

# 21-DAY PRAYER & FASTING GUIDE

This 21-day journey is designed to help you draw closer to God, remove distractions, and experience breakthrough through pray and fasting. Use this guide daily to reflect on Scripture, pray intentionally, and journal what God speaks to you.

## HOW TO USE THIS GUIDE

### 1. Choose your fast.

- **Regular Fast:** Water or liquids only
- **Partial Fast:** One meal a day or fasting certain foods; also called the ["Daniel Fast"](#)
- **Selective Fast:** Remove specific items (sugar, caffeine, or processed foods)
- **Media/Social Fast:** Limit digital distractions (TV, social media, etc.)

### 2. Dedicate Time for Prayer & Scripture

- Set aside intentional moments to read, reflect, and pray.
- Journal what God is speaking to you each day.

### 3. Expect Breakthrough

- Approach this fast with faith, believing God will move in your life.

## WEEK 1: THE IMPORTANCE OF FASTING

Focus: Aligning Our Hearts With God

### Day 1 The Purpose Of Fasting

**Scripture:**  
Matthew 6:16-18

**Prayer Focus:**  
Ask God to prepare your heart and give you strength for this journey.

**Reflection:**  
Why am I fasting? What am I believing God for?

### Day 2 Fasting For Spiritual Renewal

**Scripture:**  
Isaiah 58:6

**Prayer Focus:**  
Pray for spiritual breakthrough and freedom from anything that hinders your faith.

### Day 3 Returning To God

**Scripture:**  
Joel 2:12-13

**Prayer Focus:**  
Ask for a renewed passion for God's presence.

### Day 4 Hungering For God

**Scripture:**  
Psalm 42:1-2

**Prayer Focus:**  
Pray for a deep hunger and thirst for God's Word.

### Day 5 Strength In Weakness

**Scripture:**  
2 Corinthians 12:9

**Prayer Focus:**  
Rely on God's strength when fasting feels difficult.

### Day 6 Removing Distractions

**Scripture:**  
Hebrews 12:1-2

**Prayer Focus:**  
Ask God to reveal what distractions need to be removed from your life.

### Day 7 Fasting With A Purpose

**Scripture:**  
Matthew 17:21

**Prayer Focus:**  
Pray for God to reveal his purpose in your fasting.

## WEEK 2: THE SPIRIT OF FASTING

Focus: Drawing Closer To God

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|------------------------------------------------------------------------------|-------------------------------------------------------------------|-------------------------------------------------------------------------|-------------------------------------------------------------------------------------|----------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------|
| <b>Day 8</b><br>Jesus' Example In Fasting                                    | <b>Day 9</b><br>Seeking God's Direction                           | <b>Day 10</b><br>Overcoming Temptation                                  | <b>Day 11</b><br>Strengthened By The Spirit                                         | <b>Day 12</b><br>Worship In Fasting                            | <b>Day 13</b><br>Walking In The Spirit                                              | <b>Day 14</b><br>A Heart Fully Devoted                            |
| <b>Scripture:</b><br>Luke 4:1-2                                              | <b>Scripture:</b><br>Acts 13:2-3                                  | <b>Scripture:</b><br>Matthew 4:2-4                                      | <b>Scripture:</b><br>Ephesians 3:16                                                 | <b>Scripture:</b><br>John 4:23-24                              | <b>Scripture:</b><br>Galatians 5:16-17                                              | <b>Scripture:</b><br>Psalm 51:10                                  |
| <b>Prayer Focus:</b><br>Ask for the Holy Spirit to guide and strengthen you. | <b>Prayer Focus:</b><br>Pray for clarity and wisdom in decisions. | <b>Prayer Focus:</b><br>Ask for spiritual endurance against temptation. | <b>Prayer Focus:</b><br>Pray for spiritual growth and strength in your inner being. | <b>Prayer Focus:</b><br>Let your fasting be an act of worship. | <b>Prayer Focus:</b><br>Ask God to help you walk in alignment with the Holy Spirit. | <b>Prayer Focus:</b><br>Pray for a pure heart and renewed spirit. |

## WEEK 3: THE IMPACT OF FASTING

Focus: Breakthrough And Transformation

|                                                                              |                                                                      |                                                                  |                                                                         |                                                                                   |                                                                          |                                                                                       |
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| <b>Day 15</b><br>Praying For Breakthrough                                    | <b>Day 16</b><br>Fasting For Favor                                   | <b>Day 17</b><br>Seeking Humility                                | <b>Day 18</b><br>Obedience And Fasting                                  | <b>Day 19</b><br>Fasting For Others                                               | <b>Day 20</b><br>Expecting God To Move                                   | <b>Day 21</b><br>Walking In Power                                                     |
| <b>Scripture:</b><br>2 Chronicles 20:3                                       | <b>Scripture:</b><br>Esther 4:16                                     | <b>Scripture:</b><br>Psalm 69:10                                 | <b>Scripture:</b><br>Zechariah 7:5                                      | <b>Scripture:</b><br>Isaiah 58:7-8                                                | <b>Scripture:</b><br>Jeremiah 33:3                                       | <b>Scripture:</b><br>Acts 1:8                                                         |
| <b>Prayer Focus:</b><br>Seek God for a breakthrough in an area of your life. | <b>Prayer Focus:</b><br>Ask for God's favor and divine intervention. | <b>Prayer Focus:</b><br>Pray for a heart of humility before God. | <b>Prayer Focus:</b><br>Ask for a heart that obeys God in every season. | <b>Prayer Focus:</b><br>Intercede for those in need - friends, family, community. | <b>Prayer Focus:</b><br>Pray with expectation for God to reveal Himself. | <b>Prayer Focus:</b><br>Ask for God's power to continue guiding you beyond this fast. |

Take time to reflect on what God has done through the fast.

- What has God spoken to you?
- What distractions has He removed?
- What breakthroughs have you experienced?

Now that the fast is ending, commit to:

- Maintaining a lifestyle of prayer and fasting.
- Continuing to seek God's voice daily.
- Walking in boldness and faith.

Share your testimony!

If God has moved in your life during this fast, tell someone - your LifeGroup, your pastor, or a friend. Your breakthrough can inspire others!