



21 DAYS OF FASTING & PRAYER

January 26 - February 15, 2026

21 Day Devotional



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The goal of fasting is to draw nearer to God. Biblical fasting always has to do with eliminating distractions for a spiritual purpose; it hits the reset button and renews us from the inside out. This brings us to a very important part of fasting: while we fast certain foods, meals, or beverages, or abstain from certain activities, we need to fill the time we'd spend doing those things with **Bible reading and Prayer**. This is a way for us to acknowledge our deeper, spiritual needs by “filling” the space fasting creates in our time, energy, and attention with God’s Word and presence.

Remember, your personal fast should present a level of challenge, but it is very important to know your body, your options, and most importantly, to seek God in prayer.

Prayer is the key to fasting!



CREATING A LIFESTYLE OF PRAYER



Very early in the morning, while it was still dark. Jesus got up, left the house and went off to a solitary place, where He prayed.

- MARK 1:35

Prayer is most effective when it isn't something we do every now and then, but when it's a lifestyle we cultivate. To understand how to have a lifestyle of prayer, we can look at the example Jesus gave during His life on earth.

HAVE A CERTAIN TIME

Jesus got up early in the morning to spend time with His Heavenly Father. Make a daily appointment with God - whether it's first thing in the morning, at lunch, or in the evening - and faithfully keep it.

HAVE A CERTAIN PLACE

Jesus had a specific place He went to pray. Having a designated place to pray helps us remove distractions and frees us to worship and pray out loud.

HAVE A CERTAIN PLAN

When Jesus taught His disciples how to pray, He gave them a prayer outline. We call it "The Lord's Prayer." This outline, along with several other tools, is available in this guide. As we pray every day, our plans for our prayer time can vary, maybe including worship music, Bible reading, and quiet time to listen to God. It doesn't always have to look the same: it just helps when we have a plan for connecting regularly with God.

THE LORD'S PRAYER



Jesus provided this model as an outline to teach us how to pray in a way that connects us to God, aligns our priorities with His, and helps us live dependently on Him. This model takes us through each part of The Lord's Prayer, showing us how to pray the way Jesus instructed.

*One day Jesus was praying in a certain place.
When He finished, one of His disciples said to Him,
"Lord, teach us to pray ... " - LUKE 11:1*

*"Our Father in Heaven, hallowed be Your name.
Your Kingdom come. Your will be done on earth as it
is in Heaven. Give us this day our daily bread.
And forgive us our debts, as we forgive our debtors.
And do not lead us into temptation, but deliver
us from the evil one. For Yours is the Kingdom and the
power and the glory forever. Amen." - MATTHEW 6:9-13 NKJV*

- 1. Connect with God relationally**
- 2. Worship His name**
- 3. Pray His agenda first**
- 4. Depend on Him for everything**
- 5. Forgive and be forgiven**
- 6. Engage in spiritual warfare**
- 7. Express faith in God's ability**

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"If my people who are called by my name will humble themselves, and pray and seek my face, and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and heal their land."

2 Chronicles 7:14 NKJV

DAILY PRAYER

Please pray for these things on a daily basis during our 21 Days of Prayer + Fasting.

1. Our Nation, Leaders & Military
2. Our City & Local Leaders
3. Israel
4. Our Pastor
5. Harvest Family Church
6. Harvest Family Academy coaches & students

**“HEAVEN AND EARTH WILL
PASS AWAY BUT MY
WORDS WILL NOT PASS
AWAY.”**

Mark 13:31 ESV

DAY 1

Where does the kind of faith come from that trusts God's Word, even when circumstances look impossible?

Scripture tells us: "*Faith comes from hearing, and hearing by the word of Christ*" (Romans 10:17). Faith isn't formed simply by attending church or being around other believers. It is born when we hear and receive God's Word.

When Jesus fasted in the wilderness, Satan tempted Him, but Jesus responded, "*Man shall not live by bread alone, but by every word that proceeds from the mouth of God*" (Matthew 4:4). God's Word sustained Him more than physical food.

Just before that season, Jesus heard the Father declare, "*This is My beloved Son, in whom I am well pleased*" (Matthew 3:17). That spoken Word carried Him through forty days without eating.

Jesus later said, "*Heaven and earth will pass away, but My words will not pass away*" (Mark 13:31). God's Word lasts and it strengthens us.

As you begin this 21-day journey, remember: the first step may be hard, but God will meet you and sustain you through His Word.

WHAT PRACTICAL STEP CAN I TAKE DURING THIS FAST TO HEAR GOD'S WORD MORE CONSISTENTLY AND LET IT STRENGTHEN MY FAITH?

**“BLESSED ARE THOSE
WHO HUNGER AND
THIRST FOR
RIGHTEOUSNESS, FOR
THEY SHALL BE
SATISFIED.**

Matthew 5:6 ESV

DAY 2

Hungering for What Is Right

Jesus tells us that those who hunger and thirst for righteousness are blessed. Not because the hunger is comfortable, but because God promises to fill it. Hunger reveals desire. It exposes what we truly long for and what we run to for satisfaction.

In a world that constantly offers quick fixes and temporary fulfillment, Jesus points us to a deeper craving: a desire to live rightly before God and to want what He wants.

Righteousness isn't about perfection, it's about a heart that longs to be aligned with Him.

The promise is clear: when we hunger for God and His ways, He will not leave us empty. He fills the soul that seeks Him earnestly.

**WHAT DOES MY TIME, ATTENTION, AND ENERGY REVEAL ABOUT
WHAT I'M TRULY HUNGRY FOR RIGHT NOW?**

**AND YOU WILL SEEK ME
AND FIND ME, WHEN YOU
SEARCH FOR ME WITH ALL
YOUR HEART.**

Jeremiah 29:13 NKJV

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DAY 3

Throughout His ministry, Jesus didn't just talk about the Kingdom of God, He showed His disciples how to live in it.

In Matthew 6, Jesus gives practical direction for life as God's children. He speaks plainly: "*When you give... when you pray... when you fast...*" Not if, but when. Jesus places fasting alongside giving and prayer, making it clear that it's meant to be a normal rhythm of the Christian life. Yet for many believers today, fasting has become optional—or overlooked altogether.

Jesus Himself fasted, and He invites us to follow His example. Not as a religious routine, but as an act of obedience and dependence on God. Fasting aligns our hearts with His and positions us to experience His power in a deeper way.

As we step into this church-wide fast, I'm filled with faith and expectation for what God will do in your life. Scripture promises that when we seek, we find; when we knock, the door opens; when we ask, we receive.

Fasting is our way of seeking and knocking—and I believe this will be a season where God meets you and supplies exactly what you've been trusting Him for.

HOW CAN I SEEK GOD MORE INTENTIONALLY TODAY?

**YOUR KINGDOM COME, YOUR
WILL BE DONE ON EARTH AS
IT IS IN HEAVEN.**

Matthew 6:10 AMPC

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DAY 4

What are you believing God to do in your life?

In the Lord's Prayer, Jesus gives us a powerful phrase, only three words long, that carries enormous weight: "*Your kingdom come*" (Matthew 6:10a). With these words, Jesus invites us to pray that heaven's reality would be made visible right here on earth.

Where God's kingdom reigns, there is peace instead of division. Unity instead of strife. Healing instead of sickness. When we pray "*Your kingdom come*," we are asking God to move in our homes, our relationships, our church, and our city. It's an invitation to stand in the gap for the people we love and believe God for more.

What do you want to see God do in your family? In your home? In our Church? This week, let's pray boldly for revival, believing that God's presence would fill our homes, ignite our church, and that He would be made known throughout our city.

Prayer:

Father, thank You that prayer is powerful and that You hear us when we call on You. Today, I ask boldly for Your kingdom to come in my home. Bless my family and fill our home with unity, joy, and peace. Let Your kingdom come in our church. May Harvest Family Church be marked by Your presence, Your fire, and transformed lives. We ask for revival in our homes, our church, and our city. In Jesus' name, amen.

WHAT ARE YOU PRAYING FOR TODAY?

**THEREFORE BY HIM LET US
CONTINUALLY OFFER THE
SACRIFICE OF PRAISE TO
GOD, THAT IS, THE FRUIT OF
OUR LIPS, GIVING THANKS TO
HIS NAME.**

Hebrews 13:15 NKJV

DAY 5

What Are You Thankful For? When Jesus's disciples asked him to teach them how to pray, he gave them a model that we call the Lord's Prayer (Matthew 6:9-13).

During our fast, we are going to use this prayer as our guide by praying through it one line at a time. Jesus begins the prayer with: "*Our Father in heaven, hallowed be your name*" (Matthew 6:9). He starts his prayer by looking up and acknowledging that God is our Father in heaven, which means every good thing we have on this earth is a gift from God. You may have worked really hard to get to where you are today, but the Bible says even the breath you had in your lungs along the way came from God (Isaiah 42:5). Life is a gift from God.

The question is: are you thankful for it? Before we bring our requests to God, let's pause and spend today simply saying thank you. Thank Him for what you have right now, your home, your family, your job, your health, your friendships, your daily provision. As you begin to thank God intentionally, you'll quickly realize just how much you've been given. Gratitude shifts our perspective and prepares our hearts for prayer. **Let us always have an attitude of gratitude!**

Prayer: Father, thank you. Thank you for my life. Thank you for all the things you are doing in and through me this year. Thank you for my family, my church, and all the people you put in my life. Your mercies are made new every morning, so today, I thank you that I have a fresh start, and every day is a new day. In Jesus' name. Amen.

WHAT ARE YOU GRATEFUL FOR TODAY?

**BE GENTLE AND READY TO
FORGIVE; NEVER HOLD
GRUDGES. REMEMBER, THE
LORD FORGAVE YOU, SO YOU
MUST FORGIVE OTHERS.**

Colossians 3:13 TLB

DAY 6

Is there anyone in your life you need to forgive?

Repentance is just the first half of the equation. Jesus goes on to say, *“Forgive us our debt as we also have forgiven our debtors”* (Matthew 6:12).

Asking God to forgive us is the easy part; turning around and offering that same forgiveness to other people is sometimes the tough part. Especially when someone really hurts or offends us. Forgiveness is counterintuitive. It's a lot easier to stay bitter, but if we want to get better (and Get Ready), we have to follow the example of Jesus and forgive. Forgiveness is one of the most freeing things you could ever do.

Who is one person you need to forgive today? Take a moment to pray for that person and that God would change your heart toward them.

WHAT IS GOD SHOWING YOU TODAY?

**THE RIGHTEOUS CRY OUT,
AND THE LORD HEARS, AND
DELIVERS THEM OUT OF ALL
THEIR TROUBLES.**

Psalm 34:17 NKJV

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DAY 7

Throughout Scripture, we see ordinary people step into extraordinary moments by choosing to pray and fast. Time and again, they sought God in seasons of great need and watched Him move on their behalf.

One of the most powerful examples is found in the story of Esther. The Jewish people were facing total destruction because of a wicked plan set in motion by a man named Haman. The situation was urgent and dangerous. Esther herself stood at a crossroads. If she approached the king without being summoned, she could be executed. If she stayed silent, her people would surely perish. Faced with impossible odds, Esther chose to seek God first.

She called for a fast, saying, *“Go, gather all the Jews who are present in Shushan, and fast for me... I will go to the king, which is against the law; and if I perish, I perish”* (Esther 4:16)

After three days of fasting and prayer, God moved. The king extended favor to Esther, the enemy's plan was exposed, and an entire nation was spared. What began as a desperate act of obedience became a turning point in history.

Now, consider your own life and family. God is still the same. He still responds to hearts that seek Him. Just as He brought rescue, deliverance, and favor through Esther, He desires to move powerfully in the lives of those who call on Him today.

LIST BELOW THE FAMILY MEMBERS YOU ARE STANDING IN FAITH FOR AND PRAY FOR THEM EVERY DAY.

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You can pick up the FULL 21 Day Devotional at the Info Center!
