

jrny church

21 Days

of prayer and fasting

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How to fast

As you begin these 21 Days of Prayer and Fasting, remember this: God is already drawing near to you. Throughout Scripture, He meets His people in powerful ways when they set aside time to seek Him (Ezra 8:21, 23; Luke 2:36-37). Fasting creates space for you to hear His voice more clearly and experience His presence more deeply.

When you choose to lay aside a meal or certain foods, use that time to turn your heart toward Him. Pray. Worship. Read His Word. Ask Him to meet you, guide you, strengthen you, and speak to you. This journey is not about what you are giving up. It is about who you are pursuing.

Before you begin, decide which type of fast you will commit to:

- **FULL FAST:** Liquids only such as water, broth, and juices
- **PARTIAL FAST:** Skip specific meals or fast during set hours
- **SPECIFIC FOOD FAST:** Avoid certain foods like meat or sweets
- **JUICE FAST:** Replace meals with vegetable or fruit juices
- **DANIEL FAST:** Plant-based foods while avoiding rich foods, meat, and wine

As you walk through these next 21 days, trust that God will meet you right where you are. He sees your desire to know Him more. He will strengthen you when it feels difficult and speak to you when you quiet your heart. Every moment you set apart for Him matters. Lean in with expectation. God is ready to do something fresh in your life!

Reading Plan

And God
showed up...

1 Priority	<i>Colossians 4:2</i>
2 Surrender	<i>Matthew 26:39</i>
3 Listen	<i>1 Samuel 3:10</i>
4 Connection	<i>James 4:8</i>
5 Solitude	<i>Matthew 6:6</i>
6 Purification	<i>2 Corinthians 7:1</i>
7 Self-Discipline	<i>Hebrews 12:11</i>
8 Crucifixion	<i>Galatians 5:24</i>
9 Conviction	<i>John 16:8</i>
10 Clarity	<i>Psalm 119:105</i>
11 Pain	<i>Psalm 34:18</i>
12 Compassion	<i>Galatians 6:2</i>
13 Contentment	<i>Philippians 4:11-13</i>
14 Hunger	<i>Matthew 5:6</i>
15 Awaken	<i>Psalm 46:10</i>
16 Reverence	<i>Psalm 25:14</i>
17 Pray	<i>James 4:8</i>
18 Presence	<i>Jeremiah 29:13</i>
19 Power	<i>Isaiah 40:31</i>
20 People	<i>Isaiah 60:3</i>
21 Church	<i>1 Corinthians 3:11</i>

Priority

Read

Colossians 4:2

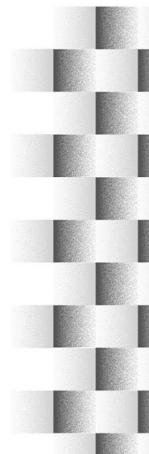
Thought

To prioritize prayer is to put God first so He can **show up** and allow one to witness His marvelous goodness.

Journal

Prayer

Lord, as I enter into this new year please help me to be devoted to prayer, prioritizing this discipline each and every day.



Surrender

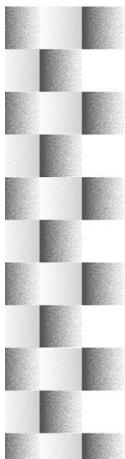
Read

Matthew 26:39

Thought

When we pray with a surrendered heart, we create space for God to move in; to **show up** with His presence by guiding, reshaping and aligning us with His perfect will.

Journal



Prayer

Father, I choose to surrender my whole life unto You. Create in me space for Your presence to lead, guide and direct my steps.

Listen

Read

1 Samuel 3:10

Thought

Creating space to listen for the voice of God heightens His voice creating margin for God to **show up!**

Journal

Prayer

My ears are open to Your voice Lord.
Speak, for your servant is listening.

Connection

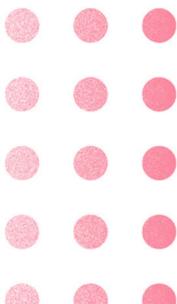
Read

James 4:8

Thought

Strengthen your connection with God through prayer, His Word, and meditation, and you will inadvertently create space for God to **show up**!

Journal



Prayer

Father, today I pause to connect with You through prayer and meditation. I ask that You show up and connect with me.

Solitude

Read

Matthew 6:6

Thought

Solitude with the Father creates personal space for Him to **show up** and nurture our hearts, fostering spiritual growth.

Journal

Prayer

Lord, help me to remember that in the quiet place my heart can stop performing, the noise settles, and it is there in solitude where You whisper how truly loved I am by You.



Purification

Read

2 Corinthians 7:1

Thought

A soul that's purified from every defilement of body and spirit offers holiness and space for God to **show up**.

Journal

Prayer

Father, I praise and thank You that purification is not punishment but a space where cleansing takes place by removing shame, burning away lies, and liberating my soul from worldly lusts and desires.

Self-Discipline

Read

Hebrews 12:11

Thought

A life of self-discipline creates space for the transformative power of God to **show up** and work in one's life.

Journal

Prayer

Lord, help me to be self-disciplined with You. Give me the desire to seek You, the strength to stay and the grace to return quickly when I wander.



Crucifixion

Read

Galatians 5:24

Thought

By denying and crucifying sinful desires, believers make room for spiritual growth and deeper alignment with God's will as He **shows up**.

Journal

Prayer

Lord, I cannot do this on my own - I need Your power, Your grace and Your presence guiding me every day as I desire to live a crucified life.



Conviction

Read

John 16:8

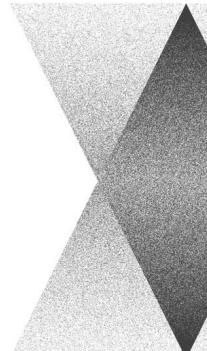
Thought

God **shows up**, fostering conviction and revealing our character traits as we spend time with Him.

Journal

Prayer

Holy Spirit let my heart remain open and tender, willfully obeying You in all things even when it is difficult, even when it costs me and even when I do not understand.



Clarity

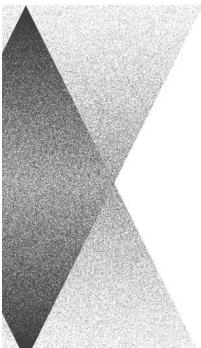
Read

Psalm 119:105

Thought

God **shows up** and enhances spiritual clarity and understanding when we make room for Him.

Journal



Prayer

God, grant me spiritual clarity. Clear the fog in my mind, the confusion in my heart, and the noise that distracts my spirit.

Pain

Read

Psalm 34:18

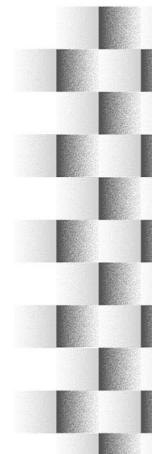
Thought

In the midst of pain the presence of God **shows up**, reminding us that we are never alone.

Journal

Prayer

Lord, help me to see You in the pain and struggle.
When my heart is heavy and the path unclear,
open my eyes to Your presence.



Compassion

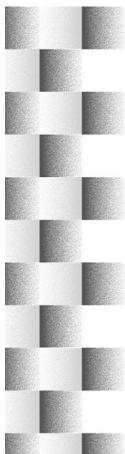
Read

Galatians 6:2

Thought

As we sit with God He **shows up** and instills compassion in our heart for others.

Journal



Prayer

Father, grant space in my heart and help me to hold compassion for others. Create room within that I would care deeply, listen patiently and love generously.

Contentment

Read

Philippians 4:11-13

Thought

Slow down, pray, read Scripture and allow God to **show up**, offering you His contentment while shifting your focus from what you lack to the One who provides all you need.

Journal

Prayer

Lord, free me from discontentment and help me to rejoice in what I have, and to see Your blessings even in the small things.

Hunger

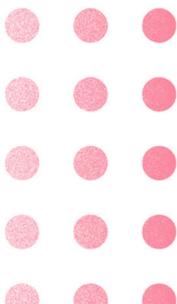
Read

Matthew 5:6

Thought

When I feel hunger for God, it awakens me to Him, and in that awakening the hunger grows and God **shows up!**

Journal



Prayer

God stir up a deep hunger and thirst for You.
Help me to crave Your presence, to draw near
to You and to be transformed by Your glory.

Awaken

Read

Psalm 46:10

Thought

An awakened soul draws me into a place where I can encounter the supernatural presence of God as He **shows up** and reveals Himself.

Journal

Prayer

Lord Almighty awaken my soul. Stir within me a living awareness of Your presence, Your Word and Your ways.



Reverence

Read

Psalm 25:14

Thought

Engaging in prayer and fasting not only invites spiritual growth, but also fosters reverence for God as He **shows up** in presence.

Journal

Prayer

Father, foster reverence and holy fear within me.
Let my heart be humble before You, my thoughts
 be mindful of Your greatness and my actions
 guided by holiness.

Pray

Read

James 4:8

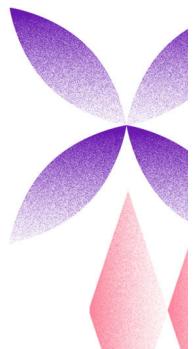
Thought

In moments when our hearts feel heavy or our strength feels small, prayer becomes a doorway for God to step in; to **show up**, and bring us what we need.

Journal

Prayer

God help me to always turn to You first in prayer.
Fill my heart with a desire to talk to you, ears to
listen to You and a heart that abides in You.



Presence

Read

Jeremiah 29:13

Thought

Prayer ushers in God's presence, making Him tangible and real in our lives as He **shows up** in ways we can feel, see, and experience.

Journal

Prayer

Lord I thank-you that when I bow my knee in prayer You show up and make Your presence known.



Power

Read

Isaiah 40:31

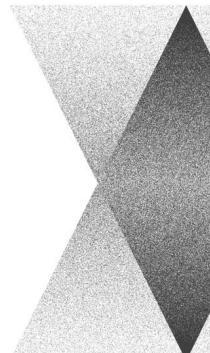
Thought

As you meet with the Lord in the quiet moments - resting in His stillness, you open your life for God to **show up** and pour out His power.

Journal

Prayer

Lord, I seek You and Your presence. Let Your power rest on me, work through me and empower me to be who You have called me to be and do what You have called me to do.



People

Read

Isaiah 60:3

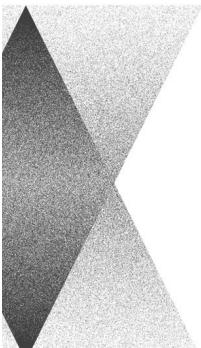
Thought

When we press into the Lord, the glory of God **shows up** and shines through His people, illuminating His goodness for all to see.

Journal

Prayer

Father, remove anything in me that dims Your light.
May everything I do point others to You and may my
life be a living testimony that honors Your name.



Church

Read

1 Corinthians 3:11

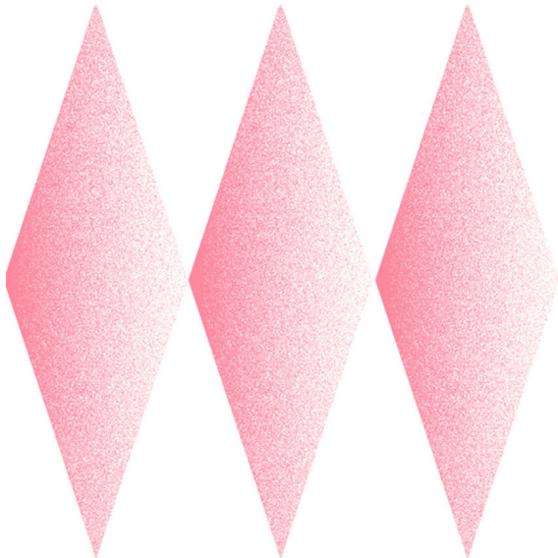
Thought

God establishes His Church through Scripture, **showing up** and providing a firm foundation for His people, emphasizing that His presence and guidance are ever with us.

Journal

Prayer

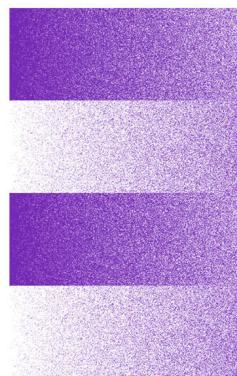
God help me to build my life upon Your Word with integrity, humility and to live in obedience. Let every life be touched by Your Church and recognize that You have established and sustain it.



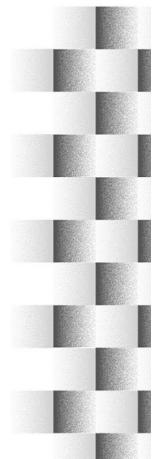
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Unless you put **prayer** with your **fasting**, there is no need to fast. If it doesn't mean anything to you, it won't mean anything to God.

Jentezen Franklin



Journal



Journal

