

AWAKEN

A Waypoint Church 21 Days of Fasting & Prayer

Waypoint Church Family,

As we step into a brand-new year, I believe God is calling us to something deeper—something that cannot be produced by human effort, strategic planning, or good intentions alone. He is calling us to awaken.

These next 21 days are more than a spiritual routine or a tradition we repeat each January. They are an invitation. An invitation to return to the Lord with our whole hearts. An invitation to hear His voice with greater clarity. An invitation to hunger for Him in a fresh way. An invitation to see Him move powerfully in our lives, our families, and our church.

Fasting is not about earning God's favor. It's about awakening our hearts to the favor we already have. It's about creating space for God to do what only He can do. Whether you are fasting for breakthrough, direction, healing, restoration, or simply a deeper relationship with Him, I want you to know—you are not fasting alone. We are walking this journey as a body, seeking God together.

My prayer is that these 21 days will mark you... that they will sharpen your spirit, renew your passion, and reawaken your hunger for God. I am believing with you for divine encounters, spiritual clarity, and supernatural breakthroughs.

Let's awaken together.

With love and expectation,

A handwritten signature in black ink, appearing to read 'J. Laux', with a stylized, flowing script.

Pastor Jeremy Laux

INTRODUCTION

At the start of each new year, we pause to awaken our hearts to the voice of God. Fasting is not about impressing God or proving our spirituality. It is about creating space — space for clarity, space for conviction, space for intimacy, space for renewal.

When we fast, we choose hunger in the natural so that hunger can rise in the spirit. We silence the world to tune our ears to Heaven. We weaken the flesh so the Spirit within us grows strong.

As a church family, these 21 days mark a journey — not of deprivation, but of awakening. Expect deep work. Expect fresh hunger. Expect God to speak. Expect breakthrough.

WHY WE FAST

1. Fasting Awakens Our Spirit | It clears the fog, sharpens our mind, and renews our focus.
2. Fasting Humbles Our Heart | We lay down comforts to declare our dependence on God.
3. Fasting Strengthens Our Hunger | Where hunger grows, revelation flows. Where hunger grows, revival begins.
4. Fasting Positions Us for Breakthrough | Some victories are only unlocked through fasting (Matthew 17:21).
5. Fasting Draws Us Back to God | Joel 2:12 reminds us that fasting is a “returning” of the heart.

TYPES OF FASTS

Everyone can participate at some level. Choose what is both sacrificial and sustainable.

1. Complete Fast | Water or liquids only. Recommended only with physical capability and medical wisdom.
2. Selective Fast | Restricting certain foods such as meat, sweets, caffeine, or following the Daniel Fast.
3. Partial Fast | Fasting for a portion of the day (sunrise to sunset) or skipping a meal.
4. Soul Fast | Fasting from non-food items that steal focus: social media, TV, gaming, etc.

HOW TO PREPARE FOR THE FAST

1. Set Your Spiritual Intentions | Pray over what you desire God to awaken:
 - Hunger
 - Purity
 - Direction
 - Healing
 - Breakthrough

- Family restoration
 - Freedom
2. Remove Distractions Early | Delete apps. Pre-plan meals. Organize your prayer space.
 3. Be Consistent in Prayer | Schedule daily time with God. Protect it like an appointment. (Add it to the calendar... What we calendar we prioritize!)
 4. Journal What God Reveals | Fasting heightens spiritual sensitivity — write everything down.
 5. Expect Resistance | Your flesh will push back — but so will your spirit.

Why are you fasting?

What are you fasting?

WEEK 1: THE CALL TO AWAKEN

Scriptures: Joel 2:12-13; Matthew 6:16-18

Focus: Why do we fast?

Truth: Fasting awakens our spirit, humbles our heart, and sharpens our hunger for God.

Prayer for the Week: “Lord, awaken my heart to Your presence.”

This week is about tuning your heart to God, cutting through noise, and preparing your spirit for a deep journey.

What would you like to see God do throughout this fast?

What are some challenges or distractions do you foresee that may come about during this fast?

Let's take a moment to pray and ask God to help you this week before you begin your first day of devotions.

DAILY DEVOTIONS — WEEK 1

DAY 1 — RETURN TO ME

Scripture: Joel 2:12

Devotion: God begins the invitation to fasting with two words: “Return to Me.”

Fasting is fundamentally a return — a returning of hunger, attention, affection, and obedience. Today isn't about perfection; it's about direction. As you begin this journey, let your first step be toward Him. Turn your heart. Turn your focus. Turn your mind. God meets those who return.

Prayer: “Lord, awaken my heart. Draw me back to You with fresh hunger.”

Reflection Question: What is one distraction or habit I am choosing to leave behind during this fast?

DAY 2 — GOD SEES THE SECRET SACRIFICE

Scripture: Matthew 6:16–18

Devotion: Jesus never said “if” you fast, but “when.” Fasting is an expected rhythm for disciples. Yet He reminds us that fasting is not public performance — it is private surrender. What you deny today may feel small, but Heaven sees. And God rewards what is done in secret. Let your sacrifice be between you and Him. Let your reward be His presence.

Prayer: “Father, refine my motives. Help me hunger for You above all else.”

Reflection Question: What reward am I seeking from God during these 21 days?

DAY 3 — THE FIRST BATTLE: THE FLESH

Scripture: Galatians 5:16

Devotion: The first days of fasting often confront the cravings of our flesh. Hunger, irritability, fatigue — these reactions are normal. But they also reveal how dependent we are on comfort, routine, and physical satisfaction. Today, instead of resisting the discomfort, allow it to become a reminder: my spirit is stronger than my flesh. Let weakness become worship.

Prayer: “Holy Spirit, strengthen me. Help me walk by the Spirit and not by the flesh.”

Reflection Question: Where do I feel my flesh resisting, and what might God be trying to reveal through it?

DAY 4 — AWAKENED HUNGER

Scripture: Psalm 63:1

Devotion: David cried, “My soul thirsts for You; my flesh longs for You.” Physical hunger during fasting becomes a symbol of spiritual hunger. Every craving is an invitation to pray. Every empty feeling is a reminder: only God satisfies. As your appetite awakens, let your spirit hunger even more deeply for His presence.

Prayer: “God, increase my hunger for You. I want You more than comfort or convenience.”

Reflection Question: What does spiritual hunger look like in my life right now?

DAY 5 — MAKING ROOM

Scripture: James 4:8

Devotion: Fasting creates space. Space for prayer. Space for clarity. Space for conviction. Space for God’s voice. You cannot seek God deeply while staying overly filled with the world. Today, ask the Holy Spirit to show you what He wants you to remove — not just for 21 days, but for good.

Prayer: “Lord, draw near to me as I draw near to You. Remove anything that dulls my heart.”

Reflection Question: Where can I create space to hear God more clearly?

DAY 6 — WHEN YOUR SPIRIT BEGINS TO AWAKEN

Scripture: Psalm 119:18

Devotion: Around this time in a fast, something begins to shift. Your spirit becomes more aware. Scripture feels sharper. Worship feels deeper. Your heart feels softer. This is the awakening process. You are turning down the volume of the world so you can turn up the voice of God. Lean into that sensitivity. God is drawing you closer.

Prayer: “Open my eyes, Lord, that I may see what You are revealing in these days.”

Reflection Question: What is God beginning to highlight or awaken in me?

DAY 7 – THE BREAKING OF ROUTINE

Scripture: Isaiah 43:19

Devotion: Fasting disrupts routine — and God often moves through disruption. When the predictable rhythm of life is interrupted, we become more aware, more dependent, more expectant. God says, “Behold, I am doing a new thing!” Expect Him to reshape priorities, shift desires, and awaken new things within you.

Prayer: “Do a new thing in me, Lord. Break old patterns and awaken fresh vision.”

Reflection Question: What new thing do I sense God beginning to do in my life?

WEEK 1's REFLECTION:

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WEEK 2: AWAKEN BY HUMILITY

Scriptures: Exodus 34:28; Deuteronomy 9:18

Focus: How fasting positions us to encounter God's presence.

Truth: Fasting awakens us to God's holiness and sharpens our sensitivity to His Word.

Prayer for the Week: "Lord, awaken me through humility and draw me closer to You."

This week is about softening our hearts, stepping away from self-reliance, and learning to hunger for God above all else. Like Moses on the mountain, fasting lifts us into a space where God's presence becomes tangible.

Let's take a moment to pray and ask God to help you this week before you begin your first day of devotions.

DAILY DEVOTIONS — WEEK 2

DAY 8 — AWAKENED BY HUMILITY

Scripture: James 4:10

Devotion: Humility is not self-hatred — it is God-awareness. It is the posture that clears the ground for God to work. Moses approached God on the mountain not with pride or self-confidence, but with surrender. As you fast today, choose the lower posture. Humility softens the heart, quiets the noise, and makes space for God to speak. Where pride resists, fasting yields. And as you humble yourself, God promises to lift you up.

Prayer: "Lord, draw me closer today. Remove pride, excuses, and anything that keeps me from You."

Reflection Question: What area of my life have I been trying to control instead of surrendering?

DAY 9 — LETTING GO OF SELF-RELIANCE

Scripture: Deuteronomy 8:2-3

Devotion: Fasting exposes the places we've depended on our own strength. When food, convenience, and comfort are stripped back, what remains is what we truly rely on. God led Israel through the wilderness to reveal what was in their hearts. Today, let the Spirit show you where self-reliance has quietly replaced God-reliance. Fasting is God's invitation to stop carrying what He intends to hold.

Prayer: "Father, reveal where I've trusted myself more than I've trusted You."

Reflection Question: Where is God inviting me to depend on Him more?

DAY 10 — ENTERING GOD'S PRESENCE

Scripture: Exodus 33:14-16

Devotion: Moses understood something we often forget: God's presence is the difference-maker. Fasting is not about spiritual achievement; it is about spiritual proximity. When you deliberately step back from the world, you step forward into God's presence. Today, approach Him like Moses did — not seeking blessing, but seeking Him. When His presence rests on you, everything else changes.

Prayer: "Lord, let Your presence rest on me today. Let me hunger for You the way Moses did."

Reflection Question: What changes when I truly prioritize God's presence?

DAY 11 — HEARING GOD'S WORD AFRESH

Scripture: Psalm 119:105

Devotion: Fasting clears the fog so Scripture can shine more brightly. When the heart grows quiet, the Word grows louder. Moses received God's written Word on the mountain — revelation that shaped generations. As you fast today, ask God to open your eyes in the same way. Scripture is not just meant to be read; it's meant to be revealed. Expect fresh insight, conviction, and encouragement.

Prayer: "Open my eyes today. Let Your Word speak clearly, powerfully, and personally."

Reflection Question: What verse is God highlighting to me today?

DAY 12 — BREAKING STUBBORN PATTERNS

Scripture: Exodus 34:1-2

Devotion: God invited Moses back up the mountain — back to the place where something needed to be rewritten. Sometimes breakthrough requires a return. There are patterns, habits, and cycles in our lives that God wants to reshape. Fasting exposes what must be surrendered and strengthens what must be rebuilt. Today, allow God to rewrite areas of your life that have drifted or hardened. His grace meets you on the mountain again.

Prayer: "God, rewrite any part of my life that has drifted from Your purpose."

Reflection Question: Where is God inviting me back into obedience?

DAY 13 — STRENGTH IN WEAKNESS

Scripture: 2 Corinthians 12:9-10

Devotion: Weakness is not a sign the fast is failing — it's a sign it's working. When your strength runs thin, God's strength rises. Paul reminds us that God's power is made perfect in weakness. Today, instead of resisting the discomfort, lean into it. Let your weakness point you to the One who never grows weak. The fast is not about proving your strength, but discovering His.

Prayer: "Jesus, be strong in me today. Use my weakness to reveal Your power."

Reflection Question: How can I embrace weakness rather than fight it?

DAY 14 — THE GLORY OF GOD

Scripture: Exodus 34:29–30

Devotion: When Moses came down from the mountain, his face radiated the glory of God. Fasting doesn't just change how you feel — it changes what you carry. Time in God's presence marks you. It shapes your attitude, your words, your outlook, your spirit. As you finish Week 2, ask God to place His glory upon your life so that when people encounter you, they encounter Him.

Prayer: “Lord, let Your glory rest on my life. Transform me from the inside out.”

Reflection Question: What do I want people to encounter when they encounter me?

WEEK 2's REFLECTION:

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WEEK 3: AWAKENED BY REPENTANCE & BREAKTHROUGH

Scriptures: Jonah 3:5-10; Daniel 10:2-3, 12-14

Focus: How fasting and repentance open the door to mercy, revival, and spiritual breakthrough

Truth: Fasting awakens us to God's grace, forgiveness, and power in the unseen.

Prayer for the Week: "Lord, awaken me to Your mercy, Your power, and Your purposes."

This week is about deep heart work — confessing, turning from anything that blocks God, and pressing into His unseen power. It's the week where breakthroughs happen, clarity comes, and God moves in ways that transform your spirit.

Let's take a moment to pray and ask God to help you this week before you begin your first day of devotions.

DAILY DEVOTIONS — WEEK 3

DAY 15 — RETURN TO GOD

Scripture: 2 Chronicles 7:14

Devotion: Repentance is not God pushing you away — it is God calling you closer. "Return to Me with all your heart" is an invitation, not a rebuke. As you step into the final stretch of this fast, let God pull you back into alignment, back into purity, back into intimacy. Repentance removes the barriers that block God's voice and prepares the soul for breakthrough.

Prayer: "Lord, I return to You with all my heart. Heal anything that has drifted."

Reflection Question: Where is God inviting me back into alignment?

DAY 16 — THE POWER OF REPENTANCE

Scripture: Jonah 3:5-10

Devotion: Nineveh's repentance moved the heart of God. They fasted, humbled themselves, and turned from sin — and God relented. Repentance doesn't expose you to shame; it exposes you to mercy. Today, allow God to search your heart. When you bring Him your sin, He brings you His compassion. Repentance is the doorway to revival — both personal and corporate.

Prayer: "Father, cleanse my heart. Show me anything that is not pleasing to You."

Reflection Question: What area of my life needs God's mercy today?

DAY 17 — BREAKING CYCLES

Scripture: Psalm 51:10-12

Devotion: Repentance is not just confession — it is transformation. David didn't just want forgiveness; he wanted a renewed heart. Some cycles do not break by willpower but by surrender. Fasting weakens the flesh so God can strengthen the spirit. Today, invite God to break patterns, habits, or mindsets that have lingered too long. He can restore joy where sin has drained it.

Prayer: "Create in me a clean heart, O God. Restore the joy of my salvation."

Reflection Question: What cycle or pattern is God calling me to break?

DAY 18 — SPIRITUAL RESISTANCE

Scripture: Daniel 10:12-13

Devotion: Daniel prayed and fasted for 21 days — and for 21 days there was resistance in the spiritual realm. Fasting often intensifies the unseen battle. When breakthrough feels delayed, do not assume God is distant. Sometimes the struggle is proof that something is happening. Today, commit to perseverance. Hold steady. Heaven has heard you from the first day you set your heart to seek God.

Prayer: "Lord, help me persevere when the answer feels delayed."

Reflection Question: Where do I need to hold firm and keep praying?

DAY 19 — UNSEEN WARFARE

Scripture: Ephesians 6:10-12

Devotion: There is a spiritual world behind the natural one — and fasting heightens your awareness of it. The enemy opposes spiritual progress, but God equips you with spiritual armor. Today, stand firm in the strength of the Lord. Remind yourself that you are not fighting for victory; you are fighting from victory. God is working even where you cannot see Him.

Prayer: "Father, strengthen me for the unseen battles. Let me stand firm in Your power."

Reflection Question: How have I sensed spiritual resistance or spiritual progress this week?

DAY 20 — CLARITY & BREAKTHROUGH

Scripture: Daniel 10:14

Devotion: Breakthrough often comes with clarity — clarity of purpose, direction, or calling. Daniel's fast opened his understanding of God's plan. As you near the end of your 21 days, ask God to illuminate what has felt unclear. Breakthrough is not always emotional; sometimes it is the quiet realization that God has spoken. Listen today with expectation.

Prayer: "God, reveal what I need to see. Give me wisdom and clarity."

Reflection Question: What breakthrough am I believing God for as this fast ends?

DAY 21 — AWAKENING COMPLETE

Scripture: Psalm 126:1-3

Devotion: You have completed the fast, but the awakening has only begun. God has been working in the hidden places — softening your heart, sharpening your spirit, and awakening new hunger. Celebrate His faithfulness. Reflect on what He has revealed. And step confidently into the new year knowing this: what God started in these 21 days, He intends to continue.

Prayer: “Lord, thank You for what You’ve awakened in me. Seal it. Strengthen it. Let it grow.”

Reflection Question: What will I carry forward into this new year?

WEEK 3's REFLECTION:

[illegible]

CONCLUSION

Take a moment to do the following:

Write a testimony

What did God reveal?

What did God break off?

What did God awaken?

List three things God has done

Even if they feel small — celebrate them.

Declare your breakthrough

Speak it in faith: “God is working in the unseen, and I will walk in breakthrough.”

Pray over the year ahead

Ask God to continue what He has started.

YOU MADE IT — 21 DAYS!

What a journey these past three weeks have been. You've prayed. You've pressed in. You've sacrificed. You've sought God with intentionality and hunger. And whether you feel it deeply or quietly, I want to remind you: God has been at work.

Fasting is a seed. Sometimes the harvest is immediate. Sometimes it unfolds in the weeks and months ahead. But every prayer, every moment of surrender, every day you chose God over comfort—none of it has been wasted.

As you finish this fast:

- Continue to listen for His voice.
- Continue to guard the space you've created.
- Continue to walk in humility, repentance, and expectation.
- Continue to hunger for His presence above everything else.

This is not the end of your awakening—this is the beginning.

May the peace of God fill your heart,
May the favor of God rest upon your life,
And may the power of God propel you into everything He has prepared for you this year.

Stay awakened. Stay expectant. Stay faithful.

The best is yet to come.