



21 DAYS OF FASTING AND PRAYER GUIDE

JANUARY 5TH – 25TH 2026

*“Behold, I will do a new thing, Now it shall spring forth;
Shall you not know it? I will even make a road in the wilderness
And rivers in the desert.” -Isaiah 43:19 (NKJV)*

WHAT IS FASTING?

A Fast is a conscious, intentional decision to abstain for a time from the pleasure of eating in order to gain vital spiritual benefits. The word 'fast' literally means 'to cover the mouth', 'to abstain from eating'. So the discipline of fasting means going without food or drink voluntarily, for a specific purpose. When you fast, your spirit becomes uncluttered by the things of this world and amazingly sensitive to the things of God. It keeps you sensitive to the Holy Spirit and His voice and you are able to hear what He is saying to you with a greater clarity. It also enables you to live holy and is a constant means of renewing yourself spiritually. There are numerous benefits to fasting and we recommend that you consider reading a particular book that will help you during the fast. We recommend 'Fasting' by Jentezen Franklin and it is available on Amazon.

WHY DO WE FAST?

| IN OBEDIENCE TO GOD'S WORD | MATTHEW 6: 16-18 “Whenever you fast, do not put on a gloomy face as the hypocrites do, for they neglect their appearance so that they will be noticed by men when they are fasting. But you, when you fast, anoint your head and wash your face, so that your fasting will not be noticed by men, but by your father who is in secret; and your Father who sees what is done in secret will reward you.”

| TO DEVELOP A MORE INTIMATE RELATIONSHIP WITH THE LORD | JAMES 4:8 Move your heart closer and closer to God, and he will come even closer to you. But make sure you cleanse your life, you sinners, and keep your heart pure and stop doubting.

| TO OBTAIN BREAKTHROUGHS IN DIFFICULT SITUATIONS | Matthew 17: 18-21 Later the disciples came to him privately and asked, “Why couldn’t we cast out the demon?” He told them, “It was because of your lack of faith. I promise you, if you have faith inside of you no bigger than the size of a small mustard seed, you can say to this mountain, ‘Move away from here and go over there,’ and you will see it move! There is nothing you couldn’t do! But this kind of demon is cast out only through pray-er and fasting.”

WHAT TYPE OF FAST?

The kind of fast that you choose will be your decision as you follow the Holy Spirit's promptings.

|COMPLETE FAST| Drink only liquids (you establish the number of days).

|THE DANIEL FAST| Eat no meat, no sweets and no bread. Drink water and juice. Eat fruits and vegetables. [Details on the next page]

| ONE MEAL A DAY [PARTIAL FAST] | A partial fast is from 6:00 am to 6:00 pm or from sun up to sun-down.

Fasting food yet still being occupied with other things won't bear fruit. We therefore also encourage to abstain from other distractions such as; Social Media or Netflix for a season, along with a food fast. Whatever fast you decide to observe, it is vitally important that you spend time in prayer, meditation and Bible study.

GUIDELINE FOR DANIEL FAST

Daniel, during his 21-day fast, ate no 'pleasant bread' Daniel 10: 3. He did eat, but not everything 'pleasant' he wanted. This is one way of keeping the flesh under control and not letting it dominate. Below is a list of foods you can consume and foods to avoid.

FOODS WE MAY EAT

Whole Grains: Brown Rice, Oats, Barley.

Legumes: Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas.

Fruits: Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries, Cranberries, Oats, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Kiwi, Lemons, Limes, Mangoes, Nectarines, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangerines, Watermelon.

Vegetables: Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Corn, Cucumbers, Eggplant, Garlic, Gingerroot, Kale, Leeks, Lettuce, Mushrooms, Mustard Greens, Okra, Onions, Parsley, Potatoes, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet Potatoes, Tomatoes, Turnips, Watercress, Yams, Zucchini, Seeds, Nuts.

Liquids: Spring Water, Distilled Water, 100% All-Natural Fruit Juices, 100% All Natural Vegetable Juices.

FOODS TO AVOID: Meat, White Rice, Fried Foods, Caffeine, Carbonated Beverages, Foods Containing Preservatives or Additives, Refined Sugar, Sugar Substitutes, White Flour and All Products using Margarine, Butter, High Fat Products.

COMMITMENT

During the 21 days of Prayer & Fasting, as you set aside your own interests and consecrate yourself to God's purposes, reflect on God's main purpose for sending Jesus. He came that ALL may have life

and have it more abundantly. He desires that none perish, but that all come to a saving knowledge of Jesus. His heart beats for people and so should ours.

With this in mind, you are encouraged to prayerfully select at least three people that you will commit to pray for on a daily basis. It may be a family member, a work colleague, a back-slidden brother or sister or your neighbor. Pray specifically for the same people on a daily basis and then at some time during the 21 days, approach them and invite them to a church service.

When you pray, your Father who sees what is done in secret will reward you openly. It would be wise and beneficial not to let these people know that you are praying for them but just hold them up in secret and allow God to work in their lives. In this way, they will not feel they are being manipulated or coerced into doing something under pressure. Remember it is the goodness of God that draws men to repentance. As you step out in faith and do your part, God will do His part. He will make the seemingly impossible, possible! Expect the supernatural Favor of God working on your behalf as you engage in winning souls for the Kingdom!

I commit to set aside the next 21 days for prayer & fasting. I commit to pray for the following people every day for the next 21 days

1.

2.

3.

4.

Over the next 21 days I am believing God for:

1.

2.

3.

4.

5.

SIGNATURE:

DATE:

JOIN OUR MID-DAY ZOOM CALLS MONDAY THROUGH FRIDAYS

Meeting ID: 889 6164 1240

Passcode: 21DAYS

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DAY 1 – Monday, January 5

GOD IS DOING A NEW THING

Isaiah 43:18–19 (NKJV)

“Do not remember the former things, Nor consider the things of old. Behold, I will do a new thing, Now it shall spring forth; Shall you not know it? I will even make a road in the wilderness
And rivers in the desert.”

Prayer Points:

- Thank God for what He has done in the past
- Release old seasons, disappointments, and limitations
- Ask God to open your eyes to His new work
- Declare new beginnings over your life and Converge

DAY 2 – Tuesday, January 6

SPIRITUAL PERCEPTION

Matthew 16:3 (NKJV)

“And in the morning, ‘It will be foul weather today, for the sky is red and threatening.’ Hypocrites! You know how to discern the face of the sky, but you cannot discern the signs of the times.”

Prayer Points:

- Ask God for spiritual discernment
- Pray for sensitivity to the Holy Spirit
- Repent of spiritual blindness or distraction
- Declare clarity for this season

DAY 3 – Wednesday, January 7**A WAY IN THE WILDERNESS****Exodus 13:21 (NKJV)**

“And the LORD went before them by day in a pillar of cloud to lead the way, and by night in a pillar of fire to give them light, so as to go by day and night.”

Prayer Points:

- Thank God for His presence and guidance
- Ask for direction in uncertain areas
- Declare that God is leading you forward
- Trust God even when the path is unfamiliar

DAY 4 – Thursday, January 8**STREAMS IN DRY PLACES****Psalm 107:35 (NKJV)**

“He turns a wilderness into pools of water, And dry land into watersprings.”

Prayer Points:

- Pray for renewal in dry areas of life
- Declare spiritual refreshment
- Ask God to restore joy and strength
- Thank God for supernatural turnaround

DAY 5 – Friday, January 9

FORGETTING FORMER THINGS

Philippians 3:13–14 (NKJV)

“Brethren, I do not count myself to have apprehended; but one thing I do, forgetting those things which are behind and reaching forward to those things which are ahead, I press toward the goal for the prize”

Prayer Points:

- Release past failures, regrets, and offenses to the Lord
- Ask for grace to move forward without emotional baggage
- Pray for renewed focus on God’s calling ahead
- Declare perseverance toward God’s high calling in Christ

DAY 6 –Saturday, January 10

FAITH FOR THE NEW

Hebrews 11:1 (NKJV)

“Now faith is the substance of things hoped for, the evidence of things not seen.”

Prayer Points:

- Ask God to strengthen your faith for what you cannot yet see
- Pray against doubt, fear, and unbelief
- Declare trust in God’s promises and timing
- Speak faith over every unanswered prayer

DAY 7 – Sunday, January 11

CONSECRATED HEARTS

Joel 2:12 (NKJV)

“Now, therefore,” says the Lord , “Turn to Me with all your heart, With fasting, with weeping, and with mourning.”

Prayer Points:

- Surrender your heart fully to the Lord
- Repent of anything that competes with your devotion to God
- Pray for purity, humility, and spiritual hunger
- Ask God to renew first love passion

DAY 8 – Monday, January 12**UNITY FOR THE NEW SEASON**

Psalm 133:1 (NKJV)

“Behold, how good and how pleasant it is For brethren to dwell together in unity!”

Prayer Points:

- Pray for unity within the Converge Life church and leadership
- Ask God to remove division, offense, and misunderstanding
- Declare love and mutual honor among believers
- Pray that unity releases God’s blessing

DAY 9 – Tuesday, January 13**COURAGE TO MOVE FORWARD**

Joshua 1:9 (NKJV)

“Have I not commanded you? Be strong and of good courage; do not be afraid, nor be dismayed, for the Lord your God is with you wherever you go.”

Prayer Points:

- Ask God for boldness to obey His voice
- Pray against fear, anxiety, and intimidation
- Declare strength and courage for every assignment
- Thank God for His constant presence

DAY 10 – Wednesday, January 14

RENEWED MINDS

Romans 12:2 (NKJV)

“And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.”

Prayer Points:

- Ask God to renew your thinking through His Word
- Pray against worldly patterns and ungodly mindsets
- Declare alignment with God’s will
- Pray for wisdom in decisions and priorities

DAY 11 – Thursday, January 15

DEPENDENCE ON THE HOLY SPIRIT

Zechariah 4:6 (NKJV)

“So he answered and said to me: “This is the word of the Lord to Zerubbabel: ‘Not by might nor by power, but by My Spirit,’ Says the Lord of hosts.”

Prayer Points:

- Acknowledge your need for the Holy Spirit
- Pray for empowerment beyond human ability
- Declare reliance on God’s Spirit, not self-effort
- Ask for sensitivity to the Spirit’s leading

DAY 12 – Friday, January 16

HEALING AND RESTORATION

Jeremiah 30:17 (NKJV)

For I will restore health to you And heal you of your wounds,’ says the Lord , ‘Because they called you an outcast saying: “This is Zion; No one seeks her.”’

Prayer Points:

- Pray for physical, emotional, and spiritual healing
- Declare restoration over broken areas of life
- Ask God to heal wounds from the past
- Thank God for His restoring power

DAY 13 – Saturday, January 17**FRUITFULNESS**

John 15:5 (NKJV)

“I am the vine, you are the branches. He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing.

Prayer Points:

- Pray for a deeper abiding relationship with Christ
- Ask God to produce lasting fruit in your life
- Declare fruitfulness in character, ministry, and relationships
- Surrender self-reliance and trust in God’s grace

DAY 14 – Sunday, January 18**OBEDIENCE**

Deuteronomy 28:1 (NKJV)

“Now it shall come to pass, if you diligently obey the voice of the Lord your God, to observe carefully all His commandments which I command you today, that the Lord your God will set you high above all nations of the earth.

Prayer Points:

- Ask for a willing and obedient heart
- Pray for grace to follow God’s commands fully
- Declare blessings released through obedience
- Commit to honoring God in daily choices

DAY 15 – Monday, January 19

RENEWED PASSION FOR GOD'S HOUSE

Psalm 69:9 (NKJV)

“Because zeal for Your house has eaten me up, And the reproaches of those who reproach You have fallen on me.”

Prayer Points:

- Pray for renewed love for God's church
- Ask God to stir passion for worship and service
- Declare faithfulness and commitment to God's house
- Pray for revival within the congregation

DAY 16 – Tuesday, January 20

MISSIONS AND OUTREACH

Matthew 28:19–20 (NKJV)

“Go therefore and make disciples of all the nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit,”

Prayer Points:

- Pray for a heart for the lost and the nations
- Ask God to open doors for evangelism
- Declare boldness in sharing the Gospel
- Pray for disciples to be made locally and globally

DAY 17 – Wednesday, January 21

GENERATIONAL IMPACT

Psalm 145:4 (NKJV)

“One generation shall praise Your works to another, And shall declare Your mighty acts.”

Prayer Points:

- Pray for faith to be passed to the next generation
- Ask God to use your life as a testimony
- Declare spiritual legacy within families
- Pray for children and youth to encounter God

DAY 18 – Thursday, January 22

PROVISION

Philippians 4:19 (NKJV)

“And my God shall supply all your need according to His riches in glory by Christ Jesus.”

Prayer Points:

- Thank God as your Provider
- Pray for financial, spiritual, and emotional provision
- Declare freedom from lack and worry
- Trust God to supply every need

DAY 19 – Friday, January 23

JOY IN THE JOURNEY

Nehemiah 8:10 (NKJV)

Then he said to them, “Go your way, eat the fat, drink the sweet, and send portions to those for whom nothing is prepared; for this day is holy to our Lord. Do not sorrow, for the joy of the Lord is your strength.”

Prayer Points:

- Ask God to restore joy and strength
- Pray against discouragement and weariness

- Declare joy as your spiritual strength
- Thank God for His sustaining grace

DAY 20 – Saturday, January 24

PRAISE FOR THE NEW THING

Psalm 96:1 (NKJV)

“Oh, sing to the Lord a new song! Sing to the Lord , all the earth.”

Prayer Points:

- Offer praise for what God is doing and will do
- Sing a new song of faith and gratitude
- Declare victory before seeing the outcome
- Thank God for new beginnings

DAY 21 – Sunday, January 25

DEDICATION TO GOD’S FUTURE

Proverbs 16:3 (NKJV)

“Commit your works to the Lord , And your thoughts will be established.”

Prayer Points:

- Commit your plans, work, and future to the Lord
- Pray for God’s direction and establishment
- Declare total surrender to God’s will
- Thank God for guiding your steps ahead

YOU MADE IT!

You prayed and fasted for 21 days.

Believe that God is doing a new thing and it is springing forth.