

twenty-one days of prayer  
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# 21

COASTAL  
CHURCH

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## Days of Prayer & Fasting

jan 1st-jan 21st **2026**

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# 01 A CALL TO PRAY

Prayer was central to Jesus' life and ministry. The disciples saw how He prayed and asked Him to teach them. Over the next 21 days, we'll follow His example by intentionally seeking God together.



## KEEP IT SIMPLE

Prayer is simply talking with God. Call Him "Father," "Lord," or "Friend"—whatever feels natural to you.

## USE THE RHYTHM BELOW TO GUIDE YOU:

- Morning: Pray a Psalm. Use Psalms of gratitude, lament, or renewal to guide your morning prayers.
- Noon: Pause and recite the Lord's Prayer from Matthew 6:9-13. Let each phrase bring clarity and focus to your day.
- Evening: End with a Prayer of Reflection:
  - Reflect on the events of your day.
  - Rejoice in moments of joy.
  - Repent of areas where you fell short.
  - Renew your trust in God for tomorrow.

Let's unite as a church and pray together!

## KEEP IT REAL

Share your thoughts and emotions with God—your joys, frustrations, and hopes. He knows and cares about everything you're going through. (1 Peter 5:7)

## KEEP IT UP

Make prayer a habit throughout your day.



# WEEK 1: REPENTANCE

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## Day 1 – Psalm 139:23,24

David is asking God to show him what is really in his heart.

Am I willing to admit there could be something deceitful in my heart?

## Day 2 - Psalm 51:1-3

David is confessing his sin and asking God to forgive and cleanse him.

Having asked God to search my heart, are there any sins I need to own, confess and ask forgiveness for?

## Day 3 - Matthew 5:23,24

Jesus is telling us that making things right with another is more important than our offering. I am asking God to show me if there is a relationship in my life that needs to be restored.

## Day 4 – Matthew 13:3-9

Jesus tells us that there are things that can hinder our spiritual growth and

fruitfulness. I am asking the Holy Spirit to search my heart for things that are distracting me from being fruitful.

## Day 5 – Philippians 3:7,8

Paul is stating here that there are things in his life that seemed to be important, but compared to knowing Christ, he sees them as garbage.

I am asking the Holy Spirit to reveal to me areas of my life where my priorities are not leading me to a deeper relationship with Jesus.

## Day 6 – John 6:38

Jesus states, very clearly, that He didn't come to earth to do what He wanted, but what the Father wanted for Him.

Father, today I surrender my plans and desires to Your will, which I know is best.

## Day 7 – 2 Corinthians 6:17

Paul is telling the church that they have been called to live lives that are separated from the world.

I am asking God to reveal any area in my life in which I am looking more like the world than separated from it.



# WEEK 2 - UNITY

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## Day 1 – John 17:21

Jesus prays the night before His crucifixion that we would be one, just as He and the Father are one.

Am I living a life of oneness and unity with my fellow believers?

## Day 2 - Ephesians 4:3-7

These verses show us that unity between believers is so important because we are all a part of the same body and Spirit.

Have I lost sight of the fact that though we are all one body, we have different functions by God's design?

## Day 3 – 1 Corinthians 1:10

Paul encourages believers to live in harmony, be single minded as a body refusing to be divided by loyalties to anyone other than Christ.

Today, by God's grace I am going to take on anew the mind of Christ and fight the enemy who attempts to divide the church.

## Day 4 – Romans 12

This portion of Scripture begins with an exhortation to offer our bodies as a living sacrifice and to refuse to allow the world to squeeze us into its mold.

Dear Father, I offer my body to you and ask that I be conformed to your image to the end that I am submitted to Your place for me in the body of Christ.

## Day 5 – Psalm 133:1

David is rejoicing in the wonderful blessing of brothers living in harmony and unity.

Is there anything I can do to promote a church that is living together in harmony?

## Day 6 – Colossians 3:14

In this verse we learn the secret to living in harmony; it's being wrapped in love.

Lord Jesus, help me to promote harmony in the church by allowing love to be my covering.

## Day 7 – Acts 2:42-47

In this wonderful description of the body of Christ living together in joy and harmony, we see the context is they were all filled with the Holy Spirit. (vs. 4)

Lord, help me to see that the only way to live in unity is for me to be filled with Your Spirit



# WEEK 3 - EXPECTATION

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### **Day 1 – Jeremiah 6:16**

God tells the people of Judah to stay on the path He has given them, not to be looking for some new way.

Do I find myself looking for something new, rather than taking a stand on the Word of God?

### **Day 2 – 1 Kings 3:3-14**

Solomon is granted a wish by God, anything that he wants and what he asks for is the wisdom he will need to rule the people well.

If I were told that I could have anything I wanted, what might that be?

### **Day 3 – Mark 10:46-52**

In this account Jesus asks, what initially, sounds like a silly question: “Blind man, what do you want me to do for you?”

Is it true in my life that I ask for things that aren’t what I really need, but rather will only cover the symptom?

### **Day 4 – Matthew 25:14-30**

In this parable Jesus is teaching us that it’s not what we have, but rather are we being faithful with what we have.

Am I willing to be faithful with what little I may have believing that God promotes those who are faithful with little?

### **Day 5 – Mathew 7:7-11**

In these verses on prayer Jesus tells us if we keep at it the answer will come because we have a Father in Heaven Who loves to give good things to His children.

Dear God, help me to wait on You, knowing that I have been called to live a life of faith. I thank you now for the answers yet to come.

### **Day 6 – Psalm 62:5**

In this verse David makes both a request and a declaration: let me wait on You because my hope is in You.

Today I will move toward a life of quietly waiting on God by placing all my hope in Him, rather than people or circumstances.

### **Day 7 – John 16**

In this conversation Jesus is having with disciples He tries to get them to see that whatever God is doing, even if it looks bad, wonderful blessings are on their way.

As I read this chapter, I want to thank You, Lord for the assurance I can have in Your perfect and loving plan for my good.



# CLOSING THOUGHTS

As we commit to 21 Days of Prayer, remember that God delights in spending time with you. These three weeks are an opportunity to draw near to Him, align your heart with His, and believe for breakthrough in your life and our church.



## FASTING

1. Fasting is a spiritual discipline where you voluntarily abstain from food, activities, or other comforts to focus on God and deepen your relationship with Him.

2. It is an act of worship that humbles your heart, strengthens your faith, and aligns your priorities with God's will.

3. Fasting creates space for prayer, reflection, and reliance on the Holy Spirit by setting aside distractions.

4. While fasting, the time and energy typically spent on what you're giving up are redirected toward seeking God in prayer and His Word.

## FAQ

**What if I miss a day?** Start again the next day! God is gracious and values your effort to connect with Him.

**Can I fast during this time?**

If you'd like, you can choose to fast from meals, technology, or other comforts to focus more on prayer. Make sure to consult your doctor if fasting food isn't medically safe for you.

**How do I stay focused during prayer?**

It's normal for your mind to wander during prayer. To stay focused, try praying out loud, writing your prayers in a journal, or using a simple structure like the Lord's Prayer or the ACTS model (Adoration, Confession, Thanksgiving, Supplication).

**What should I do if I don't feel like praying?**

Bring your honest feelings to God, even if they include frustration or apathy. Ask the Holy Spirit to help you pray and remember that prayer isn't about perfection but connection. Even a simple, heartfelt, "God, I need You" is a powerful prayer.



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