



# 21 DAYS

*of prayer & fasting*



# INTRODUCTION

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Welcome to this 21-day prayer and fasting guide, designed to deepen your spiritual journey and ignite a transformative experience in your walk with God.

Over the next three weeks, we will focus on three crucial aspects of our faith: relationship with Jesus, the empowerment of the Holy Spirit, and engaging the Harvest. This period of dedicated prayer and fasting can serve as a catalyst for personal and community revival - and provide both a deeper connection with God, a renewed sense of purpose, and clarify each believer's calling.

# THE PLAN

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In the first week, we'll explore the depths of relationship with Jesus. As we fast and pray, we create space in our lives to draw closer to our Heavenly Father, allowing His presence to permeate every aspect of our being. This time of focused devotion will help us align our hearts with His, deepening our relationship with Jesus and transforming us from the inside out.

The second week will center on the empowerment of the Holy Spirit. As we continue our fast, we'll seek a fresh infilling of God's Spirit, opening ourselves to His guidance, gifts, and power. This empowerment is crucial for living out our faith effectively and being witnesses for Christ in our daily lives.

Finally, the third week will focus on engaging the harvest. With renewed relationship with Jesus and fresh empowerment from the Holy Spirit, we'll turn our attention to the world around us, seeking God's heart, listening to His voice with delightful obedience, as we seek to engage the lost, broken, and marginalized. This time will equip and inspire us to share the love of Christ with others, participating in God's mission to redeem the world.



# WHAT IS FASTING?

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Fasting is not an obligation or duty that we “do” for the Lord, but rather an availability that we “give” to Him. When we respond to God’s call to enter into a biblical fast, then the experience that follows is about our joyful obedience and relationship with the Lord.

Although biblical fasting is commonly associated with abstaining from food, there are various alternative methods that people can use to fast.

The specific method and plan can vary widely based on personal convictions, health considerations, and spiritual goals, but the heart behind the effort remains the same. (If you have medical conditions, please consult a physician before beginning your fast.)

From occasional short fasts, intermittent fasts, extended fasts, fasts that include particular foods only, like the “Daniel Fast” (see appendix for more), and even open-ended fasts - you can engage in the timing as the Lord leads you. Sometimes this is an individual practice, but fasting can also be an intentional family rhythm, or an announced commitment by a community of believers - as it was in the book of Esther .

# WHY WE FAST

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Biblical fasting attunes us to the promises of God (1 Peter 1 :2-4), and in that, can lead to the following benefits:

**Humbling ourselves before the Lord** (2 Chronicles 7: 14, James 4:10)

**Hearing the Lord's direction** (Acts 13:1-4, Matthew 17:20-21)

**Bringing repentance and restoration** (Joel 2:12-13, 1 Samuel 7:1-6, Daniel 9:3-23)

**Strengthening prayer** (Matthew 17:20-21)

**Experiencing protection and safety** (Ezra 8:21-23)

**Asking for God's intervention** (Daniel 9, Joel 2:12-13, 2 Samuel 12:16-23, 2 Chronicles 20:1-7, Jonah 3:1-10)

**Offering intercession for others** (Daniel 9, Isaiah 58:6-8)

**Realizing a breakthrough** (Esther 4: 1-16, 2 Chronicles 20)

**Overcoming temptation** (Matthew 4: 1-11)

**Receiving healing and deliverance** (Isaiah 58:6-9)

# DIFFERENT KINDS OF FASTS

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In today's culture we have many distractions that pull us away or make it difficult to focus on relationship with God. In light of these powerful forces, you may want to include or consider a different type of fast to allow greater focus.

You can also choose abstinence from alternatives besides food, including:

## **Social Media**

Fasting from activities such as social media, scrolling, and even idle conversation can be an effective way to fast, without giving up food.

## **Video Games and Technology**

Similarly, fasting from video games and other technology can also be powerful.

## **Personal Indulgences**

Some choose to fast from particular indulgences such as hobbies, entertainment, rich foods, spending, or certain negative habits .

# FINAL INSTRUCTION

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**Most importantly, we encourage you to seek guidance and direction from the Holy Spirit as you discern the particular type of fast and the timing to which He is leading you.**

Remember to remain discrete as you embark on this journey.

"Whenever you fast, do not put on a gloomy face as the hypocrites do, for they neglect their appearance so that they will be noticed by men when they are fasting. Truly I say to you, they have their reward in full. But you, when you fast, anoint your head and wash your face so that your fasting will not be noticed by men, but by your Father who is in secret; and your Father who sees what is done in secret will reward you."  
(Matthew 6: 16-18 NASS)

## PRAYERS & PRAISES

Use this page to write prayer requests and answered prayers during this 21-day period.

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# WEEK 1: LISTENING TO JESUS

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God speaks to His people in various ways, including through prayer, the Bible, other people, creation, and through the Holy Spirit speaking to our spirit. Just as Jesus heard His Father's voice continually, believers can also listen to God through these channels. The Holy Spirit intercedes for us and communicates God's will to us. As we continue through this guide, remember:

The Bible (the written word "logos") serves as a primary means through which God speaks, allowing us to see His character and hear His heart and voice. The Holy Spirit also speaks to us, teaching and reminding us of God's truth. He speaks to our spirit through His Spirit, then thoughts emerge to our mind, thus giving direction and revealing His will - but we must allow the space and time to hear Him.

Additionally, God speaks through other trusted people, using them to convey and confirm His messages and guidance to us. God's creation declares His glory and communicates His Presence to us. Some of us can truly hear God more clearly in the wonder and beauty of nature.

Through prayer and meditation, believers can attune their spirits to hear from God, experiencing His guidance and peace. Ultimately, God's communication with His people is diverse and personal, tailored to each individual's unique relationship with Him.

# DAY 1: SEEKING HIS PRESENCE

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## **Jeremiah 29:13**

“You will seek me and find me when you seek me with all your heart.”

**Prayer:** Lord Jesus, as I begin this week of fasting and prayer, I come before You with an open heart. Draw me closer to You and help me to seek You wholeheartedly.

**Reflection Questions:** What areas of my life have I not fully surrendered to Jesus? How can I create more space in my daily routine to seek God’s presence?

## **Journaling:**

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# DAY 2: LISTENING TO HIS VOICE

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## **John 10:27**

“My sheep listen to my voice; I know them, and they follow me.”

**Prayer:** Jesus, quiet my mind and open my ears to hear Your voice. Teach me to recognize Your guidance and follow Your lead in all aspects of my life.

**Reflection Questions:** When was the last time I felt I clearly heard God’s voice? What was that experience like? What distractions in my life might be drowning out God’s voice?

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# DAY 3: ABIDING IN HIS LOVE

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## **John 15:9**

“As the Father has loved me, so have I loved you. Now remain in my love.”

**Prayer:** Lord, help me to fully comprehend and accept Your unconditional love. May I abide in Your love and allow it to transform my heart and relationships.

**Reflection Questions:** How has God’s love impacted my life recently?

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# DAY 4: WALKING IN HIS LIGHT

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## **John 8:12**

“I am the light of the world. Whoever follows me will never walk in darkness but will have the light of life.”

**Prayer:** Jesus, You are the light of my life. Guide my steps and illuminate my path. Help me to walk in Your light and reflect it to those around me.

**Reflection Questions:** Are there any areas of darkness in my life that I need to bring into God’s light? How can I be a better reflection of Christ’s light in my community?

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# DAY 5: RESTING IN HIS PEACE

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## **John 14:27**

“Peace I leave with you; my Peace, I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.”

**Prayer:** Lord Jesus, I surrender my worries and fears to You. Fill me with Your perfect Peace that surpasses all understanding.

**Reflection Questions:** What situations in my life do I need to entrust to God’s peace? How can I cultivate a more peaceful environment in my home and workplace?

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# DAY 6: GROWING IN WISDOM

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## **James 1 :5**

“If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.”

**Prayer:** Jesus, You are the source of all wisdom. Grant me discernment and understanding as I navigate life’s challenges. May Your wisdom guide my decisions and actions.

**Reflection Questions:** In what areas of my life do I most need God’s wisdom right now? How can I better apply the wisdom I’ve already received from God’s Word?

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# DAY 7: EMBRACING HIS PURPOSE

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## **Jeremiah 29:11**

“For I know the plans I have for you,” declares the Lord,  
“plans to prosper you and not to harm you, plans to give you  
hope and a future.”

**Prayer:** Lord Jesus, align my heart with Your purpose for my  
life. Help me to trust in Your plans and to walk confidently in  
the calling You have placed on my life.

**Reflection Questions:** How has my understanding of God’s  
purpose for my life changed during this week of fasting and  
prayer? What steps can I take to embrace and live out God’s  
calling for me more fully?

## **Journaling:**

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# WEEK 2: THE EMPOWERMENT AND FILLING WITH THE HOLY SPIRIT

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As we continue our fast, we'll seek a fresh infilling of God's Spirit, opening ourselves to His guidance, gifts, and power. This empowerment is crucial for living out our faith effectively and being witnesses for Christ in our daily lives.

# DAY 8: RECOGNIZING THE HOLY SPIRIT

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## **John 14:26**

“But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you.”

**Prayer:** Heavenly Father, open my eyes to recognize Your Holy Spirit’s presence in my life. Make me sensitive to His voice and guidance. Fill me afresh with Your Spirit and help me to rely on His wisdom in all I do. Amen.

**Reflection Questions:** How have I experienced the Holy Spirit’s guidance in my life recently? In what ways can I be more attentive to the Holy Spirit’s teaching?

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# DAY 9: YIELDING TO THE SPIRIT'S POWER

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## **Acts 1 :8**

“But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.”

**Prayer:** Lord, I surrender myself fully to Your Holy Spirit. Empower me with Your strength and courage to be Your witness in this world. Let Your power flow through me, transforming my life and touching others. In Jesus’ name, Amen.

**Reflection Questions:** Where in my life do I need to experience more of the Holy Spirit’s power? How can I be a more effective witness for Christ in my daily life?

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# DAY 10: WALKING IN THE SPIRIT

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## **Galatians 5 :25**

“Since we live by the Spirit, let us keep in step with the Spirit.”

**Prayer:** Holy Spirit, guide my steps and lead me in Your ways. Help me to walk in harmony with Your will, discerning Your voice and following Your direction. May every aspect of my life reflect Your leading and influence. Amen.

**Reflection Questions:** What does it practically mean for me to “keep in step with the Spirit”? In what areas of my life do I need to surrender more control to the Holy Spirit?

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# DAY 11: BEARING THE FRUIT OF THE SPIRIT

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## **Galatians 5 :22-23**

“But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control.”

**Prayer:** Gracious God, cultivate the fruit of Your Spirit in my life. May Your love, joy, peace, and all other virtues grow abundantly in me. Transform my character to reflect Your nature and let my life bear witness to Your power. In Jesus• name, Amen.

**Reflection Questions:** Which fruit of the Spirit do I need to develop more in my life? How can I create an environment that nurtures spiritual growth in my life?

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# DAY 12: RECEIVING SPIRITUAL GIFTS

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## 1 Corinthians 12:4

“There are different kinds of gifts, but the same Spirit distributes them.”

**Prayer:** Holy Spirit, reveal and activate the spiritual gifts You have given me. Help me to recognize these gifts and use them faithfully to serve others and glorify God. May I be a good steward of Your grace, using my gifts to further Your kingdom. Amen.

**Reflection Questions:** What spiritual gifts do I believe God has given me? How can I use my spiritual gifts more effectively to serve others and build up the church?

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# DAY 13: PRAYING IN THE SPIRIT

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## **Ephesians 6:18**

“And pray in the Spirit on all occasions with all kinds of prayers and requests.”

**Prayer:** Holy Spirit, teach me to pray according to God’s will. Intercede for me when I lack words and guide my prayers to align with the Father’s heart. Empower my prayer life, making it effective and transformative. May my prayers be a powerful force for God’s kingdom. Amen.

**Reflection Questions:** How can I incorporate more Spirit-led prayer into my daily routine? In what ways have I experienced the Holy Spirit’s help in my prayer life?

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# DAY 14: LIVING IN THE SPIRIT'S FREEDOM

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## **2 Corinthians 3:17**

“Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom.”

**Prayer:** Heavenly Father, thank You for the freedom Your Spirit brings. Break every chain of bondage in my life and help me to live fully in the liberty of Your Spirit. May I use this freedom to serve You wholeheartedly and to love others sacrificially. Let Your freedom in me be a testimony to Your power and grace. In Jesus’ name, Amen.

**Reflection Questions:** What areas of my life still need to experience the freedom of the Holy Spirit? How can I use my spiritual freedom to bless and serve others?

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# WEEK 3: ENGAGING THE HARVEST

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With renewed closeness with Jesus and fresh empowerment from the Holy Spirit, we'll turn our attention to the world around us, seeking God's heart, listening to His voice with delightful obedience, as we seek to engage the lost, broken, and marginalized. This time will equip and inspire us to share the love of Christ with others, participating in God's mission to redeem the world.

# DAY 14: LIVING IN THE SPIRIT'S FREEDOM

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## **Matthew 9:35-36**

“Jesus went through all the towns and villages, teaching in their synagogues, proclaiming the good news of the kingdom and healing every disease and sickness. When he saw the crowds, he had compassion on them, because they were harassed and helpless, like sheep without a shepherd.”

**Prayer:** Lord Jesus, open my eyes to see the world as You see it. Fill my heart with Your compassion for the lost and broken. Help me to recognize the spiritual hunger in those around me and give me the courage to respond with Your love. Amen.

**Reflection Questions:** How can I develop a deeper compassion for those who don't know Christ? In what ways am I currently blind to the spiritual needs of those around me?

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# DAY 15: SEEING THE HARVEST

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## **Matthew 9:35-36**

“Jesus went through all the towns and villages, teaching in their synagogues, proclaiming the good news of the kingdom and healing every disease and sickness. When he saw the crowds, he had compassion on them, because they were harassed and helpless, like sheep without a shepherd.”

**Prayer:** Lord Jesus, open my eyes to see the world as You see it. Fill my heart with Your compassion for the lost and broken. Help me to recognize the spiritual hunger in those around me and give me the courage to respond with Your love. Amen.

**Reflection Questions:** How can I develop a deeper compassion for those who don't know Christ? In what ways am I currently blind to the spiritual needs of those around me?

## **Journaling:**

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# DAY 16: BECOMING A WORKER

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## **Matthew 9:37-38**

“Then he said to his disciples, ‘The harvest is plentiful, but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into his harvest field.’”

**Prayer:** Heavenly Father, I answer Your call to be a worker in Your harvest field. Equip me with boldness, wisdom, and love to share Your good news. Use me as Your instrument to bring hope and healing to a broken world. In Jesus’ name, Amen.

**Reflection Questions:** What fears or hesitations are holding me back from being a worker in God’s harvest? How can I prepare myself to be more effective in sharing the Gospel?

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# DAY 17: SHARING YOUR STORY

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## **Luke 8:39**

“Return home and tell how much God has done for you.’ So, the man went away and told all over town how much Jesus had done for him.”

**Prayer:** Lord, thank You for the story of transformation You’ve written in my life. Give me the courage and opportunity to share this story with others. May my testimony be a powerful witness to Your grace and love. Use my words to draw others to You. Amen.

**Reflection Questions:** What is my personal testimony of God’s work in my life? With whom can I share my story this week, and how can I do it effectively?

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# DAY 18: MEETING PHYSICAL AND SPIRITUAL NEEDS

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## **Matthew 25:35**

“For I was hungry, and you gave me something to eat, I was thirsty, and you gave me something to drink, I was a stranger and you invited me in.”

**Prayer:** Jesus, give me Your heart for the hurting and the marginalized. Show me how to meet both physical and spiritual needs in my community. Use my hands and feet to demonstrate Your love in tangible ways. May my actions open doors for the Gospel. Amen.

**Reflection Questions:** How can I better balance meeting both physical and spiritual needs in my outreach? What practical acts of service can I engage in to demonstrate God’s love to others?

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# DAY 19: CROSSING CULTURAL BOUNDARIES

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## **John 4:9**

“The Samaritan woman said to him, ‘You are a Jew, and I am a Samaritan woman. How can you ask me for a drink?’ (For Jews do not associate with Samaritans.)”

**Prayer:** Holy Spirit, break down the walls of prejudice and fear in my heart. Give me the courage to cross cultural boundaries for the sake of the Gospel. Help me to see every person as You see them - worthy of Your love and grace. Use me to build bridges of understanding and reconciliation. Amen.

**Reflection Questions:** What cultural or social barriers am I hesitant to cross in sharing the Gospel? How can I better understand and connect with people from different backgrounds?

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# DAY 20: IDENTIFYING A "PERSON OF PEACE"

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## Read Luke 10:1-9

A “person of peace” is characterized by several key traits that facilitate the sharing of the Gospel and foster community engagement. These individuals are typically **open to relationships**, showing genuine interest in connecting with others, including those who share different beliefs. They exhibit **hospitality**, often welcoming others into their homes or lives, which creates a safe space for dialogue about spiritual matters. Additionally, they demonstrate a **curiosity about spiritual truth**, asking thoughtful questions and engaging in discussions about faith. A person of peace is also **supportive**, willing to help others and share what they learn with their social circles, thereby amplifying the impact of any spiritual conversations. Lastly, they possess a **receptive heart**, being open to prayer and expressing gratitude for the support they receive.

**Prayer:** Heavenly Father, I come before You with a grateful heart for the gift of salvation through Your Son, Jesus Christ. I ask for Your guidance and empowerment as I seek to share this precious gift with others. Open my eyes to the opportunities around me, and grant me courage, wisdom, and love as to actively engage those who do not yet know You.

## DAY 20: IDENTIFYING A "PERSON OF PEACE"

**Reflection Questions:** How can I cultivate a greater sense of urgency in sharing the Gospel, while still maintaining patience and sensitivity to others' spiritual journeys? In what ways can I better prepare myself to effectively communicate the message of Jesus to those from diverse backgrounds and belief systems?

### Journaling:

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# DAY 21: CELEBRATING THE JOY OF HARVEST

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## **Psalm 126:5-6**

“Those who sow with tears will reap with songs of joy. Those who go out weeping, carrying seed to sow, will return with songs of joy, carrying sheaves with them.”

**Prayer:** Heavenly Father, fill me with the joy of participating in Your harvest. Help me to sow seeds of Your love and truth faithfully, trusting You for the results. Give me patience in the process and eyes to see the fruit of Your work. May my life be a celebration of Your saving grace, drawing others to Your love. In Jesus’ name, Amen.

**Reflection Questions:** How can I cultivate a spirit of joy and expectancy in my evangelistic efforts? What “seeds” am I currently sowing that I can trust God to bring to harvest?

## **Journaling:**

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# APPENDIX: DANIEL FAST

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## WHAT IS A DANIEL FAST?

The Daniel Fast is based on a passage in the Bible from the Book of Daniel. This fast is essentially a vegan diet without any sugars, refined carbs, caffeine, or alcohol. It is a method of spiritual fasting based on the prophet Daniel's experience fasting according to the historical story recorded in the Bible.

There are two passages specifically that the Daniel Fast is based on:

1. "Please test your servants for ten days and let them give us vegetables to eat and water to drink." Daniel 1 :12
2. "In those days I, Daniel, was mourning three full weeks. I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled." Daniel 10: 2-3

From this experience, Daniel was said to gain knowledge, wisdom, spiritual understanding, favor, and an even better appearance (Daniel 1: 15-20), in addition to answered prayer and spiritual insight (Daniel 10: 11-12).

Therefore, the idea behind this kind of fast is that you would set aside other foods and focus on eating plant-based meals as an act of worship and sacrifice.

While it might seem restrictive, the Daniel Fast is meant to be followed for just 21 days. This length of time is based on Daniel's decision in Chapter 10 to deprive himself of "pleasant food," meat, and wine for three weeks while he sought God in prayer.

# APPENDIX: DANIEL FAST

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## FOODS YOU COULD EAT ON THE DANIEL FAST:

- **Whole grains:** Barley, brown rice, buckwheat, farro, grits, millet, oats, popcorn, quinoa, rice cakes, rye, sorghum, spelt, whole wheat, whole-wheat pasta, and wild rice.
- **Beans and legumes:** Black beans, black-eyed peas, cannellini beans, garbanzo beans (chickpeas), great northern beans, kidney beans, lentils, peanuts, pinto beans, and split peas.
- **Nuts and seeds:** Almonds, cashews, hazelnuts, macadamia nuts, natural nut butters (no additives), peanuts, pecans, pumpkin seeds, pine nuts, pistachios, poppy seeds, sesame seeds, soy nuts, sunflower seeds, and walnuts.
- **Vegetables:** All vegetables, whether fresh, frozen, dried, juiced, or canned.
- **Fruits:** All fruit, whether fresh, frozen, dried, juiced, or canned (so long as it doesn't contain added sugar).
- **Oils:** Oils can be used minimally, but not for deep-frying.
- **Herbs, spices, and seasonings:** Includes salt and pepper.
- **Soy products:** All soy products, including tofu.
- **Unleavened bread:** Whole grain breads made without yeast, sugars, or preservatives.
- **Water:** Distilled, filtered, sparkling, spring, and mineral waters are encouraged.
- **100-percent fruit juice:** Natural, 100-percent fruit juice is allowed but should be had sparingly.

# APPENDIX: DANIEL FAST

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## FOODS RECOMMENDED *NOT* TO EAT ON THE DANIEL FAST:

- **Animal products:** All meat, dairy, seafood, and eggs.
- **Sweeteners:** Agave nectar, artificial sweeteners, brown rice syrup, brown sugar, cane juice, corn syrup, honey, malt syrup, molasses, raw sugar, sugar, and other syrups.
- **Leavened bread:** Bread made with yeast.
- **Refined and processed foods:** Foods that contain artificial flavorings, artificial preservatives, food additives, white flour, and white rice.
- **Deep-fried foods:** All fried foods.
- **Solid fats:** Butter, lard, margarine, and shortening.
- **Chocolate:** Milk chocolate, semi-sweet chocolate, dark chocolate, chocolate syrup, and cacao.
- **Some beverages:** Alcohol, coffee, and other caffeinated beverages.