

21 Days of Prayer & Fasting

A Daily Rhythm for Our Journey Together

This guide is designed to help you stay spiritually focused during our 21-Day Fast.

Each day includes:

- **One Scripture**
- **One Prayer Focus**
- **One Reflection Question**

You don't need to rush. Take a few quiet moments each day — morning, lunch, or evening — and allow God to meet you there. **The goal is not perfection, but attentiveness to God.**

WEEK 1 — CONNECT (*Jesus Is the Center* - Theme: Surrender • Prayer • Reset)

Day 1

Scripture: Psalm 63:1

Prayer: “Jesus, I want You more than anything else.”

Reflect: What has been competing for first place in my heart?

Day 2

Scripture: Matthew 6:33

Prayer: “Help me seek You first today.”

Reflect: What would change if Jesus truly came first?

Day 3

Scripture: Romans 12:1

Prayer: “I surrender my plans and expectations to You.”

Reflect: What am I holding onto too tightly?

Day 4

Scripture: John 15:4

Prayer: “Teach me to remain in You.”

Reflect: Where do I tend to rely on myself instead of Jesus?

Day 5

Scripture: Psalm 51:10

Prayer: “Create in me a clean heart, O God.”

Reflect: What needs renewal in me?

Day 6

Scripture: Isaiah 26:3

Prayer: “Guard my thoughts and give me peace.”

Reflect: What distracts my mind most?

Day 7

Scripture: Colossians 1:17

Prayer: “Jesus, hold my life together.”

Reflect: Where do I need to trust Him more?

WEEK 2 — GROW (*God's Word Changes Lives* - Theme: Formation • Habits • Spiritual Growth)

Day 8

Scripture: 2 Timothy 3:16

Prayer: “Let Your Word shape my life.”

Reflect: How regularly am I allowing Scripture to speak to me?

Day 9

Scripture: Psalm 119:105

Prayer: “Guide my steps through Your Word.”

Reflect: Where do I need direction?

Day 10

Scripture: Hebrews 12:11

Prayer: “Help me grow, even when it’s uncomfortable.”

Reflect: What discipline might God be using to shape me?

Day 11

Scripture: Galatians 5:22–23

Prayer: “Grow Your fruit in my life.”

Reflect: Which fruit do I most need right now?

Day 12

Scripture: James 1:22

Prayer: “Help me live what I believe.”

Reflect: What is one thing I need to act on?

Day 13

Scripture: Colossians 2:6–7

Prayer: “Root me deeply in Christ.”

Reflect: What habits strengthen my faith?

Day 14

Scripture: Philippians 1:6

Prayer: “Finish the good work You started in me.”

Reflect: Where have I already seen growth?

WEEK 3 — PURPOSE

Every Person Matters - Theme: Calling • Gifts • Serving

Day 15

Scripture: Ephesians 2:10

Prayer: “Show me how You’ve designed me.”

Reflect: What gifts has God placed in me?

Day 16

Scripture: 1 Corinthians 12:4–6

Prayer: “Help me use my gifts for others.”

Reflect: Where might God be inviting me to serve?

Day 17

Scripture: Romans 8:28

Prayer: “Use every part of my story for good.”

Reflect: How could my story help someone else?

Day 18

Scripture: Matthew 20:26

Prayer: “Teach me to serve like Jesus.”

Reflect: Where can I serve quietly and faithfully?

Day 19

Scripture: Colossians 3:23

Prayer: “Help me serve with joy and excellence.”

Reflect: What attitude do I bring to serving?

Day 20

Scripture: Proverbs 16:3

Prayer: “I commit my plans to You.”

Reflect: What future step do I need to trust God with?

Day 21

Scripture: Acts 20:24

Prayer: “Use my life for Your purposes.”

Reflect: How has God been shaping me during this fast?

CONCLUSION

As the fast ends, our journey continues.

What God has done in us is meant to be lived out together.

Let this season carry forward into belonging, serving, and sharing New Faith with others.