



THE WAY

21 DAYS OF PRAYER
JANUARY 5-25, 2026

21 Days of Prayer and Fasting Scripture Guide

Matthew 5:1–2 (NIV)

“Now when Jesus saw the crowds, he went up on a mountainside and sat down. His disciples came to him, ² and he began to teach them. He said...”

The Sermon on the Mount is not simply a collection of Jesus’ best teachings, it is an invitation into a way of life.

In Matthew 5–7, Jesus describes what it looks like when the Kingdom of Heaven takes root in ordinary people.

For the next 21 Days, we are going to focus in on the Kingdom way of life as we slow down and allow ourselves to be shaped by the foundational truths of our Lord.

May these days help us hear Jesus afresh, practice His way intentionally, and build lives anchored on the solid rock!

Feeling a call to go deeper?

One method of deepening sensitivity to the Spirit in the season of prayer is through fasting. There are many ways to fast. You can find out more in the next section.

Introduction to Fasting:

The goal of fasting is to draw near to God. Biblical fasting always has to do with eliminating distractions for a spiritual purpose; it allows us to reset our souls and experience renewal from the inside out. It also enables us to celebrate the goodness and mercy of God and prepares our hearts for all the good things God desires to bring into our lives. Fasting should present a level of challenge to those who engage, but it is very important for participants to know their own body and the options available as they seek God in prayer and follow the guidance of the Holy Spirit.

Types of Fasts:

- **Complete Fast:** In this type of fast, you drink only liquids, typically water with light juices or broth as an option.
- **Partial Fast:** This fast is sometimes called the “Jewish Fast” and involves abstaining from eating any type of food in the morning and afternoon. This can either correlate to a specific time of the day, such as 6:00 am to 3:00 pm, or from sunup to sundown. Other types of partial fasts include fasting certain foods only. An example of this is the Daniel Fast (more info below).
- **Soul Fast:** This fast is a great option if you do not have much experience fasting food, have health issues that prevent you from fasting food, or if you wish to refocus certain areas of your life that are out of balance. For example, you might choose to stop using social media or watching television for the duration of the fast and then carefully bring that element back into your life in healthy doses at the conclusion of the fast.

Additional Resources on Fasting:

- The Daniel Fast is a great option. It abstains from animal products, processed grains, and sweets. It is primarily a fruit and vegetable diet, so it does require a bit of preparation to ensure that you have the food items needed to eat well. A great resource on the Daniel Fast can be found at: ultimatedanielfast.com.
- 7 Basic Steps to Successful Fasting and Prayer, by Bill Bright: <https://www.cru.org/us/en/train-and-grow/spiritual-growth/fasting/7-steps-to-fasting.html>
- Guide to Fasting and Prayer, by Bill Bright: <https://www.cru.org/us/en/train-and-grow/spiritual-growth/fasting/personal-guide-to-fasting.html>

DAYS 1-3: ENTERING THE WAY OF JESUS

Day 1 - January 5, 2026

The Kingdom Opens to the Poor in Spirit (Humble)

Read: Matthew 5:1–3

Prayer Focus: Receiving the Kingdom with humility

Scripture Meditation: Matthew 5:3

“Blessed are the poor in spirit, for theirs is the kingdom of heaven.”

Question for Reflection: Where have you struggled with humility recently?

Day 2 - January 6, 2026

Hungering for What Is Right

Read: Matthew 5:4–6

Prayer Focus: A deeper hunger for God’s righteousness

Scripture Meditation: Matthew 5:6

“Blessed are those who hunger and thirst for righteousness, for they will be filled.”

Question for Reflection: What do you hunger for more than anything right now?

Day 3 - January 7, 2026

Formed by Mercy

Read: Matthew 5:7–12

Prayer Focus: Living with mercy, purity, and perseverance

Scripture Meditation: Matthew 5:7

“Blessed are the merciful, for they will be shown mercy.”

Question for Reflection: In what ways has the Father shown you great mercy?

DAYS 4-7: A DISTINCTIVE LIFE

Day 4 - January 8, 2026

Salt and Light

Read: Matthew 5:13–16

Prayer Focus: Reflecting God's goodness through everyday faithfulness

Scripture Meditation: Matthew 5:16

"Let your light shine before others, that they may see your good deeds and glorify your Father in heaven."

Questions for Reflection: In what specific way does your life reflect the Father's glory? How about a second specific way?

Day 5 - January 9, 2026

A Deeper Righteousness

Read: Matthew 5:17–20

Prayer Focus: Hearts aligned with God's intent

Scripture Meditation: Matthew 5:20

"Unless your righteousness surpasses that of the Pharisees and the teachers of the law, you will certainly not enter the kingdom of heaven."

Question for Reflection: Is there an area God is calling you into a deeper level of holiness? It may help to ask Him to point out a thought or behavior pattern that consistently pops up in your life that does not yet reflect His glory.

Day 6 - January 10, 2026

Healing Anger and Broken Relationships

Read: Matthew 5:21–26

Prayer Focus: Reconciliation and peace

Scripture Meditation: Matthew 5:24

“First go and be reconciled to them; then come and offer your gift.”

Questions for Reflection: Is there someone who you desire to be reconciled with? Are there any steps the Lord is asking you to take in order to do so?

Day 7 - January 11, 2026

Integrity of Heart and Word

Read: Matthew 5:27–37

Prayer Focus: Faithfulness, honesty, and wholeness

Scripture Meditation: Matthew 5:37

“All you need to say is simply ‘Yes’ or ‘No.’”

Questions for Reflection: On a scale of 1-10, where do the habits of your life land in the area of faithfulness? How about in the realm of honesty? Is there any area the Lord is asking you to grow in integrity?

DAYS 8-11: THE WAY OF LOVE

Day 8 - January 12, 2026

Grace Instead of Retaliation

Read: Matthew 5:38–42

Prayer Focus: Trusting God with justice

Scripture Meditation: Matthew 5:39

“If anyone slaps you on the right cheek, turn to them the other cheek also.”

Questions for Reflection: Is there someone you feel has committed an injustice against you? How can you release them and that situation into the Father’s hands today?

Day 9 - January 13, 2026

Loving Our Enemies

Read: Matthew 5:43–48

Prayer Focus: Reflecting the Father’s love

Scripture Meditation: Matthew 5:44

“Love your enemies and pray for those who persecute you.”

Questions for Reflection: Is there anyone you are tempted to consider an enemy? Spend some time releasing that person by praying for them and blessing them. Is there anyone you have felt considers you an enemy? Spend some time releasing that person by praying for them and blessing them.

Day 10 - January 14, 2026

The Secret Life

Read: Matthew 6:1–4

Prayer Focus: Living for God's approval

Scripture Meditation: Matthew 6:4

"Your Father, who sees what is done in secret, will reward you."

Questions for Reflection: Is there anything you have done for the Father that you feel has gone unnoticed by others? Spend some time receiving His affection today.

Day 11 - January 15, 2026

Learning to Pray

Read: Matthew 6:5–15

Prayer Focus: Humility before God

Scripture Meditation: Matthew 6:9–10

"Our Father in heaven, hallowed be your name, your kingdom come, your will be done on earth as it is in heaven."

Question for Reflection: Where do you long to see the will of God come to earth? Spend some time worshiping Him today and acknowledging He is sovereign over all things, even that area.

DAYS 12-14: TRUSTING THE FATHER

Day 12 - January 16, 2026

Forgiveness That Frees

Read: Matthew 6:12–15

Prayer Focus: Extending mercy as we have received it

Scripture Meditation: Matthew 6:14

“If you forgive other people when they sin against you, your heavenly Father will also forgive you.”

Questions for Reflection: How grateful are you for the mercy of the Lord? Spend some time acknowledging how wonderful it feels to be forgiven. Is there anyone you need to extend that same mercy to? Spend some time asking the Lord to help you do that.

Day 13 - January 17, 2026

Undivided Devotion

Read: Matthew 6:16–24

Prayer Focus: Setting our hearts on God’s Kingdom

Scripture Meditation: Matthew 6:21

“For where your treasure is, there your heart will be also.”

Questions for Reflection: What do you treasure more than anything else in your life? Is there anything that has your attention right now that needs to be re-evaluated or re-prioritized in light of what is most important? One way to help you determine this is to evaluate how you are spending your time and your money--two of the biggest indicators of what we treasure.

Day 14 - January 18, 2026

Freedom From Worry

Read: Matthew 6:25–34

Prayer Focus: Trusting the Father's care

Scripture Meditation: Matthew 6:33

"Seek first his kingdom and his righteousness."

Question for Reflection: If someone were to watch your life like a movie for a week, how much trust in the Father would they see? Spend some time asking Him to help you trust at new levels this year.

DAYS 15-18: WISE DISCERNMENT

Day 15 - January 19, 2026

Removing the Log

Read: Matthew 7:1–5

Prayer Focus: Humility and self-examination

Scripture Meditation: Matthew 7:3

"Why do you look at the speck of sawdust in your brother's eye and pay no attention to the plank in your own eye?"

Question for Reflection: In what situations do you tend to pass judgment on others? Do you think there is a reason you are drawn to judgment in those areas? Spend some time asking the Lord to show you any "logs" you are carrying around and ask forgiveness for those so you will be able to see Him clearly.

Day 16 - January 20, 2026

Asking, Seeking, Knocking

Read: Matthew 7:7–11

Prayer Focus: Persistent trust in God

Scripture Meditation: Matthew 7:7

“Ask and it will be given to you; seek and you will find; knock and the door will be opened to you.”

Questions for Reflection: Is there a need you have given up praying for because of disappointment? Do you need to renew your knocking in any area?

Day 17 - January 21, 2026

The Golden Rule

Read: Matthew 7:12

Prayer Focus: Loving others through intentional action

Scripture Meditation: Matthew 7:12

“In everything, do to others what you would have them do to you.”

Questions for Reflection: In what practical way can you show love to someone today? Is there a new way you have felt called to serve others? Is there one step you can take today to move toward that calling?

Day 18 - January 22, 2026

The Narrow Way

Read: Matthew 7:13-14

Prayer Focus: Choosing faithfulness over convenience

Scripture Meditation: Matthew 7:14

“Small is the gate and narrow the road that leads to life.”

Questions for Reflection: When in your past did God ask you to do something hard that led to great breakthrough? Is there anything He is asking of you right now that seems hard? Praise Him for the breakthrough that is coming.

DAYS 19-21: BUILDING A LIFE THAT LASTS

Day 19 - January 23, 2026

Known By Our Fruit

Read: Matthew 7:15–20

Prayer Focus: Authentic spiritual life

Scripture Meditation: Matthew 7:16

“By their fruit you will recognize them.”

Questions for Reflection: What spiritual fruit in your life is healthy and thriving? What fruit needs to be tended to?

Day 20 - January 24, 2026

Doing the Will of the Father

Read: Matthew 7:21–23

Prayer Focus: Obedience flowing from relationship

Scripture Meditation: Matthew 7:21

“Not everyone who says to me, “Lord, Lord,” will enter the kingdom of heaven, but only the one who does the will of my Father who is in heaven.”

Question for Reflection: *Are you confident in your “sonship” with the Father? Everything in the Kingdom flows from the relationship we have with Him. Ask the Father to cause your heart to grow in the area of “sonship”--relating to Him as a child relates to a loving Father, with confidence, trust, and joy!*

Day 21 - January 25, 2026

Building on the Rock

Read: Matthew 7:24–29

Prayer Focus: Living the Way of Jesus daily

Scripture Meditation: Matthew 7:24

“Everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock.”

REFLECTION OF 21 DAYS OF PRAYER AND FASTING

As you wrap up your 21 Days of Prayer and Fasting, it is a great time for reflecting on how the Lord may be calling you to change your ordinary, daily life so that it more closely aligns with the ways of Jesus and His Kingdom.

Questions for Reflection:

- What has the Lord brought to your attention during the last 21 days that has been the most meaningful for your current season?
- Is there any day's reading you need to go back to and meditate on further?
- Are there any daily habits or patterns you want to incorporate into the rest of 2026 to help you walk in the way of Jesus?
- Consider asking God if He would like you to make fasting in some way a regular rhythm in 2026.