

# 21 Days of PRAYER & FASTING

JANUARY 2026



"If my people, who are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land." 2 Chronicles 7:14

"Draw near to God, and He will draw near to you."  
James 4:8

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**"We don't pray from comfort —  
we pray from dependence."**



## **How to Use This Workbook**

This workbook is designed for Youth and Adults to journey through prayer and fasting together.

Each day includes a Youth page and an Adult page.

Families may complete both together or separately.

## **How to Pray & Connect with God**

Prayer is relationship, not performance.

- Thank God
- Confess sin
- Pray Scripture
- Ask boldly
- Listen quietly

Connection grows through obedience, consistency, and humility.

## **Different Types of Fasting**

Fasting helps remove distractions so we can focus on God.

- Full Fast (short, medically safe)
- Partial Fast (meals or foods)
- Daniel Fast (Daniel 1)
- Media Fast (screens, social media)
- Activity Fast (gaming, hobbies)

Choose a fast that stretches you spiritually but remains wise.

# **Family Prayer Night Guide**

Set aside one night per week during the fast.

1. Read the day's Scripture together
2. Share one prayer request
3. Pray out loud together
4. Thank God for what He is doing

Keep it simple. Keep it consistent.

## **Day 1 – Wisdom & Understanding (Youth)**

Scripture (ESV): James 1:5

If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him.

Youth Reflection:

Parent Discussion Prompt:

## **Day 1 – Wisdom & Understanding (Adult)**

Scripture (ESV): James 1:5

If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him.

Adult Reflection:

Action Step:

## **Day 2 – Salvation (Youth)**

Scripture (ESV): Romans 10:9

If you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved.

Youth Reflection:

Parent Discussion Prompt:



## Day 2 – Salvation (Adult)

Scripture (ESV): Romans 10:9

If you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved.

Adult Reflection:

Action Step:

## **Day 3 – Strength & Power (Youth)**

Scripture (ESV): Isaiah 40:31

But they who wait for the LORD shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.

Youth Reflection:

Parent Discussion Prompt:

## Day 3 – Strength & Power (Adult)

Scripture (ESV): Isaiah 40:31

But they who wait for the LORD shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.

Adult Reflection:

Action Step:

## **Day 4 – Forgiveness (Youth)**

Scripture (ESV): Matthew 6:14

For if you forgive others their trespasses, your heavenly Father will also forgive you.

Youth Reflection:

Parent Discussion Prompt:

## **Day 4 – Forgiveness (Adult)**

Scripture (ESV): Matthew 6:14

For if you forgive others their trespasses, your heavenly Father will also forgive you.

Adult Reflection:

Action Step:



## **Day 5 – Children & Generations (Youth)**

Scripture (ESV): Psalm 127:3

Behold, children are a heritage from the LORD, the fruit of the womb a reward.

Youth Reflection:

Parent Discussion Prompt:

## **Day 5 – Children & Generations (Adult)**

Scripture (ESV): Psalm 127:3

Behold, children are a heritage from the LORD, the fruit of the womb a reward.

Adult Reflection:

Action Step:

## **Day 6 – Sin & Repentance (Youth)**

Scripture (ESV): Proverbs 28:13

Whoever conceals his transgressions will not prosper, but he who confesses and forsakes them will obtain mercy.

Youth Reflection:

Parent Discussion Prompt:

## **Day 6 – Sin & Repentance (Adult)**

Scripture (ESV): Proverbs 28:13

Whoever conceals his transgressions will not prosper, but he who confesses and forsakes them will obtain mercy.

Adult Reflection:

Action Step:

## **Day 7 – Thoughts & Mind Renewal (Youth)**

Scripture (ESV): Romans 12:2

Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

Youth Reflection:

Parent Discussion Prompt:



## **Day 7 – Thoughts & Mind Renewal (Adult)**

Scripture (ESV): Romans 12:2

Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

Adult Reflection:

Action Step:

## **Day 8 – Endurance (Youth)**

Scripture (ESV): Hebrews 12:11

For the moment all discipline seems painful rather than pleasant, but later it yields the peaceful fruit of righteousness to those who have been trained by it.

Youth Reflection:

Parent Discussion Prompt:

## **Day 8 – Endurance (Adult)**

Scripture (ESV): Hebrews 12:11

For the moment all discipline seems painful rather than pleasant, but later it yields the peaceful fruit of righteousness to those who have been trained by it.

Adult Reflection:

Action Step:

## **Day 9 – Faith (Youth)**

Scripture (ESV): Hebrews 11:1

Now faith is the assurance of things hoped for, the conviction of things not seen.

Youth Reflection:

Parent Discussion Prompt:

## **Day 9 – Faith (Adult)**

Scripture (ESV): Hebrews 11:1

Now faith is the assurance of things hoped for, the conviction of things not seen.

Adult Reflection:

Action Step:



## **Day 10 – Worship (Youth)**

Scripture (ESV): John 4:24

God is spirit, and those who worship him must worship in spirit and truth.

Youth Reflection:

Parent Discussion Prompt:

## Day 10 – Worship (Adult)

Scripture (ESV): John 4:24

God is spirit, and those who worship him must worship in spirit and truth.

Adult Reflection:

Action Step:

## **Day 11 – Marriage & Family (Youth)**

Scripture (ESV): Ephesians 5:25

Husbands, love your wives, as Christ loved the church and gave himself up for her.

Youth Reflection:

Parent Discussion Prompt:

## **Day 11 – Marriage & Family (Adult)**

Scripture (ESV): Ephesians 5:25

Husbands, love your wives, as Christ loved the church and gave himself up for her.

Adult Reflection:

Action Step:

## **Day 12 – Fruit of the Spirit (Youth)**

Scripture (ESV): Galatians 5:22

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness.

Youth Reflection:

Parent Discussion Prompt:

## **Day 12 – Fruit of the Spirit (Adult)**

Scripture (ESV): Galatians 5:22

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness.

Adult Reflection:

Action Step:

## **Day 13 – Purity (Youth)**

Scripture (ESV): Matthew 5:8

Blessed are the pure in heart, for they shall see God.

Youth Reflection:

Parent Discussion Prompt:

## Day 13 – Purity (Adult)

Scripture (ESV): Matthew 5:8

Blessed are the pure in heart, for they shall see God.

Adult Reflection:

Action Step:



## **Day 14 – Obedience (Youth)**

Scripture (ESV): John 14:15

If you love me, you will keep my commandments.

Youth Reflection:

Parent Discussion Prompt:

## **Day 14 – Obedience (Adult)**

Scripture (ESV): John 14:15

If you love me, you will keep my commandments.

Adult Reflection:

Action Step:

## **Day 15 – Church Commitment (Youth)**

Scripture (ESV): Hebrews 10:25

Not neglecting to meet together, as is the habit of some, but encouraging one another.

Youth Reflection:

Parent Discussion Prompt:

## **Day 15 – Church Commitment (Adult)**

Scripture (ESV): Hebrews 10:25

Not neglecting to meet together, as is the habit of some, but encouraging one another.

Adult Reflection:

Action Step:

## Day 16 – Healing (Youth)

Scripture (ESV): Psalm 103:3

Who forgives all your iniquity, who heals all your diseases.

Youth Reflection:

Parent Discussion Prompt:

## Day 16 – Healing (Adult)

Scripture (ESV): Psalm 103:3

Who forgives all your iniquity, who heals all your diseases.

Adult Reflection:

Action Step:

## **Day 17 – Serving Others (Youth)**

Scripture (ESV): Mark 10:45

For even the Son of Man came not to be served but to serve, and to give his life as a ransom for many.

Youth Reflection:

Parent Discussion Prompt:

## **Day 17 – Serving Others (Adult)**

Scripture (ESV): Mark 10:45

For even the Son of Man came not to be served but to serve, and to give his life as a ransom for many.

Adult Reflection:

Action Step:



## **Day 18 – Godly Success (Youth)**

Scripture (ESV): Joshua 1:8

This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night.

Youth Reflection:

Parent Discussion Prompt:

## **Day 18 – Godly Success (Adult)**

Scripture (ESV): Joshua 1:8

This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night.

Adult Reflection:

Action Step:

## **Day 19 – Spiritual Gifts (Youth)**

Scripture (ESV): 1 Corinthians 12:7

To each is given the manifestation of the Spirit for the common good.

Youth Reflection:

Parent Discussion Prompt:

## **Day 19 – Spiritual Gifts (Adult)**

Scripture (ESV): 1 Corinthians 12:7

To each is given the manifestation of the Spirit for the common good.

Adult Reflection:

Action Step:

## **Day 20 – Stewardship (Youth)**

Scripture (ESV): Luke 16:10

One who is faithful in a very little is also faithful in much.

Youth Reflection:

Parent Discussion Prompt:

## Day 20 – Stewardship (Adult)

Scripture (ESV): Luke 16:10

One who is faithful in a very little is also faithful in much.

Adult Reflection:

Action Step:

## **Day 21 – Respect & Legacy (Youth)**

Scripture (ESV): Romans 12:10

Love one another with brotherly affection. Outdo one another in showing honor.

Youth Reflection:

Parent Discussion Prompt:

## **Day 21 – Respect & Legacy (Adult)**

Scripture (ESV): Romans 12:10

Love one another with brotherly affection. Outdo one another in showing honor.

Adult Reflection:

Action Step:



## End-of-Fast Reflection

What did God reveal to our family during this fast?



What habits or distractions are we leaving behind?



What spiritual practices do we want to continue?



How will we keep growing together after the fast?

