



21 DAYS OF FASTING & PRAYER

January 4th - 25th, 2026

21 Day Reading & Prayer Guide

Video Prayer Calls at 6 am

WHAT WE ARE ASKING YOU TO DO OVER THE NEXT 21 DAYS:

FAST. READ. PRAY.

We want to be the kind of church that makes God's presence our first priority.

At The Gathering Place, prayer isn't our last resort, but our first response. It's who we are, a people that seek God's face, knowing that prayer changes everything.

We want to help you kick-start your pursuit of God in 2026. Throughout the Bible, people would set aside time to fast, and abstain from some things AND devote that time to pursuing and hearing God's voice. We want you to hear from God and experience God's power and presence in a deeper way in 2026.

HOW?

- 01. Commit to the Lord that you will seek him in a unique way for the next 21 days.**
- 02. Decide how & what you're going to fast.**
See more info below.
- 03. Carve out a specific time each day where you can spend time with God by reading the Bible and Praying.**
Tip: Set a reminder or a calendar time in your phone to remind you.
- 04. Write down what you are learning about God and yourself.**
- 05. Give yourself grace. It's about progress not perfection.**
Spending 10 days with God is better than none.



WHY READ THE BIBLE

Reading the Bible is how we come to know God, His heart, His voice, and His ways. Scripture is living and active; it invites us to encounter God personally and be transformed by His truth. When we open the Bible, we're not just reading words on a page we're meeting the Author who loves us and calls us into a relationship with Him. The Bible is our ultimate source of guidance, shaping how we think, speak, and live. In a world filled with noise and confusion, God's Word brings clarity and conviction. It renews our minds and aligns our hearts with His will. Through Scripture, we learn who Jesus is, what He has done for us, and how we are to follow Him daily.

The more we meditate on God's Word, the more we begin to live out its truths with confidence and grace. The Bible equips us for every good work and helps us grow into maturity as disciples of Jesus.

- God's Word *transforms our hearts*.
- God's Word *renews our minds*.
- God's Word *equips our lives for every good work*.

WHY PRAY

The power of prayer deepens our dependence on God and sharpens our faith. When we pray, we put everything into His hands, trusting that His hand will show up in every part of our lives and in those around us.

Prayer is what creates intimacy with God. It is a spiritual habit that draws us into His presence, where we can speak openly and listen deeply. When we pray, we bring our requests before a God who hears us and invites us to partner with Him in His plans. For this reason, we pray in confidence, knowing that our prayers are powerful and can bring about real change.

Prayer is for everyone. Each of us can come before God with trust, openness, and faith, believing that He is able to do far more than we could ever ask or imagine. Prayer is not about our circumstances; it's about the posture of our hearts before Him.

- Prayer *sharpens our faith*.
- Prayer *creates deeper intimacy with God*.
- Prayer *is powerful and brings about change*.

WHY FAST?

Fasting is the ancient practice of choosing to abstain from food for a period of time in order to draw closer to God. It is a spiritual discipline that helps us become more like Jesus by training our hearts to depend on His presence and power.

Fasting breaks the grip of our flesh our desires, distractions, and cravings, and frees us to feed on the Holy Spirit. It's a way to quiet the noise around us so we can better hear God's voice within us. Biblical fasting always involves releasing something physical to gain something spiritual. It's like hitting the reset button of our soul, renewing us from the inside out.

When we fast, we give more of ourselves to God. It's not just about seeking personal breakthroughs, but about creating space for God to bring about His best in our lives and in our community.

- Fasting disconnects us from the world and reconnects us with God.
- We don't fast to get more of God, we fast to give more of ourselves to Him.
- Fasting breaks through whatever may be keeping us from God's best.

Scripture References: Matthew 6:16–18, Matthew 9:14–15, Luke 18:9–14, Acts 27:33–37, Nehemiah 9:1–3

TYPES OF FASTS

Your personal fast should present a level of challenge, but it is very important to know your body, your options, and most importantly, to seek God in prayer and follow what the Holy Spirit leads you to do. If it means something to you, it means something to God.

Complete Fast

In this type of fast, you drink only liquids, typically water with light juices as an option. An option could be doing a complete fast for the first or last three days of the fast.

Selective Fast

This type of fast involves removing certain elements from your diet. One example of a selective fast is the Daniel Fast, during which you remove meat, sweets, and bread from your diet and consume water and juice for fluids and fruits and vegetables for food. Another option is something like the Whole 30 Eating Program, during which you remove dairy, grains, sugar, legumes, alcohol, pasta, bread, processed additives, French fries, and potato chips.

Partial Fast

This fast 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 6:00 am to 3:00 pm, or from sunup to sundown.

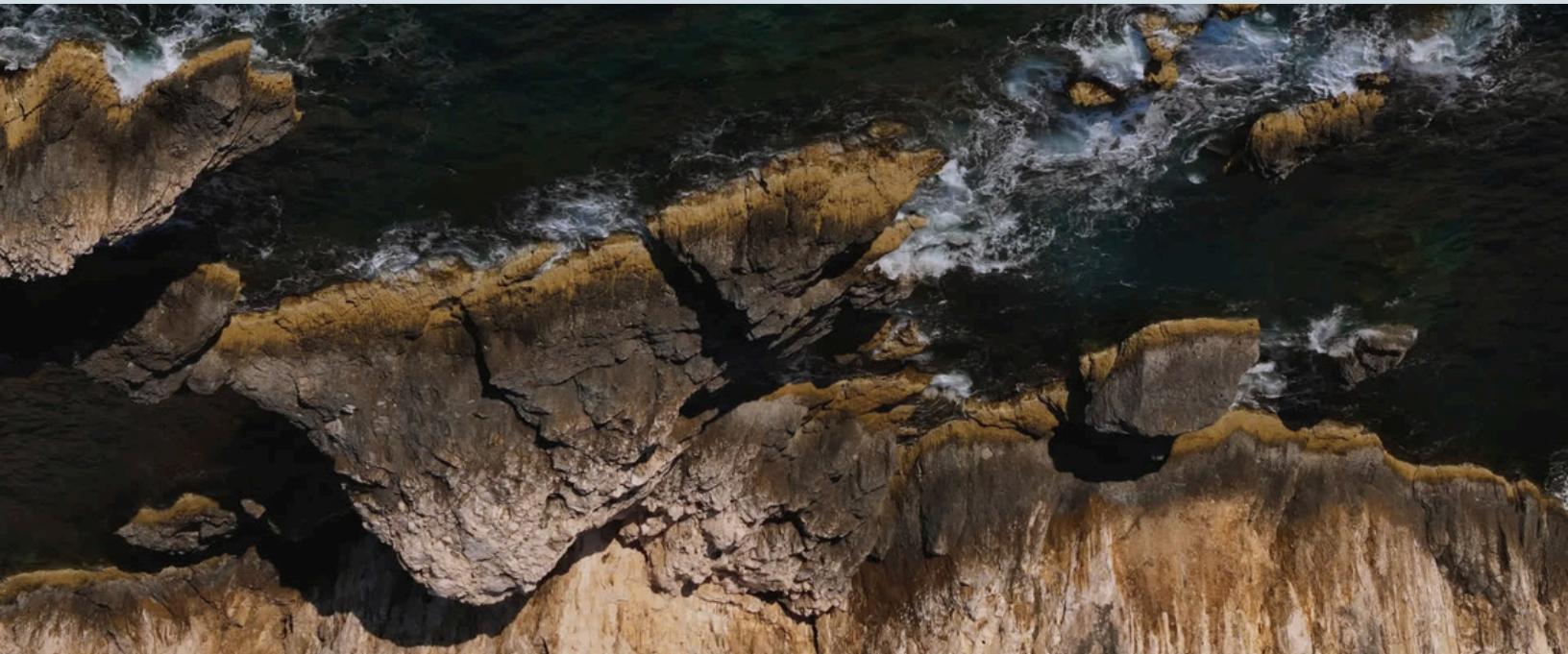
*****In addition to fasting from food and certain types of beverages, we recommend considering a TV/Social Media Fast, choosing to abstain from certain technologies for a specific period of time.***

DAILY PRAYER TOPICS

Day	Date	Reading	Daily Prayer
1	Jan 4	<i>No Reading</i>	Lord, as I begin this 21-day journey, steady my heart and focus my mind. Strip away distractions and anything that dulls my desire for You. Meet me in these days with fresh grace and clear direction. I'm ready to follow where You lead. Amen.
2	Jan 5	<i>Ephesians 1</i>	Father, thank You for choosing me before the world began. Help me stand firm in that truth today. Remind me that I'm not defined by success or failure but by Your calling and Spirit's seal. Let confidence in Your purpose shape every step I take. Amen.
3	Jan 6	<i>Ephesians 2</i>	Jesus, You raised me from death to life, don't let me forget what You rescued me from. Help me live today like a man made alive in grace. Strengthen me to walk out the purpose You've prepared for me. Amen.
4	Jan 7	<i>Ephesians 3</i>	Lord, I want to know Your love beyond words. Strengthen me from the inside out so I can grasp how wide, long, and deep Your love really is. Let that love shape my character, not just my feelings. Fill me with Your presence. Amen.
5	Jan 8	<i>Ephesians 4</i>	God, build maturity in me. Grow my patience, deepen my faith, and make me someone who strengthens others. Guard my heart from pride and teach me to live in unity and truth with Your people. Amen.
6	Jan 9	<i>Ephesians 5</i>	Father, help me walk as a man of integrity and love. Let my life mirror Yours, sacrificial, steady, and pure. Drive out compromise, and fill me with light that others can see. Amen.
7	Jan. 10	<i>Ephesians 6</i>	Mighty God, arm me with Your strength today. Keep me alert against the enemy's attacks. Train my heart for battle and my hands for faith. Help me stand firm, steady, and unafraid because You fight for me. Amen.
8	Jan. 11	<i>No Reading</i>	Lord, thank You for revealing Your power this week. Help me carry what You've taught into my daily routines. Keep my heart humble and my focus sharp. You're bigger than anything ahead of me. Amen.
9	Jan. 12	<i>Colossians 1</i>	Jesus, reconcile my heart fully to Yours and unite my family under Your name. Teach us to live with gratitude and to handle conflict with grace. Let love for You hold us together through every season. Amen.
10	Jan. 13	<i>Colossians 2</i>	Lord, You are enough. Silence every false voice that says otherwise. Help me lead my family to depend on You, not routine, not comfort, but Christ alone. Fill our home with faith and courage. Amen.
11	Jan. 14	<i>Colossians 3</i>	Father, reshape my heart and my household today. Cover us with compassion and help us reflect Your kindness. Teach us to forgive quickly and love deeply. Let the peace of Christ rule in this home. Amen.
12	Jan. 15	<i>Colossians 4</i>	God, awaken in me a consistent heart of prayer. Don't let routine make me dull to Your voice. Teach me to pray with expectancy for my family, my church, and my community. Keep me faithful in private before I ever speak in public. Amen.
13	Jan. 16	<i>Philemon 1</i>	Lord, make me quick to forgive. Let grace define how I treat others. Where bitterness has settled, uproot it. Refresh the relationships in my life and make me a source of encouragement and peace. Amen.

DAILY PRAYER TOPICS - CONTINUED

Day	Date	Reading	Daily Prayer
14	Jan. 17	<i>1 Thessalonians 1</i>	Holy Spirit, keep my heart on fire for You. Help me lead my family with joy, not pressure. May our faith be steady, our words full of thanks, and our home a place where Your presence is welcome. Amen.
15	Jan. 18	<i>No Reading</i>	Father, unite our hearts. Tear down pride or isolation in our church. Give us real friendship rooted in faith and purpose. May Your love bind us together so the world sees Christ in our unity. Amen.
16	Jan. 19	<i>1 Thessalonians 2</i>	God, give me eyes that see people the way You do. Replace fear with courage and comfort with conviction. Fill me with boldness to speak Your truth and love to those who need to hear it. Amen.
17	Jan. 20	<i>1 Thessalonians 3</i>	Lord, strengthen our church family in every challenge. Use trials to refine us, not divide us. Keep our focus on Your mission and our hearts burning for the people You love. Amen.
18	Jan. 21	<i>1 Thessalonians 4</i>	Father, grow in us steady hands and willing hearts. Help us work quietly, serve faithfully, and love consistently. Fill our church with people who put others first and build up Your Kingdom. Amen.
19	Jan. 22	<i>1 Thessalonians 5</i>	Lord, wake me up where I've grown complacent. Keep my heart alert to the needs of others and the call of the gospel. Strengthen me to encourage, give, and lead with courage. Amen.
20	Jan. 23	<i>2 Thessalonians 1-2</i>	Righteous Judge, steady my heart in confusing days. Make me bold when faith costs something. Let my life display endurance and hope that prove Jesus is worth it all. Amen.
21	Jan. 24	<i>2 Thessalonians 3</i>	Lord, direct my steps and keep my passion for Your mission alive. Teach me to give generously, work diligently, and love faithfully. Let the fire You've started in me keep burning long after these 21 days. Amen.





FIND YOUR GROUP

(Click above)

WORSHIP PLAYLIST

(Click above)

Video call link:

<https://meet.google.com/rctm-xtiy-ore>

Or dial: +1 978-261-7445

PIN: 415301822

6AM PRAYER CALL INFO

**If joining on your phone, download the
“Google Meet” app for the best connection*