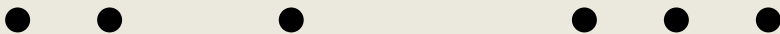


# Prayer & Fasting

TWENTY-ONE DAYS OF PRAYER &  
FASTING, AND GOD'S MOVEMENT  
THROUGH THE EARLY CHURCH.



DAYBREAK  
2026

CHURCH

# Tips For Fasting

## WHAT IS FASTING?

Biblical fasting is the practice of giving up specific foods or drinks for a set period to focus on prayer and devotion to God. This spiritual discipline deepens your relationship with the Lord by clearing away worldly distractions, allowing you to become more attuned and sensitive to God's presence and guidance.

## WHAT TYPE OF FAST SHOULD I DO?

The following are different types of fasts. Pray and ask God to guide you to which one you will commit to.

**LIQUID FAST** - Liquids only, like water, juices, and teas.

**WATER-ONLY FAST** - Choosing water only for a portion of time.

**PARTIAL FAST** - Limited diet, such as veggies only.

**TOTAL FAST** - No food or water. We do not recommend this fast, unless God directs you to do so.

## HOW SHOULD I FAST?

When you would normally eat, or when hunger reminds you, take time to pray about what God has led you to focus on, read the Bible, work through this journal, or meditate on an attribute of God. This appetite-denying discipline is between you and God; try to act normal outwardly rather than making a production of it (Matthew 6:16).

## WHAT ABOUT KIDS AND STUDENTS?

Kids are encouraged to fast for a favorite dessert, snack, or junk food. Growing children should not fast their meals. Instead, try making healthy choices and saying no to treats. Encourage them to read the Bible, engage in devotions, journal, and pray.

## WHAT SHOULD I EXPECT WHILE FASTING?

Everyone's body is unique. Headache, nausea, low fever, sleeplessness, stomach pains, feelings of loneliness, and thoughts of doubt are all possible in efforts to subdue the flesh. When you feel these things, use it as a reminder to pray and surrender it to the Lord.



# Fasting in Scripture

At different times, people fasted for different things. Consider each example as a way you can focus your fast.

## **FASTING FOR PROTECTION**

(Esther 4:16)

## **FASTING FOR REPENTANCE**

(Daniel 9:3-5)

## **FASTING FOR FORGIVENESS**

(Jonah 3:5-6)

## **FASTING FOR A HEALING**

(Isaiah 58:6-8)

## **FASTING FOR LEADERS**

(Acts 14:21-23)

## **FASTING FOR INTERCESSION**

(Psalm 35:13-14)

## **FASTING FOR HUMILITY**

(Ezra 8:21-23)

## **FASTING FOR PREPARATION**

(Matthew 4:1-4; Luke 4:1-2)

## **FASTING FOR BREAKTHROUGH**

(Mark 9:29)

## **FASTING FOR GUIDANCE**

(Acts 13:2-3)

## **FASTING FOR VICTORY**

(2 Chronicles 20:3-4)

# How to S.O.A.P.

S.O.A.P. is a practical way to engage with God's Word by slowing down, reflecting intentionally, and journaling on what you've read.

## **S - SCRIPTURE**

Read the assigned Scripture for the day and choose a verse that stood out to you.

## **O - OBSERVATION**

Write down what's happening in the text, who is involved, and what truths or themes you notice.

## **A - APPLICATION**

Consider how this Scripture speaks into your life today and what God may be inviting you to do or change.

## **P - PRAYER**

Ask God to help you live out what you've learned and to shape your heart through His Word.

# Prayer Tool – A.C.T.S.

A.C.T.S is a prayer tool to prompt us to offer adoration, confession, thanksgiving, and supplication prayers, helping us cultivate well-rounded, meaningful conversations with God.

## **A - ADORATION**

Remind yourself of who God is by sharing the character traits you appreciate about Him.

## **C - CONFESSION**

Acknowledge your sin before God and receive the gift of forgiveness from Him.

## **T - THANKSGIVING**

Tell God all the things you are grateful for.

## **S - SUPPLICATION**

This word means "to ask humbly and earnestly". This is when we bring our requests to the Lord.

# Prayer & Fasting Pre-Journey

Pray and meditate on who God is. Ask Him what things you should focus on while you go through these next 21 days, and write them below.

Write down the name of someone who you can partner with to keep you both accountable during this prayer and fasting journey.

# Day One | Acts 1

## Scripture

Choose a verse that describes how God (Father, Son, or Holy Spirit) moved through the early Church.

## Observation

## Application

## Prayer

# Day Two | Acts 2

## Scripture

Choose a verse that describes how God (Father, Son, or Holy Spirit) moved through the early Church.

## Observation

## Application

## Prayer

# Day Three | Acts 3

## Scripture

Choose a verse that describes how God (Father, Son, or Holy Spirit) moved through the early Church.

## Observation

## Application

## Prayer



# Day Four | Acts 4

## Scripture

Choose a verse that describes how God (Father, Son, or Holy Spirit) moved through the early Church.

## Observation

## Application

## Prayer

# Day Five | Acts 5

## Scripture

Choose a verse that describes how God (Father, Son, or Holy Spirit) moved through the early Church.

## Observation

## Application

## Prayer

# Day Six | Acts 6

## Scripture

Choose a verse that describes how God (Father, Son, or Holy Spirit) moved through the early Church.

## Observation

## Application

## Prayer

# Day Seven | Acts 7

## Scripture

Choose a verse that describes how God (Father, Son, or Holy Spirit) moved through the early Church.

## Observation

## Application

## Prayer

# Day Eight | Acts 8

## Scripture

Choose a verse that describes how God (Father, Son, or Holy Spirit) moved through the early Church.

## Observation

## Application

## Prayer

# Day Nine | Acts 9

## Scripture

Choose a verse that describes how God (Father, Son, or Holy Spirit) moved through the early Church.

## Observation

## Application

## Prayer

# Day Ten | Acts 10

## Scripture

Choose a verse that describes how God (Father, Son, or Holy Spirit) moved through the early Church.

## Observation

## Application

## Prayer

# Day Eleven | Acts 11

## Scripture

Choose a verse that describes how God (Father, Son, or Holy Spirit) moved through the early Church.

## Observation

## Application

## Prayer



# Day Twelve | Acts 12

## Scripture

Choose a verse that describes how God (Father, Son, or Holy Spirit) moved through the early Church.

## Observation

## Application

## Prayer

# Day Thirteen | Acts 13

## Scripture

Choose a verse that describes how God (Father, Son, or Holy Spirit) moved through the early Church.

## Observation

## Application

## Prayer

# Day Fourteen | Acts 14

## Scripture

Choose a verse that describes how God (Father, Son, or Holy Spirit) moved through the early Church.

## Observation

## Application

## Prayer

# Day Fifteen | Acts 15

## Scripture

Choose a verse that describes how God (Father, Son, or Holy Spirit) moved through the early Church.

## Observation

## Application

## Prayer

# Day Sixteen | Acts 16

## Scripture

Choose a verse that describes how God (Father, Son, or Holy Spirit) moved through the early Church.

## Observation

## Application

## Prayer

# Day Seventeen | Acts 17

## Scripture

Choose a verse that describes how God (Father, Son, or Holy Spirit) moved through the early Church.

## Observation

## Application

## Prayer

# Day Eighteen | Acts 18

## Scripture

Choose a verse that describes how God (Father, Son, or Holy Spirit) moved through the early Church.

## Observation

## Application

## Prayer

# Day Nineteen | Acts 19

## Scripture

Choose a verse that describes how God (Father, Son, or Holy Spirit) moved through the early Church.

## Observation

## Application

## Prayer



# Day Twenty | Acts 20

## Scripture

Choose a verse that describes how God (Father, Son, or Holy Spirit) moved through the early Church.

## Observation

## Application

## Prayer

# Day Twenty-One | Acts 21

## Scripture

Choose a verse that describes how God (Father, Son, or Holy Spirit) moved through the early Church.

## Observation

## Application

## Prayer

# Prayer & Fasting Post-Journey

Take some time to reflect on the past 21 days. How have you seen God in your life as you've prayed, fasted, and meditated on His Word?

What do you hope you'll take from this journey and carry into your daily life? What action steps will you take to work toward this?

A black and white photograph of a church service. The image is slightly blurred, capturing a moment of collective prayer. Many hands are raised in the air, some with fingers spread, others with palms facing up. The lighting is dramatic, with strong highlights and deep shadows, creating a sense of movement and spiritual intensity. The text "Prayer & Fasting" is centered in the upper half of the image in a white, elegant serif font. At the bottom of the image, there is a horizontal line with six small, light-colored circular dots spaced evenly along it.

# Prayer & Fasting