

21 *Days* OF PRAYER & *Fasting*

21-Day Reading & Practice Plan

Inspired by 'Practicing the Way' — John Mark Comer

Week 1 - Be With Jesus

Day 1 — The Vision of Apprenticeship

Scripture: John 15:1–8

Practice: 5 minutes of quiet prayer.

Reflection: What competes most for my attention?

Day 2 — The Problem of Hurry

Scripture: Psalm 46:10

Practice: Remove one source of hurry.

Reflection: Where do I feel most rushed?

Day 3 — Silence & Solitude (Part 1)

Scripture: Mark 1:35

Practice: 10 minutes of silence.

Reflection: What surfaced?

Day 4 — Silence & Solitude (Part 2)

Scripture: Matthew 11:28–30

Practice: Unhurried walk with God.

Reflection: How does my soul feel?

Day 5 — Sabbath (Part 1)

Scripture: Genesis 2:1–3

Practice: Plan your Sabbath.

Reflection: What do I believe about rest?

Day 6 — Sabbath (Part 2)

Scripture: Isaiah 58:13–14

Practice: List what brings delight.

Reflection: What restores me?

Day 7 — Slowing

Scripture: Proverbs 19:2

Practice: Slow pace intentionally.

Reflection: How does slowing affect me?

Week 2 - Become Like Jesus

Day 8 — Transformation

Scripture: Romans 12:1–2

Practice: Identify one unhealthy pattern.

Reflection: What is shaping me?

Day 9 — Counter-Formation

Scripture: 1 John 2:15–17

Practice: Half-day media fast.

Reflection: What cravings surface?

Day 10 — Community

Scripture: Acts 2:42–47

Practice: Encourage someone spiritually.

Reflection: Who forms me?

Day 11 — Rule of Life (Part 1)

Scripture: Colossians 3:1–17

Practice: Write 3 rhythms.

Reflection: What gives me life?

Day 12 — Rule of Life (Part 2)

Scripture: Matthew 6:33

Practice: Build weekly rhythm.

Reflection: What practice do I need most?

Day 13 — Emotional Health

Scripture: Galatians 5:22–25

Practice: Name one emotion for Jesus.

Reflection: What emotion dominates?

Day 14 — Simplicity

Scripture: Matthew 6:19–24

Practice: Declutter one area.

Reflection: What possessions compete for my heart?

Week 3 - Do What Jesus Did

Day 15 — Love

Scripture: John 13:34–35

Practice: Secret act of kindness.

Reflection: Who should I love?

Day 16 — Hospitality

Scripture: Romans 12:9–13

Practice: Invite someone to conversation.

Reflection: Who would Jesus welcome?

Day 17 — Serve the Poor

Scripture: Matthew 25:31–40

Practice: Serve or give to someone in need.

Reflection: Where am I blind to suffering?

Day 18 — Share the Gospel

Scripture: 1 Peter 3:15

Practice: Pray for one person.

Reflection: How can I share hope?

Day 19 — Healing Prayer

Scripture: James 5:13–16

Practice: Pray bold prayer for someone.

Reflection: Where do I need healing?

Day 20 — Spiritual Resistance

Scripture: Ephesians 6:10–18

Practice: Identify and replace one lie.

Reflection: What lie shapes me?

Day 21 — Becoming a Person of Love

Scripture: 1 Corinthians 13

Practice: Write a 90-day Rule of Life.

Reflection: What is God forming in me?