

21 Days of Prayer & Fasting

Theme Prayer: *"God, use me for Your glory today."*

Welcome

Church Family,

If I were allowed only one prayer for you for 2026, it would be this: "Heavenly Father, help our church family grow deeper in relationship with You so they would share the hope of Jesus like never before."

It would be no greater joy than to watch each one of us fall more in love with Jesus, spend more time at the feet of Jesus, enjoy more of Jesus, and share the hope of Jesus with those who are distressed and dejected like never before. I believe God is ready to use our church family in a fresh way. I believe we have a year ahead of us that will cause us to look back and say, "Look at what God did."

As we start the year, I hope you'll start the year with great dependence on God. These 21 days of prayer and fasting are designed to do just that. To create a deeper dependence on Jesus that will in return produce a greater joy in Jesus. There's something powerful when we intentionally remove something from our lives in order to create a deeper dependence on Jesus.

These 21 days are rooted in John 17. John 17 gives us a rare glimpse into the prayer life of Jesus on the night before the cross. In this prayer, we see His heart for God's glory, His love for the Church, and His mission to reach the world. As we walk through this chapter together, I hope you'll join me in this simple prayer:

"God, use me for Your glory today."

So, church family, let's get after it! Let's run after Jesus for 21 days. Let's create a deeper dependence on Him. And let's get ready to see God use you for His glory like never before.

In Christ,

Jess Rainer, Lead Pastor

What Does the Bible Teach About Fasting?

Fasting is one of the ways God's people have always expressed their dependence on Him. At its core, fasting is a way of saying with our lives what we believe in our hearts: *we need God more than anything else*. Throughout Scripture, fasting shows up when God's people want to seek Him more deeply, hear Him more clearly, or respond to Him more fully.

In the Old Testament, fasting often accompanied moments of grief, repentance, humility, and great need. Sometimes it was personal. Sometimes it was corporate. But every time, fasting pointed to the same truth; we are not self-sufficient. We were never meant to be. Fasting reminds us that God alone is our source and sustainer.

Jesus affirms this in the New Testament. When He fasted in the wilderness, He reminded us that God's Word sustains us more than food ever could (Matthew 4:1–4). Later, Jesus told His disciples that doing the will of the Father was His true nourishment (John 4:31–35). And in John 6, Jesus makes it unmistakably clear: *He* is the Bread of Life. Food sustains the body for a moment, but Jesus sustains the soul for eternity.

Fasting doesn't earn God's favor, and it doesn't make Him love us more. It simply helps us clear space to be more aware of His presence. Jesus assumed fasting would be part of the rhythm of His followers' lives, not to impress others, but to draw near to the heart of God. Fasting is not about what we give up as much as it is about what we lean into. It's about longing for Jesus, trusting Him, and learning again that He is enough.



How to Fast

Fasting is a simple but powerful way to remind ourselves that we need God more than anything else. When we fast, we intentionally remove something from our lives to create more space for prayer, Scripture, and listening to the Lord. It's not about deprivation; it's about dependence.

There's no single "right" way to fast. The goal is to choose something meaningful, something you'll miss, and let that absence point you back to Jesus throughout the day. Here are a few options to prayerfully consider:

- **Food Fast**

Skip one meal a day, fast from sunup to sundown, or choose a Daniel-style fast (vegetables and water).

- **Partial Fast**

Remove a specific category of food like sweets, caffeine, or fast food for the 21 days.

- **Media Fast**

Step away from social media, streaming, or non-essential screen time.

- **Comfort Fast**

Give up something you regularly turn to for comfort or distraction.

The goal isn't to check a box or prove anything to God. It's to create intentional moments where hunger, habit, or absence reminds you to pray. And if you have health concerns, please choose a fast that is wise and appropriate for you.

Each time you feel the pull of what you've given up, let it become a simple prayer:

"God, use me for Your glory today."

How to Use This Guide

Each day, set aside a few intentional minutes to meet with the Lord. This doesn't need to be complicated or long. Focus on what matters most: consistency and a willing heart. Start by slowing down and praying the simple prayer that will guide us through these 21 days: "God, use me for Your glory today."

Next, read the Scripture for the day slowly. Don't rush it. Let God's Word settle in and speak before moving on. Then pray through the prompt honestly and personally. This isn't about finding the perfect words; it's about bringing your real heart before the Lord.

If you're able, write down what God is teaching you, and close your time by praying for The Church at Spring Hill and asking God to help you live on mission that day. Take this one day at a time, trusting that God will use these small, faithful moments to grow a deeper dependence on Him.



Before You Begin

Before you begin your 21 days of prayer and fasting, take a moment to prepare in three ways:

- **Clarify Your Purpose**

Why are you fasting? Ask the Holy Spirit to clarify His leading and objectives for your prayer fast. This will enable you to pray more specifically and strategically. Fasting is God-led and God-initiated. That means that He fuels a desire to fast and pray. He loves it when we fast.

- **Identify Your Fast**

What are you removing from your life? Identify at least one thing that you plan to remove from your life that you know will create a deeper dependence on God. Don't pick the easy thing. Pick what you know is going to be hard to get rid of for 21 days.

Write down the activities or items you plan to fast from here:

- **Prepare Your Heart**

Pray an expectant prayer. Prepare your heart for a deepening dependence on God. Get excited about what God is going to teach you. Look forward to what these next 21 days will bring.

Week 1 (Days 1-7): A Heart for God's Glory

Week 1 Overview:

This first week invites us to slow down and realign our hearts around God's glory above everything else. As we pray through the opening verses of John 17, we're reminded that our lives find their deepest purpose not in self-fulfillment, but in faithful surrender to the Father. These days help us begin the fast with humility, dependence, and a renewed desire to pray, *"God, use me for Your glory today."*

Day 1—Living for God's Glory

Scripture (John 17:1, CSB):

"Jesus spoke these things, looked up to heaven, and said: Father, the hour has come. Glorify your Son so that the Son may glorify you."

Prayer Prompt:

Begin these 21 days by laying your plans before the Lord. Ask God to realign your heart around what brings Him the most glory. Pray simply and honestly: *"God, use me for Your glory today—not my comfort, reputation, or plans."*

Day 2—Eternal Life Is Knowing God

Scripture (John 17:3, CSB):

"This is eternal life: that they may know you, the only true God, and the one you have sent—Jesus Christ."

Prayer Prompt:

Thank God that eternal life is not just something we hope for later, but something we live in now. Ask the Lord to deepen your desire to truly know Him. Invite Him to reveal anything you've been settling for instead of a deeper relationship with Jesus.

Day 3—Faithful With What God Has Given

Scripture (John 17:4, CSB):

"I have glorified you on the earth by completing the work you gave me to do."

Prayer Prompt:

Take a moment to reflect on what God has placed in your hands: your family, your work, your relationships, your church. Pray for faithfulness, not recognition. Ask God to help you steward what He's entrusted to you for His glory.

Day 4—Dependent on God's Power

Scripture (John 17:5, CSB):

"Now, Father, glorify me in your presence with that glory I had with you before the world existed."

Prayer Prompt:

Acknowledge your need for God today. Be honest about where you tend to rely on yourself instead of Him. Pray: *"God, use my weakness to display Your glory today."*

Day 5—Obedience Reveals Love

Scripture (John 17:6, CSB):

"I have revealed your name to the people you gave me from the world. They were yours, you gave them to me, and they have kept your word."

Prayer Prompt:

Ask God to help your obedience flow from love, not duty. Pray for a growing affection for His Word and a willingness to live it out. Ask that your life would quietly point others to the goodness of God.

Day 6—Guarded by the Father

Scripture (John 17:11, CSB):

"Holy Father, protect them by your name that you have given me, so that they may be one as we are one."

Prayer Prompt:

Thank God for His care and protection over your life. Ask Him to guard your heart and mind from pride, distraction, and temptation. Pray for humility and spiritual alertness as you follow Jesus.

Day 7—Worshipful Reflection

Scripture (John 17:10, CSB):

"Everything I have is yours, and everything you have is mine, and I am glorified in them."

Prayer Prompt:

Slow down today and spend extended time worshiping the Lord. Reflect on how God has been working in you this week. Recommit yourself to Him and pray again: *"God, use me for Your glory today."*

Week 2 (Days 8–14): A Church United in Truth and Love

Week 2 Overview:

In week two, the focus shifts from our personal walk with Jesus to our shared life as the Church. Jesus prays not only that His people would be holy, but that they would be united in truth and love so the world might believe. As we fast and pray together, we're asking God to strengthen our unity at The Church at Spring Hill and to use our love for one another as a clear witness of the gospel.

Day 8—A People Set Apart

Scripture (John 17:14, CSB):

"I have given them your word. The world hated them because they are not of the world, just as I am not of the world."

Prayer Prompt:

Pray for courage to live faithfully as a follower of Jesus in a world that often pushes against truth. Ask God to help The Church at Spring Hill stand firm on His Word while reflecting His grace and love.

Day 9—Holiness Through the Word

Scripture (John 17:17, CSB):

“Sanctify them by the truth; your word is truth.”

Prayer Prompt:

Ask God to shape your heart, your decisions, and your desires through Scripture. Pray for a renewed hunger for God’s Word, both in your life and across our church family.

Day 10—Sent Into the World

Scripture (John 17:18, CSB):

“As you sent me into the world, I also have sent them into the world.”

Prayer Prompt:

Ask God to open your eyes to the people He’s placed around you. Pray for a willingness to be sent wherever He leads today. Pray: *“God, use me for Your glory today by sending me where You want.”*

Day 11—Joy-Filled Faith

Scripture (John 17:13, CSB):

“I am coming to you, and I speak these things in the world so that they may have my joy completed in them.”

Prayer Prompt:

Thank God that true joy is found in Jesus, not in circumstances. Ask Him to fill your heart with a joy that flows from abiding in Christ and trusting Him fully.

Day 12—Protected From the Evil One

Scripture (John 17:15, CSB):

"I am not praying that you take them out of the world but that you protect them from the evil one."

Prayer Prompt:

Pray for spiritual protection over your family, church leaders, and church family. Ask God to strengthen us against temptation and to keep our hearts focused on Him.

Day 13—Unified for God's Glory

Scripture (John 17:21, CSB):

"May they all be one, as you, Father, are in me and I am in you. May they also be in us, so that the world may believe you sent me."

Prayer Prompt:

Ask God to deepen unity at The Church at Spring Hill. Confess any attitudes or actions that might divide rather than build up. Pray for a gospel-centered oneness that honors Christ.

Day 14—Love That Testifies

Scripture (John 17:23, CSB):

"I am in them and you are in me, so that they may be made completely one, that the world may know you have sent me and have loved them as you have loved me."

Prayer Prompt:

Pray that our love for one another would clearly reflect Jesus. Ask God to use our unity as a testimony that points people to Christ and draws them toward the gospel.

Week 3 (Days 15–21): A Mission That Reaches the World

Week 3 Overview:

The final week lifts our eyes beyond ourselves and even beyond our church to God's heart for the world. Jesus prays for future believers and for a mission that will outlast the moment, anchored in truth and filled with hope. These days challenge us to live sent by trusting that God delights in using faithful obedience today to shape eternity tomorrow.

Day 15—Glory on Display

Scripture (John 17:22, CSB):

"I have given them the glory you have given me, so that they may be one as we are one."

Prayer Prompt:

Thank God that He chooses to display His glory through ordinary people. Ask Him to help your life reflect Jesus clearly in your words, actions, and attitudes today.

Day 16—A People Who Endure

Scripture (John 17:19, CSB):

"I sanctify myself for them, so that they also may be sanctified by the truth."

Prayer Prompt:

Thank Jesus for setting Himself apart so that we could be made holy. Ask God for perseverance and endurance as you continue growing in faith and obedience.

Day 17—Future Believers Matter

Scripture (John 17:20, CSB):

"I pray not only for these, but also for those who believe in me through their word."

Prayer Prompt:

Pray for people who will come to faith through the witness of this church. Ask God to use The Church at Spring Hill to reach future generations with the hope of Jesus.

Day 18—Confidence in God's Love

Scripture (John 17:26, CSB):

"I made your name known to them and will continue to make it known, so that the love you have loved me with may be in them and I may be in them."

Prayer Prompt:

Rest in the truth that you are deeply loved by God. Ask Him to help you live from that love, not for it and to extend that same love to others.

Day 19—A Witness That Lasts

Scripture (John 17:6, CSB):

"I have revealed your name to the people you gave me from the world."

Prayer Prompt:

Ask God to help you faithfully represent Jesus through both your words and your actions. Pray for boldness, clarity, and compassion as you share your faith.

Day 20—Longing for Glory

Scripture (John 17:24, CSB):

"Father, I want those you have given me to be with me where I am, so that they will see my glory."

Prayer Prompt:

Let your heart linger on the hope of being with Christ forever. Ask God to let that future hope shape how you live today with faithfulness, urgency, and joy.

Day 21—All for God's Glory

Scripture (John 17:25–26, CSB):

"Righteous Father, the world has not known you. However, I have known you, and they have known that you sent me. I made your name known to them and will continue to make it known."

Prayer Prompt:

As you close these 21 days, reaffirm your surrender to the Lord. Pray with confidence and joy: *"God, use me for Your glory today—and until You return."* Commit to continuing a life of prayer, dependence, and mission beyond these 21 days.