

SETTING OUR EYES ON JESUS.

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21 DAYS OF PRAYER & FAST DEVOTIONAL

Why We Fast

Fasting isn't about perfection — it's about **focus**. When we fast, we intentionally remove distractions so we can draw closer to God, hear His voice more clearly, and realign our hearts with His will.

Choose a fast that **stretches you**, but also allows you to remain **consistent for all 21 days**. The goal isn't what you give up — it's what you make room for.

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

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Fasting Options

(Choose one or combine wisely)

FOOD-BASED FASTS

Daniel Fast

Fruits, vegetables, whole grains, water only

Focus: Discipline & spiritual clarity

Partial Fast

Skip one or two meals each day

Focus: Daily dependence on God

Sunup to Sundown Fast

No food from sunrise to sunset

Focus: Prayer throughout the day

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Specific Food Fast

Give up sugar, soda, fast food, coffee, or sweets

Focus: Self-control & obedience

MEDIA & LIFESTYLE FASTS

Social Media Fast

No scrolling or posting

Replace with prayer or Scripture

Entertainment Fast

No TV, streaming, movies, or gaming

Focus: Creating margin for God

Music Fast

No secular music — worship only

Focus: Shifting your atmosphere

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DIGITAL & HEART FASTS

Phone Fast

No phone in the morning, before bed, or during meals

Focus: Being present with God & others

News / Noise Fast

No news, podcasts, or commentary

Focus: Peace & trust in God

Complaining Fast

No complaining, gossip, or negative speech

Replace with gratitude & prayer

Comfort Fast

Give up something you rely on daily

Focus: Spiritual hunger

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Practical Tips

- Pray before choosing your fast
- Start simple if this is your first fast
- Stay hydrated and listen to your body
- Replace what you give up with prayer time
- If health concerns apply, consult a doctor

Our Prayer

"Lord, we choose to seek You first. As we fast and pray, align our hearts, renew our minds, and help us live focused lives that honor You."

We're believing God for clarity, breakthrough, and spiritual renewal — together.