



21 Days of Prayer & Fasting

Seeking God Together

January 11 - 31, 2026

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Introduction: A Call to Prayer and Fasting

As a community, we are about to embark on a 21-day journey of prayer and fasting—a time to draw closer to God, seek His will, and align our hearts with His purposes. This guide is designed to help us walk through this spiritual discipline with focus and intentionality, both individually and together as one community.

Seek



Over the next three weeks, we will seek God for our personal lives, our families, our church, our local community, and our nation. Together, we are asking Him to prepare us for the plans and purposes He has for us in the year ahead.

Pray



This is a corporate initiative, where we fast and pray in unity as a spiritual family, but it is also a deeply personal and Spirit-led journey. As you participate, ask the Holy Spirit to reveal what He wants you to surrender so that you can seek Him with your whole heart.

Purpose

DRAW CLOSER TO GOD

Deepen your relationship with Him and experience His presence in new and powerful ways.

BREAKTHROUGHS

Seek clarity and direction for your life through prayer and His Word.

HEAR HIS VOICE

Trust God to bring spiritual, relational, and emotional transformation in areas where you need it most.

INTERCEDE

Pray for your family, your community, and those serving in ministry locally and abroad.

FASTING OPTIONS

Food-Based Fasts

Full Fast: Liquids only (water, herbal teas, or broths)

Partial Fast: Skip one or two meals a day

Daniel Fast: Eat only fruits, veggies, whole grains and water

Non-Food Fasts

Media Fast: Eliminate social media, TV, or digital entertainment

Lifestyle Fast: Abstain from non-essential spending, coffee, or another daily habit.

Custom Fast

Choose something meaningful to give up for the fast (e.g., sweets, coffee).

FASTING GUIDELINES

Health Precautions

Consult a doctor before starting a fast, especially if you have medical conditions.

Stay Hydrated

Drink plenty of water throughout the day.

Adjust Expectations

You may feel hunger or fatigue; use these moments to turn to prayer.

Be Spiritually Focused

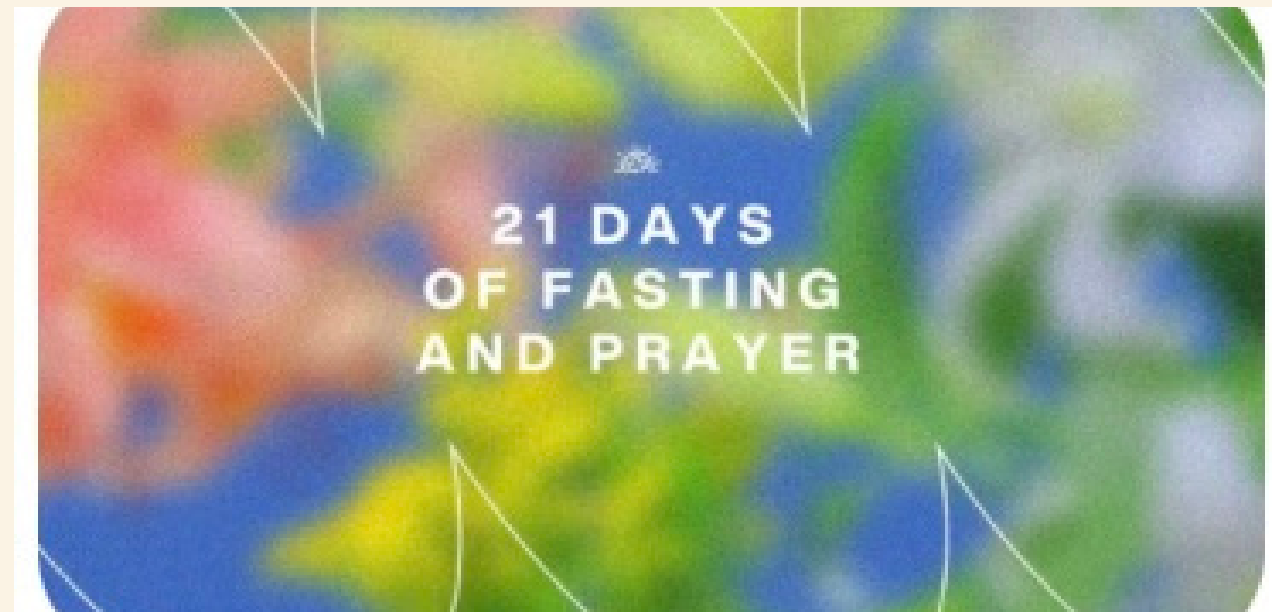
The purpose of fasting is to focus on God, so spend extra time in His presence.

21 DAYS OF FASTING AND PRAYER PLAN SELECTION

During these 21 days, we will be following the Bible YouVersion reading plan

“21 Days of Fasting and Prayer by Calvary Chapel Ft. Lauderdale.

This plan offers daily scriptures and reflections to help guide your prayer and fasting journey.



Scan QR code to
download the
Plan Selection

Click Link below to download the plan here and start on 1/11/2026:

<https://www.bible.com/reading-plans/30342-fasting-and-prayer-21-day-challenge>

**You can access it directly through the Youversion Bible App or
online at www.bible.com**

PREPARATION

1

PRAY

- Pray About Your Fast: Ask God to lead you in choosing the right type of fast and areas of focus.

2

PURPOSE

- Set Your Purpose: Write down your spiritual goals for the fast. Make it personal.
- Plan ahead: Prepare your schedule and environment to reduce distractions.

3

START

- Start Fasting Gradually: Prepare your body and environment a few days before starting the fast if doing food fasting.
- (If you have health conditions, seek medical advice before starting any food-based fast).

PREPARATION CONT.

4

Read and Meditate

- Dedicate a specific period of time to focused prayer and reflection using the selected 21 Days of Prayer & Fasting Bible app.
- Read through the selected passages slowly and thoughtfully, allow time to reflect on the application to your life.

5

Journaling

- Consider keeping a journal to document your thoughts, feelings, and spiritual insights gained during your fast

6

Prayer and Confession

- Confess every sin that the Holy Spirit calls to your remembrance and accept God's forgiveness (1 John 1:9).
- Seek forgiveness from all whom you have offended, and forgive all who have hurt you (Mark 11:25; Luke 11:4; 17:3,4). Make restitution as the Holy Spirit leads you.

FOCUSING ON LOCAL AND GLOBAL OUTREACH

Local Outreach

- Community Needs: Pray for our community - those experiencing homelessness, poverty, or family/marriage challenges.
- Faith-based Outreach Ministries: Ask God to bless and expand the efforts of local outreach programs.
- Neighbors and Friends: Pray for those in your personal circles who need to know the love of Christ.

Global Outreach

- Missionaries: Pray for the specific needs of the missionaries, including protection, provision, and fruitfulness in their ministries.
- Global Issues: Intercede for areas affected by war, poverty, natural disasters, or persecution, asking God for peace, healing, and restoration.

WHAT TO EXPECT

1

Grow Spiritually

- Experience a deeper understanding of God's Word and a more intimate relationship with Him.

2

Gain Clarity

- Hear God's voice more clearly as you remove distractions and focus on Him.
- Seek clarity and direction for your life through prayer and His Word.

3

Witness Breakthroughs

- See God move in areas of your life where you surrender fully to Him.
- Trust God to bring spiritual, relational, and emotional transformation in areas where you need it most.

WHAT TO EXPECT CONT.

4

Transformation

- Sharpens your focus and aligns your heart with God's purposes, equipping you for the next season of life.
- Establish or renew spiritual disciplines, such as consistent prayer, scripture reading, and worship.

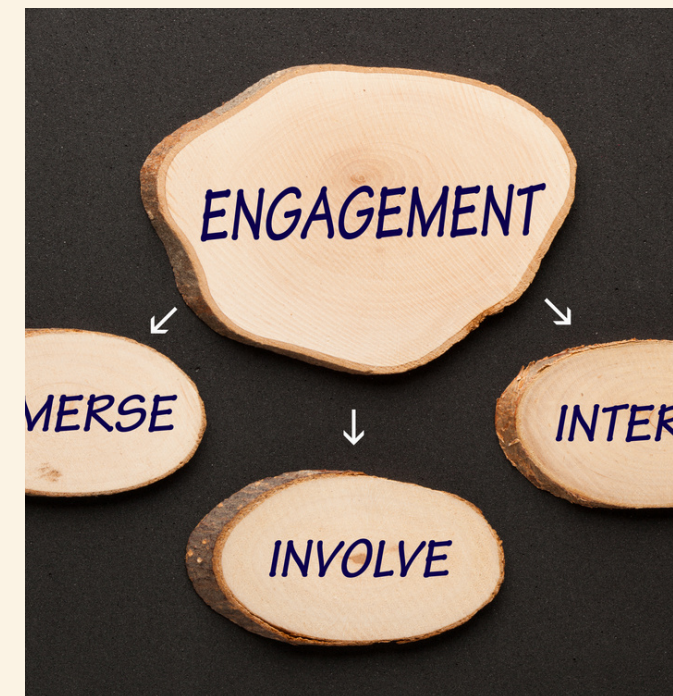
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Expression of God's Love

- Serving others reflects the love and generosity of Christ.
- Acts of service build relationships and create opportunities to share the Gospel.
- Service strengthens our witness and aligns with Jesus' command to love our neighbors (Mark 12:31).

COMMUNITY ENGAGEMENT

- Prayer Groups: Join small groups to pray together during the fast.
- Service Project: Participate in service projects.
- Corporate Gatherings: Attend weekly worship services.
- Engage with others in the community. Share your experiences, insights, and prayer requests.



RESOURCES

CRU Fasting Starter Kit

<https://www.cru.org/us/en/train-and-grow/spiritual-growth/fasting/fasting-starter-kit.html>

How to Fast and Pray

<https://www.crosswalk.com/faith/prayer/how-to-fast-and-pray.html>

Spiritual and Physical Fasting

https://youtu.be/TQzHp3KSWkU?si=c4cLjOVmr_Fn7TtW

External resources are provided for reference are publicly available links,
and all rights belong to their respective owners.

CLOSING ENCOURAGEMENTS

As you enter this time of prayer and fasting, come with an expectant heart, trusting that God will meet you in powerful ways. Whether through answered prayers, deeper intimacy with Him, or newfound clarity, fasting is a time to grow spiritually and be transformed by His presence. Surrender fully, stay committed, and watch how God works in your life.

The prayer, fasting, and personal devotion you've embraced over the past 21 days are foundational practices that can be integrated into your everyday life for lasting spiritual growth.

"Be transformed by the renewing of your mind." Romans 12:2

Let this season be a time of spiritual renewal and Kingdom impact.



**Scan QR Code to Download this 21 Days of
Prayer and Fasting Guide
or go to <https://bit.ly/2026-21dayprayerfast>**

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