

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 guide is designed to help students grow closer to God in simple, healthy ways.

Each day takes about 10–20 minutes.

- Find a quiet place
- Ask God to speak to you
- Read the Bible verse
- Pray honestly
- Write what you learn
- Take one small action step

God cares more about your heart than being perfect.

How to Pray & Connect with God

Prayer is talking with God — not impressing Him.

- Thank God for what He's done
 - Tell Him what's really on your heart
 - Ask for help and guidance
 - Say sorry when you mess up
 - Take time to listen
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- Read your Bible
 - Sit quietly and listen
 - Write prayers in a journal
 - Obey what God shows you

How to Fast (Youth)

Fasting means giving something up to focus more on God.

SAFE FASTING OPTIONS:

- Social media
- Video games
- Snacks or sweets
- One meal (with parent approval)

Fasting is about discipline and prayer — not harming your body.

Parent Information

This 21-day fast is designed to be SAFE and HEALTHY for students.

Students are NOT required to do food-only fasts.

All food-related fasts must be approved by parents.

Our goal is spiritual growth, not physical risk.

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

What did God show me today?



One action I will take today:



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

What did God show me today?



One action I will take today:



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

What did God show me today?



One action I will take today:



Day 4 – Forgiveness

Scripture (ESV): Matthew 6:14

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

Day Completed

What did God show me today?



One action I will take today:



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

What did God show me today?



One action I will take today:



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

What did God show me today?

One action I will take today:

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

What did God show me today?



One action I will take today:



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

What did God show me today?



One action I will take today:



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

What did God show me today?

One action I will take today:

Day 10 – Worship

Scripture (ESV): John 4:24

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

Day Completed

What did God show me today?



One action I will take today:



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

What did God show me today?



One action I will take today:



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

What did God show me today?

One action I will take today:

Day 13 – Purity

Scripture (ESV): Matthew 5:8

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

Day Completed

What did God show me today?



One action I will take today:



Day 14 – Obedience

Scripture (ESV): John 14:15

If you love me, you will keep my commandments.

Day Completed

What did God show me today?



One action I will take today:




Day 15 – Church Commitment

Scripture (ESV): Hebrews 10:25

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

Day Completed

What did God show me today?



One action I will take today:



Day 16 – Healing

Scripture (ESV): Psalm 103:3

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

Day Completed

What did God show me today?



One action I will take today:



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

What did God show me today?

One action I will take today:

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.

Day Completed

What did God show me today?

One action I will take today:

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

What did God show me today?



One action I will take today:



Day 20 – Stewardship

Scripture (ESV): Luke 16:10

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

Day Completed

What did God show me today?



One action I will take today:



Day 21 – Respect & Legacy

Scripture (ESV): Romans 12:10

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

Day Completed

What did God show me today?



One action I will take today:



End-of-Fast Reflection

One thing God taught me:



What I want to keep doing:



What I need to leave behind:



How I feel closer to God now:

