

21 DAYS OF PRAYER & FASTING

Thank you for joining us for our annual 21 Days of Prayer and Fasting! We are excited to embark on this journey together as a church family, seeking God's guidance, strength, and renewal for the year ahead. These 21 days offer an opportunity to deepen our faith, align our hearts with His will, and unite in prayer for our community and beyond. Your participation makes this time even more meaningful, and we look forward to witnessing how God moves in and through us. Let's anticipate the amazing things God will do as we sacrificially pursue Him through prayer and fasting!

What is prayer?

Prayer is simply a way to communicate with God. What should we talk to Him about? Everything! Yes, He wants us to discuss everything in our lives with Him. In Philippians 4:6-7, it says, "Don't worry about anything; instead, pray about everything. Tell God what you need and thank Him for all He has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus." We pray to express our gratitude, make requests, praise Him, and seek guidance and provision. God desires to hear our prayers, and He will answer them.

"Prayer does not change God, but it changes him who prays".

Soren Kierkegaard

What is fasting?

Fasting is the practice of abstaining from food and/or drink for a specific period of time. During this period, our focus shifts solely to prayer and fellowship with God. The Bible provides many examples of fasting: Moses fasted for 40 days, as noted in Exodus 34:28; Daniel fasted for 21 days (Daniel 10:2-3); and Jesus fasted for 40 days, as described in Luke 4:1-13.

Fasting serves a greater purpose; it is not merely a refusal to eat. Instead, it is a time for us to separate ourselves from the distractions of the world and dedicate our lives to the Lord. Fasting provides an opportunity for spiritual cleansing and renewal. Let us use this time of prayer and fasting to be refreshed in God's glory.

"Prayer is reaching out after the unseen; fasting is letting go of all that is seen and temporal".

Philip Yancey



4 TYPES OF FASTS

1. Complete Fast

The complete fast is a water-only fast, abstaining from all food. When undertaking a complete fast, it is crucial to drink plenty of water, get lots of rest, and spend time in prayer. If you're brand new to fasting, you may want to start with a partial fast before attempting a complete fast. If you have health issues that require partial or full meals, this is *not* the fast for you.

2. Partial Fast

This fast is choosing what types of food to eat or abstain from. The Daniel Fast, for example, is a partial fast involving abstaining from meats, sweets, and bread while still consuming fruits and vegetables and plenty of water.

3. Sun up to Sun Down

This fast is also referred to as a Jewish fast. It involves abstaining from eating any foods from sun up to sun down. This could also mean from 6:00am - 3:00pm. This fast also requires you to drink plenty of water.

4. Soul Fast

In our world, we are constantly bombarded with advertising, notifications, and news stories. It's easy to be distracted or even become overwhelmed. Media, particularly news and social media, can be overstimulating for your mind and emotions. The Soul Fast is a great way to reset your priorities on what matters most - God. The Soul Fast involves abstaining from all forms of media including TV and social media, for a set period of time to cleanse your mind and focus on your spiritual health.

DAILY PRAYER FOCUS

WEEK 1 – CONSECRATION & SURRENDER

Setting our hearts apart for God

January 5th

DAY 1 - A Call to Consecration

God begins renewal by calling His people to return fully to Him. Consecration is the intentional setting apart of our hearts, habits, and desires for God alone. This day invites us to recognize



that spiritual transformation does not begin with behavior change, but with wholehearted surrender. As we fast and pray, we respond to God's gracious invitation to realign every area of our lives with His holiness and purpose.

Joel 2:12 "Yet even now," declares the Lord, "return to me with all your heart, with fasting, with weeping, and with mourning."

Fasting Thought

Fasting is not about religious performance but spiritual positioning. It is a response to God's invitation to return wholeheartedly - holding nothing back.

Prayer

Lord, as I begin these 21 days, I return to You with my whole heart. I lay aside distractions, comforts, and habits that compete for my affection. Consecrate my life, realign my priorities, and awaken a deeper love for You within me. Amen.

January 6th

DAY 2 - Hunger for God

Fasting awakens a deeper spiritual hunger within us by reminding us that we do not live on physical provision alone. When we deny our bodies temporarily, our hearts become more aware of their deeper need for righteousness, truth, and intimacy with God. Today invites us to examine what we truly crave and to allow God to reshape our appetites so that our greatest desire is found in Him.

Matthew 5:6 "Blessed are those who hunger and thirst for righteousness, for they shall be satisfied."

Fasting Thought

Physical hunger reminds us that our souls were designed with a holy appetite - one that only God can truly satisfy.

Prayer

God, increase my hunger for righteousness and my thirst for Your presence. Let this fast sharpen my spiritual appetite and soften my heart toward You. Fill every empty place with Your truth, power, and sustaining grace today. Amen.

January 7th

DAY 3 - Spiritual inventory

Prayer and fasting create sacred space for honest self-examination before God. This is a time to invite the Holy Spirit to lovingly reveal what needs to be removed, healed, or strengthened in our lives. A spiritual inventory is not about condemnation, but about clarity - allowing God to show us where growth is needed so that our lives can become more fruitful, healthy, and aligned with His will.

Psalm 35:13 "But I, when they were sick; I wore sackcloth; I afflicted myself with fasting; I prayed with head bowed on my chest."



Fasting Thought

"Holy and legitimate fasting is directed to three ends... as a restraint on the flesh... as a preparation for prayer... and as a testimony of our humiliation before God." *John Calvin*

Prayer

Lord, search my heart and reveal anything that does not honor You. Expose unhealthy patterns, hidden pride, or misplaced desires. Remove what hinders my growth and renew my mind by Your Spirit, shaping my life to reflect Christ more clearly. Amen.

January 8th

DAY 4 - Repentance & Renewal

Repentance is more than feeling remorse...it is a wholehearted turning back to God. Today's focus reminds us that confession opens the door for renewal, restoration, and freedom. When we acknowledge our sin and surrender it to the Lord, He does not shame us; He cleanses us, renews our spirits, and restores our joy so we can walk forward with a clear conscience and renewed purpose.

Psalm 51:10 "Create in me a clean heart, O God, and renew a right spirit within me."

Fasting Thought

Repentance is not driven by shame but by grace. God delights in restoring hearts that humbly return to Him.

Prayer

Father, I confess my need for Your cleansing grace. Wash me, renew me, and restore my joy. Replace hardened places with tenderness and rebellion with obedience. Thank You for mercy that makes me new again and draws me closer to You. Amen.

January 9th

DAY 5 - Laying Down Control

Fasting often reveals how tightly we hold onto control - our plans, outcomes, timelines, and expectations. This day invites us to confront areas where we rely more on our own understanding than on God's wisdom. As we surrender control, we learn to trust God's leadership, believing that His direction is better than our assumptions and His timing is always perfect.

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."

Fasting Thought

Letting go of control is an act of faith. Trust grows when we acknowledge God in every area of life.

Prayer

God, I surrender my need to control outcomes, timing, and plans. Teach me to trust You fully, even when I do not understand the path ahead. Order my steps, steady my heart, and lead me according to Your perfect wisdom and love. Amen.

January 10th

DAY 6 - Surrendered Will



Surrender goes beyond releasing control - it means aligning our desires with God's will. This day challenges us to follow Jesus' example by choosing obedience even when it is uncomfortable or costly. True spiritual growth happens when we trust that God's will is good, even when it conflicts with our preferences, and when we say "yes" to Him without conditions.

Luke 22:42 "Saying, 'Father, if you are willing, remove this cup from me. Nevertheless, not my will, but yours, be done.'"

Fasting Thought

Jesus models surrendered obedience - choosing the Father's will over personal comfort.

Prayer

Jesus, help me lay down my will before the Father. Align my desires with Yours and strengthen me to obey without hesitation. Teach me to trust that God's will is always good, even when it stretches my faith. Amen.

January 11th

DAY 7 - Rest & Reflection

God invites us to pause and reflect on what He has been doing in our hearts throughout the week. Rest is not a lack of productivity, but an act of faith that acknowledges God's sovereignty. Today allows space to listen, reflect, and worship - trusting that spiritual transformation is sustained not by striving, but by abiding in the presence and power of God.

Psalm 46:10 "Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!"

Fasting Thought

Stillness reminds us that God is in control and does not require our constant effort to accomplish His purposes.

Prayer

Lord, quiet my heart and calm my thoughts today. Help me reflect on what You have revealed this week. Teach me to rest in Your sovereignty, trusting that You are exalted and actively at work in my life and our church. Amen.

WEEK 2 – INTIMACY & DEPENDENCE

Deepening Our Relationship With God

January 12th

DAY 8 - Abiding in Christ

Spiritual growth flows from connection, not striving. Today emphasizes the importance of remaining closely connected to Jesus in every season of life. When we abide in Christ, our lives produce lasting fruit - not through effort alone, but through dependence. This focus reminds us that intimacy with Jesus is the source of spiritual vitality, endurance, and meaningful transformation.

John 15:4 "Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me."



Fasting Thought

Abiding means choosing presence over productivity and relationship over results.

Prayer

Jesus, draw me into deeper communion with You. Teach me to remain connected in every moment, not just in crisis. Let my life bear fruit that lasts and reflects Your character to the world around me. Amen.

January 13th

DAY 9 - Listening for God's Voice

God still speaks, but our lives are often filled with noise and distraction. Today invites us to slow down, quiet our hearts, and posture ourselves to listen attentively. Learning to hear God's voice requires humility, patience, and a willingness to obey what He reveals. As we fast, we create space to listen more clearly and respond more faithfully.

1 Samuel 3:10 "And the Lord came and stood, calling as at other times, 'Samuel! Samuel!' And Samuel said, 'Speak, for your servant hears.'"

Fasting Thought

Listening is an act of surrender; choosing God's direction over our assumptions.

Prayer

Lord, quiet every competing voice within me. Help me recognize Your leading and respond with obedience. Give me a listening heart that is attentive, teachable, and eager to follow wherever You guide. Amen.

January 14th

DAY 10 - Daily Dependance

God invites us to rely on Him one day at a time. This focus reminds us that faith is not built on future guarantees, but on daily trust. As we fast, we acknowledge our need for God's provision, strength, and wisdom in every moment. Dependence shapes humility and deepens our confidence in God's faithful care.

Matthew 6:11 "Give us this day our daily bread."

Fasting Thought

God supplies what we need when we need it - not always in advance, but always on time.

Prayer

Father, I depend on You for everything today - strength, provision, wisdom, and peace. Teach me to trust You daily and resist the urge to worry about tomorrow. You are faithful and sufficient for every need. Amen.

January 15th

DAY 11 - Strength In Weakness



In God often does His deepest work when we come to the end of ourselves. This day reminds us that weakness is not something to hide or overcome on our own, but something to surrender to God. When we admit our limitations, we make room for His grace, power, and sustaining strength to be revealed through our lives.

2 Corinthians 12:9 "My grace is sufficient for you..."

Fasting Thought

"God does not give us overcoming life; He gives us life as we overcome." *Oswald Chambers* Chambers reminds us that God's strength is not a substitute for human weakness; it is revealed through it. As we surrender our limitations, God's grace meets us in the struggle and sustains us through faithful obedience.

Prayer

God, I bring You my weakness, my limitations, and the areas where I feel inadequate. Teach me to rely on Your grace instead of my own strength. Let Your power be clearly displayed through my life for Your glory. Amen.

January 16th

DAY 12 - Prayer That Aligns

Prayer is not meant to bend God's will to ours, but to shape our hearts to align with His purposes. Today invites us to examine how we pray - asking not only for what we want, but for what God desires. As we fast, our prayers become more focused, surrendered, and aligned with God's will.

1 John 5:14 "And this is the confidence that we have toward him, that if we ask anything according to his will he hears us."

Fasting Thought

"True prayer is not persuading God to do our will, but training our hearts to desire His." *A. W. Tozer*

Prayer

Father, align my prayers with Your purposes and not just my preferences. Teach me to pray with faith, humility, and obedience. Help me trust that Your will is always good, even when the answers look different than I expect. Amen.

January 17th

DAY 13 - Worship as Warfare

Worship shifts our focus from the size of our problems to the greatness of our God. Today reminds us that praise is not just an expression of gratitude...it is a spiritual weapon. As we worship in faith, God moves on our behalf, bringing clarity, peace, and victory in the midst of battles.

2 Chronicles 20:22 "As they began to sing and praise..."

Fasting Thought

"Praise is the declaration that God is bigger than whatever you're facing." – Chris Hodges
Praise lifts our eyes above circumstances and places God back on the throne of our hearts.



When we worship in faith, fear loses its grip, confusion fades, and God's power goes to work before outcomes ever change.

Prayer

God, I choose worship over worry and praise over fear today. I lift my eyes above my circumstances and fix them on You. Fight my battles as I trust You and declare Your goodness and faithfulness. Amen.

January 18th

DAY 14 - Gratitude & Trust

Gratitude anchors our hearts in trust and reminds us of God's faithfulness in every season. Today invites us to replace anxiety with thanksgiving, recognizing that God has been faithful in the past and will continue to be faithful in what lies ahead. Gratitude strengthens our confidence in God's care.

Philippians 4:6 "With thanksgiving, present your requests to God."

Fasting Thought

Today remember that gratitude builds trust by reminding us of God's past faithfulness. When we thank Him in the present, our hearts learn to rest confidently, knowing the same God who carried us before will carry us forward.

Prayer

Lord, thank You for Your constant faithfulness in my life. I choose gratitude over anxiety and trust over fear. I place my future, my concerns, and my unanswered prayers fully in Your hands. Amen.

WEEK 3 – MISSION, BREAKTHROUGH & RENEWAL

Living Outward, Believing Boldly

January 19th

DAY 15 - Burden for the Lost

God's heart has always been for those who are far from Him. Today calls us to look beyond our own needs and ask God to give us His compassion for the lost. As we pray and fast, we ask God to awaken a burden that moves us to love, pray, and share boldly.

Romans 10:14 "How can they believe if they have not heard?"

Fasting Thought

A burden for the lost is not rooted in pressure, but in love. When God shares His heart with us, compassion replaces indifference. Fasting softens our hearts, prayer sharpens our urgency, and obedience moves us beyond comfort so others may encounter the hope of Christ.

Prayer

God, give me Your heart for those who are far from You. Break my heart for what breaks Yours. Use my words, actions, and relationships as a witness of Your love and truth. Amen.



January 20th

DAY 16 - Bold Faith

Faith pleases God and positions us to experience His power. Today challenges us to move beyond cautious belief into bold trust. As we fast, we ask God to stretch our faith - to believe Him not only for what feels safe, but for what seems impossible apart from Him.

Hebrews 11:6 "Without faith it is impossible to please God."

Faith Thought

"Faith is to believe what we do not see; and the reward of this faith is to see what we believe."

Augustine of Hippo

Today, choose courageous trust. Step beyond safe prayers and predictable obedience. As you fast, ask God to enlarge your faith, take holy risks, and act on His promises, believing He delights to meet bold obedience with unmistakable power today again.

Prayer

Lord, stretch my faith and expand my trust in You. Help me believe You for what seems impossible and step forward with confidence. Strengthen my faith so that my life brings You honor and glory. Amen.

January 21st

DAY 17 - Breakthrough Prayer

God desires to bring freedom where there has been bondage. Today reminds us that biblical fasting is connected to breakthrough; spiritual, emotional, and relational. As we pray, we believe God for chains to be broken, strongholds to fall, and renewed freedom to flow in our lives and in our church.

Isaiah 58:6 "Is not this the fast that I choose: to loose the bonds of wickedness, to undo the straps of the yoke, to let the oppressed[a] go free, and to break every yoke?"

Fasting Thought

Breakthrough often comes after persistence, not convenience. Like walls falling after steady marching, freedom is released when prayer refuses to quit. As you fast today, pray with expectation - God is able to break chains, dismantle strongholds, and bring lasting freedom to lives, families, and our church.

Prayer

God, break every chain in my life and in our church. Tear down strongholds and release freedom, healing, and restoration. Let Your power move in ways that only You can receive credit for. Amen.

January 22nd

DAY 18 - Unity in the Church

Unity is powerful and pleasing to God. Today calls us to pray for relational health, humility,



and love within the church. As we fast, we ask God to remove division and strengthen our shared mission, recognizing that unity positions the church to experience God's blessing and impact the world.

Psalm 133:1 "How good and pleasant it is when God's people live together in unity."

Fasting Thought

"Division in the church obscures the gospel, while unity makes it visible." John Stott
Unity is not automatic...it is a daily choice. Today, take a step toward peace: forgive quickly, listen generously, speak graciously, and pursue reconciliation. As we protect unity together, we create space for the gospel to be clearly seen and powerfully experienced.

Prayer

Lord, strengthen unity in our church family. Heal divisions, deepen relationships, and bind us together in love and purpose. Help us move forward together, centered on Your mission and guided by Your Spirit. Amen.

January 23rd

DAY 19 - Fresh Fire

God desires to renew our passion and awaken fresh spiritual fire within us. Today invites us to ask the Holy Spirit to reignite our love for God, our boldness in faith, and our passion for the mission. Renewal prepares us to move forward with clarity, courage, and spiritual power.

Romans 12:11 "Do not be slothful in zeal, be fervent in spirit, serve the Lord."

Fasting Thought

"God is not looking for people of great faith, but for individuals ready to follow Him...even when they tremble." A. W. Tozer

Fresh fire is not about emotional hype, but renewed devotion. When the Holy Spirit reignites our hearts, fear gives way to courage and complacency gives way to obedience. Today, ask God to renew your passion...not just to feel more, but to faithfully serve Him with zeal and purpose again.

Prayer

Holy Spirit, ignite fresh fire in my heart. Renew my passion for You, sharpen my spiritual hunger, and stir boldness within me. Burn away complacency and empower me to live fully surrendered to You. Amen.

January 24th

DAY 20 - Living on Mission

Following Jesus means living sent. Today challenges us to see our everyday lives as mission fields and our obedience as part of God's greater plan. As we fast, we ask God to give us courage and clarity to live intentionally, making disciples through our words, actions, and love.

Matthew 28:19 "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,"



Fasting Thought

"The Great Commission is not an option to be considered; it is a command to be obeyed."

Hudson Taylor

Living on mission begins with ordinary obedience. Today, see your workplace, neighborhood, and relationships as sacred assignments. As you fast, ask God for courage to speak, compassion to love, and faith to trust that simple, faithful steps can have eternal impact.

Prayer

Jesus, send me into my world with purpose and compassion. Use my words, my actions, and my life to advance Your Kingdom. Help me live on mission wherever You have placed me. Amen.

January 25th

DAY 21 - A Life of Surrender

These 21 days culminate in a renewed commitment to live fully surrendered to God. Today reminds us that fasting is not an end, but a beginning...a lifestyle of obedience, worship, and sacrifice. We offer our lives to God, trusting Him to continue the work He has begun.

Romans 12:1 "Offer your bodies as a living sacrifice..."

Fasting Thought

"The surrendered life is not a loss; it is the discovery of life as God intended it to be." *Andrew Murray*

Prayer

Lord, I give You my life—fully and freely. I surrender my plans, my future, and my desires to You. Let these 21 days mark a new beginning, and use me continually for Your glory and purposes. Amen.

Did God Answer Your Prayer?

We invite you to share your testimony if you were blessed during our 21 Days of Prayer and Fasting. Whether God brought clarity, healing, or spiritual breakthroughs, your story could encourage others. Please reach out to us if you're interested in sharing how God worked in your life during this time! Please email us at info@chapelfamily.org - we want to hear from you!

