

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 Guide

This 21-day fast is a focused season to humble ourselves, remove distractions, and seek God with intention.

DAILY RHYTHM:

- Begin with stillness before God
- Read the Scripture slowly (ESV)
- Pray honestly and specifically
- Write what God reveals
- Walk out one obedient action step

This journey is about dependence on God, not religious performance.

How to Pray & Connect with God

Prayer is not a performance — it is a relationship.

HOW TO PRAY:

- Start with gratitude
- Confess sin and receive forgiveness
- Pray Scripture back to God
- Ask boldly according to God's will
- Listen quietly for the Holy Spirit

CONNECTION PRACTICES:

- Silence and solitude
- Journaling what God highlights
- Obedience to conviction
- Consistent daily time with God

Different Ways to Fast

Fasting is a biblical discipline that sharpens spiritual focus and dependence on God.

FASTING OPTIONS:

- Full Fast – No food, water only (short durations, medically able adults only)
- Partial Fast – Skipping one or two meals per day
- Daniel Fast – Fruits, vegetables, water only (Daniel 1)
- Media Fast – Social media, TV, entertainment
- Distraction Fast – Gaming, hobbies, unnecessary activities

Choose a fast that stretches you spiritually while remaining wise and safe.

Day 1 – Wisdom & Understanding

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.

Day Completed

Prayer / Reflection:



Action Step:



Day 2 – Salvation

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.

Day Completed

Prayer / Reflection:



Action Step:



Day 3 – Strength & Power

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.

Day Completed

Prayer / Reflection:



Action Step:



Day 4 – Forgiveness

Scripture (ESV): Matthew 6:14

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

Day Completed

Prayer / Reflection:



Action Step:



Day 5 – Children & Generations

Scripture (ESV): Psalm 127:3

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

Day Completed

Prayer / Reflection:



Action Step:



Day 6 – Sin & Repentance

Scripture (ESV): Proverbs 28:13

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

Day Completed

Prayer / Reflection:



Action Step:



Day 7 – Thoughts & Mind Renewal

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.

Day Completed

Prayer / Reflection:



Action Step:



Day 8 – Endurance

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.

Day Completed

Prayer / Reflection:



Action Step:



Day 9 – Faith

Scripture (ESV): Hebrews 11:1

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

Day Completed

Prayer / Reflection:



Action Step:



Day 10 – Worship

Scripture (ESV): John 4:24

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

Day Completed

Prayer / Reflection:



Action Step:



Day 11 – Marriage & Family

Scripture (ESV): Ephesians 5:25

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

Day Completed

Prayer / Reflection:



Action Step:



Day 12 – Fruit of the Spirit

Scripture (ESV): Galatians 5:22

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

Day Completed

Prayer / Reflection:



Action Step:



Day 13 – Lust & Purity

Scripture (ESV): Matthew 5:8

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

Day Completed

Prayer / Reflection:



Action Step:




Day 14 – Obedience

Scripture (ESV): John 14:15

If you love me, you will keep my commandments.

Day Completed

Prayer / Reflection:



Action Step:



Day 15 – Commitment to the Church

Scripture (ESV): Hebrews 10:25

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

Day Completed

Prayer / Reflection:



Action Step:



Day 16 – Healing

Scripture (ESV): Psalm 103:3

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

Day Completed

Prayer / Reflection:



Action Step:



Day 17 – Serving Others

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.

Day Completed

Prayer / Reflection:



Action Step:



Day 18 – Godly Success

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, so that you may be careful to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.

Day Completed

Prayer / Reflection:

Action Step:

Day 19 – Spiritual Gifts

Scripture (ESV): 1 Corinthians 12:7

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

Day Completed

Prayer / Reflection:



Action Step:



Day 20 – Stewardship & Finances

Scripture (ESV): Luke 16:10

One who is faithful in a very little is also faithful in much, and one who is dishonest in a very little is also dishonest in much.

Day Completed

Prayer / Reflection:



Action Step:



Day 21 – Respect, Honor & Legacy

Scripture (ESV): Romans 12:10

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

Day Completed

Prayer / Reflection:



Action Step:



End-of-Fast Reflection

What did God reveal to me during this fast?



What habits or mindsets need to change?



What disciplines will I continue?



What is God calling me to next?

