



# 21 DAYS OF PRAYER & FASTING

Devotional Guide 2026





# Let's FLOURISH together!

Seek God daily with us, slowing down to realign our hearts and anchor ourselves in His promises. Whether fasting traditionally or dedicating more time to prayer, we believe God will connect with us. Participate in our daily online prayer sessions on Facebook, uniting as a church family.

**January 4 - 24, 2026**

**21**

**21 Days of Prayer & Fasting**

Week	Focus	Fasting Options
Week 1	Body	<b>No bread, meat, dairy, sweets, soda, juice, alcohol, junk food, or caffeine. - OR Only water from 6 am–6 pm.</b>
Week 2	Mind	<b>Continue at least 4 items from Week 1 OR continue water-only fast.- No social media. - Join daily prayer calls.</b>
Week 3	Soul	<b>Continue at least 2 items from Week 1 OR continue water-only fast.- No secular music/movies, limit news to once daily.</b>

# 21 Days of Prayer & Fasting – Flourish in 2026

**“May the Lord richly bless you, both  
you and your children.”**

— Psalm 115:14 (NLT)

"Lord, thank You for Your promise to increase us more and more. Help us to flourish in every season—rooted in You, growing in grace, and bearing fruit that brings You glory.

We trust You with the process and praise You for the increase."

In Jesus' name, Amen.

**To flourish is not merely to survive,  
but to grow, thrive, and bear fruit  
under God's care.**





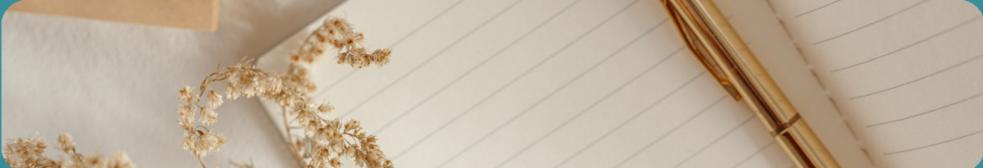
## Why Do We Fast?

Fasting is a spiritual discipline that helps us:

- Humble ourselves before God (Ezra 8:21).
- Seek His guidance and will (Acts 13:2-3).
- Break free from bondage and experience renewal (Isaiah 58:6).

By setting aside physical comforts, we open our hearts to deeper intimacy with God. As James 4:8 reminds us, “Come close to God, and God will come close to you.”

*Note: Before beginning any fast, consult with your doctor to ensure it is safe for your health. Fasting is flexible; listen to your body and adjust as needed.*



# Preparing to Fast

Aspect	Preparation Steps	Tips
Heart	<ul style="list-style-type: none"><li>- Reflect on your spiritual goals for the fast.</li><li>- Confess and release any unresolved sin or burdens.</li><li>- Meditate on key scriptures like Psalm 139:23-24.</li></ul>	<ul style="list-style-type: none"><li>- Journal your intentions for fasting.</li><li>- Pray for a heart aligned with God's purposes.</li></ul>
Mind	<ul style="list-style-type: none"><li>- Set realistic expectations for your fast.</li><li>- Choose a focus scripture or devotional for the season.</li><li>- Avoid distractions by limiting media and social activities.</li></ul>	<ul style="list-style-type: none"><li>- Use reminders (sticky notes, phone alerts) with scripture to refocus your thoughts.</li></ul>
Body	<ul style="list-style-type: none"><li>- Begin reducing caffeine, sugar, and processed foods a few days before starting the fast.</li><li>- Stay hydrated.</li><li>- Plan balanced, nutrient-rich meals for non-fasting periods.</li></ul>	<ul style="list-style-type: none"><li>- Create a grocery list with whole foods (vegetables, fruits, whole grains, lean proteins).</li><li>- Prepare meals in advance to minimize effort during the fast.</li></ul>
Soul	<ul style="list-style-type: none"><li>- Create a dedicated prayer space in your home.</li><li>- Incorporate worship and reflection into your day.</li><li>- Be intentional about seeking God's presence.</li></ul>	<ul style="list-style-type: none"><li>- Play soft worship music or read Psalms to nurture your soul.</li><li>- End each day with gratitude and reflection.</li></ul>
Grocery Shopping	<ul style="list-style-type: none"><li>- Focus on whole, unprocessed foods.</li><li>- Buy herbal teas and items to break the fast gently (e.g., soups, broths).</li><li>- Avoid purchasing tempting snacks or indulgent items.</li></ul>	<ul style="list-style-type: none"><li>- Shop with a list to avoid impulse buys.</li><li>- Look for sales on fresh produce and pantry staples.</li></ul>
Daily Schedule	<ul style="list-style-type: none"><li>- Wake up earlier or stay up a little later for uninterrupted prayer time.</li><li>- Replace meal times with prayer and scripture reading.</li><li>- Schedule a midday check-in to recenter yourself.</li></ul>	<ul style="list-style-type: none"><li>- Use a planner or digital app to block out time for prayer.</li><li>- Keep a water bottle handy to stay hydrated throughout the day.</li></ul>

# Prayer Prompts

## Week 1: Rooted in God's Promise

### ***Day 1 – The Promise of Increase***

Psalm 115:14

- Thank God for His promise of increase
- Ask for faith to believe beyond what you see

### ***Day 2 – Flourishing Starts with Trust***

Proverbs 3:5–6

- Surrender control to God
- Ask Him to direct your path

### ***Day 3 – Planted, Not Scattered***

Psalm 92:12–13

- Ask God to root you deeply in Him
- Renounce spiritual restlessness

### ***Day 4 – Nourished by the Word***

Jeremiah 17:7–8

- Ask for a deeper hunger for Scripture
- Declare resilience in dry seasons

### ***Day 5 – Grace for the Growing Process***

Philippians 1:6

- Receive grace for unfinished areas
- Trust God's timing in your life

### ***Day 6 – Removing What Stunts Growth***

Hebrews 12:1

- Ask God to reveal hindrances
- Pray for strength to release them

### ***Day 7 – Rest Produces Fruit***

Matthew 11:28–30

- Pray for healthy rhythms of rest
- Release striving and burnout



# Prayer Prompts

## Week 2: Growing Through Transformation

### ***Day 8 – Flourish Where You’re Planted***

Jeremiah 29:11

- Ask God for contentment
- Seek purpose in your current season

### ***Day 9 – Strengthened from the Inside***

Ephesians 3:16

- Pray for spiritual stamina
- Ask God to fortify your heart

### ***Day 10 – Healing Promotes Growth***

Psalm 147:3

- Invite God into hidden pain
- Pray for wholeness and restoration

### ***Day 11 – Pruned to Produce More***

John 15:1–2

- Submit to God’s refining work
- Trust His loving hand

### ***Day 12 – Faith Fuels Flourishing***

Hebrews 11:6

- Ask for bold faith
- Reject doubt and fear

### ***Day 13 – Growing in Gratitude***

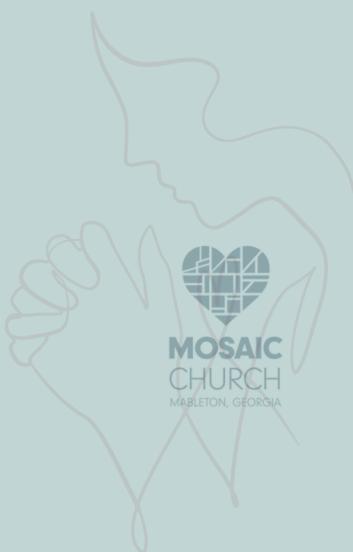
1 Thessalonians 5:18

- Thank God for present blessings
- Shift your perspective toward praise

### ***Day 14 – Flourishing in Community***

Ecclesiastes 4:9–10

- Pray for healthy relationships
- Ask God to remove isolation



# Prayer Prompts

## Week 3: Flourishing for God's Glory

### ***Day 15 – Fruit That Remains***

Galatians 5:22–23

- Ask the Holy Spirit to cultivate godly fruit
- Surrender your character development to God

### ***Day 16 – Increase with Responsibility***

Luke 16:10

- Pray for faithful stewardship
- Commit to obedience in small things

### ***Day 17 – Flourishing Beyond Fear***

2 Timothy 1:7

- Renounce fear
- Declare power, love, and self-discipline

### ***Day 18 – Generational Flourishing***

Psalm 112:1–2

- Pray for your children and legacy
- Declare generational blessing

### ***Day 19 – Shining While Flourishing***

Matthew 5:16

- Ask God to use your life as a witness
- Pray for humility in success

### ***Day 20 – Abounding in Hope***

Romans 15:13

- Ask God for renewed hope
- Declare joy and peace

### ***Day 21 – Flourishing Fully in God***

Psalm 115:14

- Thank God for growth seen and unseen
- Declare continued flourishing over your life

