



21 DAYS OF PRAYER & FASTING

For 21 days, we're setting aside distraction to seek God together.

Join us as we surrender our plans, pursue unity, and ask Him to send us out.

One church. One mission. Together.

2026

WHAT IS PRAYER & FASTING

Fasting is choosing to set something aside for a set amount of time (usually food) so we can give our full attention to God.

It's a way of saying, with our bodies and not just our words, that we want more of God than we want comfort.

Fasting shows up all through Scripture.

- Moses fasted on the mountain with God (Exodus 34:28).
- Esther called her people to fast before she risked her life for them (Est 4:16).
- Daniel fasted while he sought understanding from God (Daniel 9:3).
- Nehemiah fasted and prayed before he rebuilt a broken city (Nehemiah 1:4).
- Jesus fasted forty days before He began His ministry (Matthew 4:1-2).
- The early church fasted before they sent out missionaries and appointed leaders (Acts 13:2-3, Acts 14:23).

Joel 2:12 puts it simply: "Even now," declares the LORD, "return to me with all your heart, with fasting and weeping and mourning."

Fasting is one way we return to God with all of our heart, not just part of it.

A few ways to fast over these 21 days:

- Full Fast: Abstaining from all food and only consuming water.
- Liquid Fast: Consuming only liquids for a specific period of time.
- Partial Fast: Abstaining from specific kinds of food, such as meat or sugar.
- Media Fast: Choosing to abstain from certain technologies, like TV or social media, to prioritize prayer and spiritual reflection.

Choose what's sustainable for you. The goal isn't the fast itself, it's what the fast makes room for: prayer.

How to use this guide: Each day has one focus scripture, a short thought to sit with, and a prayer focus with specific things to bring to God. This guide is light on teaching and heavy on prayer. Read slowly, then spend most of your time in the prayer focus, not rushing past it.

A.C.T.S PRAYER MODEL

There is no formula to prayer - it is simply conversing with God. There is no "canned" approach, it is essentially talking with God as you would talk from the heart to an earthly parent who loves you. But as you learn how to pray, the ACTS model can be helpful and serve as a guide to help develop your prayer life.

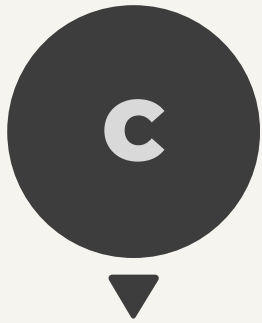
It stands for Adoration, Confession, Thanksgiving & Supplication.



ADORATION

Give God praise and honor for who He is.

Adoration is the act of adoring, devotion, honor, and worship. When we pray in a spirit of adoration, we are worshipping God which belongs to God alone. During adoration, we focus on naming the character of God, spending time focusing on the truth of who God is.



CONFESSION

Honestly deal with the sin in your life.

Confession means agreeing with God about the things that you have done wrong. It's a time to express sorrow about what you have done or thought that is not pleasing to Him (and usually what we'd prefer to remain hidden.) Ask God to forgive you for these things, and then believe that He does so freely.



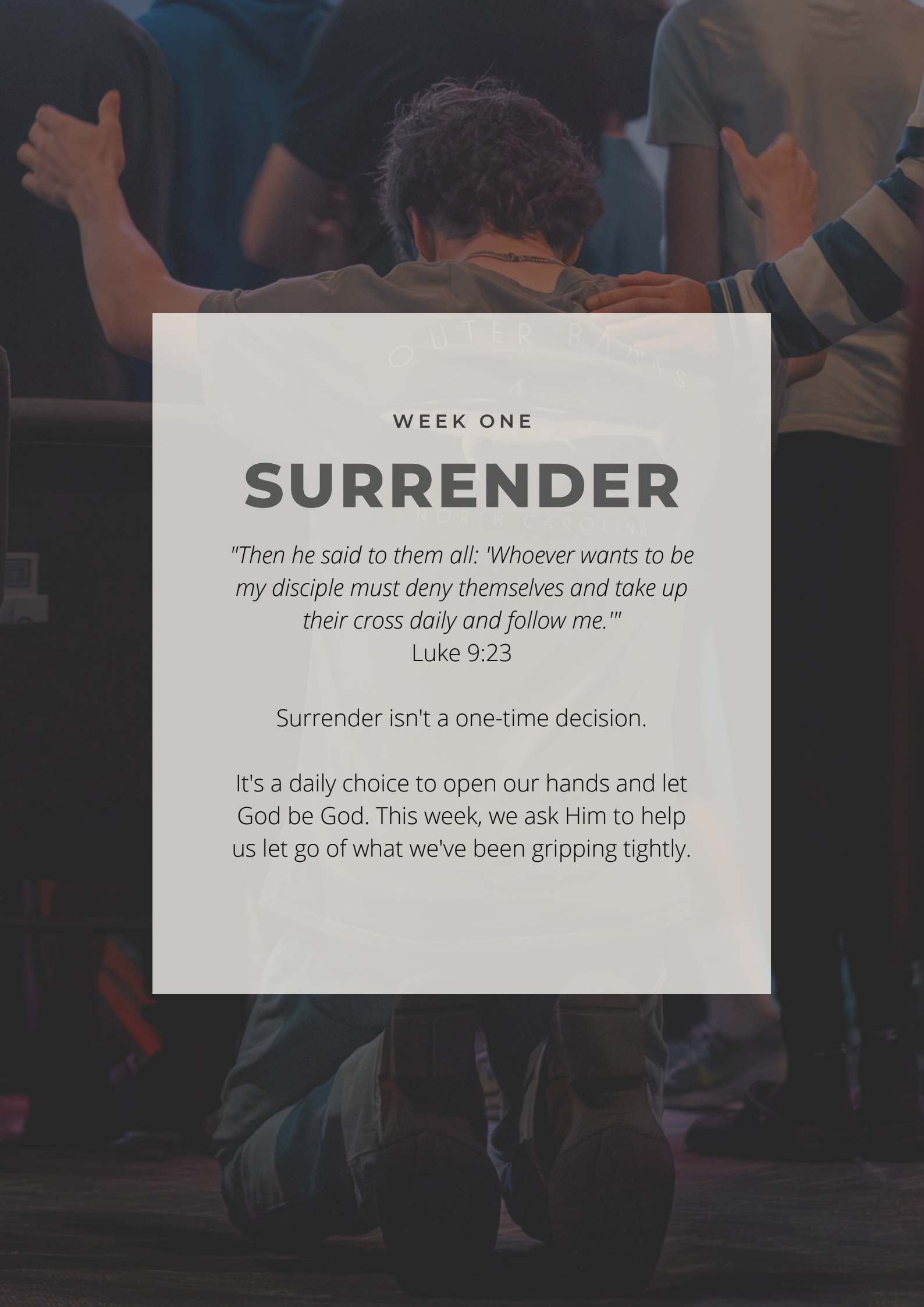
THANKSGIVING

Verbalize what you're grateful for in your life and in the world around you. Thanksgiving is the act of giving thanks to God for His unconditional love for you, for His protection, and for His provision (just to name a few.) Thanking God for specific things helps change our perspective from ours to His, and helps us cultivate a heart of gratitude and gratefulness as we think of things both big and small.



SUPPLICATION

Pray for the needs of others and yourself. Supplication (also called "intercession") means making a request or petition to God for your needs and for the needs of others (such as friends, family, your church, missionaries, government leaders, persecuted Christians around the world, etc.) Though God already knows what we want, more importantly, God knows what we need. When we begin to align our heart with his, we are shaped to submit to the heart and purposes of God.



WEEK ONE

SURRENDER

"Then he said to them all: 'Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me.'"

Luke 9:23

Surrender isn't a one-time decision.

It's a daily choice to open our hands and let God be God. This week, we ask Him to help us let go of what we've been gripping tightly.

DAY ONE

SURRENDER STARTS WITH TRUST

Focus Scripture: Proverbs 3:5-6

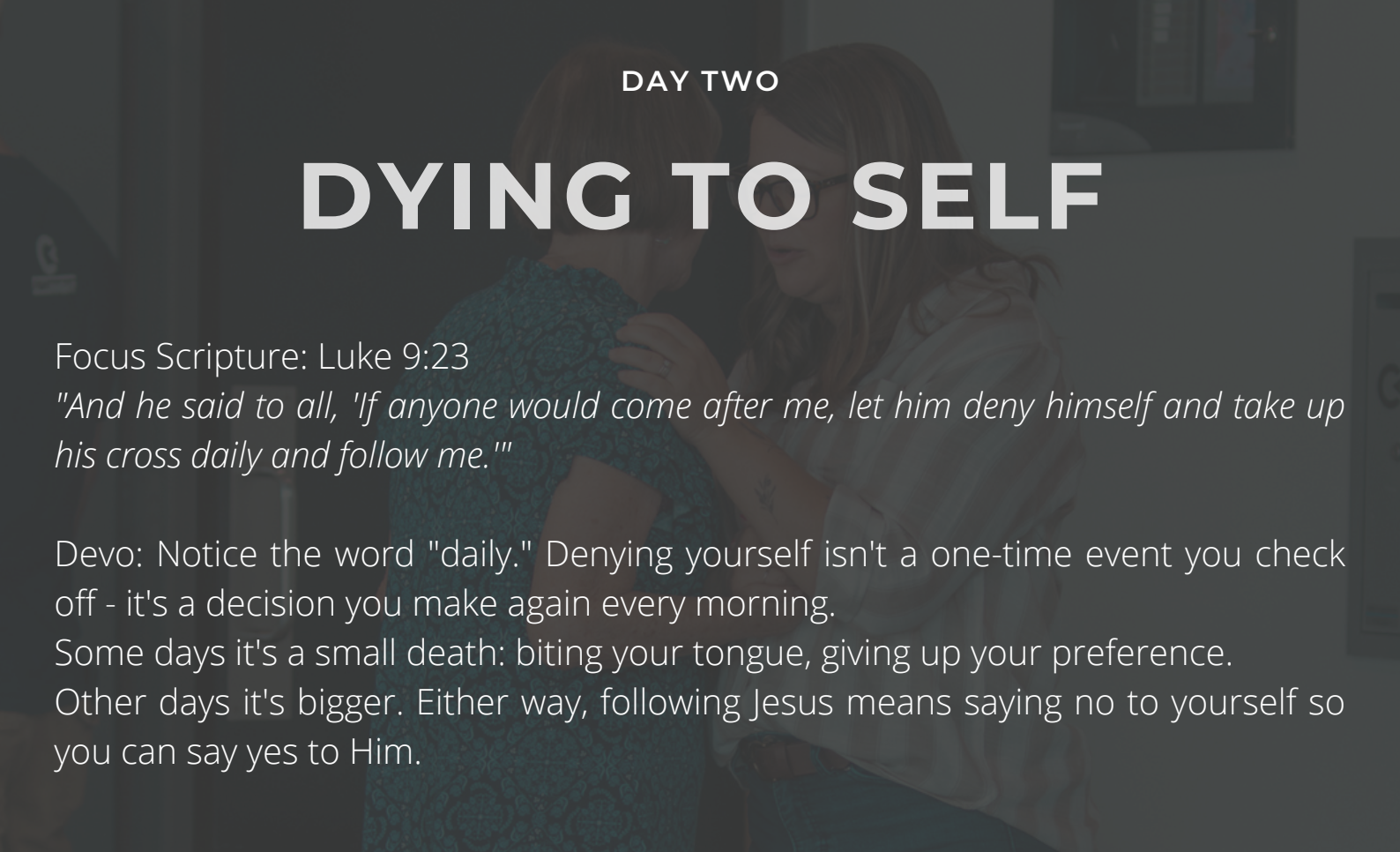
"Trust in the LORD with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths."

Devo: You can't surrender to someone you don't trust. Before we can open our hands, we have to believe God is good enough, wise enough, and near enough to hold what we hand over. Surrender starts here - not with letting go, but with trusting the One we're letting go to.

PRAYER FOCUS

- Ask God to show you the specific areas where you've been leaning on your own understanding instead of His.
- Pray for trust to grow in one area that feels hardest to release: finances, family, the future, work.
- Thank God for a time He was trustworthy with something you eventually gave Him.

Guided Prayer: Lord, I confess the places I've leaned on my own understanding instead of Yours. Grow my trust in You today, especially in the areas I've been afraid to let go of. Make my path straight. Amen.



DAY TWO

DYING TO SELF

Focus Scripture: Luke 9:23

"And he said to all, 'If anyone would come after me, let him deny himself and take up his cross daily and follow me.'"

Devo: Notice the word "daily." Denying yourself isn't a one-time event you check off - it's a decision you make again every morning.

Some days it's a small death: biting your tongue, giving up your preference.

Other days it's bigger. Either way, following Jesus means saying no to yourself so you can say yes to Him.

PRAYER FOCUS

- Ask God for strength to deny yourself in something specific today, not in the abstract.
- Confess any place self-focus has been driving your decisions lately.
- Pray for the grace to make this a daily rhythm, not a one-time gesture.

Guided Prayer: Jesus, following You daily means dying to what I want daily. Give me the strength to deny myself today, in the small moments and the big ones. Amen.

SURRENDERING FEAR

Focus Scripture: Isaiah 41:10

"Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand."

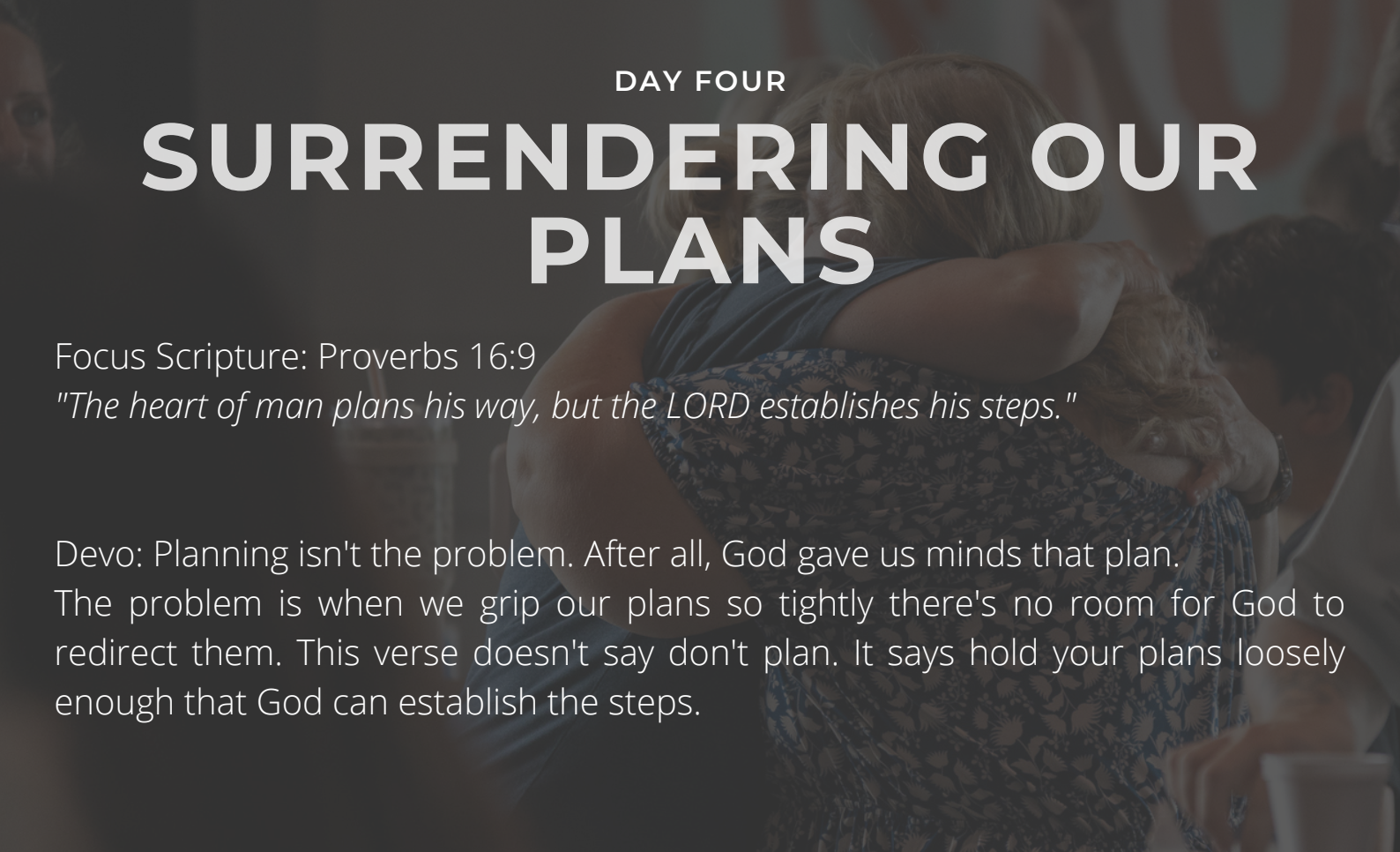
Devo: Fear is often what keeps us from surrendering, because surrender means losing control - and control feels safe, even when it isn't real.

God doesn't tell us to stop being afraid by trying harder. He tells us to stop being afraid because He is with us.

PRAYER FOCUS

- Name the fears that are making it hard to surrender right now. Maybe it's fear of change, fear of loss, or fear of what's next.
- Ask God to replace fear with His presence, not just information or reassurance.
- Pray for someone else you know who is walking through fear right now.

Guided Prayer: Lord, You know exactly what I'm afraid of. I don't need every answer, I need to know You're with me. Father, strengthen and uphold me today. Amen.



DAY FOUR

SURRENDERING OUR PLANS

Focus Scripture: Proverbs 16:9

"The heart of man plans his way, but the LORD establishes his steps."

Devo: Planning isn't the problem. After all, God gave us minds that plan. The problem is when we grip our plans so tightly there's no room for God to redirect them. This verse doesn't say don't plan. It says hold your plans loosely enough that God can establish the steps.

PRAYER FOCUS

- Bring a specific plan you're holding onto right now (personal, family, or faith related) and ask God to establish your steps.
- Pray for peace in the areas where your plans might need to change.
- Ask God for the humility to be redirected without resentment.

Guided Prayer: Lord, here are my plans and I offer them to you with open hands, not closed fists. Establish my steps, even if they look different than I expected. Amen.

A NEW IDENTITY

Focus Scripture: Galatians 2:20

"I have been crucified with Christ. It is no longer I who live, but Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me."

Devo: Surrender doesn't erase who you are - it relocates where your identity comes from. Paul isn't saying he disappeared. He's saying his life is now anchored in Christ instead of anything else. When everything else around us feels like it's shifting, our anchor in Christ doesn't move.

PRAYER FOCUS

- Ask God to show you where your identity has been rooted in something other than Christ. Maybe a role, a title, a season of life.
- Pray for security that doesn't depend on circumstances staying the same.
- Thank God that His love for you isn't based on what you do or where you serve.

Guided Prayer: Jesus, my identity is in You, not in my role, my title, my circumstances or my routine. Father, whatever changes around me, root me deeper in who I am in You. Amen.

DAY SIX

LETTING GO OF COMFORT

Focus Scripture: Matthew 16:24-25

Then Jesus told his disciples, 'If anyone would come after me, let him deny himself and take up his cross and follow me. For whoever would save his life will lose it, but whoever loses his life for my sake will find it.'

Devo: Comfort was never the goal of following Jesus. Sometimes obedience feels good immediately. But often, it costs something: a routine, a preference, a season of ease. Jesus is honest about this: chasing comfort above Him is actually how we lose the life we're trying to protect.

PRAYER FOCUS

- Ask God to show you where comfort has become more important to you than obedience.
- Pray for willingness to be uncomfortable if that's where following Christ leads this season.
- Ask for eyes to see what you might gain, not just what you might lose.

Guided Prayer: Lord, I don't want comfort more than I want You. Holy Spirit, give me courage to follow even when it costs me something. Amen.

RESTING IN SURRENDER

Focus Scripture: Matthew 11:28-30

"Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light."

Devo: Surrender can sound like loss, but Jesus frames it as rest. Carrying your own weight (your own plans, your own fears, your own image to protect) is exhausting. Surrender isn't giving something up for nothing. It's trading a heavy load for a lighter one, carried alongside Jesus instead of alone.

PRAYER FOCUS

- Name what you've been carrying that you're ready to hand to God as this week closes.
- Ask for rest - not just physical rest, but rest for your soul.
- Thank God that surrender leads to Him, not to emptiness.

Guided Prayer: Jesus, I admit I've been carrying things I shouldn't and I'm tired of carrying this on my own. I take Your yoke instead of mine. Thank You, Father, that surrender leads to rest, not loss. Amen.

WEEK TWO

UNITY

*"...that they may all be one, just as you, Father,
are in me, and I in you... so that the world may
believe that you have sent me."*

John 17:21

Unity was never meant to mean sameness.

It means a lot of different people, with
different histories and gifts, choosing to
move as one - because that's what Jesus
prayed for us, and that's what points the
world to Him.

DAY EIGHT

ONE BODY, MANY PARTS

Focus Scripture: 1 Corinthians 12:12, 14

"For as the body is one and has many members, and all the members of the body, though many, are one body, so it is with Christ... For the body does not consist of one member but of many."

Devo: A body isn't unified because every part looks the same - it's unified because every different part works toward the same life. Unity in the church isn't about erasing differences in background, personality, or preference. It's about all of those differences functioning together as one body under one head: Christ.



PRAYER FOCUS

- Thank God for the different people, gifts, and backgrounds He's brought together in our church.
- Pray for eyes to see differences as strength, not a threat.
- Ask God to help you value a part of the body that's different from you.

Guided Prayer: God, thank You for the different people You've placed around me. Help me see our differences as Your design, not a problem to solve. Amen.

UNITY THROUGH HUMILITY

Focus Scripture: Philippians 2:3-4

"Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves. Let each of you look not only to his own interests, but also to the interests of others."

Devo: Unity doesn't grow in pride - it grows in humility.

Selfish ambition asks, "What do I get out of this?"

Humility asks, "What do they need?"

A church that's genuinely unified is a church full of people who've stopped keeping score of their own interests.

PRAYER FOCUS

- Confess any place selfish ambition has shaped your attitude toward others recently.
- Pray for a heart that genuinely values other people's interests, not just your own.
- Ask God to show you one practical way to put someone else's needs above your own this week.

Guided Prayer: Lord, humble me. Help me look for what others need, not just what I want. Grow real humility in me, not performance. Amen.



DAY TEN

BEARING WITH ONE ANOTHER

Focus Scripture: Ephesians 4:2-3

"With all humility and gentleness, with patience, bearing with one another in love, eager to maintain the unity of the Spirit in the bond of peace."

Devo: Unity isn't automatic - Paul says to be "eager to maintain" it. That word implies effort. It means patience with people who frustrate you, gentleness with people who are different from you, and love that keeps showing up even when it's hard. Unity is maintained, not assumed.



PRAYER FOCUS

- Pray for patience with people whose backgrounds, preferences, or personalities are different from yours.
- Ask for grace in a specific relationship that has felt tense or distant lately.
- Pray for the whole church to actively pursue peace, not just avoid conflict.

Guided Prayer: Father, give me patience and gentleness with the people around me. Help me actively pursue peace instead of just hoping it happens on its own. Amen.

LOVE THAT COVERS

Focus Scripture: 1 Peter 4:8

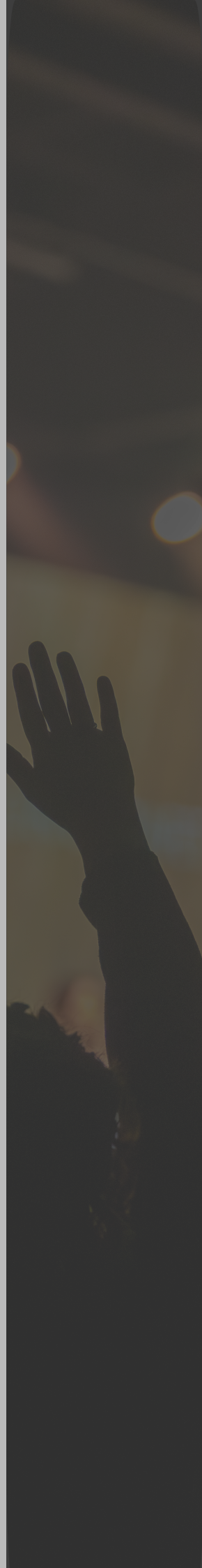
"Above all, keep loving one another earnestly, since love covers a multitude of sins."

Devo: Love doesn't ignore what's wrong, but it doesn't keep score either. Covering with love isn't pretending offenses didn't happen, but instead, it's choosing grace over resentment, extending the same mercy God has extended to you. A unified church is full of people who are quicker to cover in love & prayer than to catalog.

PRAYER FOCUS

- Ask God to reveal any offense or hurt you've been keeping score of instead of covering in love.
- Pray for grace to extend toward someone who has wronged you, past or present.
- Thank God for the ways He has covered your own sin.

Guided Prayer: Father, You've covered so much of my sin in love. Help me extend that same grace to others instead of keeping score. Amen.



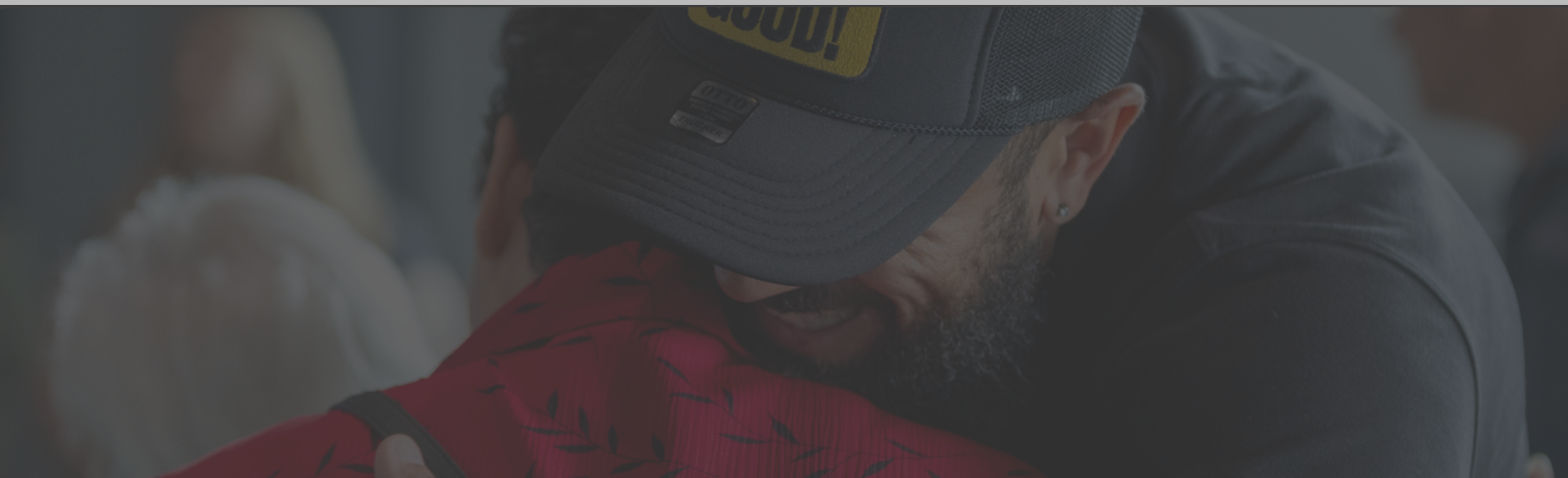
DAY TWELVE

ONE MIND, ONE PURPOSE

Focus Scripture: Romans 15:5-6

"May the God of endurance and encouragement grant you to live in such harmony with one another, in accord with Christ Jesus, that together you may with one voice glorify the God and Father of our Lord Jesus Christ."

Devo: Notice this harmony is "granted," not manufactured. We can't will unity into existence through sheer effort - it's something God gives as we align around Christ. And the goal of that harmony isn't comfort or convenience. It's one voice, glorifying God together.



PRAYER FOCUS

- Ask God to grant harmony in our church that you couldn't produce on your own.
- Pray for the whole congregation to move with one shared purpose.
- Pray that your church's unity would result in genuine worship, not just peacekeeping.

Guided Prayer: God, grant us harmony we can't manufacture ourselves. Convict me of places I am not living in unity with the body of Christ. Align our hearts around Christ so we can glorify You with one voice. Amen.

GUARDING AGAINST DIVISION

Focus Scripture: 1 Corinthians 1:10

"I appeal to you, brothers, by the name of our Lord Jesus Christ, that all of you agree, and that there be no divisions among you, but that you be united in the same mind and the same judgment."

Devo: Paul doesn't dance around the issue - he names division directly and appeals to the church to guard against it.

Unity has to be protected, because there will always be things that try to pull people apart: comparison, gossip, unmet expectations, old wounds. Guarding unity means noticing those threats before they take root.

PRAYER FOCUS

- Ask God to reveal any way you've contributed to comparison, gossip, or division, even unintentionally.
- Pray specifically against anything trying to divide our church right now.
- Ask for a mind and heart united with your church family, not just tolerant of them.

Guided Prayer: Lord, guard us against division. Show me where I've contributed to it, and give me a heart that pursues real agreement, not just surface peace. Amen.

DAY FOURTEEN

UNITY AS OUR WITNESS

Focus Scripture: John 17:20-21

"I do not ask for these only, but also for those who will believe in me through their word, that they may all be one, just as you, Father, are in me, and I in you, that they also may be in us, so that the world may believe that you have sent me."

Devo: Jesus prayed for our unity the night before He died — that's how important it was to Him. And He connects it directly to the world believing in Him. Our unity isn't just for our own comfort. It's a testimony. When people watch a church love each other well across real differences, it points them to Jesus.



PRAYER FOCUS

- Pray that our church's unity would be visible enough that people outside the church notice it.
- Ask God to use your church's unity to draw someone specific toward Christ.
- Thank Jesus that He prayed for this unity Himself, before it was ever asked of you.

Guided Prayer: Jesus, You prayed for our unity before we ever did. Let our unity be visible enough that it points people to You. To You be the glory! Amen.



WEEK THREE

THE GREAT COMMISSION

*"Go therefore and make disciples of all nations... And behold, I am with you always, to the end of the age."
Matthew 28:19-20*

Surrender clears our hands.

Unity strengthens our hands.

This week, we open them outward —
toward the people around us who don't
yet know Jesus.

THE CALL TO GO

Focus Scripture: Matthew 28:18-20

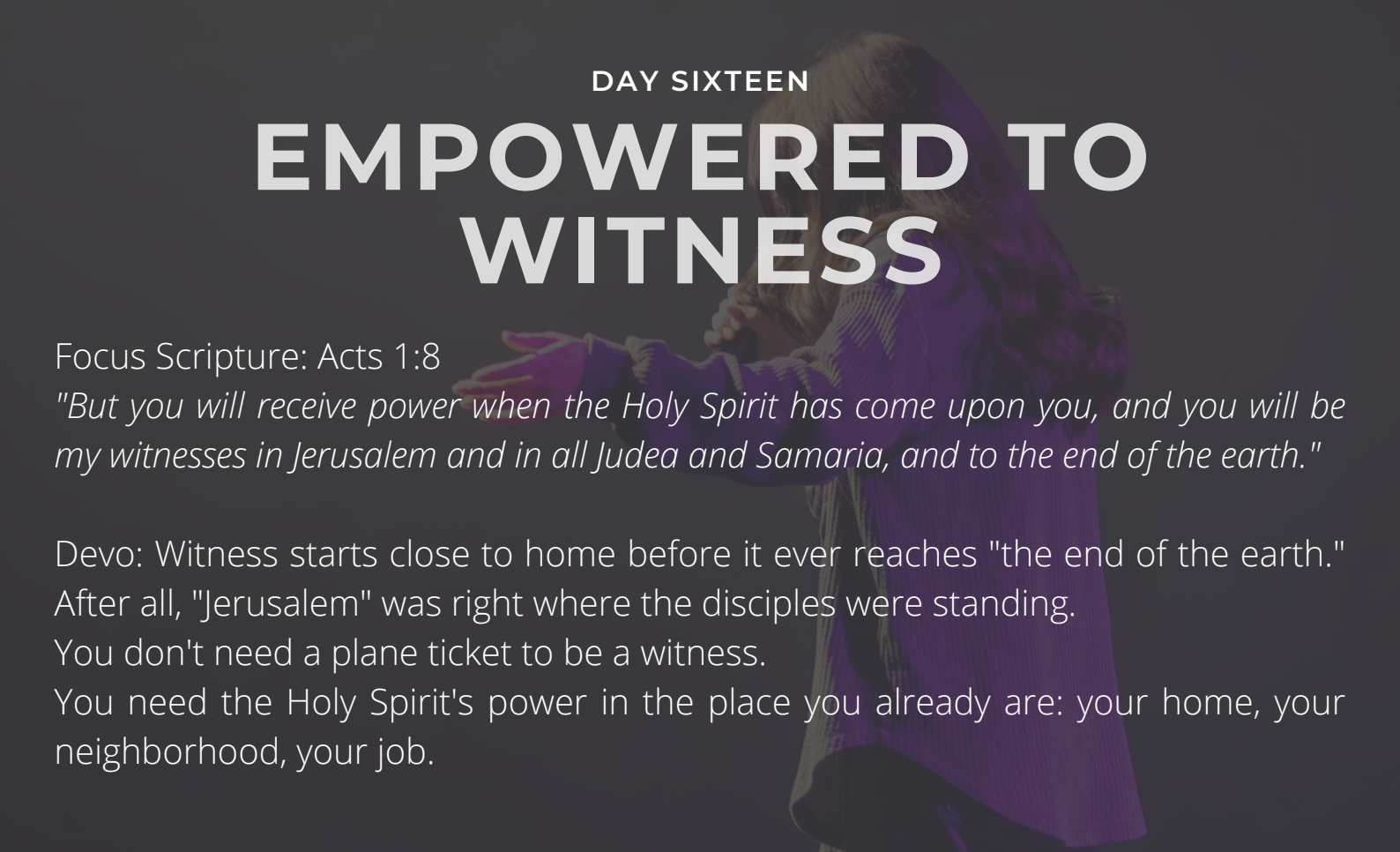
"And Jesus came and said to them, 'All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age.'"

Devo: Notice the order: authority first, then "go." The commission doesn't rest on our confidence or ability, it rests on Christ's authority. We're not sent out on our own strength. We're sent by the One who holds all authority, and He promises to be with us the entire way.

PRAYER FOCUS

- Pray for boldness to go - into a conversation, a relationship, or an opportunity you've been avoiding.
- Name one specific person who needs to know Jesus, and pray for them.
- Thank God that this mission rests on His authority, not your own adequacy.

Guided Prayer: Jesus, You hold all authority. Thank you that I don't have to go in my own strength. Father, give me boldness to go where You're sending me. Amen.



DAY SIXTEEN

EMPOWERED TO WITNESS

Focus Scripture: Acts 1:8

"But you will receive power when the Holy Spirit has come upon you, and you will be my witnesses in Jerusalem and in all Judea and Samaria, and to the end of the earth."

Devo: Witness starts close to home before it ever reaches "the end of the earth." After all, "Jerusalem" was right where the disciples were standing. You don't need a plane ticket to be a witness. You need the Holy Spirit's power in the place you already are: your home, your neighborhood, your job.

PRAYER FOCUS

- Ask the Holy Spirit for fresh power to be a witness where you already are.
- Pray by name for a neighbor, coworker, or family member who doesn't know Jesus.
- Pray for your church's mission field right here in your own community - The Greater Tampa area!

Guided Prayer: Holy Spirit, fill me with fresh power to be a witness right where I am. Give me eyes for the people already in front of me and boldness to share with them. Amen.

COMPASSION FOR THE LOST

Focus Scripture: Matthew 9:36-38

"When he saw the crowds, he had compassion for them, because they were harassed and helpless, like sheep without a shepherd. Then he said to his disciples, 'The harvest is plentiful, but the laborers are few; therefore pray earnestly to the Lord of the harvest to send out laborers into his harvest.'"

Devo: Before Jesus sends anyone out, He feels something first: compassion. Mission that isn't rooted in compassion becomes obligation. Jesus didn't see the crowds as a task to complete. He saw people who were harassed and helpless. Real mission starts with seeing people the way He does.

PRAYER FOCUS

- Ask God to give you genuine compassion for people who don't know Him, not just a sense of duty.
- Pray earnestly, as Jesus instructed, for more laborers to be sent out from our church.
- Pray for someone you know who feels "harassed and helpless" right now, whether or not they know Jesus yet.

Guided Prayer: Lord, give me Your compassion for people who don't know You. Don't let this be obligation, let it be love. Remind me I am a laborer being sent into the harvest. Amen.

BOLDNESS IN SHARING

Focus Scripture: Acts 4:29-31

"And now, Lord, look upon their threats and grant to your servants to continue to speak your word with all boldness, while you stretch out your hand to heal, and signs and wonders are performed through the name of your holy servant Jesus." And when they had prayed, the place in which they were gathered together was shaken, and they were all filled with the Holy Spirit and continued to speak the word of God with boldness.

Devo: The disciples didn't wait until they felt brave to start. They prayed for boldness, and God answered by filling them with His Spirit. Boldness isn't a personality trait some people have and others don't. It's something we can ask God for, and He gives it.

PRAYER FOCUS

- Ask God specifically for boldness in an upcoming conversation or opportunity to share your faith.
- Pray for boldness for others in your church who are stepping into outreach or evangelism.
- Thank God that boldness is something He gives, not something you have to manufacture.

Guided Prayer: Lord, grant me boldness to speak Your word, the way You did for the early church. Thank you that boldness is a gift from you. Fill me with Your Spirit and let it show. Amen.

EVERY BELIEVER EQUIPPED

Focus Scripture: Ephesians 4:11-12

"And he gave the apostles, the prophets, the evangelists, the shepherds and teachers, to equip the saints for the work of ministry, for building up the body of Christ."

Devo: Mission was never meant to rest on pastors and church staff alone. Leaders exist to equip everyone else for ministry - which means every believer has a role to play, not just the people on a platform. And the more of us who step into that role, the more ground we can cover. God isn't just adding to what we do, He's expanding what's possible. More hands means more homes, more neighborhoods, more lives reached than any one group could reach alone.

PRAYER FOCUS

- Ask God to show you your specific part in the mission.
- Pray for a serving culture in our church where everyone participates, not just a few.
- Thank God for the growing opportunity in front of our church, and ask Him for enough hands and hearts to match it.

Guided Prayer: God, show me my part in this mission. As what's in front of us grows, grow my willingness to step in and serve alongside our church body. Amen.

MAKING DISCIPLES, NOT JUST CONVERTS

Focus Scripture: 2 Timothy 2:2

"And what you have heard from me in the presence of many witnesses entrust to faithful men, who will be able to teach others also."

Devo: The mission doesn't stop when someone saying yes to Jesus. That's just the beginning. It continues as that person is discipled, and then disciples someone else. Paul describes a chain: what he taught Timothy, Timothy passes on, and those people pass it on again. Discipleship multiplies. That's good news, because the harvest in front of us is bigger than it used to be - more people, more homes, more stories still being written. A bigger field doesn't just need more decisions for Christ. It needs more disciple-makers.

PRAYER FOCUS

- Ask God who you could be discipling - pouring into, teaching, walking alongside.
- Pray for someone who is currently discipling or mentoring you, if you have one.
- Pray for a discipleship pipeline in our church that keeps pace with the growing number of people God is bringing across our path.

Guided Prayer: Lord, don't let what I've learned stop with me. Show me who to pour into, and raise up enough disciple-makers to match everything You're doing among us. Amen.

SENT TO A WIDER FIELD

Focus Scripture: John 20:21 - *"Jesus said to them again, 'Peace be with you. As the Father has sent me, even so I am sending you.'"*

Isaiah 54:2-3 - *"Enlarge the place of your tent, and let the curtains of your habitations be stretched out... you will spend abroad to the right and to the left."*

Devo: Twenty-one days ago, we started with surrender - opening our hands. Then unity - joining hands with the people around us. Now we close here: sent hands, into a field that's bigger than it used to be. What used to be our reach is now something wider and even more exciting - a mission field that stretches across the greater Tampa area and beyond. God isn't just asking more of us - He's trusting us with more, and there's nothing to fear in a bigger field when the One who's sending us holds all authority.

PRAYER FOCUS

- Look back over the last 21 days — what is God asking you to carry forward from surrender, unity, or mission?
- Thank God for the bigger field in front of our church, and ask Him for the faith to match the size of it.
- Pray a closing prayer over our church as we step into everything ahead - with excitement, not anxiety.
- Commit to one specific action this week that reflects a surrendered, united, mission-minded heart.

Guided Prayer: Father, as You sent Jesus, send me. I don't want these 21 days to end here. Thank You for enlarging what we get to be part of. Help me carry what You've started in me into what's next, and use me for Your mission in this wider field. Amen.

21 DAYS OF PRAYER & FASTING

Ephesians 3:20-21

"Now to him who is able to do far more than all we ask or think, according to the power at work within us, to him be glory in the church and in Christ Jesus throughout all generations, forever and ever. Amen."

Twenty-one days ago, we opened our hands in surrender.

We joined hands in unity.

And now we send those same hands outward, into everything God has ahead of us.

This isn't the end of a season - it's the start of one. The God who began this work in us is far from finished, and He's already doing more than we could ask or imagine.

Let's keep praying. Let's keep surrendering. Let's keep showing up for each other and for the people God is putting in front of us.

Whatever comes next, we go into it together - sent, equipped, and full of faith for what God is about to do.