

21 *DAYS* OF PRAYER AND FASTING

DEVOTIONAL
GUIDE

**“Commit your work to the Lord, and
He will establish your plans.”
Proverbs 16:3**

Welcome to 21 Days of Prayer and Fasting at Odyssey Church. The Bible says, “Commit to the Lord whatever you do, and He will establish your plans” Proverbs 16:3.

We believe this is a season where God wants to establish His purposes in your life, your family, and our church.

What do you want to see God do in you this year?
What do you want to see God do through Odyssey Church?

Over the next 21 days, we are laying a spiritual foundation for everything ahead through prayer and fasting. Fasting disconnects us from the distractions of the world, while prayer reconnects us to the heart of God. When we combine the two, God moves powerfully.

This guide will help you:

- Choose a fast
- Set a prayer strategy
- Walk day-by-day through focused prayer

Thank you for going on this journey with us.

PICK A FAST

Fasting is intentionally giving up something we want to focus more fully on God. Scripture shows us again and again that fasting creates space for spiritual clarity, dependence, and breakthrough.

Choose the fast that is faith-stretching but healthy for you:

1. Complete Food Fast

Liquids only—primarily water, with juice or protein shakes as needed.

2. Partial Food Fast

Abstain from food during a set portion of the day (example: sunrise to sunset).

3. Selective Food Fast (Daniel Fast)

Remove certain foods (meat, sweets, bread). Eat fruits and vegetables; drink water or juice.

4. Soul Fast

If fasting food isn't wise for you, fast something that distracts your soul—social media, TV, gaming, or entertainment—then reintroduce it with intention after the fast

SET YOUR STRATEGY

For these 21 days to make a lasting impact, you need a prayer routine you can sustain.

Your strategy needs three things:

1. Pick a Time

Choose a time you can commit to every day—morning, lunch break, or evening.

2. Pick a Spot

Designate a consistent prayer location—chair, car, closet, porch, or office.

3. Pick a Plan

One helpful prayer model is A.C.T.S.

- Adoration – Praise God for who He is
- Confession – Acknowledge sin and receive grace
- Thanksgiving – Thank God for His blessings
- Supplication – Pray for others and specific needs

Consistency builds depth. One day matters—but 21 days can change your spiritual direction.

WEEK 1

**DREAMING
WITH GOD**

DAY 1 – DREAM BIG FOR YOUR LIFE

Scripture:

“Ask and it will be given to you; seek and you will find; knock and the door will be opened to you.” – Matthew 7:7 (NIV)

“For I know the plans I have for you... plans to give you hope and a future.” – Jeremiah 29:11 (NIV)

Reflection:

The first step in prayer and fasting is not discipline—it’s vision. Before God establishes your plans, He invites you to bring them to Him. Too often, we settle for survival prayers when God is inviting us to pray bold, faith-filled prayers.

God is not intimidated by your dreams. In fact, when your dreams are aligned with Him, they require Him. If your goals can be accomplished without prayer, they’re probably too small. Today isn’t about writing a to-do list—it’s about opening your heart and asking God, “What do You want to establish in my life?” This is an invitation to dream again, believe again, and trust again.

Prayer:

Father, today I bring my life before You. I don’t want to drift through another year on my own strength. I want Your plans, Your purposes, and Your direction. Expand my vision and align my desires with Your will. I trust You with my future. In Jesus’ name, Amen.

Journal:

DAY 2 – DREAM BIG FOR YOUR FAMILY

Scripture:

“As for me and my household, we will serve the Lord.” – Joshua 24:15 (NIV)

“The Lord bless you and keep you...” – Numbers 6:24–26 (NIV)

Reflection:

God cares deeply about families—not just how they function, but how they flourish. No family is perfect, but every family can be intentional. Today is about asking God to establish His presence in your home.

Dream beyond schedules and survival. What would it look like for your home to be marked by peace? By laughter? By grace? By faith? Whether you live alone, with roommates, or with family, your home can be a place where God’s presence is felt and His love is modeled.

Prayer:

God, I invite You into my home. Establish Your peace, protection, and purpose within my family. Heal what is broken, strengthen what is weak, and unite our hearts around You. May our home reflect Your love and bring You glory. In Jesus’ name, Amen.

Journal:

DAY 3 – DREAM BIG FOR OUR CHURCH

Scripture:

“Now to Him who is able to do immeasurably more than all we ask or imagine.” – Ephesians 3:20 (NIV)

“And the Lord added to their number daily those who were being saved.” – Acts 2:47 (NIV)

Reflection:

The Church is not a building—it’s people. And God uses ordinary people to do extraordinary things when they are surrendered to Him. Today, pray boldly for Odyssey Church. Pray for lives to be changed, for families to be restored, for the lost to come home. Pray that this church would always be a place where people can belong, believe, become who God created them to be, and make a difference.

God is still writing our story—and prayer positions us to be part of what He wants to do next.

Prayer:

Lord, thank You for Odyssey Church. Make us a place of grace, truth, and transformation. Draw people who are far from You and give us hearts to love them well. Unite us, empower us, and use us to make an eternal impact in our community and beyond. In Jesus’ name, Amen.

Journal:

DAY 4 – DREAM BIG FOR THOSE FAR FROM GOD

Scripture:

“The Lord is not slow... but is patient, not wanting anyone to perish.” – 2 Peter 3:9 (NIV)

“With God all things are possible.” – Matthew 19:26 (NIV)

Reflection:

Every person matters to God—including the ones who seem the furthest away. The name that comes to your mind today is not an accident; it’s an invitation.

Don’t underestimate what God can do. Prayer reaches where conversations can’t. God specializes in hearts that look unreachable.

Ask boldly. Believe fully. And trust God with the process.

Prayer:

Father, I lift up _____ to You today. You see them, You love them, and You have a plan for their life. Break down walls, soften their heart, and reveal Yourself in a personal way. Use me however You choose.
In Jesus’ name, Amen.

Journal:

DAY 5 – DREAM WITH SOMEONE ELSE

Scripture:

“Two are better than one.” – Ecclesiastes 4:9 (NIV)

“Let us consider how we may spur one another on.” – Hebrews 10:24 (NIV)

Reflection:

Faith was never meant to be lived alone. God designed us for community because growth happens best when we walk together.

Today, invite someone into this journey. Share your dreams. Listen to theirs. Pray together. Accountability strengthens commitment, and encouragement fuels endurance.

You don't need many people—just one faithful person can make all the difference.

Prayer:

Lord, thank You for placing people in my life. Help me build relationships that strengthen my faith. As I walk through this fast with _____, deepen our trust and help us encourage one another toward You.

In Jesus' name, Amen.

Journal:

DAY 6 – ESTABLISH A FIRM FOUNDATION

Scripture:

“Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock. The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock.
- Matthew 7:24–25 (NIV)

“Search me, God, and know my heart.” – Psalm 139:23–24 (NIV)

Reflection:

Dreams require foundations. God isn't just interested in what you want Him to build—He's interested in what He needs to remove so it can stand.

This is an honest day. Ask God to show you habits, relationships, or mindsets that don't belong in the life you're praying for. Grace doesn't ignore truth—it transforms us through it.

Removing unhealthy things creates room for holy things.

Prayer:

Father, search my heart. Reveal anything that weakens my foundation. Give me courage to release what doesn't honor You and strength to build my life on Your truth. I trust You as my firm foundation.
In Jesus' name, Amen.

Journal:

DAY 7 – ESTABLISH A FIRM FOUNDATION

Scripture:

“Now to Him who is able to do immeasurably more...”
– Ephesians 3:20 (NIV)

“Everything is possible for one who believes.” – Mark 9:23 (NIV)

Reflection:

Faith often fades when prayers take time. But God is not limited by timelines or past disappointments. Today is an invitation to believe again.

What dream have you quietly given up on? What prayer have you stopped praying?

God is still able. He is still faithful. And He is still working—even when you can’t see it.

Prayer:

Lord, increase my faith. Help me believe You are still moving, still healing, and still working all things together for good. I place my trust in You again today. Do more than I can imagine. In Jesus’ name, Amen.

Journal:

WEEK 2

TEACH US TO PRAY

DAY 8 – CONNECT WITH GOD RELATIONALLY

Scripture:

One day Jesus was praying in a certain place. When He finished, one of His disciples said to Him, “Lord, teach us to pray...” - Luke 11:11 (NIV)

“Our Father in Heaven, hallowed be Your Name. Your Kingdom come. Your will be done on earth as it is in Heaven. Give us this day our daily bread. And forgive us our debts, as we forgive our debtors. And do not lead us into temptation, but deliver us from the evil one. For Yours is the Kingdom and the power and the glory forever. Amen.” - Matthew 6:9-13 (NKJV)

Reflection:

“Our Father in Heaven”

God isn’t interested in us practicing religion; instead, He desires a relationship with us. God has adopted us as His children and loves for us to call Him our Father. Starting our prayer time, acknowledging our relationship with God is powerful for us and delights Him as well.

Proclaim your intimate relationship with God, addressing Him lovingly as your Father and thanking Him that you are His child.

Prayer:

“Father, I come to You in prayer today thankful that I amYour child. I know I am a sinner, but You have forgiven me and adopted me as Your own, and I am so grateful to call you my Father. Thank you for loving me. I love you.”

Journal:

DAY 9 – WORSHIP HIS NAME

Scripture:

“The name of the Lord is a strong tower; the righteous man runs into it and is safe.” - Proverbs 18:10 (ESV)

Reflection:

“Hallowed be Your Name”

God loves when we worship Him, and there is power in His name. Here is a list of some of His names to help us worship Him specifically and personally:

- God is Righteousness—He makes us clean
- God is Sanctifier—He has called us and set us apart
- God is Healer — He heals all our diseases
- God is Banner of Victory—He defeated our enemies
- God is Shepherd—He speaks to us and leads us
- God is Peace—He is our peace in every storm
- God is Provider—He supplies all our needs

Speak God’s Names out loud. When we proclaim who He is, we not only worship Him, but we also remind ourselves how powerful and great our God is.

Prayer:

God, I am in awe of You. Your Name is a strong tower, a place of protection and safety for me. I praise You as my healer, my Shepherd, and my Banner of Victory. You are my Peace, my Provider, my Righteousness, and my Sanctifier. Your Name is great, and I worship You.

Journal:

DAY 10 – PRAY HIS AGENDA FIRST

Scripture:

“He will always give you all you need from day to day if you will make the Kingdom of God your primary concern.” - Luke 12:31 (TLB)

Reflection:

“Your Kingdom Come. Your will be done on earth as it is in Heaven.”

Part of being a child of God is caring about what He cares about and loving who He loves. We know His will is perfect, and we acknowledge His wisdom and sovereignty when we pray His agenda first.

Spend time focusing on what God is focused on. His priorities include:

- Saving the lost
- Wisdom and guidance for those in authority—parental, spiritual, governmental, work-related
- Caring for the poor and marginalized
- Unity and love
- Justice
- Freedom for those in bondage
- Accomplishing His purpose in our lives

Prayer:

God, I surrender my life to Your will. Fill every area where I need You today. Draw our world to You and give wisdom to the leaders in my life. Let Your justice, unity, and freedom be seen on earth. Align my heart with Yours, show me my role, and guide my next steps. Have Your way in me.

Journal:

DAY 11 – DEPEND ON HIM FOR EVERYTHING

Scripture:

“I look up to the mountains—does my help come from there? My help comes from the Lord, who made the heaven and the earth!”
- Psalm 121: 1-2 (NLT)

Reflection:

“Give us this day our daily bread”

God promises to supply all our needs, and He wants us to come to Him with our problems, needs, and desires and to trust Him to provide.

Ask God for what you need today. It may help to write down the concerns weighing on your mind or the desires of your heart. Bring them to God, and trust Him enough to hand them over to Him fully. It may help to open your hands before God to physically show your surrender to Him. Problems can either be ours or God's; they can't be both.

Prayer:

Father, I acknowledge that everything I need today will come from You. You made the heavens and the earth; You are more than capable of handling any situation I'm dealing with, so I give it to You completely (specifically talk to God about what is on your mind and heart right now and give it to Him). I look to you to help me, sustain me, and give me Your peace. Remind me of Your hope and power today. Thank You in advance for taking care of my needs.

Journal:

DAY 12 – FORGIVE AND BE FORGIVEN

Scripture:

“If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness.” - 1 John 1:9 (NIV)

Reflection:

“Forgive us our debts, as we forgive our debtors”

God has offered us complete forgiveness, and we can receive it at any time. When we turn away from our sins and receive His forgiveness, our hearts are more prepared to forgive others as well.

Ask God to check your heart and life and show you areas where you might need to ask for forgiveness from Him. Then, it is your turn to forgive those who have offended you. We can even choose to forgive people in advance. Ask God to forgive you and to help you forgive others.

Prayer:

God, thank You for the gift of forgiveness. Show me anything I need to confess so I can receive healing. Forgive me and make me clean again. Help me extend the same grace to others—letting go of offense, owning my mistakes, and trusting You with those who have hurt me. I place it all in Your hands.

Journal:

DAY 13 – ENGAGE IN SPIRITUAL WARFARE

Scripture:

“For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.” - Ephesians 6:12 (NIV)

Reflection:

“And do not lead us into temptation, but deliver us from the evil one.”

Spiritual warfare can seem difficult to understand, but the Bible makes it very clear that we have an enemy who is trying to steal from us, kill us, and destroy us. As we pray, we take our stand against the enemy and fight from a place of victory through Jesus as we're empowered by His Holy Spirit. There is power in God's word, and every lie the enemy has told us can be replaced with God's truth.

Ask God to show you any lies you're believing or areas of warfare happening in your life. Ask Him to expose the enemy and to help you understand and receive His truth. Simply speaking the Name of Jesus has great power in the spiritual realm.

Prayer:

God, help me recognize the enemy's lies and replace them with Your truth. I take every thought captive and declare the name of Jesus over my life. I will not fear, because You who are in me are greater.
In Jesus' name, Amen.

Journal:

DAY 14 – EXPRESS FAITH IN GOD’S ABILITY

Scripture:

“Oh, Sovereign Lord, you have made the heavens and the earth by Your great power and outstretched arm. Nothing is too hard for You.”
- Jeremiah 32:17 NIV

Reflection:

“For Yours is the Kingdom and the power and the glory forever.”

God is more than able to move in every situation, and ending our prayer time in claiming His authority and power focuses our minds on the truth and hope of who He is and what He can do.

Remind yourself of God’s limitless power and then return to praising Him and declaring your faith in Him:

- “Yours is the Kingdom”— all authority belongs to You.
- “Yours is the Power” — all mightiness flows from you
- “Yours is the Glory” — Your victory will be complete.

Prayer:

Father God, nothing is too hard for You! Through your great power, all things are possible. All authority is Yours, al might is Yours, and I know that Your victory will be complete. You are amazing, and I worship You. I praise You for Your power and presence in my life. You are my God, and You are worthy of all praise.

Journal:

WEEK 3

**PRAY WITHOUT
CEASING**

DAY 15 – PRAY FOR THOSE WHO ARE HURTING

Scripture:

“Give us today our daily bread.” – Matthew 6:11 (NIV)

“The Lord is close to the brokenhearted and saves those who are crushed in spirit.” – Psalm 34:18 (NIV)

Reflection:

Fasting has a way of sharpening our awareness. When your stomach growls or you feel discomfort today, let it remind you that for many people, hunger isn’t spiritual—it’s daily reality. God’s heart has always been close to the hurting, the hungry, and the overlooked. Throughout Scripture, we see God’s people called not just to pray for those in need, but to see them. As you fast today, allow compassion to rise in your heart.

Ask God to help you notice pain you might normally pass by—emotional pain, physical need, spiritual hunger. Prayer is powerful, but prayer that moves us toward action reflects the heart of Jesus.

Prayer:

Father, today I pray for those who are hurting—those who are hungry, grieving, lonely, or overwhelmed. You see every need, even the ones hidden from the world. Would You provide daily bread, strength, and hope. Stir my heart not just to pray, but to respond when You prompt me. Use me to bring light, comfort, and generosity wherever I go. In Jesus’ name, Amen.

Journal:

DAY 16 – PRAY FOR OUR LOCAL OUTREACH AND COMMUNITY

Scripture:

“Love your neighbor as yourself.” – Mark 12:31 (NIV)

“Let us not love with words or speech but with actions and in truth.”
– 1 John 3:18 (NIV)

Reflection:

Odyssey Church exists not just for Sunday gatherings, but for real impact in real lives. God has positioned our church in this community for a purpose—to love, serve, and reflect Christ beyond the walls of the building. Today, focus your prayers on the organizations, schools, first responders, families, and individuals in our community. Pray that God would strengthen those on the front lines and open doors for Odyssey to continue being a blessing.

Ask God how you can be part of the answer—through serving, giving, or simply being present.

Prayer:

God, thank You for placing me in this community. I pray for every local partner, volunteer, and organization serving people in need. Give them strength, wisdom, and provision. Use Odyssey Church as a beacon of hope and compassion. Show me where I can step in, serve faithfully, and love boldly. In Jesus’ name, Amen.

Journal:

DAY 17 – PRAY FOR OUR PASTORS AND CHURCH LEADERS

Scripture:

“Obey your leaders and submit to them, for they keep watch over your souls.” – Hebrews 13:17 (ESV)

“Carry each other’s burdens.” – Galatians 6:2 (NIV)

Reflection:

Leadership carries unseen weight. Pastors and leaders pray, prepare, counsel, and carry responsibility that often goes unnoticed. Scripture reminds us that one of the most powerful ways we can support our leaders is through prayer.

Today, intentionally lift up the pastors, staff, and leaders of Odyssey Church. Pray for protection over their families, wisdom in decision-making, spiritual strength, and personal refreshment.

A prayed-for leader is a strengthened leader—and a strengthened leader blesses the entire church.

Prayer:

Father, thank You for the leaders You’ve placed over Odyssey Church. I pray for protection over their hearts, homes, and minds. Give them wisdom, clarity in decisions, and rest for their souls. Strengthen them when leadership feels heavy and remind them that their labor is not in vain. Bless them as they shepherd Your people. In Jesus’ name, Amen.

Journal:

DAY 18 – PRAY FOR GOVERNMENT AND AUTHORITIES

Scripture:

“I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people—for kings and all those in authority.”
– 1 Timothy 2:1–2 (NIV)

“Blessed are the peacemakers.” – Matthew 5:9 (NIV)

Reflection:

Few things divide people faster than politics, yet Scripture calls believers to something higher—prayer. Regardless of opinions or preferences, God invites us to intercede for those in authority.

Praying for leaders doesn’t mean agreement; it means obedience and trust in God’s sovereignty. Today, set aside frustration, fear, or cynicism and ask God to grant wisdom, humility, and peace to those who lead. Prayer shifts our posture from criticism to compassion.

Prayer:

God, today I pray for our local, state, and national leaders. Give them wisdom, integrity, and discernment. Help them lead with justice and humility. Heal division in our nation and guide us toward peace. Teach me to trust You more than any system or leader. In Jesus’ name, Amen.

Journal:

DAY 19 – PRAY FOR THOSE WHO HAVE HURT YOU

Scripture:

“Love your enemies and pray for those who persecute you.”
– Matthew 5:44 (NIV)

“Forgive as the Lord forgave you.” – Colossians 3:13 (NIV)

Reflection:

This may be one of the hardest prayers you’ll pray—but it’s also one of the most freeing.

Holding onto bitterness keeps wounds open. Forgiveness doesn’t excuse hurt; it releases you from carrying it. Jesus invites us to pray not just for those we love, but for those who have caused pain.

As uncomfortable as it may feel, trust that God can heal what you place in His hands.

Prayer:

Father, You know the pain I carry. Today, I choose to forgive—not by my strength, but by Yours. I release this person into Your care and ask that You bless them and work in their life. Heal my heart and replace bitterness with peace. Thank You for forgiving me so completely. In Jesus’ name, Amen.

Journal:

DAY 20 – PRAY FOR EVERYONE YOU ENCOUNTER

Scripture:

“The Lord bless you and keep you...” – Numbers 6:24–26 (NIV)

“Make the most of every opportunity.” – Ephesians 5:16 (NIV)

Reflection:

What if every interaction today became an opportunity to bless?

You don’t have to pray out loud or make it awkward—just silently ask God to bless each person you see. The cashier. The coworker. The stranger. The family member.

Prayer changes how we see people. Today, let it slow you down and soften your heart.

Prayer:

Lord, open my eyes today. Help me see people the way You see them. As I interact with others, I silently ask that You bless them, protect them, and draw them closer to You. Use my words, attitude, and presence to reflect Your love. In Jesus’ name, Amen.

Journal:

DAY 21 – JUST GETTING STARTED

Scripture:

“Pray without ceasing.” – 1 Thessalonians 5:17 (ESV)

“Commit to the Lord whatever you do, and He will establish your plans.”
– Proverbs 16:3 (NIV)

Reflection:

You made it to Day 21—but this isn’t the finish line. It’s the foundation.

Over the last three weeks, God has been shaping habits, sharpening faith, and drawing you closer. The goal was never just to fast for 21 days—it was to learn how to live connected to God every day.

As you prepare to break your fast, ask yourself:

- How will prayer remain a priority?
- What rhythms will I carry forward?
- What has God been stirring in me?

God isn’t finished. He’s just getting started.

Prayer:

Father, thank You for these 21 days. Thank You for the growth, the clarity, and the nearness I’ve experienced. Help me continue walking with You daily. I commit my plans, my future, and my heart to You. Establish my steps and use my life for Your glory. In Jesus’ name, Amen.

Journal:
