

21 DAYS OF PRAYER & FASTING

JANUARY 11 – 31



Daily Focus and Scriptures

The experience of 21 days of prayer and fasting could change your life forever. Throughout history, God has moved in response to the prayers of His people. When we add fasting to prayer, there is a greater spiritual authority and an experience we walk in. This isn't because fasting "earns" something from God; rather, fasting clears away some of the normal comforts and noise of everyday life and makes us more sensitive and aware of the voice of God.

Do you need a breakthrough? Do you want to see things change in your family? Are you ready to live a totally different life for God? Over the next 21 days, heaven will begin moving in ways we may not experience on the earth for weeks, months or even years, however, it's moving.

What is fasting?

There are moments in life when we know we need something different than our normal routine. Fasting is the intentional choice to go without food for a period of time in order to create space to seek God more deeply. It is more than dieting; it is a deliberate act of weakening ourselves physically so that we may grow stronger spiritually. Throughout Scripture, God's people fasted to humble themselves, seek His guidance, repent, and prepare their hearts for a new season.

Fasting in the Bible

Daniel fasted from choice foods for 10 days.

Daniel 1:12,15 NIV “Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink.”¹⁵ At the end of the ten days they looked healthier and better nourished than any of the young men who ate the royal food.

Daniel later fasted again for 21 days.

Daniel 10:2–3 NIV At that time I, Daniel, mourned for three weeks.³ I ate no choice food; no meat or wine touched my lips; and I used no lotions at all until the three weeks were over.

Esther called a corporate fast for 3 days.

Esther 4:15–16 NIV Then Esther sent this reply to Mordecai: ¹⁶ “Go, gather together all the Jews who are in Susa, and fast for me. Do not eat or drink for three days, night or day. I and my attendants will fast as you do.”

Jesus fasted for 40 days.

Luke 4:1–2 NIV Jesus, full of the Holy Spirit, left the Jordan and was led by the Spirit into the wilderness,² where for forty days he was tempted by the devil. He ate nothing during those days, and at the end of them he was hungry.

Paul fasted with other believers before being sent out on his first missionary journey.

Acts 13:2–3 ESV While they were worshiping the Lord and fasting, the Holy Spirit said, “Set apart for me Barnabas and Saul for the work to which I have called them.”³ Then after fasting and praying they laid their hands on them and sent them off.

Types of Fasts

A **complete fast** typically involves drinking only liquids, most commonly water, with light juices as an option.

A **selective fast** involves removing certain foods or elements from your diet. One common example is the Daniel Fast, where participants abstain from meat, sweets, and bread while consuming fruits and vegetables for food and water or juice for fluids.

A **partial fast** involves abstaining from food during specific times of the day, often in the morning and afternoon, or skipping certain meals altogether.

However you choose to fast—whether liquid only, removing meat and sweets, or another approach—it should present a meaningful level of challenge. As you fast, always use wisdom and follow your doctor's recommendations as needed.

The Focus of Fasting

Jesus instructs us to fast in secret (Matthew 6:16–18), meaning the focus should never be on us or the fast we are doing. We will get the most out of fasting when we focus less on recipes and more on seeking and listening to God.

Limiting Media

During this time, we also encourage you to limit forms of media, including going without when possible. We are often being discipled by our devices, and as a result, we can become distracted, drawn into comparison, and disconnected from what is right in front of us. Be intentional about stepping away from the constant flow of online activity and reclaiming time and energy for God, for relationships, and for personal growth. Where we place our attention reveals our devotion. By turning down the noise, we create space to hear from God.

Combining Fasting and Prayer

Throughout Scripture, fasting is combined with prayer. Here are some ways to help make prayer a daily practice:

Have a place

Your prayer place needs to be an undistracted environment where you can pray aloud. Consider having some worship music playing in the background. Jesus would often go into desolate places to pray (Luke 5:16).

Have a time

Jesus got up very early in the morning to spend time with His Heavenly Father (Mark 1:35). For prayer to work, we should do the same. Make a daily appointment with God and keep it.

Have a plan

Go into your prayer time with a plan. If it changes, that's fine. For example, when Jesus taught His disciples how to pray, He gave His disciples a prayer outline. We call it the Lord's Prayer. This outline and several other tools are available in this booklet. Develop a prayer liturgy.

Prayer Room

Jesus encourages us to pray together (Matthew 18:19–20). There is power when we gather in unity and pray in the same space. Charles Spurgeon said, “Whenever God determines to do a great work, He first sets His people to pray.” Prayer releases the power and promises of God. We encourage you to join us in the Prayer Room as often as you can to seek God together and partner with Him to see heaven come to earth.

Acts 2 tells us when the Believers were all together in the upper room praying, the Holy Spirit was poured out for the first time. We have seen a pattern in Church History: when Believers pray together, they encounter God. Sometimes the encounter is in the moment, sometimes the prayer sets up the future encounter.

Praise Reports

If you have a praise report of what God has done through prayer and fasting, we would love to hear about it and celebrate with you. Let us know at hello@livefullyalive.com.

Daily Guide

As we step into 21 Days of Prayer and Fasting, we are aligning our hearts with what God is speaking over our church.

Isaiah 43:18–19 NIV “Forget the former things; do not dwell on the past.¹⁹ See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland.”

Psalm 126:5–6 NLT Those who plant in tears will harvest with shouts of joy.⁶ They weep as they go to plant their seed, but they sing as they return with the harvest.

God is not limited by what has been. He is actively bringing about what is next. This is a harvest year, and what we sow in prayer now will produce fruit in the days ahead. As we pray and fast together, pray with faith and expectancy for what God could do in 2026.

How to Use This Guide

Each day begins with a Scripture to pray through. Start by reading the passage slowly and turning it into a personal prayer. Ask God to speak to you, and then pray through the Scripture to align your life with His Word. Each day also includes prayer prompts and additional Scriptures to help guide your prayers around specific themes. These passages are meant to provide direction while still allowing the Holy Spirit to lead you personally. Take your time, create space

to listen for God's voice, and pray with faith and expectation.

WEEK 1 — Personal Surrender & Formation

Day 1: Identity & Consecration

Pray the Word:

Ephesians 1:16–19

Pray that God would give you a spirit of wisdom and revelation to know Him more.

Prayer Prompts:

Pray to be formed by Jesus and walk in your God-given identity.

Ask the Holy Spirit to reveal any identities you have carried that are not from God.

Surrender areas where you have been formed more by culture than by Jesus.

Ask God what He is inviting you to consecrate during this season of fasting.

Scripture:

Romans 12:1–2

Joshua 3:5

Day 2: Repentance

Pray the Word:

Matthew 6:9–13

Pray through each part of the Lord's Prayer.

Prayer Prompts:

Pray for repentance and a heart that turns back to God.

Ask God to search your heart and reveal any area that needs transformation.

Confess your sins and receive God's forgiveness and grace.

Pray for people to be saved and turn to Jesus this year.

Scripture:

Psalm 51

Joel 2:12–13

Day 3: Wholeness

Pray the Word:

Romans 15:13

Pray that God would fill you with joy and peace as you trust Him.

Prayer Prompts:

Pray to be emotionally and spiritually whole.

Invite God into areas of fear, anxiety, or brokenness.

Pray for healing and restoration in relationships.

Scripture:

Matthew 11:28–30

Philippians 4:6–7

Day 4: God's Presence

Pray the Word:

Ephesians 3:16–19

Pray to be strengthened by the power of the Spirit.

Prayer Prompts:

Pray for a deeper hunger for God's presence.

Ask God to increase your desire for Him above all else.

Pray for a hunger for God in our cities and nation.

Invite God's presence into every area of your life.

Scripture:

Psalm 42

Exodus 33:14–15

Day 5: Spirit-filled, Spirit-led

Pray the Word:

Ephesians 5:15–18

Pray to be continually filled with the Holy Spirit and led by His wisdom.

Prayer Prompts:

Pray for a fresh filling of the Spirit.

Ask the Holy Spirit to lead your thoughts, words, and actions.

Pray boldly for healing and miracles.

Scripture:

Galatians 5:16–25

Acts 4:29–31

Day 6: Faith

Pray the Word:

Philippians 1:9–11

Pray that your faith and love would grow deeper.

Prayer Prompts:

Pray for strengthened faith, boldness, and expectancy.

Ask God to increase your trust in Him.

Pray boldly for what feels impossible.

Ask God to give fresh vision and clarity for your life.

Scripture:

Mark 11:22–24

Hebrews 11:1–6

Day 7: Growing as Disciples

Pray the Word:

2 Thessalonians 1:11–12

Pray to live a life worthy of God's calling.

Prayer Prompts:

Pray to grow as a disciple of Jesus this year.

Pray for obedience, faithfulness, and endurance.

Pray for Sunday services and lives to be transformed.

Scripture:

John 15:1–8

Luke 9:23–25

WEEK 2 — Community, Unity, & Leadership

Day 8: Unity

Pray the Word:

Romans 15:5–6

Pray for unity with those around you.

Prayer Prompts:

Pray for unity within the church, families, and relationships.

Pray for humility, grace, and understanding.

Pray for all serve teams and groups of Alive Church.

Scripture:

John 17:20–23

Psalm 133

Day 9: Families

Pray the Word:

Colossians 3:12–14

Pray that God would shape your character to be more like Him.

Prayer Prompts:

Pray for strengthened marriages and families.

Ask God to bring peace, healing, and restoration to homes.

Pray for family members and friends who don't know Jesus.

Scripture:

Colossians 3:15–21

Ephesians 4:2–3

Day 10: Freedom

Pray the Word:

Psalm 51:10–12

Pray for a clean heart and renewed joy.

Prayer Prompts:

Pray for freedom from sin, fear, and bondage.
Ask God to break chains and bring healing.
Pray to see people saved and transformed by God.

Scripture:

John 8:31–32
Psalm 34:1–7

Day 11: Authorities**Pray the Word:**

Philippians 2:1–4
Pray to grow in humility and a dependence on God.

Prayer Prompts:

Pray for leaders and those in positions of authority—including local, state, and national government officials and community leaders.
Pray for those in authority to walk in wisdom and make commitments to follow Jesus.
Pray for people to be saved and come to a knowledge of the truth.

Scripture:

1 Timothy 2:1–6
Titus 3:1–2

Day 12: Local & Global Partners**Pray the Word:**

Hebrews 13:20–21
Pray for God to give you strength and wisdom to follow Him.

Prayer Prompts:

Pray for our local partners — livefullyalive.com/local-compassion
Pray for our global partners — livefullyalive.com/servetheworld

Scripture:

Psalm 67
Galatians 6:9

Day 13: Culture of Prayer

Pray the Word:

2 Thessalonians 3:3–5

Pray for faithfulness and a greater understanding of God's love.

Prayer Prompts:

Pray for a growing passion for prayer.

Pray for an increased culture of prayer in our church.

Scripture:

Colossians 4:2–4

Jeremiah 29:12–13

Day 14: Pastors & Leaders

Pray the Word:

1 Thessalonians 5:23–24

Pray to trust in God's faithfulness this year.

Prayer Prompts:

Pray for growth in the leaders of Alive Church.

Pray for the pastors of Alive Church.

Pray for Sunday services and lives to be transformed.

Scripture:

Matthew 9:35–38

1 Peter 4:10–11

WEEK 3 — Mission, Next Generation, & Revival

Day 15: Guidance & Wisdom

Pray the Word:

Colossians 1:9–11

Pray for wisdom, discernment, and spiritual understanding.

Prayer Prompts:

Ask God for direction in decisions.

Pray for clarity and wisdom from God.

Surrender your plans and trust God's guidance.

Scripture:

Proverbs 3:5–6

James 1:5–7

Day 16: Healing

Pray the Word:

2 Timothy 1:6–7

Pray for the Holy Spirit to increase power, love, and self-discipline.

Prayer Prompts:

Pray for healing and miracles.

Ask God to bring physical, emotional, and spiritual healing.

Pray for life-changing encounters with God.

Scripture:

Psalm 103:1–5

Isaiah 53:4–5

Day 17: The Lost

Pray the Word:

1 Thessalonians 3:12–13

Pray to live in holiness and love.

Prayer Prompts:

Pray for lost people to be saved.

Pray for those you know who aren't following Jesus.

Ask God to use our church to reach the lost.

Scripture:

Luke 19:10

Luke 15:1–7

Day 18: Mission

Pray the Word:

Psalm 86:8–12

Pray for a focus on God above all idols.

Prayer Prompts:

Pray for compassion for those in your community.

Pray for Alive Church Philippines.

Ask God to bring salvation and transformation through our church around the world.

Scripture:

2 Corinthians 5:16–6:2

Matthew 5:14–16

Day 19: Next Generation

Pray the Word:

Numbers 6:24–26

Pray for God's blessing and peace.

Prayer Prompts:

Pray for the next generation to follow Jesus and never walk away.

Pray for Alive Kids and Alive Academy.

Pray for Alive Youth and Purpose Conference.

Scripture:

Psalm 78:1–7

Deuteronomy 6:6–7

Day 20: Revival

Pray the Word:

2 Thessalonians 2:16–17

Pray to be encouraged by the hope we have in Jesus.

Prayer Prompts:

Pray for revival in our church, cities, and nation.

Pray that revival would lead to lasting change in our lives.
Pray for all Alive Church locations to grow and reach our cities.

Scripture:

Isaiah 61:1–7
2 Chronicles 7:14

Day 21: Celebration

Pray the Word:

Ephesians 3:20–21
Thank God for His great power in our lives and in our church.

Prayer Prompts:

Thank God for all He did during this season of prayer and fasting.
Reflect on answered prayers and moments of growth.
Pray with expectancy for an incredible harvest ahead.

Scripture:

Psalm 100
Philippians 4:4