

# LIGHTHOUSE

— M I N I S T R I E S —

**21 DAYS**  
OF PRAYER & FASTING

**JANUARY 11-31, 2026**

## **ZOOM PRAYER CALL SCHEDULE**

Monday, Wednesday, Friday: 6:30 AM

Tuesday & Thursday: 7:30 PM

Sunday: 10:30 AM

## **FASTING SCHEDULE**

### **WEEKS 1, 2 and 3**

Secular media (TV, streaming,, social media, radio, etc.)

Limit for weeks 2 and 3

### **WEEKS 2 & 3**

Sweets (dessert, candy, soda, etc.)

### **WEEK 3**

Eat only what grows from the ground  
(fruit, vegetables, whole grains—no meat, etc.)

OR

One meal a day only

Download the prayer directives at  
**<https://lighthouselv.com/21-days-of-prayer>**