

STOKED
HIGH SCHOOL



21 DAYS TO PURSUE GOD

A HIGH SCHOOL
PRAYER & FASTING JOURNEY




WEEK 1

LEARNING TO PRAY

THEME VERSE: “LORD, TEACH US
TO PRAY.” — LUKE 11:1

DAY 1: THE INVITATION TO PRAY

 Luke 11:1

 The disciples didn't ask Jesus to teach them how to preach or perform miracles — they asked Him to teach them how to pray. Why? Because they realized prayer was where His power came from. Prayer isn't a ritual — it's relationship. It's where your soul connects to the heart of God.

 Reflect:

- How would your relationship with God change if you treated prayer as conversation, not obligation?

 Prayer Focus:


“Lord, teach me to pray in a way that's real, honest, and full of faith.”

 Fasting Practice:

Fast from your phone for 30 minutes today and talk to God in that quiet space.

DAY 2: OUR FATHER

 Matthew 6:9


 When Jesus said, “Our Father,” He redefined prayer. He didn’t say, “Our King” or “Our Boss” — He said Father. You’re not approaching a distant God; you’re talking to a loving parent who knows you completely and still welcomes you fully.

 Reflect:

- How would your prayers sound different if you believed God was truly your Father?


 Prayer Focus:


“Father, thank You for loving me and wanting a real relationship with me.”

 Fasting Practice:

Fast from negative self-talk today. Every time you catch yourself thinking something untrue about your worth, replace it with what God says about you.

DAY 3: THE SECRET PLACE

 Matthew 6:6

 Jesus often withdrew to pray alone. The “secret place” isn’t about hiding — it’s about focus. It’s a space where distractions fade and only God matters. The most powerful prayers are often prayed in private.

 Reflect:

- What’s your secret place — and how can you make it part of your rhythm?

 Prayer Focus:


“God, I want to meet with You in the quiet and learn to hear Your voice.”

 Fasting Practice:

Fast from multitasking — give God your undivided attention for a set time today.

DAY 4: HEARING GOD'S WHISPER

 1 Kings 19:11–12

 God didn't speak to Elijah in the fire or the storm — but in a whisper. He's not distant; He's intimate. If your world feels loud, that might be why you're not hearing Him. The whisper is where He reminds you who you are.

 Reflect:

- What distractions could you quiet down to hear God more clearly?

 Prayer Focus:


“Holy Spirit, tune my heart to recognize Your voice.”

 Fasting Practice:

Fast from music or podcasts today. Use the silence to listen for God's whisper.

DAY 5: PURSUING HIS PRESENCE

 Psalm 63:1

 David didn't just want blessings — he wanted God. Real prayer is pursuit. When you chase His presence instead of His presents, you'll find peace that doesn't depend on circumstances.

 Reflect:

- Are you pursuing God for who He is or for what He can give you?

 Prayer Focus:


“God, help me hunger for Your presence more than anything else.”

 Fasting Practice:

Skip a snack or dessert today and remind yourself, “My soul is hungry for You.”

DAY 6: CLEAN HANDS. PURE HEART

 Psalm 24:3-4

 God doesn't expect perfection, but He does call for purity. A clean heart makes space for His presence. When you confess honestly, you're not disappointing Him — you're returning to Him.

 Reflect:

- What's one area of your heart that needs to be cleaned out today?

 Prayer Focus:


“God, I give You everything — the good, the bad, and the hidden. Purify my heart.”

 Fasting Practice:

Fast from gossip or judgmental talk today. Speak only what builds others up.

DAY 7: FORGIVE & BE FREE

 Mark 11:25


 Forgiveness is freedom. Unforgiveness chains you to pain, but forgiveness releases your heart to heal. God forgives us fully — and He invites us to do the same.

 Reflect:

- Is there anyone you need to forgive — or something you need to let go of?

 Prayer Focus:

“God, I forgive as You’ve forgiven me. Free my heart from bitterness.”

 Fasting Practice:

Fast from resentment — when negative memories come, pray blessing instead.




WEEK 2
PRAYING IN THE SPIRIT

THEME VERSE: “PRAY IN THE
SPIRIT ON ALL OCCASIONS.” —
EPHESIANS 6:18

DAY 8: THE SPIRIT HELPS US PRAY

 Romans 8:26

 Prayer doesn't depend on how spiritual you feel. The Holy Spirit intercedes for you when you don't know what to say. Even your silence can be worship when your heart is open.

 Reflect:

- What would it look like to let the Holy Spirit lead your prayers this week?

 Prayer Focus:


“Holy Spirit, pray through me when words fall short.”

 Fasting Practice:

Fast from overthinking your prayers — just pray honestly.

DAY 9: PRAYING WITH POWER

 Acts 4:31

 The early church prayed boldly and saw God move powerfully. Their courage didn't come from personality; it came from the Spirit. Prayer isn't weak — it shakes the world when it's backed by faith.

 Reflect:

- When's the last time you prayed with real boldness?


 Prayer Focus:


“God, fill me with courage to pray powerful, world-changing prayers.”

 Fasting Practice:

Fast from fear of what others think — pray out loud for someone today.

DAY 10: PRAYING IN THE SPIRIT

 1 Corinthians 14:15


 Spirit-led prayer goes deeper than words. It's about surrender — letting God lead the conversation. When you pray in the Spirit, your faith strengthens and your perspective shifts.

 Reflect:

- Are you willing to let God lead your prayer life instead of trying to control it?

 Prayer Focus:


“Holy Spirit, I surrender. Teach me how to pray with Your guidance.”

 Fasting Practice:

Fast from rushed prayers — slow down and wait before speaking.

DAY 11: STRENGTH IN WEAKNESS

 2 Corinthians 12:9

 The moments you feel weak are the moments God can show His strength. Vulnerability is not failure — it's the place where grace grows.

 Reflect:

- How can your weakness become a place for God's power this week?

 Prayer Focus:

“God, I'm not enough on my own — and that's exactly where Your power starts.”


 Fasting Practice:

Fast from trying to do everything yourself. Ask for help — from God or someone else.

DAY 12: INTERCESSION

PRAYING FOR OTHERS

 Ephesians 6:18

 Intercession is love in action. It's choosing to carry someone's burden to God instead of to gossip. When you pray for others, heaven gets involved in their story.

 Reflect:

- Who needs your prayers right now?

 Prayer Focus:


“God, use my prayers to bring hope and healing to someone today.”

 Fasting Practice:

Fast from self-focus. Pray for others more than yourself today.

DAY 13: THE SPIRIT OF TRUTH

 John 16:13


 The Holy Spirit is your guide in a world full of noise. Truth isn't found in trends — it's found in Him. When you walk with the Spirit, He'll help you see through lies and live with clarity.

 Reflect:

- What voices do you need to turn down to hear truth clearly?

 Prayer Focus:


“Holy Spirit, lead me into truth even when it challenges me.”

 Fasting Practice:

Fast from social media for a few hours. Spend that time reading or journaling what's true about God.

DAY 14: FIRE WITHIN

 Acts 1:8

 The Holy Spirit doesn't just comfort — He ignites. He gives power, boldness, and passion. When the fire burns in your heart, you can't stay silent. Prayer fuels that fire.

 Reflect:

- What passion has God placed in your heart that needs His fire again?

 Prayer Focus:

“Holy Spirit, set my heart on fire again for what matters most.”

 Fasting Practice:

Fast from passivity — take one bold step in your faith today.




WEEK 3

THE PRAYER OF FAITH

THEME VERSE: “THE PRAYER OF
A RIGHTEOUS PERSON IS
POWERFUL AND EFFECTIVE.” —
JAMES 5:16

DAY 15: THE PRAYER OF FAITH

 James 5:15

 Faith doesn't mean you never doubt — it means you choose to believe anyway. The prayer of faith is rooted in confidence, not feelings. God still heals, still moves, and still responds.

 Reflect:

- What's one area where God is asking you to trust Him more?


 Prayer Focus:


“God, help my faith grow stronger than my fear.”

 Fasting Practice:

Fast from negative thinking — when fear shows up, speak faith instead.

DAY 16: SPEAK TO THE MOUNTAIN

 Mark 11:23–24

 Jesus didn't say to talk about the mountain — He said to speak to it. That means use your words to declare what God says, not what your emotions say. Faith speaks life.

 Reflect:

- What's one “mountain” in your life that needs faith-filled words today?

 Prayer Focus:


“God, help me speak Your truth over my situation.”

 Fasting Practice:

Fast from complaining — choose to speak faith, even when it's hard.

DAY 17: PERSISTENT PRAYER

 Luke 18:1

 Prayer isn't a one-time thing; it's persistence. Jesus honored people who kept praying when it didn't make sense. Every prayer sows a seed — keep watering it.

 Reflect:

- What are you still believing God for?

 Prayer Focus:


“God, I won't give up. I'll keep praying until Your promise comes.”

 Fasting Practice:

Fast from distractions during prayer time — give God your full focus.

DAY 18: FAITH IN ACTION

 Hebrews 11:6

 Real faith moves. It takes steps even when the outcome isn't clear. Every act of obedience proves your trust. Faith without action is just a thought — faith with action changes your world.

 Reflect:

- What step of faith can you take this week?

 Prayer Focus:


“God, give me the courage to act on what I believe.”

 Fasting Practice:

Fast from fear — take one small step of obedience you've been delaying.

DAY 19: STANDING IN THE GAP

 Ezekiel 22:30

 God still looks for people willing to stand in the gap — to pray for others, to care deeply, to intercede when no one else does. Your prayers matter more than you think.

 Reflect:

- Who is God putting on your heart to pray for today?

 Prayer Focus:


“God, use my prayers to build bridges between You and others.”

 Fasting Practice:

Fast from apathy — reach out and pray with someone in person or by text.

DAY 20: REVIVAL PRAYER

 Habakkuk 3:2

 Revival doesn't start in crowds — it starts in hearts. When one person decides to get serious about prayer, it spreads. Be that person.

 Reflect:

- What would revival look like in your school, your family, or your own heart?

 Prayer Focus:


“God, start revival in me and let it overflow around me.”

 Fasting Practice:

Fast from entertainment tonight. Use that time to worship or pray for your generation.

DAY 21: A LIFE OF PRAYER

 Matthew 21:13


 Jesus said His house would be called a house of prayer. You are that house. Prayer isn't just a season; it's a lifestyle. These 21 days are the beginning of something lasting.

 Reflect:

- What habits from this fast do you want to keep for the rest of the year?

 Prayer Focus:

“God, make prayer a permanent part of my life. Let me walk with You daily.”

 Fasting Practice:

Fast from rushing. Slow down and thank God for what He's done in you.

CLOSING COMMISSION PRAYER

“Lord, teach us to pray.” — Luke 11:1


God, thank You for meeting me in these 21 days.

Keep growing my hunger for Your presence.

Help me to walk with You, pray with faith, and lead others closer to You.

Use my life for Your glory.

Amen.

 **You've completed 21 Days to Pursue God!**

But this isn't the end — it's the start of a deeper, stronger, more personal walk with Him. 