



**21-DAY FASTING AND PRAYER**

**DEVOTIONAL AND GUIDE**

**THEME: MY BEST FOR HIS GLORY**

**Part of our IN CHRIST theme.**

## 1. What Is Fasting?

Fasting is voluntarily going without food (and sometimes drink or other comforts) for a set period of time in order to seek God.

- **Biblical Examples:** Moses fasted 40 days (Exodus 34:28), Esther called a fast for deliverance (Esther 4:16), and Jesus fasted 40 days in the wilderness (Matthew 4:1–2).
  - **Different Types of Fasts:**
    - **Complete Fast** – No food, only water.
    - **Partial Fast** – Limiting certain foods (e.g., Daniel 10:3 – vegetables only).
    - **Soul Fast** – Giving up non-food items or habits (social media, TV, etc.).
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## 2. Why Do We Fast?

Fasting is not about “earning” God’s favor but about positioning ourselves to hear Him more clearly. **Key Reasons to Fast:**

1. **To Seek God’s Guidance** (Acts 13:2–3)
  2. **To Draw Closer to God** (James 4:8)
  3. **For Spiritual Breakthrough** (Isaiah 58:6)
  4. **To Strengthen Prayer** (Ezra 8:23)
  5. **To Humble Ourselves Before God** (Psalm 35:13)
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## 3. What Is Prayer?

Prayer is talking to God and listening for His voice. It’s our spiritual lifeline.

- **Praise** – Worshiping God for who He is.
  - **Confession** – Admitting sin and asking for forgiveness.
  - **Thanksgiving** – Thanking God for His blessings.
  - **Supplication** – Asking for God’s help, provision, and intervention.
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## 4. Fasting + Prayer: Why They Go Together

Fasting without prayer is just a diet. Prayer without fasting can still be powerful, but when combined, they sharpen our focus and dependence on God.

- Fasting quiets our physical appetites.
- Prayer feeds our spiritual hunger.
- Together, they help us surrender to God fully.

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## 5. How to Prepare for a Fast

1. **Set Your Purpose** – Be clear on why you're fasting (e.g., personal breakthrough, church unity, hearing God's direction).
  2. **Decide the Type of Fast** – Choose what you will give up.
  3. **Make a Plan** – Set times for prayer, Bible reading, and reflection.
  4. **Start Slowly** – Especially if you're new to fasting.
  5. **Seek Medical Advice** – If you have health conditions.
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## 6. What to Do During the Fast

- Spend extra time in the Word of God.
  - Keep a journal of insights, prayers, and answered prayers.
  - Avoid distractions that pull your attention away from God.
  - Use hunger pangs as reminders to pray.
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## 7. What Happens After the Fast?

- **Break the fast gradually** – Don't overload your body with heavy food.
  - Reflect on what God spoke to you during the fast.
  - Continue the spiritual disciplines you practiced.
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## 8. Key Scriptures on Fasting and Prayer

- **Isaiah 58:6–9** – The kind of fast God chooses.
  - **Matthew 6:16–18** – Fasting in humility.
  - **Joel 2:12** – Returning to God with fasting.
  - **Acts 14:23** – Fasting for God's direction.
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### Final Thought:

Fasting and prayer are not about earning God's approval but aligning your heart with His. They create space for God to speak, move, and transform your life.

*"Draw near to God, and He will draw near to you."* – James 4:8

## **New Life Fellowship 21-Day Fasting & Prayer Guide Theme:**

**MY BEST FOR HIS GLORY / September 1–21, 2025**

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### **WEEK 1: Our Identity In Christ**

#### **Day 1 - Monday, September 1: A New Creation**

*2 Corinthians 5:17*

In Christ, we are not slightly improved or patched up; we are completely new. This is your new identity. Let go of who you were and embrace who you are now.

**Prayer Focus:** Thank God for making you new. Ask for help to let go of old labels and past shame.

#### **Day 2 - Tuesday, September 2: Chosen and Loved**

*Ephesians 1:4–5*

God chose you before the foundation of the world. You are not an afterthought—you are His plan.

**Prayer Focus:** Rest in the love of God. Pray for deeper awareness of His acceptance.

#### **Day 3 - Wednesday, September 3: Adopted as Children**

*Romans 8:15–17*

You have been adopted into God's family with full rights as His child. Walk in the confidence of this identity.

**Prayer Focus:** Pray to live from the security and joy of being a child of God.

#### **Day 4 - Thursday, September 4: Forgiven and Free**

*Colossians 1:13–14*

Through Christ, your debt is paid and your record is clean.

**Prayer Focus:** Thank God for your forgiveness. Pray to walk in freedom from guilt and sin.

#### **Day 5 - Friday, September 5: Made Righteous**

*2 Corinthians 5:21*

Jesus took your place so you could be in right standing with God.

**Prayer Focus:** Ask God to help you live in the confidence of being made righteous.

#### **Day 6 - Saturday, September 6: Secure in Christ**

*Romans 8:38–39*

Nothing can separate you from God's love when you are in Christ.

**Prayer Focus:** Declare your security in God's love. Break agreement with fear.

#### **Day 7 - Sunday, September 7: Seated in Heavenly Places**

*Ephesians 2:6*

In Christ, you have spiritual authority and access to heaven's resources.

**Prayer Focus:** Ask for a heavenly mindset and boldness in prayer.

## WEEK 2: Living In Christ

### **Day 8 - Monday, September 8: Abiding in the Vine**

*John 15:5*

Life in Christ is about connection, not performance. Your fruitfulness comes from abiding, not striving.

**Prayer Focus:** Ask for a deeper connection and intimacy with Jesus.

### **Day 9 - Tuesday, September 9: Walking by Faith**

*2 Corinthians 5:7*

Life in Christ requires walking by faith, even when the path isn't clear.

**Prayer Focus:** Pray for confidence to trust God's unseen plans.

### **Day 10 - Wednesday, September 10: Dead to Sin, Alive to God**

*Romans 6:11*

You are no longer under the rule of sin. Christ has made you alive to righteousness.

**Prayer Focus:** Ask God for strength to resist temptation and walk in holiness.

### **Day 11 - Thursday, September 11: Living by the Spirit**

*Galatians 5:25*

Those in Christ live by the Spirit's direction, not the flesh's impulse.

**Prayer Focus:** Invite the Holy Spirit to guide your day, thoughts, and choices.

### **Day 12 - Friday, September 12: Mind of Christ**

*Philippians 2:5*

In Christ, you are called to think and act like Him: with humility, service, and obedience.

**Prayer Focus:** Pray for a mindset that reflects Christ in every interaction.

### **Day 13 - Saturday, September 13: Endurance in Suffering**

*Romans 8:17-18*

Sharing in Christ's sufferings means we will also share in His glory. Suffering has purpose.

**Prayer Focus:** Pray for strength and faith in trials. Trust that glory is coming.

### **Day 14 - Sunday, September 14: Living for His Glory**

*Colossians 3:17*

Everything you do in Christ should bring Him glory—your work, relationships, worship, and words.

**Prayer Focus:** Offer your life to God as a vessel of His glory.

## WEEK 3: Victory In Christ

### **Day 15 - Monday, September 15: More Than Conquerors**

*Romans 8:37*

In Christ, we are not merely survivors—we are overcomers. Victory is our inheritance.

**Prayer Focus:** Declare victory in areas of spiritual battle. Trust in God's power.

### **Day 16 - Tuesday, September 16: Christ in You, the Hope of Glory**

*Colossians 1:27*

Jesus living in you is the confident expectation of glory. You carry His presence.

**Prayer Focus:** Thank God for His indwelling Spirit. Live boldly for His glory.

### **Day 17 - Wednesday, September 17: Armor of God**

*Ephesians 6:10–11*

You are equipped in Christ to stand firm in every spiritual battle.

**Prayer Focus:** Put on each piece of spiritual armor. Stand strong in God's strength.

### **Day 18 - Thursday, September 18: Overcoming the Enemy**

*Revelation 12:11*

We overcome by the blood of the Lamb and the word of our testimony. Your story has power.

**Prayer Focus:** Pray for boldness to testify and resist every spiritual attack.

### **Day 19 - Friday, September 19: Peace That Guards**

*Philippians 4:7*

God's peace is a shield for the mind and heart in Christ. It surpasses understanding.

**Prayer Focus:** Receive and declare God's peace over your life and circumstances.

### **Day 20 - Saturday, September 20: Bearing Fruit**

*John 15:8*

True discipleship results in fruit that glorifies God. Stay rooted in Christ and grow.

**Prayer Focus:** Pray for fruitfulness in every area of your walk—love, joy, impact.

### **Day 21 - Sunday, September 21: Christ Is All**

*Colossians 3:11*

Christ is everything. He is the beginning, the center, and the end of all things.

**Prayer Focus:** Surrender all to Christ. Declare that He is your everything.