

21

Days of
Prayer & Fasting

ST. ANDREWS
ASSEMBLY OF GOD

JANUARY 4-25

NAME

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WELCOME FROM THE PASTOR



Dear Church,

For the next **21 days**, I invite you to participate in our season of prayer and fasting. As disciples of Jesus Christ, we are choosing hunger for God **OVER** distraction, surrender over self-reliance, and presence over preference. Fasting is not about losing something, it's about gaining Someone - more of Jesus, more clarity, more power, and more compassion.

Over the next three weeks, we are believing for God to:

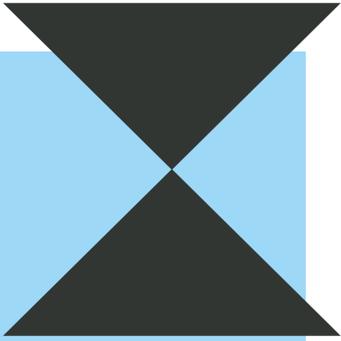
- **Deepen intimacy**
(Psalm 63:1-3)
- **Ignite breakthrough**
(Isaiah 58:6-8)
- **Fill us with Spirit-empowered boldness** *(Acts 1:8)*

Joel 2:12-13 (ESV)
says,

“Return to me with all your heart, with fasting...Return to the Lord your God, for he is gracious and merciful.”



FASTING AND PRAYER



What is Fasting???

Fasting is a spiritual practice where we voluntarily set aside something we depend on—most commonly food or certain comforts—to **create space** for deeper dependence on God. It is not about punishing ourselves or “earning” God’s favor, but about loosening our grip on worldly cravings so our hearts can become more attentive to the Holy Spirit. Different types of fasts help us do this in different ways: some people fast from meals or certain foods to quiet their bodies and sharpen their hunger for God, while others may fast from media or entertainment to break patterns of noise and distraction. Whether it’s a complete, partial, selective, or media fast, the goal is the same: **to intentionally remove lesser things so we can seek the greater thing**—Jesus—with clarity, humility, and expectancy.

REMEMBER THIS:

DISCIPLINE
+
DEPENDENCE
=
DEVOTION

types of fasts....

MAIN FAST

- **Complete Fast**
 - liquid periods
- **Daniel Fast**
 - clean, plant-based
- **6AM–6PM Partial Fast**
- **Selective Fast**
 - remove sweets, meat, caffeine, etc.
- **Media Fast**
 - social media, streaming, gaming, etc.

SECONDARY SACRIFICES

- **No soda**
- **No coffee**
- **No fast food**
- **No shopping**
 - except essentials
- **Phone on DND**
 - except emergencies



DAILY PRAYER RHYTHM

MORNING (20-30 MIN)

SCRIPTURE + PERSONAL PRAYER + JOURNALING

The morning is your time to slow down, open Scripture, and center your heart before the day begins. This is where you read the daily passage, reflect on what God is saying, and pray for strength, guidance, and focus. It sets the spiritual tone for the entire day.



MIDDAY (5-10 MIN)

PRAYER PAUSE FOR DAILY FOCUS

Midway through your day, take a brief pause to reset your attention on God. Whether you're at work, at home, or on the move, stop for a moment to pray the daily focus prayer. This rhythm trains your heart to stay spiritually aware and responsive even in the middle of busy life.

EVENING (10-15 MIN)

GRATITUDE + LISTENING PRAYER

In the evening, take a few quiet moments to look back over your day. Thank God for His faithfulness, note where He was at work, and ask Him what He wants you to notice or carry into tomorrow. This is where you slow down, listen, and allow God to form your heart through reflection.



PRAAYER GUIDE DAYS 1-21

LETS BEGIN!

Follow along! we are on
this journey together!

DAY 1

PSALM 63:1-3

PRAYER
FOCUS

HUNGER FOR GOD

REFLECTION
PROMPT

WHERE IS MY HEART
MOST THIRSTY?

NOTES 

DAILY PRAYER DECLARATION

“Lord, cleanse my heart. Align my desires. Empower my spirit. Give me compassion for the lost. Let You be my reward. I exchange lesser cravings for greater hunger
— MORE OF YOU, LORD.”

DAY 2

MATTHEW 6:5-8

PRAYER
FOCUS

SECRET PLACE

REFLECTION
PROMPT

WHAT DISTRACTIONS
COMPETE WITH
PRAYER?

NOTES



DAILY PRAYER DECLARATION

“Lord, cleanse my heart. Align my desires. Empower my spirit. Give me compassion for the lost. Let You be my reward. I exchange lesser cravings for greater hunger
— MORE OF YOU, LORD.”

DAY 3

ISAIAH 55:6-7

PRAYER
FOCUS

SEEK HIM NOW

REFLECTION
PROMPT

IS THERE ANYTHING I
MUST REPENT OF
TODAY?

NOTES



DAILY PRAYER DECLARATION

“Lord, cleanse my heart. Align my desires. Empower my spirit. Give me compassion for the lost. Let You be my reward. I exchange lesser cravings for greater hunger
— MORE OF YOU, LORD.”

DAY 4

JAMES 4:7-10

PRAYER
FOCUS

SURRENDER TO GOD

REFLECTION
PROMPT

WHAT IS HARDEST TO
SURRENDER?

NOTES



DAILY PRAYER DECLARATION

“Lord, cleanse my heart. Align my desires. Empower my spirit. Give me compassion for the lost. Let You be my reward. I exchange lesser cravings for greater hunger
— MORE OF YOU, LORD.”

DAY 5

ISAIAH 9:1-2

PRAYER
FOCUS

MESSIAH, OUR LIGHT

REFLECTION
PROMPT

WHO IN MY LIFE
NEEDS LIGHT TODAY?

NOTES



DAILY PRAYER DECLARATION

“Lord, cleanse my heart. Align my desires. Empower my spirit. Give me compassion for the lost. Let You be my reward. I exchange lesser cravings for greater hunger
— MORE OF YOU, LORD.”

DAY 6

LUKE 11:9-13

PRAYER
FOCUS

ASK FOR THE SPIRIT

REFLECTION
PROMPT

LORD, FILL ME—AND
OUR CHURCH—WITH
YOUR SPIRIT.

NOTES



DAILY PRAYER DECLARATION

“Lord, cleanse my heart. Align my desires. Empower my spirit. Give me compassion for the lost. Let You be my reward. I exchange lesser cravings for greater hunger
— MORE OF YOU, LORD.”

DAY 7

JOEL 2:12-14

PRAYER
FOCUS

RETURN TO GOD

REFLECTION
PROMPT

WHERE IS GOD
CALLING ME TO
RETURN TO HIM?

NOTES



DAILY PRAYER DECLARATION

“Lord, cleanse my heart. Align my desires. Empower my spirit. Give me compassion for the lost. Let You be my reward. I exchange lesser cravings for greater hunger
— MORE OF YOU, LORD.”

DAY 8

2 CHRONICLES 7:14

PRAYER
FOCUS

HEALING FOR OUR
CITY

REFLECTION
PROMPT

PRAY FOR SPIRITUAL
AWAKENING IN OUR
CITY.

NOTES



DAILY PRAYER DECLARATION

“Lord, cleanse my heart. Align my desires. Empower my spirit. Give me compassion for the lost. Let You be my reward. I exchange lesser cravings for greater hunger
— MORE OF YOU, LORD.”

DAY 9

ISAIAH 58:6-8

PRAYER
FOCUS

TRUE FAST

REFLECTION
PROMPT

WHO CAN I BLESS OR
SERVE TODAY?

NOTES



DAILY PRAYER DECLARATION

“Lord, cleanse my heart. Align my desires. Empower my spirit. Give me compassion for the lost. Let You be my reward. I exchange lesser cravings for greater hunger
— MORE OF YOU, LORD.”

DAY 10

ISAIAH 58:9-10

PRAYER
FOCUS

UNITY IN THE CHURCH

REFLECTION
PROMPT

WHERE MUST I SEEK
RECONCILIATION?

NOTES



DAILY PRAYER DECLARATION

“Lord, cleanse my heart. Align my desires. Empower my spirit. Give me compassion for the lost. Let You be my reward. I exchange lesser cravings for greater hunger
— MORE OF YOU, LORD.”

DAY 11

MICAH 5:2

PRAYER
FOCUS

PROMISED RULER

REFLECTION
PROMPT

THANK GOD FOR
FULFILLED PROMISES.

NOTES



DAILY PRAYER DECLARATION

“Lord, cleanse my heart. Align my desires. Empower my spirit. Give me compassion for the lost. Let You be my reward. I exchange lesser cravings for greater hunger
— MORE OF YOU, LORD.”

DAY 12

HEBREWS 12:1-2

PRAYER
FOCUS

**FIX YOUR EYES ON
JESUS**

REFLECTION
PROMPT

**WHAT WEIGHT OR
SIN MUST I RELEASE?**

NOTES



DAILY PRAYER DECLARATION

“Lord, cleanse my heart. Align my desires. Empower my spirit. Give me compassion for the lost. Let You be my reward. I exchange lesser cravings for greater hunger
— MORE OF YOU, LORD.”

DAY 13

ACTS 2:42-47

PRAYER
FOCUS

THE DEVOTED
CHURCH

REFLECTION
PROMPT

HOW CAN I ENGAGE
DEEPER IN
COMMUNITY?

NOTES



DAILY PRAYER DECLARATION

“Lord, cleanse my heart. Align my desires. Empower my spirit. Give me compassion for the lost. Let You be my reward. I exchange lesser cravings for greater hunger
— MORE OF YOU, LORD.”

DAY 14

ACTS 1:8

PRAYER
FOCUS

MISSIONAL
BOLDNESS

REFLECTION
PROMPT

WHO CAN I SHARE
JESUS WITH THIS
WEEK?

NOTES



DAILY PRAYER DECLARATION

“Lord, cleanse my heart. Align my desires. Empower my spirit. Give me compassion for the lost. Let You be my reward. I exchange lesser cravings for greater hunger
— MORE OF YOU, LORD.”

DAY 15

ROMANS 8:18-25

PRAYER
FOCUS

HOPE FOR FUTURE
GLORY

REFLECTION
PROMPT

WHERE MUST I TRUST
GOD'S TIMING?

NOTES



DAILY PRAYER DECLARATION

"Lord, cleanse my heart. Align my desires. Empower my spirit. Give me compassion for the lost. Let You be my reward. I exchange lesser cravings for greater hunger
— MORE OF YOU, LORD."

DAY 16

ISAIAH 40:28-31

PRAYER
FOCUS

**STRENGTH FOR THE
WEARY**

REFLECTION
PROMPT

**LIFT UP THOSE WHO
FEEL EXHAUSTED OR
DISCOURAGED.**

NOTES



DAILY PRAYER DECLARATION

“Lord, cleanse my heart. Align my desires. Empower my spirit. Give me compassion for the lost. Let You be my reward. I exchange lesser cravings for greater hunger
— MORE OF YOU, LORD.”

DAY 17

LAMENTATIONS

3:21-26

**PRAYER
FOCUS**

**REMEMBER HIS
FAITHFULNESS**

**REFLECTION
PROMPT**

**NAME THREE THINGS
GOD HAS DONE FOR
YOU.**

NOTES



DAILY PRAYER DECLARATION

“Lord, cleanse my heart. Align my desires. Empower my spirit. Give me compassion for the lost. Let You be my reward. I exchange lesser cravings for greater hunger
— MORE OF YOU, LORD.”

DAY 18

ISAIAH 9:6

PRAYER
FOCUS

WORSHIP HIS NAMES

REFLECTION
PROMPT

WHICH NAME OR
ATTRIBUTE OF JESUS
STANDS OUT TODAY?

NOTES



DAILY PRAYER DECLARATION

“Lord, cleanse my heart. Align my desires. Empower my spirit. Give me compassion for the lost. Let You be my reward. I exchange lesser cravings for greater hunger
— MORE OF YOU, LORD.”

DAY 19

LUKE 2:10-14

PRAYER
FOCUS

GOSPEL GRATITUDE

REFLECTION
PROMPT

THANK GOD FOR THE
GOOD NEWS THAT
BRINGS GREAT JOY.

NOTES



DAILY PRAYER DECLARATION

“Lord, cleanse my heart. Align my desires. Empower my spirit. Give me compassion for the lost. Let You be my reward. I exchange lesser cravings for greater hunger
— MORE OF YOU, LORD.”

DAY 20

ISAIAH 9:7

**PRAYER
FOCUS**

KINGDOM INCREASE

**REFLECTION
PROMPT**

**PRAY FOR SPIRITUAL
GROWTH IN YOUR
CHURCH.**

NOTES



DAILY PRAYER DECLARATION

“Lord, cleanse my heart. Align my desires. Empower my spirit. Give me compassion for the lost. Let You be my reward. I exchange lesser cravings for greater hunger
— MORE OF YOU, LORD.”

DAY 21

PSALM 103:1-5

**PRAYER
FOCUS**

PRAISE + RENEWAL

**REFLECTION
PROMPT**

**WHAT FRUIT IS GOD
GROWING IN ME?E
WITH PRAYER?**

NOTES



DAILY PRAYER DECLARATION

“Lord, cleanse my heart. Align my desires. Empower my spirit. Give me compassion for the lost. Let You be my reward. I exchange lesser cravings for greater hunger
— MORE OF YOU, LORD.”



PRAAYER GUIDE
DAYS 1-21

YOU MADE IT!



YOU DID IT!

FINAL BENEDICTION

May the Lord sharpen your spiritual hearing, deepen your hunger, and anoint your obedience.

May He restore what's been weary, heal what's been wounded, and awaken what's been dormant.

May you walk in the light of the coming King, carrying His hope into your home, church, and city.

In the name of Jesus — our Treasure, our Reward, our Coming Messiah. Amen.



SHARE ONLINE

St. Andrews Assembly of God

Share your Journey with us and share what God is doing in you through this 21 days of prayer and fasting!

SAFETY & WISDOM

Fasting is a spiritually powerful practice, but it should always be approached with wisdom, balance, and care. The goal is spiritual formation, not physical harm or unhealthy extremes. As you fast, keep these principles in mind:

Listen to Your Body

- If you feel dizzy, weak, or unwell, modify your fast. There is no spiritual benefit in pushing your body beyond safe limits. It is better to fast wisely than to force yourself into something unsafe.

Honor Medical Needs

- If you are pregnant, nursing, diabetic, managing chronic health conditions, taking medications, recovering from an illness, or under medical supervision, choose a non-food fast or consult your doctor before changing your diet.

Stay Hydrated

- Drink plenty of water throughout the day. Even on more restrictive fasts, hydration is essential for clarity, physical health, and sustained spiritual focus.

Choose a Sustainable Fast

- The fast should stretch your faith but still be realistic for your lifestyle and responsibilities. Choose a type of fast that keeps your heart engaged while allowing you to function well at work, at home, and in relationships.

Avoid Legalism or Comparison

- Don't compare your fast with someone else's. God is not moved by the type of fast but by the heart behind it. Let your fast be an honest offering of worship, not a competition or burden.

Use Your New Margin Well

- Fasting is not just abstaining—it is replacing. Use the extra space created by fasting to pray, read Scripture, journal, worship, or serve someone in need.

Expect Spiritual Resistance

- It's normal to feel distraction, irritability, temptation, or unexpected obstacles during a fast. Don't be discouraged—press in with prayer, grace, and patience. God does deep work through perseverance.

Break Your Fast Wisely

- When the fast concludes, ease gradually back into normal eating or routines. Your body processes food differently after a fast, and reintroducing things too quickly may cause discomfort.