION TO CONSIDER

Each entry has a question to consider. Simply read through and reflect on each question. Does it stir something in you? Does it cause you to think through the application to your life, does it nudge you to pray about some specific things? Again, everyone’s experience will be different.

THE DAILY ELEMENTS

PRAYER PROMPT

Prayer is an important part of a Christlike life. Often there are times in which it is difficult to know where to begin. The prayer prompt is designed to help you get started. You can simply use them as inspiration and a starting point for your own prayers. Also, be encouraged to write your prayers. It can feel strange at first, but writing our prayers has been known to be a helpful way to communicate with God in a new way.

CAPTURE

It can be too easy to finish this intentional time and miss out on what we are learning or on what God might be saying to us. Some may also know this practice as journaling. The idea is to capture what you are learning. What is God saying to you? Did he put something on your heart, if so, what is that? Did a certain word or words jump out to you as you read the scripture? Is there a thought you had that you don't want to forget? Take some time to capture your thoughts. You will know doubt want to refer back to them as progress in this journey.

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DAILY DEVOTIONAL



DAY 1

The purpose of this formation guide is to introduce you to spiritual disciplines that are both ancient and revolutionary. The idea behind engaging in spiritual disciplines is not so much about turning to God to get something as it is turning to God to simply be with him. This intentional time of prayer and fasting is not to simply feel spiritual by quickly moving through each daily entry, rather the goal and challenge during the next 21 days is to learn pay attention to God throughout the entire day and in the midst of our activities.

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DAY 1

Silence and Stillness before God (2 Minutes) –
“Jesus center me in your presence”

Scripture Reading: Psalm 84:1-12, Matthew 6:33

Devotion:

As we start this 21 Days of Fasting and Prayer, we want to encourage you to join us in thinking about the next 21 days as more than just going without food, or a spiritual battle, or a discipline to get what you need from God. All of those things will certainly be aspects that we will encounter, but there is more. This is a spiritual journey, think of it as a spiritual pilgrimage. A pilgrimage may lead you to a new place physically but primarily leads you to a new place spiritually. In Psalm 84 the Psalmist is writing about those people who had their heart set on making a pilgrimage to Jerusalem. Listen to how he writes about those who are making the journey, “Blessed are those who dwell in your house.” “Blessed are those whose strength is in you.” The person making the journey is blessed, they have joy, they receive strength, in fact, they go from “strength to strength.”

You’re not making this journey alone, the God who loves you more than you can imagine is with you and inviting you to a new season, a new experience, a fresh hope, and fortified faith. Be willing to let go and seek God for his best for your life.

DAY 1

A few tips as you prioritize these next 21 days:

One, create the space. Make a daily appointment with God—whether it’s first thing in the morning, at lunch, or in the evening—and faithfully keep it. Two, pick a place. Jesus had a specific place he went to pray. Having a designated place to pray helps us remove distractions and frees us to be able to worship and pray freely. Three, choose your pace. Our desire is for this plan to be a daily guide for your time with God. The spiritual practices of silence, scripture and prayer are essential, but you can make it your own. Do all of it at once or throughout the day or incorporate other practices as you go. Not everyone’s approach will look the same, but it does help to have a plan for connecting regularly with God.

Question to process:

What do you need to let go of in order to lean into this spiritual journey with Jesus?

Prayer Prompt:

Jesus, I thank you that you are with me. As I start this time of fasting and prayer, help me to do it from a heart that wishes to know you better, rather than just for what you can do for me.

Capture: (thoughts, feeling, words, write them down):

DAY 2

Silence and Stillness before God (2 Minutes) –
“Jesus center me in your presence”

Scripture Reading: James 4:8, Deuteronomy 31:6

Devotion:

Have you ever experienced what it is like to be lost? Maybe when you were a child you wandered too far from your family at the store, or were separated from your group at a school outing. Perhaps it was driving to a new destination and ending up in some random location in the middle of what felt like nowhere, far from where you had hoped to go. Being lost is never fun. It is scary and uncertain. On the spiritual side, all of us can find ourselves feeling lost too.

We know who God is, that He has forgiven us, that He loves us, and that He has a plan for our lives. But sometimes we can't seem to find Him. We have this overwhelming feeling of being alone. The problem often lies within our perspective. It feels as though God has left us, but the truth is He promised to never leave or quit on us. So, why does He feel so distant? Often the issue is simply that we have allowed things to create distance in our relationship with Him. We have slowly made room for distractions to fill our lives and separate us from our Heavenly Father.

DAY 2

One of the key benefits of fasting and prayer is that we are able to draw close to God. We set aside everything that's fighting for our attention, and set our affection solely on Him. The amazing promise of Scripture is that as we draw near to God, He will draw near to us. If you are feeling a bit lost and alone, draw near to God, and ask Him to reawaken your heart to just how close He is.

Question to process:

What are the biggest distractions and or time wasters that are creating distance instead of closeness with you and Jesus?

Prayer Prompt:

Jesus, I want to know you more, and experience the nearness of your power and presence in my life, so today I ask you to...

Capture (thoughts, feeling, words, write them down):

DAY 3

Silence and Stillness before God (2 Minutes) –
“Jesus center me in your presence”

Scripture Reading: James 1:5, Proverbs 3:5-7,
Matthew 6:16-18

Devotion:

Why are we fasting anyway? Day three of a 21 day fast is usually the hardest. We start out excited and ready, but a few days in we begin to feel the negative effects of changing the things we were so used to. So why are we doing this? We'll give you three: Re-alignment, Clarity, More of Jesus.

Re-alignment: Fasting is an internal evaluation. Fasting helps us check what's going on inside of our heart, mind, and soul. As we fast, we should be checking ourselves to make sure that our hearts are aligned with God and his desires for our life rather than our own. This is something we have to do continually if we want to stay on track in our walk with Jesus.

Clarity: Have you ever had to make a hard decision? Have you ever had to make a decision where you felt like you needed God's wisdom or direction? By removing distractions and focusing on God, fasting can help us get clarity about how to move forward.

DAY 3

More of Jesus: We don't fast to get God to do things for us. Nor do we fast so that we can look or feel spiritual. We fast and we pray because we are desperate for more of Jesus in our lives. We have tried things on our own only to find out that things don't work out so well. So instead of another dead end, we pursue Jesus.

Question to process:

What spiritual gain are you believing God for? A closer relationship with Jesus, Re-alignment, Clarity? How does identifying this change your approach to this intentional time?

Prayer Prompt:

Jesus I am inviting you to connect with me today, to lead me in the ways you want me to go. I pray you give me a right focus and grant me your wisdom to...

Capture: (thoughts, feeling, words, write them down):

DAY 4

Silence and Stillness before God (2 Minutes) –
“Jesus center me in your presence”

Scripture Reading: 2 Chronicles 7:14-15

Devotion:

We meet King Solomon in 2 Chronicles chapter 7, after one of his historic accomplishments of building the temple. Solomon dedicates the temple, to the Lord and as soon as he finished praying, we see in the early verses that the Spirit of the Lord filled the temple. We see that the Lord appears to Solomon later that night, and says in verse 14, that the people should humble themselves to diligently seek the Lord in prayer and repent from living a life that truly did not honor God. Then there would be an immediate result, the Lord would bring forgiveness and healing into the land.

This scenario applies in our life as we set out on this journey to pray and seek God for the next 21 days. We are also called to humble ourselves before God and make room for the Holy Spirit to fill the temple of our hearts and souls during this time of refocus. May the Lord help us by the power of the Holy Spirit to identify the things in our lives that we need to repent of, and the areas in our lives that need healing and wholeness.

DAY 4

This 21-day journey is going to be life-changing; you've taken the first step; we can't wait to see what God is going to do.

Question to process:

What are the things that are keeping you from God's best for you? As you take an assessment of your life, what are the areas that immediately stand out where you know you need Jesus?

Prayer Prompt:

Jesus, I choose to seek you. I ask you to forgive me of anything that stands in the way of a closer relationship with you. Help me to clear away the things that distract me so I can experience more of you, be attentive to you, fill me with the courage to live in to all you have called me to ...

Capture: (thoughts, feeling, words, write them down):

DAY 5

Silence and Stillness before God (2 Minutes) –
“Jesus center me in your presence”

Scripture Reading: Isaiah 40:30-31, Proverbs 3:5-6

Devotion:

As we have committed to this fast and as we seek God in prayer, we can trust that God is at work in us. The word trust means “firm belief in the reliability or in the ability of someone or something”. As humans in everything we do, our confidence is drawn from the source of trust. Right from our childhood, we were confident that we will be fed every day because we trusted that our parents or someone in our family would do what they needed to do to provide for us, we trusted their love and ability. Often in our lives as we take steps in following Jesus, this idea of trust is a dilemma, we tend to trust people whom we see and at times we feel much more confident in trusting our own abilities. However, people can unfortunately let us down and trusting in our own ability will not take us very far, because we are limited. When life challenges us with something more than our ability can handle, we tend to experience fear, confusion, and disappointment.

DAY 5

In Isaiah 40, Isaiah proclaims that those who put their trust in the Lord will renew their strength and soar on wings like eagles. When we put our trust in the Lord, we are not working in our ability but in the ability of God. Isaiah also says, “they run they will not grow weary, they will walk they will not faint”. The strength that comes from the Lord will keep us going and fills us with peace, vacating anxiety and gives confidence. It removes fear and gives us boldness, it heals our failures and fills us with grace. It wipes away our past and gives us new hope and a great future.

Question to process:

Where in your life are you struggling to trust God and what he wants to do in your life? What is it that is hindering your willingness to trust?

Prayer Prompt:

Jesus, I want to learn to trust in you, would you calm my fears, and deliver me from my need to be in control. I surrender my...

Capture: (thoughts, feeling, words, write them down):

DAY 6

Silence and Stillness before God (2 Minutes) –
“Jesus center me in your presence”

Scripture Reading: 1 John 2:15 –17

Devotion:

At the end of the third century in the deserts of Egypt, an extraordinary phenomenon occurred. Christian men and women began to flee the cities and villages to see God in the desert. They discerned how easy it was to lose one’s soul in the entanglements and drama found in society, so they pursued God in a radical way by moving to the desert. Although this drastic of a move probably isn’t feasible or maybe even desirable for many, we still have a responsibility to protect our soul by staying connected to God. Thomas Merton one of the “Desert Fathers” wrote,

Society . . . was regarded by them as a shipwreck from which each single individual man had to swim for his life. . . . These were men who believed that to let oneself drift along, passively accepting the tenets and values of what they knew as society, was purely and simply a disaster. . . .

DAY 6

They knew they were helpless to do any good for others as long as they floundered about in the wreckage. But once they got a foothold on solid ground, things were different. Then they had not only the power but even the obligation to pull the whole world to safety after them. — Thomas Merton

Question to process:

How do you hear the words of the apostle John today: “Do not love the world or anything in the world” (1 John 2:15)?

Prayer Prompt:

Jesus, in order to be with you, I need you to show me how to “create a desert” in the middle of my full, active life. Cleanse me from the pressures, frustrations, and unrealistic expectations that confront me today so that my life may serve as a gift to those around me....

Capture: (thoughts, feeling, words, write them down):

DAY 7

Silence and Stillness before God (2 Minutes) –
“Jesus center me in your presence”

Scripture Reading: Psalm 92:8-15, Romans 15:13

Devotion:

As we come to the end of the first week of fasting and prayer, you might be a little tired. You may be wondering how you will be able to fast for two more weeks. It reminds me of how often in life we feel tired. Physically tired, spiritually tired, emotionally tired. We have so many things pulling at our time and making us tired. Our daily task lists just seem to get longer and longer with less and less time for rest. Do you ever have those days where you just feel completely drained? Like you have nothing left to give? I often ask myself, “How can I fulfill the purpose God has for me when I feel like I have no more to give?” The answer is, just take the next right step.

It's the desire to keep going, the discipline to keep this time with Jesus a priority. Especially, when there are so many other things fighting to be at the top of the list.

DAY 7

If we put God first and stay connected to Him, He will give us the strength by the power of the Holy Spirit to continue to lean into all he has ahead for us.

Question to process:

What has been the biggest battle or barrier to you praying and fasting this week?

Prayer Prompt:

Jesus, I desire You in every aspect of my life, would you help me overcome the things that get in the way of my time with you. Father, I want to fulfill the purpose you have for me and I know I can only do that when...

Capture: (thoughts, feeling, words, write them down):

DAY 8

Silence and Stillness before God (2 Minutes) –
“Jesus center me in your presence”

Scripture Reading: Psalm 16:11, Psalm 28:7, Psalm 37:4-7

Devotion:

As a leadership team we are so proud of you. You are taking the spiritual challenge to hear the voice of God more clearly. As you are fasting, it is important to understand that you are engaging in a significant spiritual practice. Part of that practice is knowing the reality of the tension that exists when we desire more of Jesus. There is an unseen spiritual battle being fought as you adjust to this intentional time of prayer and fasting.

For most people, there is more than just a little detoxing happening in our minds and bodies. The battle is more than mental or physiological it is spiritual. Fasting is more than just missing a meal or going without something you are used to. Every hunger pang, every feeling of fatigue, and every caffeine headache, every desire to check social media will be a reminder to call on God in that moment and to cry out for those things you are seeking Him to do in your life.

DAY 8

During this time of Refocus, don't just focus on the battle or the pain – Scripture promises there is fullness of joy in God's presence and there are pleasures at His right hand. Be confident that Jesus is with you, he is for you. Delight yourself in pursuing Jesus, and you'll know the joy of seeing Him work in your life.

Question to process:

Where do I feel or experience this spiritual tension, can you name it and bring that before Jesus in prayer? Where do you need to experience breakthrough?

Prayer Prompt:

Jesus, I want to know you more, and experience the nearness of your power and presence in my life, so today I ask you to...

Capture: (thoughts, feeling, words, write them down):

DAY 9

Silence and Stillness before God (2 Minutes) –
“Jesus center me in your presence”

Scripture Reading: Matthew 6:9-13, Romans 8:15,
Psalm 100:3

Devotion:

How often do you let God define who you are? Jesus begins the Lord’s Prayer with a powerful word: “our.” He doesn’t say, “My Father,” but “our Father.” This is deeply personal, but also deeply communal. When we pray, we don’t just pray as individuals—we come as part of the family of God. That one word pulls us out of isolation and into belonging. Identity in the kingdom of God isn’t something we discover through self-exploration; it’s something we receive through revelation. In Galatians 2:20, Paul writes, “I have been crucified with Christ and I no longer live, but Christ lives in me.” This is the foundation: we are not defined by our past, our success, our performance, or our pain. We are defined by our relationship to the one we call Father. This matters because when we know whose we are, we begin to live differently.

DAY 9

Paul writes in Romans 8:15 (NIV), “The Spirit you received brought about your adoption to sonship. And by him we cry, ‘Abba, Father.’” That word—Abba—was rarely used in Jewish prayers. It speaks of deep intimacy. And Jesus invites us into that same nearness. God as Father means access. It means identity. And it means security. You don’t have to earn your place with him. You already belong. When Jesus says, “pray like this,” he is not handing us a script, but opening a door to a deep relationship.

Question to process:

Who or what has the right to define you? What does God say about you?

Prayer Prompt:

Father, thank you that I belong to you. Not because of what I’ve done, but because of what Jesus has done. Help me to live today grounded in that identity....

Capture: (thoughts, feeling, words, write them down):

DAY 10

Silence and Stillness before God (2 Minutes) –
“Jesus center me in your presence”

Scripture Reading: Matthew 6:9-13, Ephesians 4:1-7

Devotion:

Have you ever found yourself in a tough situation where someone in your life, your job, finances - whatever - begins to chip away at your identity? Maybe you're beginning to believe you're a failure, not good enough, will never make it?

If we're not careful, life's challenges can begin to erode our confidence in who we are in Christ and lead us to question if it is actually, really true. But it should be the other way around. When we stand firmly in the truth of who we are in Christ, our circumstances no longer have an upper hand. Instead, our identity in Christ redefines our circumstances!

Despite being imprisoned on a couple of different occasions and being rejected by close friends, the apostle Paul never lost sight of Whom he belonged to and what he was called to do.

DAY 10

Likewise, when our feet are firmly planted and our roots are deep in Truth, we are better prepared to rise above the noise and embrace all of life with a new perspective. Who we are in Christ and what we have to offer, namely Christ Himself, has potential to positively impact our everyday life!

Question to process:

Write out a particular circumstance you're currently in that is difficult for you. What lies or labels do you tend to assume in difficult circumstances.

Prayer Prompt:

Jesus, there are times that I am overwhelmed and feel like I am not enough or will never be enough. Jesus would you help me to see me like you see me, help me to....

Capture: (thoughts, feeling, words, write them down):

DAY 11

Silence and Stillness before God (2 Minutes) –
“Jesus center me in your presence”

Scripture Reading: 1 Thessalonians 5:16-18

Devotion:

The scriptures talk about a life that is connected to Jesus, develops good fruit. Consistency is a vital aspect of bearing good fruit. Trees follow patterns every year producing fruit, growing leaves and extending their roots just as they were created to do. In the midst of difficult or pleasant circumstances, they are consistent.

Paul advises in 1 Thessalonians 5:17, literally telling the church of Thessalonica to “pray continually.” Words like “continually,” “constantly,” and “devoted,” in reference to prayer, occur throughout the Bible. Apparently, consistency matters. For example, athletes don’t just occasionally practice to win Olympic gold medals.

DAY 11

They practice in season, out of season and regardless of what their feelings would suggest. Likewise, we can't expect a radical transformation in our lives without a radical commitment to prayer which is actively connecting to and communicating with Jesus. If we want to produce good fruit no matter our season, consistency is key.

Question to process:

Are there areas of your life where you have either forgot to pray or chose not to pray and seek God of his direction?

Prayer Prompt:

Jesus, I want to be consistent in my communication with you. Help me to choose you first instead of....

Capture: (thoughts, feeling, words, write them down):

DAY 12

Silence and Stillness before God (2 Minutes) –
“Jesus center me in your presence”

Scripture Reading: Psalm 63:1-5

Devotion:

Our current culture has been labeled the “microwave society,” we want everything right now! The quicker the better. Whether it’s meals, news & information, music, relationships, success, or power—we have a mentality that we get what we want, how we want it, and when we want it. As followers of Christ, our lives are not defined by what we eat or drink, what we buy, the clothes we wear, or the amount of money in our bank account.

Our lives are defined by something way beyond this. We are citizens of another Kingdom. This world will never truly satisfy us. We are called to live differently. Today, we challenge you to slow down! You are halfway through your fast, but do not let this time of prayer and fasting slip by in a rush or hurry. God wants to speak to us and He wants to spend time with us, but we have to slow ourselves down to hear the still small voice of God

DAY 12

Take your silence and stillness and add a 0 to the end of it. For 20 minutes today, put on your favorite worship music, and sit still in the presence of God. Or take a walk to be alone with God. Maybe put your phone away for 30 min and take time to pray or journal as you also take time to listen.

Question to process:

Why am I always in such a hurry that it feels like have no time to slow down and enjoy spending time with God?

Prayer Prompt:

Jesus, you have heard me say it before, I am so busy, I am tired, I am stressed, and the list goes on. But Jesus you said that in you, that by slowing down to be with you that I would find rest...

Capture: (thoughts, feeling, words, write them down):

DAY 13

Silence and Stillness before God (2 Minutes) –
“Jesus center me in your presence”

Scripture Reading: 1 Peter 5:6-11, Matthew 26:41

Devotion:

How do we not drift but rather stay under God’s hand? Better yet, how do we humble ourselves under God’s care and protection as we desire to know God better? Consistency, commitment, obedience, intentionality, and most importantly, God’s strength and our love for Him. We must first recognize there is an internal battle going on between what scripture says is our flesh and spirit. Jesus told his disciples in Matthew 26, “The spirit is willing, but the flesh is weak.” Our spirit wants to draw near to God, but our human desires and distractions can lead us in a different direction. It takes God’s strength and the practice of denying self.

DAY 13

Fasting is one way we practice denying ourselves. It raises our spiritual awareness and helps us become more focused, alert, paying attention to all that hinders us and the enemy's lies and schemes. By God's grace and strength, you can deny the enemy access to your life. You may at times feel weak, tempted, and your mind won't stop thinking about what you want but God will restore you by his power and strengthen your faith as you stand firm.

Question to process:

In what areas of life can you confirm that the spirit is willing, but the flesh is weak? Would you be willing to invite Jesus into those areas today?

Prayer Prompt:

Jesus, you see me, you know me, you know the desires of my heart, but you also know my thoughts and actions. Today I need your help...

Capture: (thoughts, feeling, words, write them down):

DAY 14

Silence and Stillness before God (2 Minutes) –
“Jesus center me in your presence”

Scripture Reading: Psalm 27:1-8, Psalm 86:11

Devotion:

Our desires often dictate the course of our lives. What we want motivates us. Our desires determine what we do, what we go after, and even how we think. What is it that you desire? The Psalmist David writes, “One thing I ask of the Lord, this is what I seek: that I may dwell in the house of the Lord all the days of my life, to gaze upon the beauty of the Lord and to seek him in his temple.” As a king, there were many things David knew he needed and certainly there were many things vying for his attention. But as he spent time in the presence of the Lord he realized that really one thing was more important than everything else -- being in God’s presence

DAY 14

It's been said that "when God is all you have, you find that God is all you need." While that is true, it could also be said that "when God is all you want, you find that God is all you need." In the Sermon on the Mount, Jesus said, "Seek first the kingdom of God and His righteousness and all these other things will be given to you." As you continue to pray and fast, make seeking the Lord the number one priority in your life -- seeking the Giver more than the gift. Better than getting what we need is growing closer in our walk with Him.

Question to process:

As you reflect on this Sunday, look back over last week, what direction did your life take? What was driving that? Did it bring you closer to Jesus?

Prayer Prompt:

Jesus, I want to experience a closeness with you like never before, would you help me to see the things in my life that I have made more important than my relationship with you, open my heart to...

Capture: (thoughts, feeling, words, write them down):

DAY 15

Silence and Stillness before God (2 Minutes) –
“Jesus center me in your presence”

Scripture Reading: Matthew 6:9-13, Exodus 34:6–7,
Isaiah 6:2-3

Devotion:

What happens when we start prayer with worship? Jesus teaches us to begin with these words: “hallowed be your name.” This isn’t a religious formality; it’s a powerful reminder of where prayer begins. Worship sets the stage. It reorders our priorities and refocuses our hearts. In Isaiah 6, the prophet has a vision of the Lord seated on a throne, high and exalted. Angels cry, “Holy, holy, holy is the Lord Almighty; the whole earth is full of his glory” (Isaiah 6:3, NIV). Isaiah’s immediate response isn’t casual—it’s awe and repentance. When we truly see who God is, we begin to see everything else differently, including ourselves.

To hallow God’s name is to acknowledge his uniqueness. It means recognizing that he is not like us, he is holy, just, and good. His name represents his character, his nature, his story. Exodus 34:6–7 describes God as “compassionate and gracious, slow to anger, abounding in love and faithfulness.”

DAY 15

That's the God we come to in prayer. Hallowing his name is not about flattery. It's about alignment. We are placing God at the center of our lives. Before we ask, we adore. Before we petition, we praise. This realigns us with the truth: prayer is about being transformed by him.

Question to process:

How do you see or what do you know about who God is? Do you live your life as if what you know about God is true?

Prayer Prompt:

Jesus, help me to approach you with worship and reverence. I acknowledge your holiness today. Your name is worthy of praise, and I want my life to reflect...

Capture: (thoughts, feeling, words, write them down):

DAY 16

Silence and Stillness before God (2 Minutes) –
“Jesus center me in your presence”

Scripture Reading: Matthew 6:9-13, Romans 1:21-25

Devotion:

When does worship begin and when does worship end for you? Is worship bound to the first 20-30 minutes of a Sunday service? Worship is more than music, it's a lifestyle. Our everyday life should be pleasing and acceptable to God. We all worship something. In today's reading from Romans there's a really interesting verse. So let's look at it a little closer. The NLT version says “They traded...” That's an indication that they had worshiped God but decided to take something else to worship. The other interesting thing about the word “traded” is that it means that they couldn't have both. They had to give one up for the other.

Here's the thing. We're either worshiping God or we're worshiping something else. But we can't worship both. We must trade one for the other. Because in its very nature, worship is how we respond to the thing we value the absolute most! There can be nothing above that thing or equal to it.

DAY 16

The thing we spend most of our time thinking about, doing, giving the most attention to, putting all our energy into? That's what we worship. During this time of prayer and fasting, be intentional about praying that God would break any walls or strongholds that may be keeping your worship to God captive.

Question to process:

What are you worshiping? What things are you putting before God?

Prayer Prompt:

Jesus, I ask that you would make me aware, open up my eyes to see the things that I have made more important than growing my relationship with you....

Capture: (thoughts, feeling, words, write them down):

DAY 17

Silence and Stillness before God (2 Minutes) –
“Jesus center me in your presence”

Scripture Reading: Matthew 16:24-26

Devotion:

We all have to wrestle with the reality that you can know God and never completely surrender your life to Him. You can add God to your life, but it can still be your life. You can still be in the driver’s seat. Prayer and fasting is about getting out of the driver’s seat and getting in the passenger seat. To truly surrender means giving God your whole life and discovering the reality, joy, peace, freedom, feelings and experiences that come with truly knowing God.

We often believe this is a one-time decision, but it is a practice we must regularly engage in to keep our spiritual growth and development in a healthy place.

DAY 17

Is there something that you still need to surrender to God today? God is asking you a question, “Will you let me drive? Will you give me complete control? If you want all of me, then I need all of you.” Today will you tell Jesus to have His way in your life?

Question to process:

What have you been holding on to that you need to give back to God?

Prayer Prompt:

Jesus, I’m most comfortable when I feel that I am in control. Surrender feels risky, yet I know control is an illusion, so today I choose to let go. I willingly...

Capture: (thoughts, feeling, words, write them down):

DAY 18

Silence and Stillness before God (2 Minutes) –
“Jesus center me in your presence”

Scripture Reading: John 14:15-27

Devotion:

From disobedience to dysfunction. As Jesus continues to prepare His disciples for the chain reaction of events that is about to be set in motion, He makes something really clear: Those who love Jesus listen to Jesus. In John 14:15 NIV, He says: “If you love me, keep my commands.” And again, in verse 23: “Anyone who loves me will obey my teaching.” We can bank on the fact that what is repeated is important, so it’s clear that Jesus really wanted us to get this. But why? What does love have to do with obedience?

If we have a loving relationship with Jesus, one that is healthy and functional, we will talk with Him, spend time with Him, and serve Him, not just when we want something, but often! That’s what good relationships look like. And the beautiful thing is that when we have this kind of relationship with Jesus, our trust in Him grows and our perspective shifts.

DAY 18

We start to see our lives and the lives of others through the lens of eternity. And as we see His love for us more and more clearly, obedience will start to come naturally.

Question to process:

Is there a particular area of your life where it's really difficult for you to learn from and live like Jesus? How can you, as His disciple, address that area and take a step of obedience to more fully follow Jesus?

Prayer Prompt:

Jesus, would you show me any areas that there may be dysfunction or disobedience in my relationship with you. I want to live into all you have for me, so....

Capture: (thoughts, feeling, words, write them down):

DAY 19

Silence and Stillness before God (2 Minutes) –
“Jesus center me in your presence”

Scripture Reading: John 15:1-5

Devotion:

When we choose to fast, it’s a lot like planting a seed in the ground—it takes time for that seed to germinate and grow into its potential. If you haven't seen God move the way you hoped during this fast, don't unearth the seeds you've planted. Be patient, you have sown in faith and will reap by faith as you continue to trust in him. Remember, Hebrews reminds us that "Faith is confidence in what we hope for and assurance about what we do not see."

DAY 19

If you allow Him to, God works in places of hiddenness and darkness. Even when you can't see it, you can have faith that God is working. As your faith grows, your expectation of seeing God at work in your life begins to increase.

Question to process:

Gardening is not just about planting but also pruning, could it be that the result of this fast might not be all you have gained, but what God has removed! What is God wanting to remove? Will you let him?

Prayer Prompt:

Father, I want to be open to what you want for me. I receive all you have for me and I choose to release any and everything you need to prune from me....

Capture: (thoughts, feeling, words, write them down):

DAY 20

Silence and Stillness before God (2 Minutes) –
“Jesus center me in your presence”

Scripture Reading: Isaiah 43:16-19, 2 Corinthians 3:17-18

Devotion:

Today is day 20 and for some, you have experienced an incredible time growing closer to Jesus and experiencing his presence over the past few weeks and for others, you sense Jesus has used this time to empower you, answer prayer and give you fresh insight. Yet there still may be others who are waiting for and or in need of a breakthrough in one or more areas in your life.

No matter where you might find yourself, understand that God is constantly at work in your life. Remember in Isaiah 43, God reveals himself as a creative God who is always working behind the scenes, doing a new thing. God does not want us to remain stagnant. Instead, He is constantly working in us, leading us into His plans and purposes for our lives. In times that you feel frustrated with the lack of progress or change in your life, don't give in to doubt! Instead, trust that God is actively working in you, even though you might not see it.

DAY 20

Don't place a limit on what God can do. In 1 Kings 18, Elijah prayed earnestly for rain after the nation of Israel experienced three years of drought. Even though the first sign of rain came in the form of a small cloud the size of a man's fist, Elijah knew without a doubt that God had answered his prayer, and that heavy rain would soon come. The great things that God desires to do in us often have small and insignificant beginnings.

Don't despise the small beginnings! Instead, seize the moment and believe that what you see is just a glimpse of all that God will accomplish in your life. When it feels as though nothing is changing in your life, encourage yourself by recognizing that you are a "work-in-progress". As we allow God to work in us, He brings us from glory to glory, until we experience the fullness of His plans and purpose for our lives. Our waiting is never wasted. If we are willing to wait on God, he continues to grow us through the process.

DAY 20

Question to process:

Can you continue to trust that God is at work even when it feels like you can't see it? (Maybe take a moment to write down some of the small wins and victories you have seen God provide over the last three weeks of this journey)

Prayer Prompt:

God, I believe you are the God of breakthroughs, and that you are actively leading me into the plans that you have for my life. Help me be open to...

Capture: (thoughts, feeling, words, write them down):

DAY 21

Silence and Stillness before God (2 Minutes) –
“Jesus center me in your presence”

Scripture Reading: Ephesians 3:16-21

Devotion:

You have made it to Day 21 of our time of prayer and fasting. We believe that we are better, stronger, and closer to Jesus as a result of the past couple of weeks. We are full of faith and expectancy for all God is doing in and through each one of us! Our prayer is that in the same way we have grown deeper in our relationship with God in this season, you will continue to grow and flourish in Him.

As you break your fast, remember to take it slow and reintroduce whatever you were fasting in moderation. As you reincorporate food, social media, TV, coffee, sweets, or whatever you decided to fast, remember to keep time and space for Jesus in your day.

DAY 21

Question to process:

Paul acknowledges that God can do beyond anything we could ever ask, think or imagine through his power at work in us. What do you think is possible in 2026 because of God's power at work in you?

Prayer Prompt:

Be sure to finish your time by praying a prayer of thanks to God for the closeness you've felt, the way he has connected with you and the blessings you've received during this time of Refocus.

Capture: (thoughts, feeling, words, write them down):

This is the final day of this 21-day formation guide, but the journey that God has for you is just getting started. The journey is not always an easy one. It requires focus, commitment and sacrifice. But it's so worth it because in Christ our future is GREATER than anything we could ever imagine!

Congratulations, You Did It! Thank you for participating with us in this meaningful experience. We pray that you found this time of prayer and fasting to be refreshing, encouraging and a great next step in your spiritual growth.

#REFOCUS2026



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