

21 DAY PRAYER + FAST GUIDE 2026



At Kingdom Church, we seek God through prayer, trusting in His power for our lives, our church, and our community. Twice a year, in January & in August, we gather together for 21 Days of Prayer and Fasting. Our first fast of the year will take place **January 5-25**. Throughout the 21 day fast, we encourage you to commit to our **Nights of Prayer** which will be held the first day of the fast on **Monday, the 5th**, and then every **Wednesday & Sunday** evening thereafter until the last day of the fast on **Sunday, January 25th**. Our Nights of Prayer will be held in the Auditorium at 7PM.

Monday, January 5th • Wednesday, January 7th • Sunday, January 11th • Wednesday, January 14th • Sunday, January 18th • Wednesday, January 21st • Sunday January 25th

CREATING A LIFESTYLE OF PRAYER

Prayer is a lifestyle we cultivate. We, as believers, must create a time, place and plan for God to move. To understand how to have a lifestyle of prayer, we can look at the example Jesus gave during His life on earth (Mark 1:35).

HAVE A CERTAIN TIME AND PLACE

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. 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 PRAYER PLAN

When Jesus taught His disciples how to pray, He gave them a prayer outline. We call it "The Lord's Prayer." 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. Our time with the Lord doesn't always have to look the same, but it helps when we have a plan for connecting regularly with Him.

CREATING A LIFESTYLE OF FASTING

The goal of fasting is to draw near to God. Biblical fasting always has to do with eliminating distractions for a spiritual purpose; it hits the reset button of our soul and renews us from the inside out. Fasting also enables us to celebrate the goodness and mercy of God and prepares our hearts for all the good things God desires to bring into our lives. Remember, your personal fast should present a level of challenge; however, it is very important to use wisdom and to seek God in prayer and to follow what the Holy Spirit leads you to do.

TYPES OF FASTS

Complete Fast: Drink only liquids, typically water with light juices as an option. (you establish the number of days).

Selective Fast: This type of fast involves removing certain foods/liquids from your diet.

The Daniel Fast: Eat no meat, no dairy, no sweets and no bread. Drink water and juice. Eat fruits and vegetables.

Partial Fast: A partial fast is time specific like 6am to 3pm, 7pm to 7am, or from sun up to sundown. You can be as specific as you want.

Soul Fast: This fast is a great option if you do not have much experience fasting food, have health issues that prevent you from fasting food, or wish to refocus certain areas of your life that are out of balance. For example, no social media, no coffee, or no television for the duration of the fast.

ACTIVITY: Write down your time, place of prayer, prayer plan, and specific fast.

PRAYER TIME

PRAYER PLACE

PRAYER PLAN

SPECIFIC FAST

FASTING TIPS

How to Begin Fasting

Start with asking God for a clear goal. Be specific. “God, why am I fasting? Do you want me to fast for direction, healing, restoration in my marriage or family?” Exercise faith & be confident that He will show you!

Preparing Spiritually

Confess your sins to God. Ask the Holy Spirit to reveal areas of weakness. Forgive all who have offended you and ask forgiveness from those you may have offended (Mark 11:25; Luke 11:4; 17:3-4). Surrender your life fully to Jesus Christ and reject the worldly desires that try to hinder you (Romans 12:1-2).

Deciding What to Fast

Ask the Holy Spirit to lead you to the fast He wants you to do. He may lead you to go on a full fast in which you only drink liquids, or He may lead you to fast like Daniel, who abstained from sweets and meats, and only drank water. Remember to replace that time daily with Prayer and Bible reading.

What to Expect

When you fast your body detoxifies, eliminating toxins from your system. This can cause discomfort such as headaches and irritability during withdrawal from caffeine and sugars. And naturally, you will have hunger pains. Limit your activity and exercise moderately. Use wisdom, pray and ask for guidance. Beginners are advised to start slow. Take time to rest. Fasting brings about miraculous results. You are following Jesus’ example when you fast. Spend time listening to praise and worship. Pray as often as you can throughout the day. Get away from the normal distractions as much as possible and keep your heart and mind set on seeking God’s face.

How to End

Don’t overeat when the time comes to end your fast. Begin eating solid food gradually and eat small portions. Thank God for what he has done, what he is doing and what he is going to do!

PERSONAL PRAYER FOCUSES

I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people— for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. This is good, and pleases God our Savior, who wants all people to be saved and to come to a knowledge of the truth. (1 Timothy 2:1-4)

God has put us on earth at this specific time for a reason. In Matthew 6:33, Jesus tells us to hear His plan, receive His direction and His blessings. If you want success in your life, in your marriage, in your work, in your witness — putting God first is key. God also hears the cry of the oppressed and the unsaved. When God is our first priority, He can use us to help others. Pray

for those in authority and those under your authority. Pray for those in your family and your circle of influence (anyone you're connected to). Write down the names of specific people and pray for them.

Remember, it is the attitude of a sincere heart in which God responds with a blessing. May God greatly awaken you and bless those around you as you fast and pray!

ACTIVITY: Write down your personal prayer list. Rewrite it in your journal and begin using this as a basis for your prayer time. You will begin by praying over the needs and desires of those closest in your life, and then move outward.

FAMILY MEMBERS (SPOUSE, CHILDREN, PARENTS, SIBLINGS)

CLOSE FRIENDS

PASTOR, LEADERS AND CHURCH MEMBERS

PRESIDENT AND NATIONAL LEADERS

GOVERNOR AND STATE LEADERS

MAYOR, CITY AND COUNTY LEADERS