

Crosspoint Fellowship

21 Days of Prayer & Fasting Guide

PURPOSE OF THIS FAST

Biblical fasting is the voluntary denial of physical appetite to heighten spiritual sensitivity and align our lives with the purposes and power of God.

Key Truth & Understanding: We are not fasting to earn God's favor; we are fasting to focus our attention.

Joel 2:12

"Yet even now," declares the Lord, "return to Me with all your heart, with fasting, weeping, and mourning."

FASTING EXPECTATIONS

- This is **voluntary**, not legalistic
- Participation looks different for each person
- The goal is **intimacy, obedience, and spiritual clarity**

"Fasting does not twist God's arm; it tunes our heart."

FASTING OPTIONS:

Choose **one** approach and commit fully:

1. Daniel Fast (21 Days)

- Fruits, vegetables, whole grains, water
- Based on Daniel 1:8–16

2. Partial Fast

- One meal per day or sunup-to-sundown

3. Short-Term Food Fast

- 1–3 days (water/broth as able)

4. Media / Hybrid Fast

- Remove social media, entertainment, or distractions alongside food changes

***Pastoral Guidance & Recommendation: ***

If you have medical conditions, consult a physician before fasting.

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How to Begin

Start with a clear goal. Be specific. Why are you fasting? Do you need direction, healing, or restoration of marriage or family issues? Are you facing financial difficulties?

Ask the Holy Spirit for guidance. Pray daily and read the Bible.

Preparing Spiritually

Confess your sins to God. Ask the Holy Spirit to reveal areas of weakness. Forgive all who have offended you and ask forgiveness from those you may have offended (**Mark 11:25; Luke 11:4; 17:3-4**). Surrender your life fully to Jesus Christ and reject the worldly desires that try to hinder you (**Romans 12:1-2**).

Deciding What to Fast (*Consult Doctor if Necessary*)

The type of fasting you choose is up to you. You could go on a full fast in which you only drink liquids, or you may desire to fast like Daniel, who abstained from sweets and meats, and the only liquid he drank was water. Remember to replace that time with prayer and Bible study.

Deciding How Long (*Consult Doctor if Necessary*)

You may fast as long as you like. Most can easily fast from one to three days, but you may feel the grace to go longer. Use wisdom and pray for guidance. Beginners are advised to start slow.

What to Expect

When you fast, your body detoxifies, eliminating toxins from your system. This can cause mild discomfort, such as headaches and irritability, during withdrawal from caffeine and sugar. And naturally, you will have hunger pains. Limit your activity and exercise moderately. Take time to rest. Fasting brings about miraculous results. You are following Jesus' example when you fast. Spend time listening to praise and worship. Pray as often as you can throughout the day. Get away from the normal distractions as much as possible and keep your heart and mind set on seeking God's face.

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How to End

Don't overeat when the time comes to end your fast. Begin eating solid food gradually; Eat small portions or snacks.

- Humble ourselves. Asking for forgiveness for our sins and the sins of our land.
- Seeking God. Declaring our dependence on God in every area of our lives.
- His Kingdom Come. Praying for the completion of the Great Commission.
- Hear from Heaven. Inviting His Presence in our church and our lives (souls saved, miracles, and transformed lives)
- Next Steps. Praying for individuals in their journey to know God, Find Freedom, discover Purpose, and make a Difference
- Believing God for answered prayer to our specific needs

DAILY FASTING RHYTHM

- **Read Scripture** (provided devotional)
- **Pray intentionally** (10–30 minutes)
- **Journal insights**
- **Replace mealtime with prayer**

21-DAY FASTING DEVOTIONAL

Each day includes:

- Scripture
- Thought of the Day
- Prayer focus

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DAY 1 – CONSECRATION

Scripture: Romans 12:1

Thought of the Day:

Fasting begins with surrender. We place our bodies, schedules, and appetites on the altar. *Consecration always precedes transformation.*

Prayer Focus:

"Lord, I present myself fully to You. Set me apart for Your purposes."

DAY 2 – HUNGER FOR GOD

Scripture: Matthew 5:6

Thought of the Day:

Physical hunger reminds us of a deeper spiritual hunger. God promises to fill those who desire Him above all else.

Prayer Focus:

Ask God to deepen your appetite for His presence.

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DAY 3 – HUMILITY

Scripture: Psalm 35:13

Thought of the Day:

Fasting humbles the soul. Pride weakens spiritual authority; humility strengthens it.

Prayer Focus:

Repent of self-reliance and ask for a teachable heart.

DAY 4 – REPENTANCE

Scripture: Joel 2:12–13

Thought of the Day:

True fasting leads us to repentance, not performance. God responds to broken and contrite hearts.

Prayer Focus:

Confess sins and receive God's mercy.

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DAY 5 – SPIRITUAL CLARITY

Scripture: Proverbs 3:5–6

Thought of the Day:

Fasting quiets competing voices so God’s direction becomes clear.

Prayer Focus:

Seek guidance for personal and family decisions.

DAY 6 – STRENGTH IN WEAKNESS

Scripture: Isaiah 40:29–31

Thought of the Day:

When the flesh weakens, God’s strength becomes evident.

Prayer Focus:

Depend fully on the Holy Spirit.

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DAY 7 – FIRST WEEK REFLECTION

Scripture: Psalm 63:1

Thought of the Day:

Pause and reflect on what God is stirring in your heart.

Prayer Focus:

Thank God for grace to continue.

DAY 8 – ALIGNMENT WITH GOD’S WILL

Scripture: Matthew 6:10

Thought of the Day:

Fasting aligns our desires with heaven’s agenda.

Prayer Focus:

Pray for God’s will over Crosspoint Fellowship.

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DAY 9 – FREEDOM FROM BONDAGE

Scripture: Isaiah 58:6

Thought of the Day:

Biblical fasting breaks chains—spiritual, emotional, and habitual.

Prayer Focus:

Intercede for freedom and deliverance.

DAY 10 – AUTHORITY IN CHRIST

Scripture: Luke 10:19

Thought of the Day:

Spiritual authority flows from disciplined devotion.

Prayer Focus:

Pray with confidence against spiritual opposition.

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DAY 11 – RENEWED MIND

Scripture: Romans 12:2

Thought of the Day:

Fasting retrains our thinking and reshapes priorities.

Prayer Focus:

Ask God to renew your thought life.

DAY 12 – GUIDANCE BY THE SPIRIT

Scripture: Acts 13:2

Thought of the Day:

The Holy Spirit speaks clearly to those who minister to the Lord.

Prayer Focus:

Listen for God's voice.

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DAY 13 – FAITH AND EXPECTATION

Scripture: Hebrews 11:6

Thought of the Day:

Fasting fuels expectancy. God rewards faith-filled seekers.

Prayer Focus:

Pray boldly for a breakthrough.

DAY 14 – MIDPOINT PRAISE

Scripture: Psalm 34:1

Thought of the Day:

Praise sustains perseverance.

Prayer Focus:

Offer thanksgiving despite discomfort.

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DAY 15 – COMPASSION FOR OTHERS

Scripture: Matthew 9:36

Thought of the Day:

Fasting softens our hearts toward the lost and hurting.

Prayer Focus:

Intercede for the unsaved.

DAY 16 – UNITY IN THE BODY

Scripture: Ephesians 4:3

Thought of the Day:

Corporate fasting strengthens church unity.

Prayer Focus:

Pray for harmony at Crosspoint Fellowship.

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DAY 17 – HEALING AND RESTORATION

Scripture: Isaiah 58:8

Thought of the Day:

God's healing power flows through obedient hearts.

Prayer Focus:

Pray for physical and emotional healing.

DAY 18 – RENEWED PASSION

Scripture: Revelation 2:4–5

Thought of the Day:

Fasting rekindles first love devotion.

Prayer Focus:

Ask God to restore spiritual fire.

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DAY 19 – PREPARATION FOR HARVEST

Scripture: Matthew 9:37–38

Thought of the Day:

Fasting prepares us for the Kingdom harvest.

Prayer Focus:

Pray for laborers and evangelistic fruit.

DAY 20 – POWER OF THE HOLY SPIRIT

Scripture: Acts 1:8

Thought of the Day:

The Spirit empowers surrendered believers.

Prayer Focus:

Ask for fresh filling of the Holy Spirit.

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DAY 21 – CELEBRATION & COMMISSIONING

Scripture: Isaiah 61:1–3

Thought of the Day:

We end the fast sent out—changed, empowered, and focused.

Prayer Focus:

Commit to ongoing spiritual discipline and obedience.

CLOSING DECLARATION

"Lord, we have set aside our appetites to sharpen our obedience. Continue the work you have begun in us. In Jesus' name, Amen."
