



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>