

21 DAYS OF PRAYER + FASTING

RENEW

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# HOW TO USE THIS BOOKLET

## READ • PRAY • DECLARE • ACT

Each day of RENEW follows a simple rhythm designed to help you seek God with focus and faith.

### **READ**

Each day you'll read one chapter of scripture. This is your chance to slow down and let God's Word speak to you. Don't rush through it. Read prayerfully and expectantly. As you read, look for a word, phrase, or truth that stands out. Ask yourself, What is God teaching me? How can I live this out today?

### **PRAY**

Each prayer points you to a specific area: Your personal walk, your harvest field, or your church family. Use the short written prayer as written, or as a launching point to pray as the Spirit leads you.

### **DECLARE**

Speak the personal declaration out loud. God's Word has power when we confess it with our mouths (Romans 10:9-10). Declarations shift our thinking, strengthen our faith, and align us with biblical truths.

### **ACT**

Take the daily challenge. Each one is a small but intentional step to lead you to RENEWAL. It takes 21 days to make something a habit.

# RENEW DAILY GUIDE

## WEEK 1 PERSONAL SURRENDER & RENEWAL

*Theme: It Starts With Me*

Day 1: Fresh hunger for God

Day 2: Humility & purity of heart

Day 3: Focus & freedom from distractions

Day 4: Courage to live faith publicly

Day 5: Unity in my church family

Day 6: Healing in every area

Day 7: Empowerment of the Spirit

## WEEK 2 MY HARVEST FIELD

*Theme: It Starts With One*

Day 8: Pray by name for friends

Day 9: Divine appointments

Day 10: Protection from deception

Day 11: Conviction of the Holy Spirit

Day 12: Open doors to share my faith

Day 13: Courage to invite

Day 14: New birth experience

## WEEK 3 OPEN DOORS & BOLD FAITH

*Theme: It's ALL For His Glory*

Day 15: Open doors in everyday places

Day 16: Supernatural provision

Day 17: Live as ambassadors of Christ

Day 18: Favor within my community

Day 19: Freedom for fear & doubt

Day 20: Multiplication

Day 21: Thanksgiving

# MY RENEW COMMITMENT

For the next 21 days, I am choosing to pursue my own renewal with God through prayer, fasting, and faith. This journey is not about prefection. It's about surrender, refocus, and believing God for more.

## I AM COMMITTING TO

- Pray every day
- Fast intentionally
- Take faith-filled action
- Trust God to move in me, in my family, in my field, and in my church.

# HOW I'M FEELING AT THE START

Write a few words about where you are right now- Spiritually, emotionally, physically. Be honest with yourself. This is your starting point.

# MY FASTING PLAN

(Always couple fasting with PRAYER)

Biblical fasting is giving up specific foods for a designated period of time.

Simply put, fasting is a way to subdue the flesh (the physical) and open the door to the supernatural in your life. When you deny the flesh, you feed the Spirit.

When practiced together, PRAYER will draw us closer to God, and FASTING will separate us from the distractions that work against our prayers.

RENEW is being observed from Sunday, January 11 – Saturday, January 31. Below is a suggested plan to help you focus your sacrifice.

**WEEK ONE** --- Sugar Fast (All unnatural sugars-food/drinks, desserts, candy, sodas) Fruit is OK.

**WEEK TWO** --- Complete Fast (Water and juice only). One meal, one day, three days or longer. Please be mindful of your own medical requirements and fast food as led by the Spirit.

**WEEK THREE** --- Media Fast (Choose an addictive media form to fast: TV, Facebook, internet).

On the next page is a more detailed explanation of common fasting practices.

# **TYPES OF FASTING**

**FULL FAST-** Drink only liquids – especially water. On this type of fast you may also take in clear broth and 100 percent fruit or vegetable juices in order to maintain your strength. You establish the number of days for your fast in your prayer time. Be sure to consult your doctor, especially if you have any medical conditions.

**PARTIAL FAST-** There are many options for partial fasts. Below are just a few for you to select from.

- **DANIEL FAST-** The most frequently used example of a partial fast, is found in Daniel, Chapter 10. The Daniel Fast is a fast from meats, sweets, breads and any drink, except water, for a specific time period. The easiest way to think of this fast is you should eat vegetables, fruits and drink only water. Be sure to consult your doctor, especially if you have any medical conditions.

- **OTHER PARTIAL FASTS**

1. Give up one item of food or drink such as caffeine, coffee, soft drinks or sweets or give up one meal.
2. Choose to fast from 6 a.m. to 3 p.m. or from sun-up to sundown. \*When doing this type of fast, consider your work and sleep schedule. The hours that you sleep should not be considered part of your fasting period, so the timeframe for this type of fast may vary. Be sure to consult your doctor, especially if you have any medical conditions.

**SOUL FAST** This fast is common for those who do not have much experience fasting food, who have health issues that prevent them from fasting food, or who wish to refocus certain areas of their life that are out of balance.

For instance, someone might select to abstain from using social media or watching television for the duration of the fast, and then choose to carefully bring that element back into their life in an orderly fashion at the conclusion of the fast.

# **WEEK 1**

## PERSONAL SURRENDER & RENEWAL

**PRAYER THEME**  
IT STARTS WITH ME

DAY 1

# FRESH HUNGER FOR GOD

## READ

Psalm 63

## PRAY

"Lord, give me a fresh hunger for Your presence. Stir up a desire to pray, worship, and read Your Word like I've never had before. Let nothing else satisfy me more than You."

## DECLARE

"Lord, I will seek first Your Kingdom and trust You with everything else."

## ACT

Set aside 15 minutes today for uninterrupted prayer + journaling.

Today I am asking God to give me more hunger for

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The biggest distraction I need to set aside is

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DAY 2

## HUMILITY & PURITY OF HEART

### READ

Psalm 51

### PRAY

"Lord, create in me a clean heart. Remove pride, selfishness, and any hidden sin. Help me walk in humility and purity before You and others."

### DECLARE

"God, search me and keep my heart aligned with Yours."

### ACT

Write 3 areas where you need God to refine your heart.

Lord, forgive me for

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Today I choose to walk in humility by

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DAY 3

## FOCUS & FREEDOM FROM DISTRACTION

### READ

Hebrews 12

### PRAY

"Jesus, help me focus on You. Remove distractions that keep me from seeking You first. Give me the discipline to live mission-first and not get pulled away by lesser things."

### DECLARE

"I will keep my eyes fixed on Jesus and not be pulled away by lesser things."

### ACT

Turn off notifications/social media for 2 hours today.

One distraction I will lay down today is

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I will fix my eyes on Jesus today by

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DAY 4

## COURAGE TO LIVE FAITH PUBLICLY

### READ

Acts 4

### PRAY

"God, give me boldness today; to open my mouth to speak when You give me the chance. Let me not be afraid of people's opinions, but confident in Your Spirit."

### DECLARE

"Lord, I will not shrink back. I will step into the opportunities You place before me."

### ACT

Share your faith story or invite someone to church.

One person I can share my faith with today is

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A step of boldness I will take is

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DAY 5

## UNITY IN MY CHURCH FAMILY

### READ

John 17

### PRAY

"Father, make us one even as You are one. Protect our church family from division. Help me to be a peacemaker and an encourager today."

### DECLARE

"I choose to be a peacemaker and to fight for unity in The Local Church."

### ACT

Text or call someone from church to encourage them.

Someone I can encourage today is

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A way I can promote unity in my church is

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DAY 6

## **HEALING IN EVERY AREA**

### **READ**

Mark 5

### **PRAY**

"Jesus, You are the healer. I lift up every need—physical, emotional, spiritual—and ask for Your touch. Bring healing and restoration in my life and in those around me."

### **DECLARE**

"Lord, I trust You to bring wholeness in every part of my life."

### **ACT**

Pray specifically for someone's healing today and let them know.

Lord, I need healing in

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Today I will pray for healing in [ ]'s life.

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DAY 7

## EMPOWERMENT OF THE SPIRIT

### READ

Acts 2

### PRAY

"Holy Spirit, fill me afresh today. Give me power, wisdom, and love to serve others. Let my life overflow with Your presence so that people see Jesus in me."

### DECLARE

"God, fill me so that I can serve and love others out of Your strength, not mine."

### ACT

Pray for a fresh filling of the Spirit + write down what He speaks.

Today I am asking the Spirit to empower me in

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One way I can serve someone out of His strength is

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## **WEEK 2**

### MY HARVEST FIELD

**PRAYER THEME**  
IT STARTS WITH ONE

DAY 8

## PRAY BY NAME FOR FRIENDS

### READ

Luke 15

### PRAY

"Holy Spirit, fill me afresh today. Give me power, wisdom, and love to serve others. Let my life overflow with Your presence so that people see Jesus in me."

### DECLARE

"God, fill me so that I can serve and love others out of Your strength, not mine."

### ACT

Pray for a fresh filling of the Spirit + write down what He speaks.

Today I am asking the Spirit to empower me in

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One way I can serve someone out of His strength is

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DAY 9

# DIVINE APPOINTMENTS

## READ

Acts 8

## PRAY

"Lord, arrange divine moments today. Open doors for natural conversations with [REDACTED]. Help me to notice and step into every opportunity You provide."

## DECLARE

I will be attentive to the doors You open in my daily life.

ACT

Reach out to someone with a text/call — ask how they're doing.

A simple way I can connect with someone today is

God, help me to notice You moving when

DAY 10

## PROTECTION FROM DECEPTION

### READ

Ephesians 6

### PRAY

"God, protect [ ] from the lies of the enemy. Guard their mind, heart, and life. Let Your truth break through and lead them to freedom in Christ."

### DECLARE

Lord, I will stand in the gap for my friends in prayer and faith.

### ACT

Pray Psalm 91 over your friend. Send them encouragement today.

A Scripture I will pray over my one is

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A word of encouragement I can send them is

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DAY 11

## CONVICTION OF THE HOLY SPIRIT

### READ

John 16

### PRAY

"Holy Spirit, convict [ ] of their need for You. Soften their heart. Do the deep work that only You can do to draw them to repentance and life."

### DECLARE

I trust You, God, to do the work in their hearts that I cannot do.

### ACT

Take 10 minutes of silent intercession for your friend.

Today I am asking the Spirit to show my friend

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I believe God is already working in my friend's life through

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## DAY 12

# OPEN DOORS TO ENCOUNTER JESUS

## READ

Acts 16

## PRAY

"God, open doors for [ ] to encounter You. Let them experience Your presence in conversations, community, and through Your people."

## DECLARE

Lord, I will keep extending the invitation and trusting You to draw them.

ACT

Invite your friend to coffee, lunch, or a meal this week.

One space I can invite my one into this week is

An open door I've already seen God give me is

DAY 13

## COURAGE TO INVITE

### READ

Luke 14

### PRAY

"Lord, give me courage today to extend an invitation to [ ]. Remove my fear and help me trust that You will use even a simple invite for Your glory."

### DECLARE

I will not let fear keep me from inviting my friends into what You're doing.

### ACT

Invite your friend to church or a church activity.

The event I will invite my one to is

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The fear I need God's help to overcome is

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DAY 14

## NEW BIRTH EXPERIENCE

### READ

Acts 2:36–47

### PRAY

"Jesus, I pray for the salvation of [ ]. Thank You that You are drawing them to Yourself. I believe one day they will experience New Testament salvation and live fully for You."

### DECLARE

Lord, I will celebrate every step my friends take toward You.

### ACT

Thank God in advance for your friend's salvation experience.

Today I'm believing for [ ]'s salvation.

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One way I will celebrate their faith journey is

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## **WEEK 3**

### OPEN DOORS & BOLD FAITH

**PRAYER THEME**  
IT'S ALL FOR HIS GLORY

DAY 15

## OPEN DOORS IN EVERYDAY PLACES

### READ

Colossians 3–4

### PRAY

“Lord, open my eyes to see opportunities around me. Use my home, school, and workplace as places where Your presence is known.”

### DECLARE

I will see my everyday spaces as places where You want to move.

### ACT

Go on a prayer walk around your neighborhood/workplace.

One place I will prayer walk today is

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One open door I’m asking God for is

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DAY 16

## SUPERNATURAL PROVISION

### READ

2 Corinthians 9

### PRAY

"God, thank You for being my provider. Help me give cheerfully and trust You with every need. Multiply what I offer for Your kingdom work."

### DECLARE

Lord, I will give generously and trust You with my resources.

### ACT

Give sacrificially today — time, resources, or finances.

Today I will give [ ] to God.

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A way God has already provided for me is

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DAY 17

## LIVE AS AMBASSADORS OF CHRIST

### READ

1 Peter 2

### PRAY

"Jesus, thank You for sending me. Remind me that I am chosen, called, and commissioned. Help me see myself as Your representative wherever I go."

### DECLARE

I will live as a carrier of Your presence in my home, work, and community.

### ACT

Write a declaration of how you will live as "sent."

I believe God has sent me to

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Today I will live out my calling by

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DAY 18

## FAVOR WITHIN MY COMMUNITY

### READ

Nehemiah 2

### PRAY

"Father, grant favor to Your people in this city. Bless our leaders with wisdom and integrity. Help me to represent You well in my community."

### DECLARE

Lord, help me to be a light and represent You well wherever You place me.

### ACT

Pray for your city leaders by name today.

One leader I am praying for today is

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A way I can represent Christ in my community is

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DAY 19

# FREEDOM FROM FEAR & DOUBT

## READ

Joshua 1

## PRAY

"God, I choose faith over fear. Remind me of Your promises when I feel anxious. Help me to walk in courage and trust Your presence with me."

## DECLARE

I will not give in to fear. My faith is in You, God.

## ACT

Write one fear down, replace it with a promise of God.

The fear I am surrendering today is

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The promise I will stand on instead is

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DAY 20

# MULTIPLICATION

READ

Acts 6

## PRAY

"Father, use me as a multiplier in Your kingdom. Help me raise up others, share my faith, and make disciples who will make disciples."

## DECLARE

Lord, use me to multiply Your work through serving and discipling others.

ACT

Invite someone to serve, lead, or disciple with you.

One person I can invite to serve/lead with me is

A way I can help multiply disciples is

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DAY 21

# THANKSGIVING

## READ

Psalm 100

## PRAY

"God, thank You for all You've done in these 21 days. I give You glory for every breakthrough, every prayer, and every step of faith. I choose to live a life of gratitude."

## DECLARE

I will live with gratitude and give You glory in every season.

## ACT

Share your 21-day testimony with someone.

One breakthrough I experienced during these 21 days is

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One way I will continue to give God glory is

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# CELEBRATING WHAT GOD HAS DONE

Take time to pause and reflect on your 21-day prayer and fasting journey.

Write honestly about what God has done in you, through you, and around you. This is not the end, it's the beginning of a lifestyle of prayer, fasting, and bold faith.

## HOW I'M FEELING AT THE END

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## BREAKTHROUGHS I'VE EXPERIENCED

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## PRAYERS GOD ANSWERED

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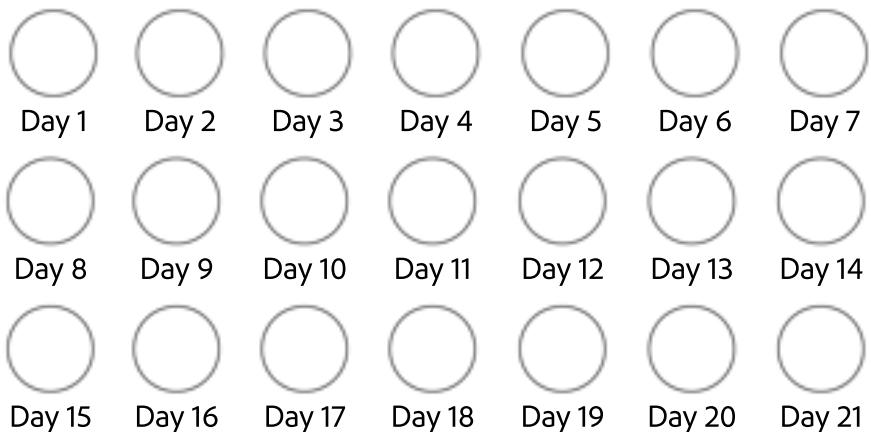
# MY NEXT STEP AFTER 21 DAYS

**REMEMBER:** The same God who met you during these 21 days will continue to walk with you in the days ahead.

RENEW regularly. God renews the earth every morning. His mercy renews every day.

You can too.

## COMPLETED CHALLENGES



Take it a step further...within 21 days you will have the opportunity to complete 21 daily challenges. Your challenges will be attached to your daily scripture readings.

These challenges are created to help grow your faith while learning to live more like Christ.

Instead of simply reading the devotional for the day, we are inviting you to bring this devotional to life with our 21 challenges.

21 DAYS OF PRAYER + FASTING

RENEW

21 DAYS OF PRAYER + FASTING

