

SETTING OUR EYES ON JESUS.

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21 DAYS OF PRAYER & FAST DEVOTIONAL



## WEEK 1 — FOCUS ON GOD

*"But seek first the kingdom of God..." — Matthew 6:33*

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### DAY 1 — Seek First

**Scripture:** Matthew 6:33

**Devotional:**

Our first step in this 21-day journey is simple but foundational: put God first. Before the year becomes busy, before responsibilities stack up, before distractions fill the mind—God invites you to start by centering your heart on Him. When you choose to seek Him first, everything else begins to fall into its rightful place.

Fasting is more than giving something up; it is making room for God. By removing noise and comfort, you create spiritual space for God to speak, lead, and realign

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your priorities. Let today be your reset. God is ready to meet you the moment you slow down enough to focus on Him.

**Reflection:** What area of my life needs to be reordered under God's leadership?

**Prayer:** Lord, today I put You first above everything else. Lead my thoughts, my decisions, and my desires.

**Declaration:** *My focus is on God first.*

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### DAY 2 — Return to Your First Love

**Scripture:** Revelation 2:4

**Devotional:**

God is not after your performance—He is after your heart. Sometimes the greatest drift in our faith doesn't happen suddenly, but slowly, quietly, through busyness, demands, or disappointments. This fast is an invitation back to intimacy with Jesus, back to passion, back to the love that first captured your heart.

As you fast today, pay attention to the cravings, distractions, or emotions that rise up. Often they reveal where our hearts have shifted. But God is gracious—He simply calls you back. He desires closeness with you, not distance.

**Reflection:** What has pulled my heart away from Jesus this past year?

**Prayer:** Jesus, bring me back to my first love—You.

**Declaration:** *My heart is returning to Jesus.*

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## DAY 3 — God's Presence Brings Clarity

**Scripture:** Psalm 16:11

**Devotional:**

So much of life feels unclear—decisions, relationships, responsibilities. But clarity doesn't come from thinking harder; clarity comes from being closer to God. In His presence, confusion lifts and peace settles in. God doesn't just want to give you direction—He wants to walk with you through every step of it.

When you seek God's presence, you gain perspective. You stop seeing your situation through fear, and you begin to see it through faith. Today, slow down long enough to just *be* with God. You will be surprised how much clarity rises simply from being close to Him.

**Reflection:** Where do I need God's clarity this week?

**Prayer:** God, show me the path of life and fill me with Your peace.

**Declaration:** *God's presence brings clarity to my life.*

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## DAY 4 — Focus on His Voice

**Scripture:** John 10:27

**Devotional:**

God speaks more than we realize; we just often live too loud to hear Him. Fasting helps quiet the outside voices—media, pressure, anxiety—and trains your heart to recognize the Shepherd's voice. God is not distant. He still guides, whispers, nudges, and leads His people today.

As you pray today, ask God to silence every competing voice. The more familiar you become with His voice, the less power distractions will have over you. You don't need to force God to speak—simply position yourself to listen.

**Reflection:** What voice have I allowed to be louder than God's voice?

**Prayer:** Lord, tune my ears to hear You clearly.

**Declaration:** *I hear God's voice above all others.*

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## DAY 5 — God Is Your Strength

**Scripture:** Isaiah 40:31

**Devotional:**

Fasting reminds us that human strength is limited, but God's strength is endless. When you feel tired, hungry, or stretched, let it remind you that spiritual strength comes from dependence, not willpower. God promises to renew those who wait on Him—not those who rush, overwork, or stress.

Your fast is a spiritual reset. God is strengthening places that have felt weak, refreshing what has felt dry, and restoring what has been worn down. Let Him lift you today.

**Reflection:** Where do I need God's strength more than my own?

**Prayer:** Lord, renew my strength as I wait on You.

**Declaration:** *I am strengthened by God today.*

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### DAY 6 — Trust Over Worry

**Scripture:** Proverbs 3:5–6

**Devotional:**

Worry clouds focus. It blurs vision and steals peace. But God calls you to trust Him fully—without leaning on your limited understanding. Trust doesn't mean you have everything figured out; it means you believe God already does.

Whatever uncertainty you're carrying into this fast—God can handle it. Place every concern, deadline, and pressure at His feet. When trust increases, worry decreases.

**Reflection:** What area am I still trying to control instead of trusting God?

**Prayer:** I trust You with every part of my life, Lord.

**Declaration:** *I trust God fully and release worry.*



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## DAY 7 — God Goes Before You

**Scripture:** Deuteronomy 31:8

**Devotional:**

As Week 1 ends, remember this: God is already ahead of you. He goes before you into every conversation, every situation, every unknown moment of this year. You do not walk alone. Fasting positions you to rest in the truth that God is not just with you—He's leading you.

Let this truth steady your heart today: God is preparing things you can't see yet. He is opening doors, aligning opportunities, and clearing paths.

**Reflection:** Where do I need to trust that God has already gone before me?

**Prayer:** Lord, lead the way. I follow You with confidence.

**Declaration:** *God is already in my tomorrow.*

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## WEEK 2 – FOCUS ON HEART & HABITS

*"Guard your heart..." — Proverbs 4:23*

### DAY 8 – Guard Your Heart

**Scripture:** Proverbs 4:23

**Devotional:**

Your heart is the wellspring of your life. Everything you feel, think, and carry flows from it. Fasting helps expose what needs guarding—resentment, bitterness, comparison, fear, or emotional fatigue. God wants to heal what has been bruised and strengthen what has been weakened.

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Guarding your heart isn't about building walls; it's about protecting what God is building in you. This fast is helping you become spiritually healthy from the inside out.

**Reflection:** What has been affecting my heart more than I realized?

**Prayer:** Lord, protect and purify my heart.

**Declaration:** *My heart is guarded by God.*



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## DAY 9 — Renew Your Mind

**Scripture:** Romans 12:2

**Devotional:**

Transformation begins in your thought life. Fasting disrupts unhealthy patterns and creates space for new, life-giving thoughts to take root. God wants to renew your mindset—your beliefs about yourself, your future, and your identity.

As you fast today, intentionally replace lies with truth. Replace fear with faith. Replace negativity with Scripture. Your mind is being shaped for God's plans.

**Reflection:** What thought patterns need to be surrendered to God?

**Prayer:** Renew my mind and reshape my thinking, Lord.

**Declaration:** *My mind is being transformed daily.*



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### DAY 10 — Discipline Produces Destiny

**Scripture:** 1 Corinthians 9:27

**Devotional:**

Discipline isn't punishment—it's preparation. Fasting builds spiritual discipline that strengthens your life far beyond these 21 days. Every moment of resistance, every temptation, every "no" develops spiritual muscle.

Destiny is not built on passion alone; it is built on consistency. Let today remind you that God is shaping strong habits in you—habits that will carry you into your calling.

**Reflection:** What discipline is God strengthening in me through this fast?

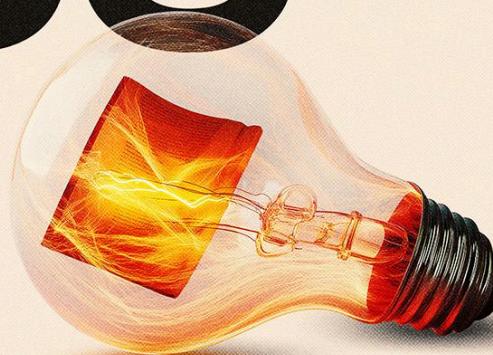
**Prayer:** Lord, help me stay steady and consistent.

**Declaration:** *I am disciplined because God empowers me.*

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## DAY 11 — Let Go of What Hinders

**Scripture:** Hebrews 12:1

**Devotional:**

You don't need more to run your race—you need less of what holds you back. Fasting brings to the surface weights that may not be sinful, but they are slowing you down: unhealthy relationships, unhealthy attachments, distractions, or habits that drain energy.

Today, ask God to reveal what needs to be laid down so you can run freely. Freedom is on the other side of surrender.

**Reflection:** What weight is God asking me to lay aside?

**Prayer:** Remove anything that hinders my spiritual growth.

**Declaration:** *I release everything that holds me back.*

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### DAY 12 — Build Holy Habits

**Scripture:** Psalm 119:105

**Devotional:**

Habits determine direction. If you want a strong spiritual life, you need strong spiritual rhythms—prayer, Scripture, worship, community. Fasting softens your heart and strengthens your will so new habits can take root.

Invite God to establish habits that will last long after these 21 days end. Small daily decisions build a powerful spiritual life.

**Reflection:** What new habit is God asking me to start?

**Prayer:** Lord, create holy habits in me.

**Declaration:** *My habits align with Heaven.*



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## DAY 13 — Choose Joy

**Scripture:** Nehemiah 8:10

**Devotional:**

Joy is not dependent on circumstances—it is rooted in God's presence. Fasting may feel challenging, but joy is the strength that sustains you. When things feel heavy, joy becomes a weapon against discouragement.

Today, decide to choose joy on purpose. Celebrate small wins. Smile more. Thank God for what He's doing even if you can't see it yet. Joy is rising in you.

**Reflection:** Where do I need to choose joy instead of discouragement?

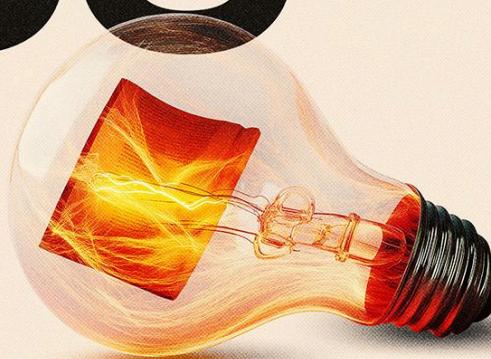
**Prayer:** Restore joy in my heart, Lord.

**Declaration:** *The joy of the Lord is my strength.*

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## DAY 14 — Peace Is Your Position

**Scripture:** Philippians 4:7

**Devotional:**

Peace is not the absence of problems; it's the presence of God. As your heart and habits shift, God's peace becomes a shield around your mind. Chaos may be around you, but it doesn't have to be within you.

Let God's peace guard your heart today. When you feel anxious, breathe deeply and declare that God is in control.

**Reflection:** What situation do I need to surrender in exchange for peace?

**Prayer:** Lord, fill my heart and mind with Your peace.

**Declaration:** *God's peace guards my life.*

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## WEEK 3 — FOCUS ON VISION & CALLING

*"Write the vision..." — Habakkuk 2:2*

### DAY 15 — God Has a Vision for You

**Scripture:** Habakkuk 2:2

**Devotional:**

You are not here by accident. God has a specific vision for your life—a direction, an assignment, a purpose. Fasting quiets the world so vision can rise in your heart. God wants to show you where He's leading you.

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Take time today to listen, write, and seek clarity. God gives vision to those who position themselves to hear it.

**Reflection:** What vision is God stirring in my heart?

**Prayer:** Reveal Your plan for me, Lord.

**Declaration:** *I walk with God-given vision.*

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## DAY 16 — Your Calling Matters

**Scripture:** Ephesians 2:10

**Devotional:**

You were created on purpose, for a purpose. God has crafted you with gifts, passions, and abilities that are uniquely yours. Your calling is not small, and it's not accidental—it is God-designed.

Today, ask God to awaken what He placed inside you. Your calling matters because people depend on your obedience.

**Reflection:** What gifts has God placed in me that I need to use more?

**Prayer:** Stir up my calling, Lord.

**Declaration:** *I am called and chosen.*



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## DAY 17 — Faith to Move Forward

**Scripture:** Hebrews 11:1

**Devotional:**

Vision requires faith. Often God gives you the “what” before the “how.” Faith bridges that gap. It pushes you forward even when the path isn’t clear yet. This fast is strengthening your spiritual confidence to step into what God is showing you.

Today, choose movement over fear. Vision becomes reality when faith takes action.

**Reflection:** What step of faith is God asking me to take?

**Prayer:** God, increase my faith today.

**Declaration:** *I walk by faith, not by sight.*

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## DAY 18 — God Will Provide

**Scripture:** Philippians 4:19

**Devotional:**

Where there is God-given vision, there will always be God-given provision. You are not responsible for making everything happen—God is. Your job is obedience; His job is supply.

Whatever resource you feel you're lacking—strength, finances, wisdom, favor—trust God to bring it. He is faithful.

**Reflection:** What need do I need to trust God to provide for?

**Prayer:** Lord, provide in every area where I lack.

**Declaration:** *God supplies all my needs.*

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## DAY 19 — Expand Your Capacity

**Scripture:** Isaiah 54:2

**Devotional:**

Vision often requires stretching. God expands your capacity so you can carry more, lead more, influence more, and love more. Stretching may feel uncomfortable, but it is evidence that God is preparing you for what's next.

Lean into the stretching. You are growing into the person God needs you to become.

**Reflection:** Where is God stretching my faith or character?

**Prayer:** Increase my spiritual capacity, Lord.

**Declaration:** *I am being stretched and strengthened.*

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## DAY 20 — Stay the Course

**Scripture:** Galatians 6:9

**Devotional:**

Breakthrough rarely comes to the person who moves the fastest—it comes to the one who refuses to quit. Staying the course is a spiritual discipline. God honors perseverance, consistency, and faithfulness.

If you feel tired, don't stop. You are closer than you think. God is working in ways you cannot see.

**Reflection:** What area is God asking me to stay faithful in?

**Prayer:** Give me strength to keep going.

**Declaration:** *I will not give up.*

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### DAY 21 — Vision Forward

**Scripture:** Joshua 1:9

**Devotional:**

You've prayed. You've fasted. You've focused. Now it's time to step into the year with courage and clarity. God has gone before you, equipped you, strengthened you, and spoken to you. Walk forward boldly—your best days are ahead.

This is not the end of a fast... it is the beginning of a focused year.

**Reflection:** What is God calling me to step into this year?

**Prayer:** Lord, give me boldness to walk into Your vision for my life.

**Declaration:** *I am focused and ready for what God has prepared.*