

PRAY21

Spiritual Guide



WEEK 1

SEEK FIRST GOD'S PRESENCE

Spiritual Commitments

- Daily Prayer & Devotion: 10 minutes
- Bible Reading: 1 chapter per day
- Food Fast: Follow the fasting guidelines provided

Weekly Emphasis

This week is about showing up. We are training our hearts to pause, listen, and seek God intentionally—without pressure, just presence.

Prayer Focus

- Hunger for God
- Clarity of heart
- Repentance and renewal
- Sensitivity to the Holy Spirit

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WEEK 2

SEEK FIRST GOD'S VOICE

Spiritual Commitments

- Fast from: Television & social media
- Daily Prayer & Devotion: 15 minutes
- Bible Reading: 2 chapters per day
- Food Fast: Continue fasting guidelines

Weekly Emphasis

This week is about subtraction.

By removing noise, we create space to hear what God has been saying all along.

Prayer Focus

- Discernment
- Obedience
- Direction for personal life and family
- Sensitivity to God's leading

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WEEK 3

SEEK FIRST GOD'S KINGDOM

Spiritual Commitments

- Financial Fast: No unnecessary spending (Only essentials)
- Daily Prayer & Devotion: 30 minutes
- Bible Reading: 3 chapters per day
- Food Fast: Continue fasting guidelines

Weekly Emphasis

This week is about trust.

We declare that God—not money, comfort, or control—is our source.

Prayer Focus

- Stewardship and generosity
- Faith for provision
- Vision for the future
- Kingdom priorities over personal preference