



21 Days of Prayer & Fasting Guide

JANUARY 4TH - 24TH

Where to Begin...

What is fasting?

Fasting is the intentional choice to deny yourself something (food, entertainment, habits, or comforts) for a set time in order to make room for more of God's voice, presence, and direction.

Fasting is not about earning favor or proving spirituality.

Fasting is about focus. When you remove distractions, your spirit becomes more aware. When you slow down, your heart becomes more sensitive. When you quiet the noise, you hear Him more clearly.

What You Can Fast

- Food (full, partial, sugar, caffeine, etc.)
- Social media / entertainment
- Spending / non-essential purchases
- Video games, streaming, noise
- Anything that competes for your attention

What Fasting Does Spiritually

- Softens your heart
- Sharpens your hearing
- Exposes hidden distractions
- Builds hunger for God
- Strengthens discipline
- Aligns your desires with His voice

Journal Prompt Before Day 1

What am I fasting for these 21 days?

Write your response below:

- What breakthrough am I believing for?
- What area do I want clarity in?
- What part of my life needs God's direction?
- Who am I interceding for?
- What habits or patterns do I need freedom from?

Take 3–5 minutes. Be honest. Be specific.

Tips for a Strong Fast

- Pick your fast before you start. Clarity builds consistency.
- Replace what you're removing. Don't just stop eating or stop scrolling fill that space with prayer, Scripture, worship, or reflection.
- Expect resistance. The moment you quiet your life, everything will try to get louder. Push through.
- Document what God shows you. A lot of His voice comes through patterns, whispers, nudges, and reminders.
- Don't fast alone. Tell a friend or spouse what you're fasting for. Accountability strengthens you.
- End your fast intentionally. Spend time thanking God for what He said and listening for what comes next.

Week 1

LEANING TO HEAR
GOD'S VOICE

Day 1: God Still Speaks

John 10:27-28 (NASB)

"My sheep listen to My voice, and I know them, and they follow Me; and I give them eternal life, and they will never perish; and no one will snatch them out of My hand.

Devotional

God has not stopped speaking. He isn't distant or silent, He's personal. Jesus says His sheep listen to His voice, which means hearing God is part of following Him. The challenge isn't that God is quiet; it's that life is loud. Notifications, pressure, opinions, and expectations compete for our attention. When we slow down and choose stillness, we begin to recognize His voice again. He knows you by name, and He still calls you to walk with Him.

Prayer

Jesus, quiet the noise around me and inside me. Help me recognize Your voice and trust that I belong to You. Amen.

Response / Journal

What are the biggest distractions that make it hard for you to hear God? What would it look like to create more space for Him this week?

Day 2: The Whisper

1 Kings 19:11-12 (NASB)

"So He said, 'Go out and stand on the mountain before the Lord.' And behold, the Lord was passing by! And a great and powerful wind was tearing out the mountains and breaking the rocks in pieces before the Lord; but the Lord was not in the wind. After the wind there was an earthquake, but the Lord was not in the earthquake. After the earthquake a fire, but the Lord was not in the fire; and after the fire, a sound of a gentle blowing."

Devotional

Elijah expected God to show up in big, dramatic ways but God spoke through a whisper. Sometimes we think God only speaks through huge moments or powerful emotions, but often He speaks quietly. A whisper requires closeness. God invites you near, not overwhelmed. When life feels chaotic or confusing, don't pull away lean in. His quiet voice brings clarity and comfort.

Prayer

Holy Spirit, help me slow down enough to hear You. Draw me closer so I don't miss what You're saying. Amen.

Response / Journal

Where do you usually look for God to speak? How might God be inviting you to listen differently?

Day 3: Be Still

Psalm 46:10 (NASB)

“Stop striving and know that I am God; I will be exalted among the nations, I will be exalted on the earth.”

Devotional

Stillness doesn't mean giving up it means trusting God. When we stop striving, we remember that God is in control, not us. Being still allows our hearts to rest and our minds to refocus on truth. God doesn't ask you to figure everything out; He asks you to trust Him. In stillness, peace grows and His voice becomes clearer.

Prayer

God, help me stop striving and start trusting. Teach me to rest in who You are. Amen.

Response / Journal

What is one thing you've been trying to control that you need to give back to God?

Day 4: The Word Speaks

Hebrews 4:12 (NASB)

"For the word of God is living and active, and sharper than any two-edged sword, even penetrating as far as the division of soul and spirit, of both joints and marrow, and able to judge the thoughts and intentions of the heart."

Devotional

The Bible isn't just a book it's alive. God uses His Word to speak directly to our hearts, challenge our thoughts, and guide our choices. When you read Scripture, you're not just learning information; you're meeting with God. Even one verse can change your perspective if you let it sink in.

Prayer

God, help Your Word come alive to me. Shape my thoughts and guide my steps through Scripture. Amen.

Response / Journal

What verse or phrase from today's reading stood out to you most? Why do you think it caught your attention?

Day 5: Tuning out the Noise

Mark 1:35 (NASB)

“And in the early morning, while it was still dark, Jesus got up, left the house, and went away to a secluded place, and prayed there for a time.”

Devotional

Jesus intentionally stepped away from noise to spend time with the Father. If Jesus needed quiet time, we do too. Silence isn't empty it's where God meets us. When you unplug and step away from constant input, your soul can finally breathe. God often speaks when we choose to be alone with Him.

Prayer

Father, help me value time alone with You. Teach me to seek Your presence above everything else. Amen.

Response / Journal

What usually fills your quiet moments? What could you change to make more room for God?

Day 6: The Voice of Peace

Philippians 4:6-7 (NASB)

"Do not be anxious about anything, but in everything by prayer and pleading with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and minds in Christ Jesus."

Devotional

God's voice brings peace, not panic. Anxiety rushes, pressures, and overwhelms but God calms and reassures. When you're unsure if something is from God, pay attention to whether it leads you toward peace or fear. His peace protects your heart and mind and helps you move forward with confidence.

Prayer

Prince of Peace, guard my heart and mind. Help me recognize Your voice through the peace You give. Amen.

Response / Journal

Think about a recent decision. Did it bring peace or stress? What might God be showing you through that?

Day 7: Obedience Opens Ears

James 1:22-25 (NASB)

"But prove yourselves doers of the word, and not just hearers who deceive themselves. For if anyone is a hearer of the word and not a doer, he is like a man who looks at his natural face in a mirror; for once he has looked at himself and gone away, he has immediately forgotten what kind of person he was. But one who has looked intently at the perfect law, the law of freedom, and has continued in it, not having become a forgetful hearer but an active doer, this person will be blessed in what he does."

Devotional

Sometimes we want God to speak more, when He's waiting for us to respond to what He already said. Obedience builds clarity. When we live out God's Word, we begin to understand Him more deeply. Every step of obedience strengthens our ability to hear Him again.

Prayer

Lord, give me courage to obey You fully. Help me respond quickly when You speak. Amen.

Response / Journal

Is there something God has already asked you to do that you've been avoiding? What's one step you can take today?

Week 2

**NOTICING GOD'S
PRESENCE AND
LEADING**

Day 8: The Spirits Leading

Romans 8:14-16 (NASB)

"For all who are being led by the Spirit of God, these are sons and daughters of God. For you have not received a spirit of slavery leading to fear again, but you have received a spirit of adoption as sons and daughters by which we cry out, 'Abba! Father!' The Spirit Himself testifies with our spirit that we are children of God."

Devotional

The Holy Spirit leads gently, like a loving Father guiding His child. His direction brings peace and assurance, not fear. The more you listen and follow His lead, the easier it becomes to recognize His voice. You are God's child, and He delights in guiding you.

Prayer

Holy Spirit, thank You for leading me. Help me trust Your guidance today. Amen.

Response / Journal

When was a time you sensed God leading you? How did you respond?

Day 9: Recognizing His Presence

Exodus 33:14-15 (NASB)

"And He said, 'My presence shall go with you, and I will give you rest.' Then he said to Him, 'If Your presence does not go with us, do not lead us up from here.'"

Devotional

God's presence matters more than progress. Moses knew that moving forward without God wasn't worth it. God's presence brings rest, peace, and direction. Sometimes you won't hear words you'll sense His nearness. That awareness is a gift.

Prayer

God, let Your presence go with me today. Help me stay close to You in everything I do. Amen.

Response / Journal

Where do you feel closest to God at church, in nature, alone, with others? Why?

Day 10: Hearing Through Worship

Psalm 95:1-7 (NASB)

"Come, let us shout joyfully to the Lord, Let us shout joyfully to the rock of our salvation. Let us come before His presence with thanksgiving; Let us shout joyfully to Him in songs with instruments. For the Lord is a great God And a great King above all gods, In whose hand are the depths of the earth, The peaks of the mountains are also His. The sea is His, for it was He who made it, And His hands formed the dry land. Come, let us worship and bow down, Let us kneel before the Lord our Maker. For He is our God, And we are the people of His pasture and the sheep of His hand. Today, if you will hear His voice..."

Devotional

Worship shifts our focus from ourselves to God. When we praise Him, distractions fade and our hearts become open. God often speaks when we worship because our attention is finally on Him. Worship creates space for God to move.

Prayer

God, help me hear You as I worship. Let my praise open my heart to Your voice. Amen.

Response / Journal

How does worship help you connect with God? What happens in your heart when you praise Him?

Day 11: When God Seems Silent

Psalm 13:1-6 (NASB)

"How long, Lord? Will You forget me forever?
How long will You hide Your face from me?
How long am I to feel anxious in my soul,
With grief in my heart all the day?
How long will my enemy be exalted over me?
Consider and answer me, O Lord my God;
Enlighten my eyes, or I will sleep the sleep of death,
And my enemy will say, 'I have overcome him,'
And my adversaries will rejoice when I am shaken.
But I have trusted in Your faithfulness;
My heart shall rejoice in Your salvation.
I will sing to the Lord,
Because He has looked after me."

Devotional

Even strong believers experience seasons when God feels silent. Silence doesn't mean God has left it often means He's teaching trust. David chose to remember God's faithfulness even when answers didn't come quickly. God is still working, even when you can't hear Him clearly.

Prayer

God, help me trust You when You feel silent. Remind me of Your faithfulness. Amen.

Response / Journal

What helps you trust God when you don't feel close to Him?

Day 12: The Voice of Conviction

John 16:7-13 (NASB)

"But I tell you the truth: it is to your advantage that I am leaving; for if I do not leave, the Helper will not come to you; but if I go, I will send Him to you. And He, when He comes, will convict the world regarding sin, and righteousness, and judgment: regarding sin, because they do not believe in Me; and regarding righteousness, because I am going to the Father and you no longer are going to see Me; and regarding judgment, because the ruler of this world has been judged. ...But when He, the Spirit of truth, comes, He will guide you into all the truth..."

Devotional

Conviction is how God lovingly redirects us. The Holy Spirit points out what needs to change so we can grow not to shame us. When you feel a nudge to turn back toward God, that's love in action. He corrects because He cares.

Prayer

Holy Spirit, help me respond to Your conviction with humility. Lead me back to truth. Amen.

Response / Journal

How do you usually react when God corrects you? How could you respond differently?

Day 13: Through Wise Counsel

Proverbs 11:14 (NASB)

"Where there is no guidance the people fall, But in an abundance of counselors there is victory."

Devotional

God often speaks through people who love Him and love you. Wise counsel helps confirm direction and brings clarity. You're not meant to figure everything out alone. God uses community to guide and protect us.

Prayer

God, thank You for people who speak wisdom into my life. Help me listen well. Amen.

Response / Journal

Who is someone you trust for godly advice? How can you invite them into your decisions more often?

Day 14: Dreams and Vision

Joel 2:28-29 (NASB)

*"It will come about after this
That I will pour out My Spirit on all mankind;
And your sons and daughters will prophesy,
Your old men will dream dreams,
Your young men will see visions.
Even on the male and female servants
I will pour out My Spirit in those days."*

Devotional

God can speak in creative ways, including dreams and visions. These experiences should always line up with Scripture, but they remind us that God is personal and active. When something sticks with you, bring it to God and ask Him for clarity.

Prayer

God, help me recognize the ways You speak. Give me wisdom to discern Your voice. Amen.

Response / Journal

Have you ever had a dream or thought that felt significant? What did it stir in you?

Week 3

**LIVING A LIFESTYLE
OF LISTENING**

Day 15: Through Creation

Romans 1:20 (NASB)

"For since the creation of the world His invisible attributes, that is, His eternal power and divine nature, have been clearly perceived, being understood by what has been made, so that they are without excuse."

Devotional

Creation reflects God's power and creativity. When you pause to notice what He's made, your heart remembers how big and good He is. Nature has a way of slowing us down and pointing us back to the Creator.

Prayer

God, thank You for revealing Yourself through creation. Help me notice Your beauty around me. Amen.

Response / Journal

What part of creation helps you feel closest to God? Why?

Day 16: The Voice of Compassion

Matthew 9:35–36 (NASB)

“Jesus was going about all the cities and villages, teaching in their synagogues, and proclaiming the gospel of the kingdom, and healing every disease and every sickness. Seeing the crowds, He felt compassion for them, because they were distressed and downcast, like sheep without a shepherd.”

Devotional

Compassion often comes from God. When your heart feels moved toward someone's pain, that may be God inviting you to respond. God's voice sometimes sounds like love in action.

Prayer

Jesus, help me see people the way You do. Let compassion move me to action. Amen.

Response / Journal

Who might God be inviting you to care for this week?

Day 17: Listening Before Speaking

James 1:19–20 (NASB)

“You know this, my beloved brothers and sisters. Now everyone must be quick to hear, slow to speak, and slow to anger; for a man’s anger does not bring about the righteousness of God.”

Devotional

Listening creates space for wisdom. When we slow down before responding, God can guide our words. Choosing to listen first honors God and others.

Prayer

Lord, help me listen with patience. Guide my words before I speak. Amen.

Response / Journal

What situations tempt you to react quickly instead of listening?

Day 18: Trusting God's Timing

Ecclesiastes 3:1, 11 (NASB)

"There is an appointed time for everything. And there is a time for every matter under heaven...

He has made everything appropriate in its time. He has also set eternity in their heart, without the possibility that mankind will find out the work which God has done from the beginning even to the end."

Devotional

God's timing is always intentional. Waiting can feel frustrating, but God uses it to shape us. Even when you don't understand the delay, trust that He is working.

Prayer

God, help me trust Your timing. Teach me patience as I wait. Amen.

Response / Journal

What are you currently waiting on God for?

Day 19: Discernment vs. Distraction

1 John 4:1–3 (NASB)

“Beloved, do not believe every spirit, but test the spirits to see whether they are from God, because many false prophets have gone out into the world. By this you know the Spirit of God: every spirit that confesses that Jesus Christ has come in the flesh is from God; and every spirit that does not confess Jesus is not from God; this is the spirit of the antichrist, which you have heard is coming, and now it is already in the world.”

Devotional

Not every voice is from God. Discernment helps you recognize truth from distraction. God's voice aligns with Scripture and leads you closer to Jesus.

Prayer

Holy Spirit, help me recognize truth. Protect me from voices that lead me away from You. Amen.

Response / Journal

What helps you tell the difference between God's voice and distractions?

Day 20: The Reward of Obedience

Deuteronomy 28:1–2 (NASB)

"Now it shall be, if you diligently obey the Lord your God, being careful to do all His commandments which I am commanding you today, that the Lord your God will put you high above all the nations of the earth. And all these blessings will come to you and reach you if you obey the Lord your God."

Devotional

Obedience shapes who you become. When you choose God's way, blessings follow sometimes immediately, sometimes later. God honors a heart that says yes.

Prayer

Father, help me obey You even when it's hard. Shape my heart through obedience. Amen.

Response / Journal

What is one area where God is inviting you to trust Him through obedience?

Day 21: A Lifestyle of Listening

Isaiah 30:21 (NASB)

Whether you turn to the right or to the left, your ears will hear a voice behind you, saying, "This is the way; walk in it."

Devotional

Hearing God isn't meant to stop after 21 days. It's a lifelong relationship. God desires to guide you daily through choices, conversations, and quiet moments. Keep your heart open and your ears attentive.

Prayer

Lord, let listening to You be a daily habit. Help me walk closely with You every day. Amen.

Response / Journal

How has your awareness of God's voice changed during these 21 days? What do you want to carry forward?