

21 DAYS



ASK, SEEK, KNOCK.

21 DAYS

PRAYER & FASTING



DAY 1- JAN. 4, 2026
HOW TO P.R.A.Y.

KEY POINTS:

- Pause, Rejoice, Ask, Yield.
- EVERY GREAT MOVEMENT OF GOD BEGINS WITH PRAYER.
- GOD DESIRES RELATIONSHIP, NOT RITUAL.

“THE PRAYER OF A RIGHTEOUS PERSON IS POWERFUL AND EFFECTIVE.”

JAMES 5:16

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PRAYER & FASTING



DAY 2- JAN. 5, 2026

KEEPING IT SIMPLE: STARTING OUT IN PRAYER

KEY POINTS:

- PRAYER IS MEANT TO BE SIMPLE AND ACCESSIBLE FOR EVERYONE.
- GOD INVITES US TO COME HONESTLY AND BE OUR REAL SELVES IN PRAYER.
- CONSISTENCY IN PRAYER MATTERS MORE THAN PERFECTION OR ELOQUENCE.

“OUR FATHER IN HEAVEN, HALLOWED BE YOUR NAME.”

MATTHEW 6:9

21 DAYS

PRAYER & FASTING



DAY 3- JAN. 6, 2026

SLOWING AND CENTERING: HOW TO BE STILL
BEFORE GOD

KEY POINTS:

- OUR SOULS NEED REST; HURRY IS THE ENEMY OF INTIMACY.
- USE BREATHING, POSTURE, OR A SINGLE WORD (LIKE "JESUS") TO CENTER YOUR MIND.
- STILLNESS PRECEDES REVELATION.

"BE STILL, AND KNOW THAT I AM GOD."

PSALM 46:10

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PRAYER & FASTING



DAY 4- JAN. 7, 2026

ADORATION: HOW TO WORSHIP GOD

KEY POINTS:

- WORSHIP IS LOVE EXPRESSED.
- GRATITUDE UNLOCKS JOY IN PRAYER.
- START PRAYER WITH PRAISE TO ALIGN YOUR HEART WITH HEAVEN.

“PRAISE THE LORD... PRAISE HIM FOR HIS MIGHTY ACTS; PRAISE HIM ACCORDING TO HIS EXCELLENT GREATNESS.”

PSALM 150:1-2

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DAY 5- JAN. 8, 2026

PETITION: HOW TO ASK GOD

KEY POINTS:

- GOD INVITES US TO BRING EVERY NEED AND DESIRE TO HIM IN PRAYER.
- PETITION REQUIRES FAITH—BELIEVING GOD HEARS, CARES, AND WILL ANSWER.
- ASKING ALIGNS OUR HEARTS WITH GOD'S WILL AND DEEPENS OUR RELATIONSHIP WITH HIM.

"ASK, AND IT WILL BE GIVEN TO YOU."

MATTHEW 7:7

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DAY 6- JAN. 9, 2026

INTERCESSION: HOW TO ASK GOD FOR OTHERS

KEY POINTS:

- STAND IN THE GAP FOR PEOPLE, CITIES, AND NATIONS.
- PRAY GOD'S PROMISES, NOT JUST YOUR OPINIONS.
- PRAYER INVITES HEAVEN TO TOUCH EARTH.

"I URGE THAT SUPPLICATIONS, PRAYERS, INTERCESSIONS... BE MADE FOR ALL PEOPLE."

1 TIMOTHY 2:1

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DAY 7- JAN. 10, 2026

UNANSWERED PRAYER: HOW TO DEAL WITH
DISAPPOINTMENT

KEY POINTS:

- PRAYER EXPOSES OUR DEPENDENCE ON GOD
- DISAPPOINTMENT TESTS OUR TRUST IN GOD'S CHARACTER.
- GOD'S PERFECT LOVE DRIVES OUT FEAR AND BUILDS FAITH.

"THERE IS NO FEAR IN LOVE. BUT PERFECT LOVE DRIVES OUT FEAR..."

1 JOHN 4:18

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DAY 8- JAN. 11, 2026

CONTEMPLATION: HOW TO PRAY WITHOUT
WORDS

KEY POINTS:

- SILENCE CAN EXPRESS TRUST AND SURRENDER TO GOD.
- IT CALMS THE MIND AND HEIGHTENS AWARENESS OF HIS PRESENCE.
- SILENT PRAYER HELPS US HEAR AND PERCEIVE GOD'S GUIDANCE.

"HE AWOKE AND REBUKED THE WIND AND SAID TO THE SEA, 'PEACE! BE STILL!'"

MARK 4:39

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DAY 9- JAN. 12, 2026

CONFESSION AND RECONCILIATION: HOW TO
GET RIGHT WITH GOD

KEY POINTS:

- SIN LOSES POWER WHEN IT'S BROUGHT TO LIGHT.
- CONFESSION LEADS TO RESTORATION, NOT CONDEMNATION.
- FORGIVENESS FLOWS BOTH VERTICALLY (TO GOD) AND HORIZONTALLY (TO OTHERS).

"IF WE CONFESS OUR SINS, HE IS FAITHFUL
AND JUST TO FORGIVE." 1 JOHN 1:9

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DAY 10- JAN. 13, 2026

SPIRITUAL WARFARE: HOW TO EXERCISE
SPIRITUAL AUTHORITY

KEY POINTS:

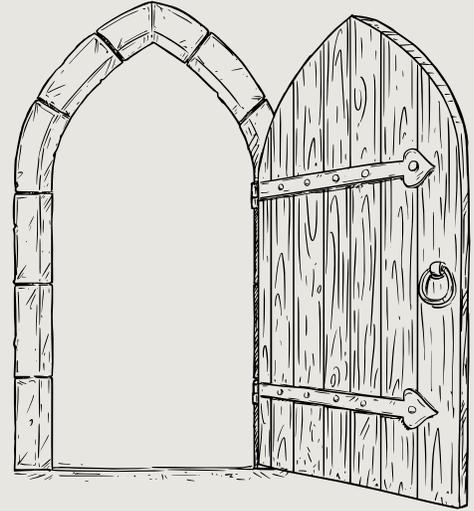
- SPIRITUAL BATTLES ARE REAL, BUT CHRIST HAS ALREADY WON.
- SCRIPTURE IS A WEAPON TO FIGHT LIES, FEAR, AND TEMPTATION.
- GOD'S ARMOR EQUIPS US TO STAND FIRM IN HIS STRENGTH.

"PUT ON THE FULL ARMOR OF GOD."

EPHESIANS 6:11

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DAY 11- JAN. 14, 2026
AMEN

KEY POINTS:

- "AMEN" MEANS "SO BE IT."
- PRAYER FINISHES WITH TRUST, NOT CONTROL.
- EVERY PRAYER ULTIMATELY POINTS BACK TO JESUS.

"FOR FROM HIM AND THROUGH HIM AND TO HIM ARE ALL THINGS."

ROMANS 11:36

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DAY 12- JAN. 15, 2026

LISTENING: HOW TO HEAR GOD

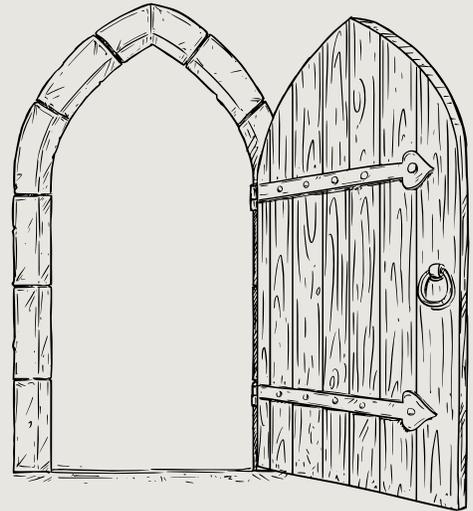
KEY POINTS:

- PRAYER IS BOTH TALKING TO GOD AND LISTENING FOR HIS GUIDANCE.
- LISTENING REQUIRES HUMILITY, PATIENCE, AND READINESS TO OBEY.
- GOD SPEAKS PRIMARILY THROUGH SCRIPTURE, BUT ALSO THROUGH DREAMS, COUNSEL, AND PERSONAL REFLECTION.

“WAIT FOR THE LORD; BE STRONG AND LET YOUR HEART TAKE COURAGE; WAIT FOR THE LORD.” PSALM 27:14

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DAY 13- JAN. 16, 2026

HEARING GOD'S WORD IN THE BIBLE

KEY POINTS:

- READ RELATIONALLY, NOT JUST INTELLECTUALLY.
- SCRIPTURE FORMS THE FOUNDATION FOR ALL OTHER WAYS GOD SPEAKS.
- JESUS IS THE WORD MADE FLESH — ALL SCRIPTURE POINTS TO HIM.

"YOUR WORD IS A LAMP TO MY FEET."

PSALM 119:105

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DAY 14- JAN. 17, 2026

HEARING GOD'S WORD IN THE AUTHORITY OF
SCRIPTURE

KEY POINTS:

- THE BIBLE IS A LIVING PLACE WHERE WE MEET AND HEAR GOD.
- SCRIPTURE IS OUR FOUNDATION FOR TRUTH, NOT FEELINGS OR CULTURE.
- WE HEAR GOD'S VOICE THROUGH INTENTIONAL TIME IN HIS WORD.

"HE EXPLAINED TO THEM WHAT WAS SAID IN
ALL THE SCRIPTURES CONCERNING HIMSELF."
LUKE 24:27

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DAY 15- JAN. 18, 2026

HEARING GOD'S WORD IN PRAYER

KEY POINTS:

- FOUR MOVEMENTS: READ (LECTIO), REFLECT (MEDITATIO), RESPOND (ORATIO), REST (CONTEMPLATIO).
- READ SCRIPTURE ALOUD TO HEAR GOD'S VOICE.
- SILENCE AND CONTEMPLATION HELP GOD'S WORD SINK DEEPLY INTO YOUR HEART.

"BE STILL, AND KNOW THAT I AM GOD."

PSALM 46:10

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DAY 16- JAN. 19, 2026

HEARING GOD'S WORD IN PROPHECY

KEY POINTS:

- PROPHECY IS MEANT TO STRENGTHEN, ENCOURAGE, AND COMFORT OTHERS.
- LOVE MUST ALWAYS BE THE MOTIVATION BEHIND ANY PROPHETIC WORD.
- WE GROW IN PROPHECY BY PURSUING GOD AND PRACTICING LISTENING TO HIS VOICE.

"BUT THE ONE WHO PROPHECIES SPEAKS TO PEOPLE FOR THEIR STRENGTHENING, ENCOURAGING, AND COMFORT."

1 CORINTHIANS 14:3

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DAY 17- JAN. 20, 2026
HEARING GOD'S WHISPER

KEY POINTS:

- GOD OFTEN SPEAKS QUIETLY, NOT DRAMATICALLY.
- HIS WHISPER DRAWS US INTO INTIMACY WITH HIM.
- QUIETING DISTRACTIONS HELPS US RECOGNIZE HIS VOICE.

"AFTER THE FIRE CAME A GENTLE WHISPER."

1 KINGS 19:12

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DAY 18- JAN. 21, 2026

HEARING GOD'S WHISPER IN DREAMS AND THE UNCONSCIOUS

KEY POINTS:

- GOD CAN SPEAK THROUGH DREAMS USING SYMBOLS.
- DREAMS REVEAL WHAT'S HAPPENING INSIDE US OR AROUND US.
- INVITE GOD INTO YOUR DREAMS TO RECEIVE HIS GUIDANCE.

"EVEN THE DARKNESS WILL NOT BE DARK TO YOU; THE NIGHT WILL SHINE LIKE THE DAY, FOR DARKNESS IS AS LIGHT TO YOU." PSALM 139:12

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DAY 19- JAN. 22, 2026

HEARING GOD'S WHISPER IN CREATION

KEY POINTS:

- GOD SPEAKS THROUGH HIS CREATION, REVEALING HIS GLORY AND CHARACTER.
- OBSERVING NATURE AND HUMAN CREATIVITY HELPS US RECOGNIZE HIS PRESENCE.
- SLOWING DOWN AND PAYING ATTENTION ALLOWS US TO HEAR HIS VOICE MORE CLEARLY.

"THE HEAVENS DECLARE THE GLORY OF GOD."
PSALM 19:1

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DAY 20- JAN. 23, 2026

THE WORD, THE WHISPER, AND THE WAY

KEY POINTS:

- LISTENING AND OBEYING JESUS IS AT THE HEART OF FOLLOWING HIM.
- SMALL, SIMPLE ACTS OF OBEDIENCE OFTEN PRECEDE GOD'S MIRACLES.
- A LIFE OF FAITH IS BUILT THROUGH DAILY "YESES" TO GOD'S GENTLE WHISPER.

"HIS MOTHER SAID TO THE SERVANTS, 'DO WHATEVER HE TELLS YOU.'"

JOHN 2:5

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DAY 21- JAN. 24, 2026

NOW WHAT? TAKING PRAYER AND HEARING
GOD IN OUR EVERYDAY LIFE

KEY POINTS:

- PRAYER IS ABOUT DAILY CONNECTION WITH GOD.
- MATURITY GROWS AS WE SPEND LESS TIME AWAY FROM HIM.
- GRACE HELPS US KEEP SHOWING UP, EVEN IF WE MISS MOMENTS.

“REMAIN IN ME, AS I ALSO REMAIN IN YOU.”

JOHN 15:4

