



MY PRAYER & FASTING *Journal*

Be Joyful in Hope,
Patient in Affliction,
Faithful in Prayer.

ROMANS 12:12

2026

GREATER LOVE CHURCH

21-DAY PRAYER AND FASTING GUIDE & JOURNAL

*“Consecrate a fast, Proclaim a solemn assembly; Gather the elders
And all the inhabitants of the land To the house of the Lord your
God, And cry out to the Lord.” - Joel 1:14*

Start Date:

Monday, January 12

End Date:

Sunday, February 2

Please use this 21-day concentration to the Lord not only for fasting but
effectual and fervent praying.

REMEMBER

Pray & Fast for the vision for our Church, Community & Home for 2026 & ask God
what He wants you to “**BIRTH**” this season. Then, **FOCUS** on that!

Prayer

THE MOST IMPORTANT TOOL IN PRAYER IS LISTENING FOR GOD'S DIRECTIONS FOR OUR LIVES!

God has unique relationships with all of us and therefore our prayer lives are unique as well. Some of us put unnecessary pressures on ourselves to pray like someone we have heard, when the most important thing that God wants from us, is for us to Seek His Face (Psalm 27:8), to look for Him, the All Knowing for guidance, to love on Him, and continuously build a relationship with Him (John 15:14-15). A relationship with God is similar in one way to relationships with others, the more we communicate the stronger the relationship becomes; the communication is in fact our relationship. Prayer IS our relationship with God.

No prayer = no relationship with God
More prayer = BIGGER relationship with God

A humble heart and a mind open to Jesus is what He expects, and the Holy Spirit will do the rest (Romans 8:26,27).

WHY SHOULD WE PRAY?

We pray because we love God
We pray to worship God for who He is
We pray to say thanks to our Father
We pray to God to praise Him
We pray to petition God
We pray to confess our sins
We pray to intercede for others
We pray against the enemies of God
We pray to listen to God
We pray to resist temptation
We pray because He directs us to pray

With God all things are possible. Luke 1:37

“Then Jesus told his disciples a parable to show them that they should always pray and not give up.

Luke 18:1

Fasting

Biblical fasting is refraining from food for a spiritual purpose. Fasting brings one into a deeper, more intimate relationship with the LORD. Sometimes we need spiritual renewal in our lives. Fasting is one of the ways that can cleanse us. It will help the process of communicating with the Father. You are following Jesus' example when you fast.

What to Do

- ⇒ Pray without ceasing (1 Thessalonians 5:17).
- ⇒ Read and study the word of God at every opportunity.
- ⇒ Stay focused on the blessings you are expecting from God.
- ⇒ Spend time listening to praise and worship music.
- ⇒ **If you fail in your trying, don't give up, start over again.**

What to Expect

- ◆ Breakthrough unlike anything you've ever experienced.
- ◆ Supernatural blessings and release of the power of God in your life.
- ◆ Expect the enemy to tempt you with food and anything else he thinks will try to turn you around from completing the fast. Expect to get hungry.

Fasting Scriptures to read and meditate on FOR:

REPENTANCE - 1 Samuel 7:6; Daniel 9:3-5; Joel 2:12-13; Jonah 3:5-9

GUIDANCE - Acts 14:23; Acts 13:2-4

WORSHIPING - Luke 2:37

STRENGTHEN PRAYERS - Matthew 17:20-2; Ezra 8:23

HUMILITY - Psalm 35:13-14

How to Begin

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Start with clear goal(s). Be specific about why are you fasting. Write it down in a journal or the back of this handout.

Do you need direction, healing, restoration of marriage or family issues? Are you facing financial difficulties? Do you desire to know God's will for your life? Is there a friend or loved one who needs salvation? Do you need to break away from bondages that have been holding you hostage?

Ask the Holy Spirit for guidance to define what things you want God to do during this fast.

Prepare Spiritually

- ◊ Confess your sins to God. (1 John 1:9)
- ◊ Ask the Holy Spirit to reveal areas of weakness in your life.
- ◊ Forgive all who have offended you and ask forgiveness from those you may have offended ([Mark 11:25](#); [Luke 11:4](#); [Luke 17:3-4](#)).
- ◊ Surrender your life fully to Jesus Christ and reject the worldly desires that try to hinder you ([Romans 12:1-2](#)).

Decide What Type of Fast

Full Fast for designated time frame

Drink only liquids

The Daniel Fast

- ⇒ What to eat and drink: Water and juices. Eat all kinds of fruits and vegetables, seeds, nuts and sprouts, brown rice, beans. Fish, if desired.
- ⇒ Foods to avoid: Meat, white rice, fried foods, sweets, bread, caffeine, carbonated beverages, refined sugar, margarine, shortening and high fat products.

Partial Fast (This can be full fast (drinking only liquids) or giving up particular food items, i.e. sweets, coffee, sodas)

- ◊ **12 Hour fast:** Midnight to Noon
- ◊ **Partial Day Fast 1:** Midnight to 3:00 p.m.
- ◊ **Partial Day Fast 2:** 6:00 a.m. to 6:00 p.m.

What to Expect (Physical Effects)

When on a fast your body detoxifies, eliminating toxins from your system. This can cause discomfort such as headaches and irritability during withdrawal from caffeine and sugars. And naturally, you will have hunger pains. Limit your activity and exercise moderately. Take time to rest. Drink lots of water. Chew sugar free breath mints or gum.

How to End

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

My reasons for fasting:

By the strength and grace of God, I commit to this 21-days of prayer and fasting.

Signed

Date

NOTE: Fasting and your health: If you have health issues or concerns about your physical ability to fast, please consult your doctor before beginning your fast.

Excerpt of information from www.jentezenfranklin.org