

21 DAYS OF PRAYER AND FASTING.



IOX MORE

ABOUT THIS GUIDE

Covering 21 days, this guide leads you through a specific focus each day during our time of prayer and fasting, helping to expand your faith and expectation for more.

Each day includes four key elements:

- **Passage** – a scripture to read
- **Pause** – a short reflection that unpacks the focus of the day
- **Pray** – a prayer emphasis to guide your time with God
- **Practice** – a practical step to help put the focus into action

We encourage you to set aside time each day throughout these 21 days to use these focus points, helping us to move together in unity as a church.

We also encourage you to take time to fast over this period, as this helps us draw closer to God and hear His voice more clearly. (See fasting resource on next page).

Our prayer is that throughout these 21 days, God would enlarge your love, strengthen your faith, and expand your vision for more as we step into this new year together.

IOXMORE

FASTING

The purpose of prayer and fasting is to draw closer to God. Biblical fasting removes distractions so we can reset our hearts, renew our spirits, and refocus on what matters most. It creates space to encounter God's goodness and prepares us for the work He desires to do in and through us.

Fasting is a spiritual discipline and one of three spiritual practices outlined in scripture that every believer should do regularly: giving, praying and fasting. It is designed to deepen our relationship with God and grow our faith.

Types of Fasts:

- **Complete Fast:** Liquids only, typically water and optional light juices.
- **Selective Fast:** Removing certain foods (e.g. the Daniel Fast: fruits, vegetables, water and juice).
- **Partial Fast:** Abstaining from food during set times of the day, such as sunrise to sunset.

You may also choose to do a 'soul fast' by intentionally stepping back from distractions such as social media or television, allowing space to restore balance and refocus your heart on God.

Links to additional resources:

[7 Steps to Fasting](#)

IOXMORE

WEEKLY OVERVIEW

WEEK 1 — 10× MORE LOVE (4TH — 10TH JAN)

- Day 1 — Love for God
- Day 2 — Love for the Word
- Day 3 — Love for Prayer
- Day 4 — Love for the Church
- Day 5 — Love for My Community
- Day 6 — Love for My Family
- Day 7 — Love for All People

WEEK 2 — 10× MORE FAITH (11TH — 17TH JAN)

- Day 8 — Faith for Salvation
- Day 9 — Faith for Peace
- Day 10 — Faith for Healing
- Day 11 — Faith for Finances
- Day 12 — Faith for Miracles
- Day 13 — Faith for Breakthrough
- Day 14 — Faith for Revival

WEEK 3 — 10× MORE VISION (18TH — 24TH JAN)

- Day 15 — Vision for My Life
- Day 16 — Vision for My Family
- Day 17 — Vision for My Church
- Day 18 — Vision for My Growth
- Day 19 — Vision for My Generosity
- Day 20 — Vision for My Influence
- Day 21 — Vision for My Nation

10X MORE

Love for God

PASSAGE:

Love the Lord your God with all your heart and with all your soul and with all your strength. - Deuteronomy 6:5

PAUSE:

Love for God is the foundation of every other love. He never asks us to give Him something He hasn't already given us first. When we love Him wholeheartedly, priorities shift, eyes are opened, and our hearts come alive again.



PRAYER:

“Lord, increase my love for You. Be my first love again.”

PRACTICE:

What competes for your affection? Identify one thing to surrender today.

Love for the Word

PASSAGE:

Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. – Joshua 1:8

PAUSE:

God's Word is not a textbook; it is a living voice. When we love the Scriptures, we love the One who breathed them. Leaning into the Word strengthens, stabilises and shapes us to become more like Christ.



PRAYER:

“Lord, give me fresh hunger for Your Word.”

PRACTICE:

Read one chapter slowly. Circle or note any phrase that speaks to you.

Love for Prayer

PASSAGE:

So I say to you: ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened. – Luke 11:9-10

PAUSE:

Prayer isn't a task; it's a relationship. God invites us to ask, seek and knock, not because He needs information, but because He wants communion. Prayer aligns our hearts with His.



PRAYER:

“Father, teach me to enjoy Your presence in prayer.”

PRACTICE:

Pray for 10 uninterrupted minutes today. No agenda, no lists—just companionship.

Love for the Church

PASSAGE:

And let us consider how we may spur one another on towards love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching. – Hebrews 10:24–25

PAUSE:

Jesus calls the Church His bride and His body. Loving the Church means valuing what He values and building what He is building. Imperfect people, united by perfect grace become a powerful witness in the world.



PRAYER:

“Lord, deepen my love for Your House. Help me to love like You love.”

PRACTICE:

Encourage or pray for someone in your church today.

Love for my Community

PASSAGE:

You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven. – Matthew 5:14–16

PAUSE:

We are placed intentionally, not accidentally. God calls us to bring peace, hope and love to the places we live and work in. Love looks like presence, compassion and action.



PRAYER:

“Show me how to love my community like You do.”

PRACTICE:

Do one simple act of kindness in your local community today.

Love for my Family

PASSAGE:

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonour others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. – 1 Corinthians 13:4–7

PAUSE:

Family is God’s first institution. Loving family means extending patience, grace and forgiveness—even in the ordinary moments. Your home can become a place where God’s love is demonstrated.



PRAYER:

“Teach me to love my family well and lead with grace.”
Practice:

PRACTICE:

Pray over every member of your household today.

Love for all People

PASSAGE:

You have heard that it was said, ‘Love your neighbour and hate your enemy.’ But I tell you, love your enemies and pray for those who persecute you. – Matthew 5:43–44

PAUSE:

Loving all people, regardless of who they are or what they’ve done reflects the heart of Jesus. He loved us while we were still sinners and invites us to do the same. Forgiveness frees us from bitterness and positions us for blessing.



PRAYER:

“Give me strength to forgive and love those who have hurt me.”

PRACTICE:

Pray specifically for someone who has wronged you.



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FAITH

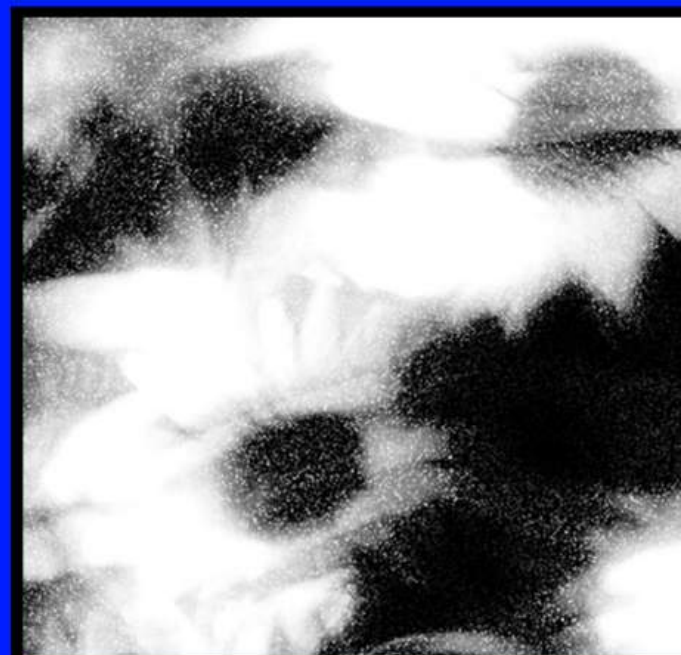
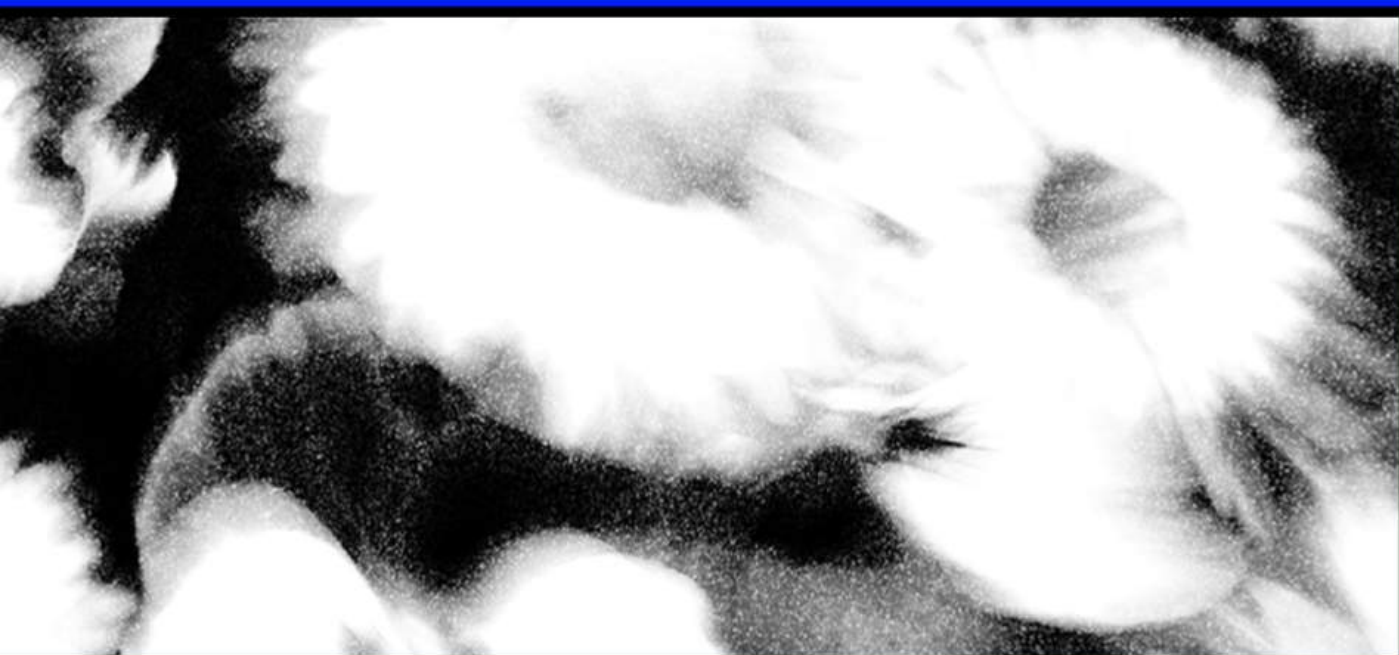
Faith for Salvation

PASSAGE:

Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, praising God and enjoying the favour of all the people. And the Lord added to their number daily those who were being saved. – Acts 2:46–47

PAUSE:

Salvation is the greatest miracle. Faith in Jesus restores us to relationship with God and secures our eternity. This same saving faith sustains us daily. Jesus came to seek and save the lost, and His heart is that all would be saved.

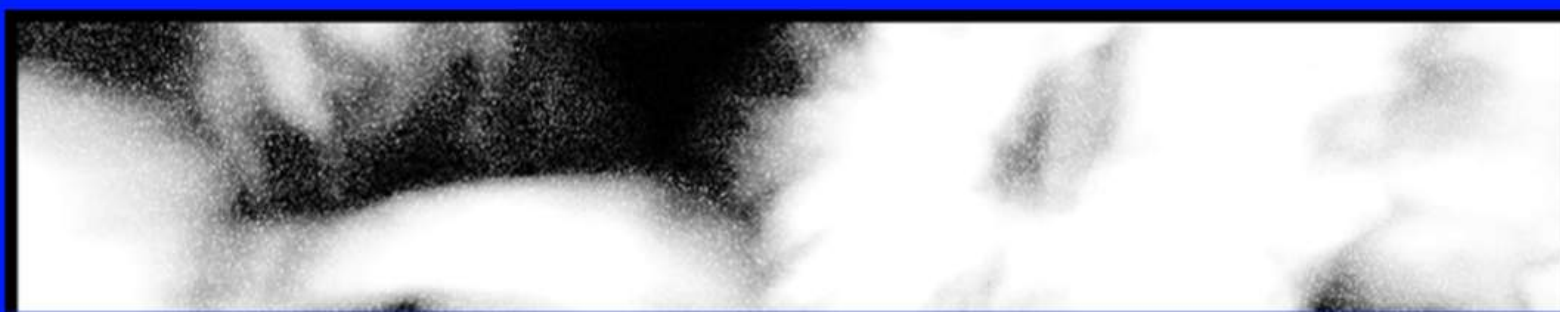


PRAYER:

“Increase my faith for the salvation of my loved ones. Help me to know and believe that no one is beyond your ability to save.”

PRACTICE:

Reflect on your salvation story. Share it with someone this week.





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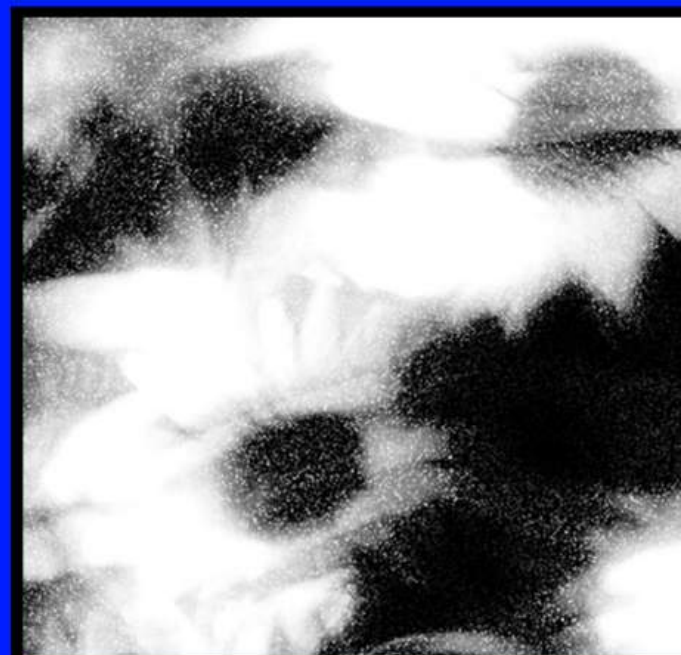
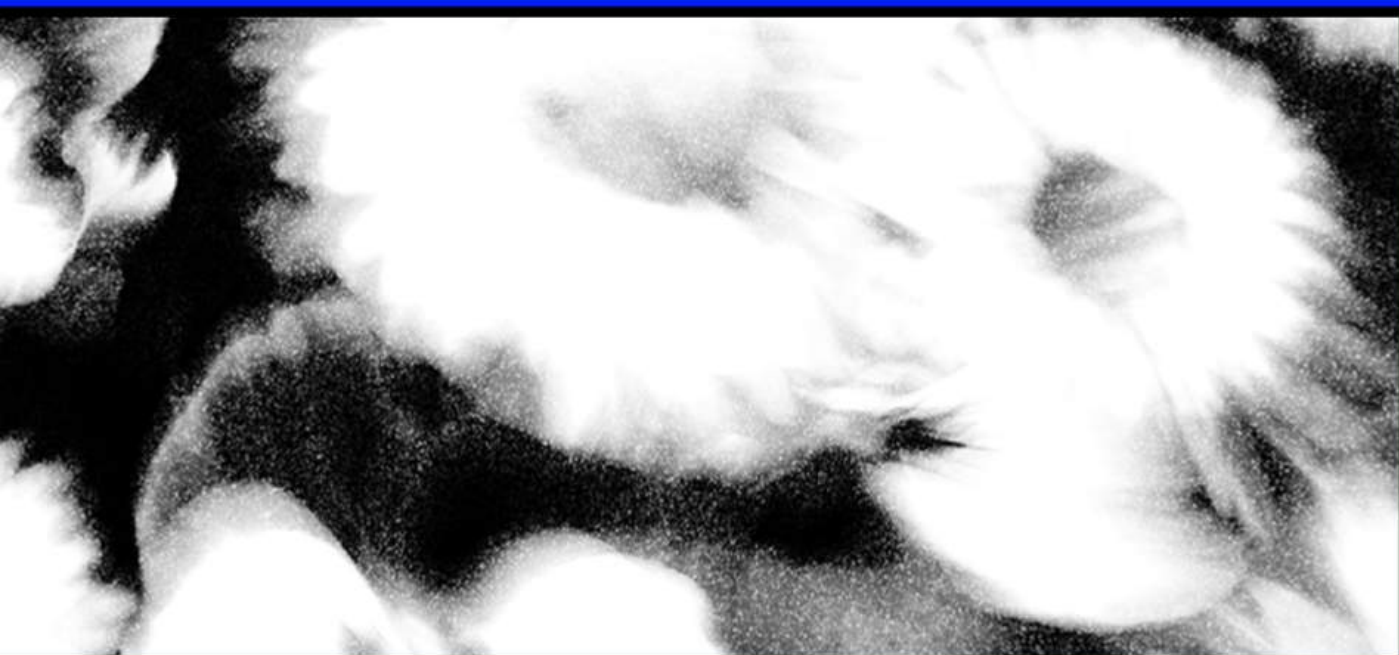
Faith for Peace

PASSAGE:

You will keep in perfect peace those whose minds are steadfast, because they trust in you. – Isaiah 26:3

PAUSE:

Peace isn't the absence of problems—it's the presence of Jesus. Faith anchors us when circumstances attempt to shake us. His peace guards our minds and hearts.

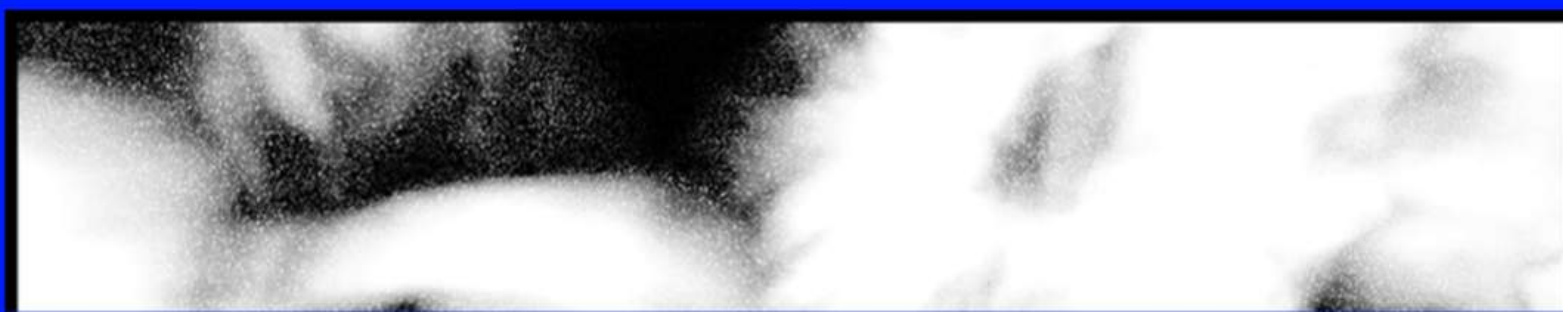


PRAYER:

“Lord, fill me with Your supernatural peace.”

PRACTICE:

Identify one worry. Release it to God in prayer.





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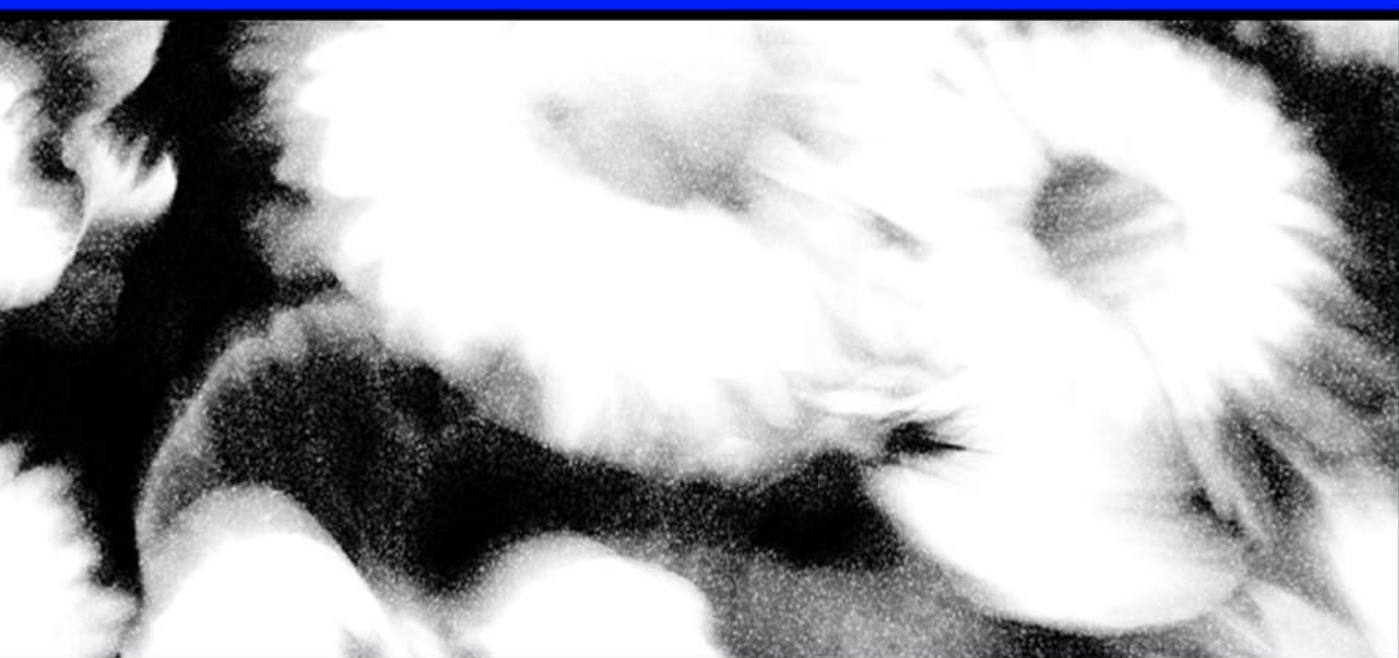
Faith for Healing

PASSAGE:

Is anyone among you sick? Let them call the elders of the church to pray over them and anoint them with oil in the name of the Lord. And the prayer offered in faith will make the sick person well; the Lord will raise them up. — James 5:14–15

PAUSE:

Jesus paid for our healing—body, soul and spirit. Faith doesn't deny reality; it declares God's authority over reality. He is still Healer today.

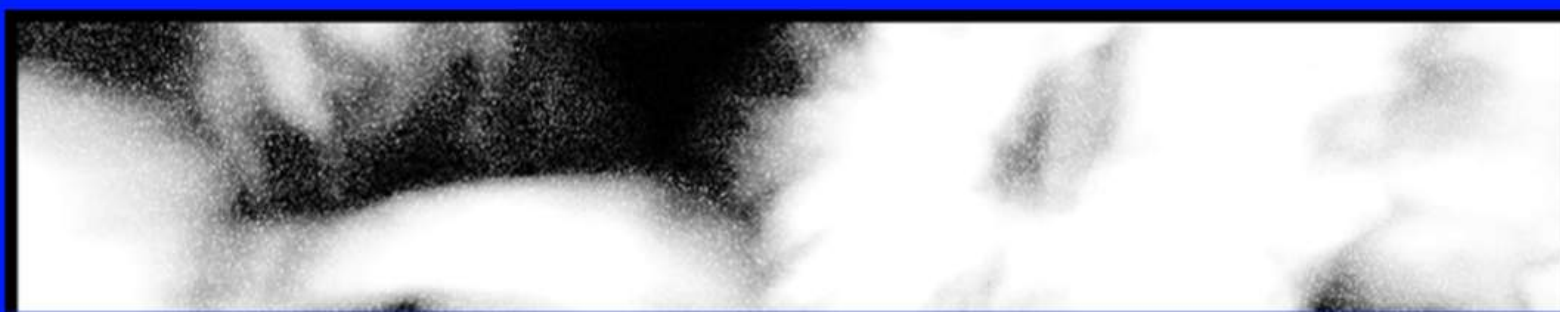


PRAYER:

“God, I believe You are able to heal fully.”

PRACTICE:

Pray for healing—either for yourself or someone else.





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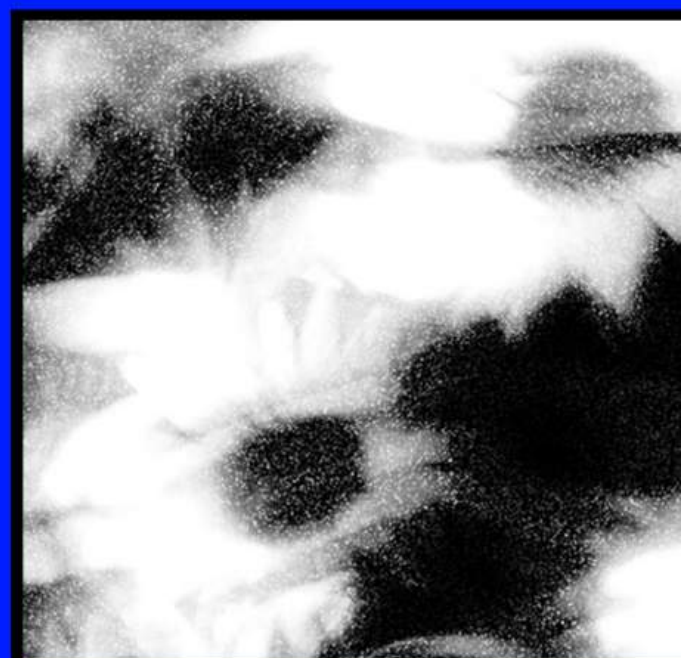
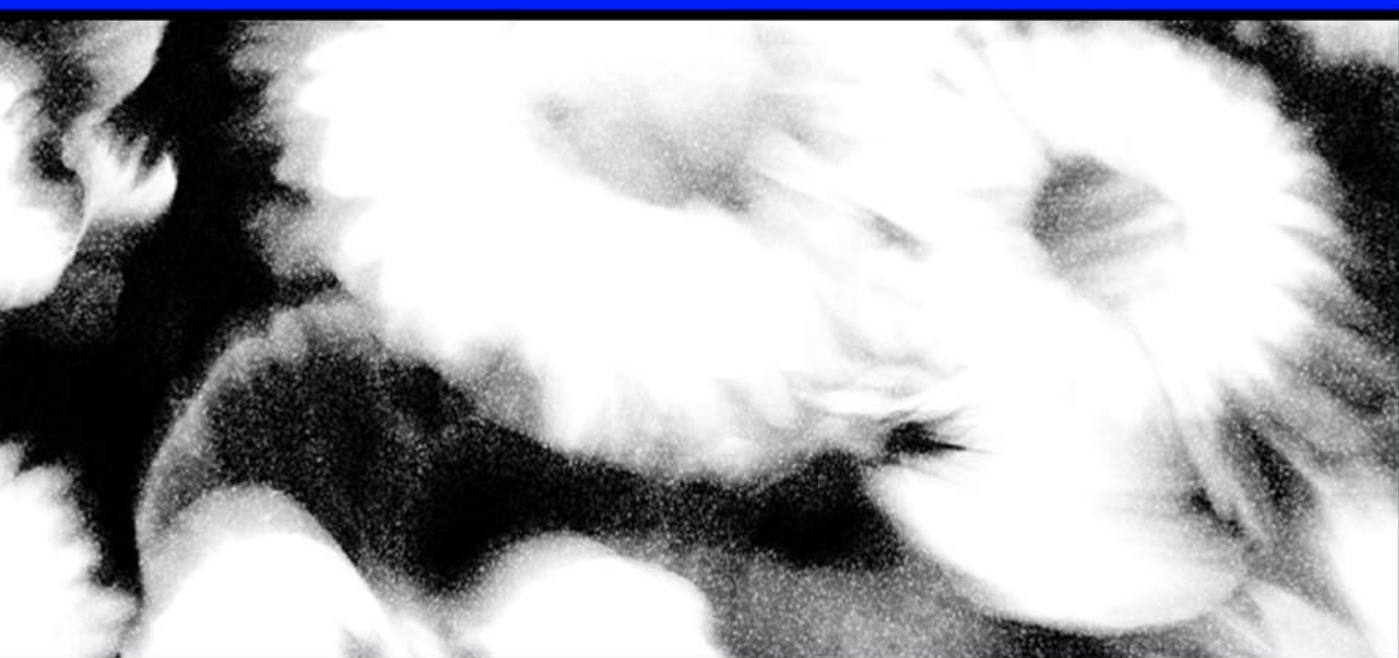
Faith for Finances

PASSAGE:

Bring the whole tithe into the storehouse, that there may be food in my house. Test me in this,” says the Lord Almighty, “and see if I will not throw open the floodgates of heaven and pour out so much blessing that there will not be room enough to store it. – Malachi 3:10

PAUSE:

God owns everything, and He provides for His children. Faith in finances means trusting Him more than we trust our pay-checks, budgets or circumstances.

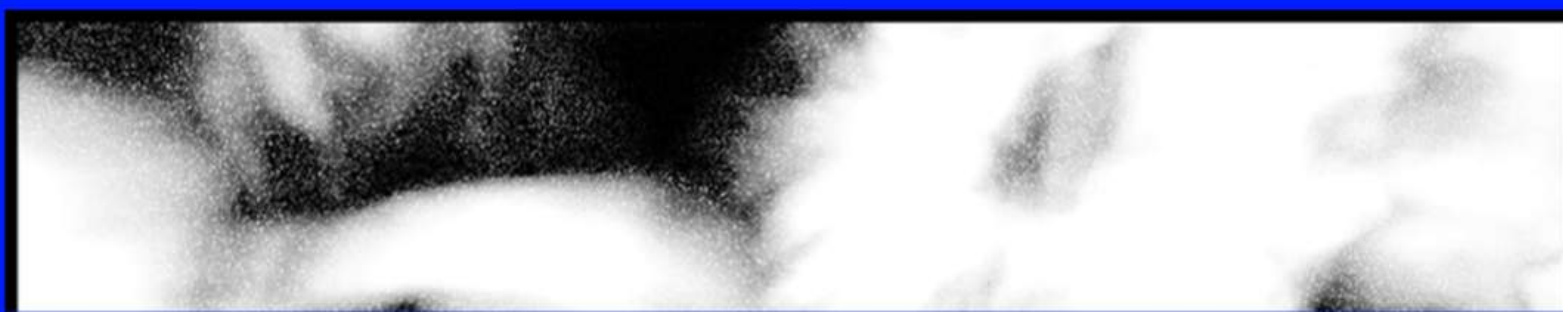


PRAYER:

“Teach me to trust You as my Provider.”

PRACTICE:

Give generously today—time, money or service.





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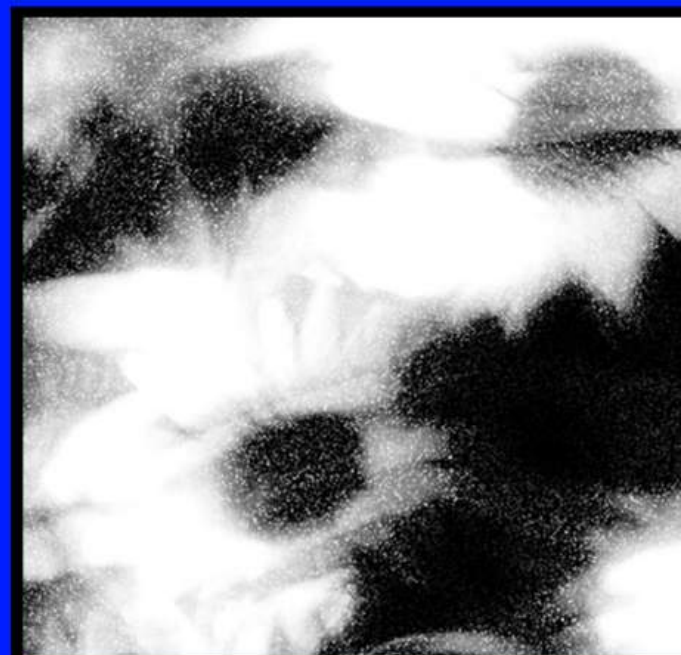
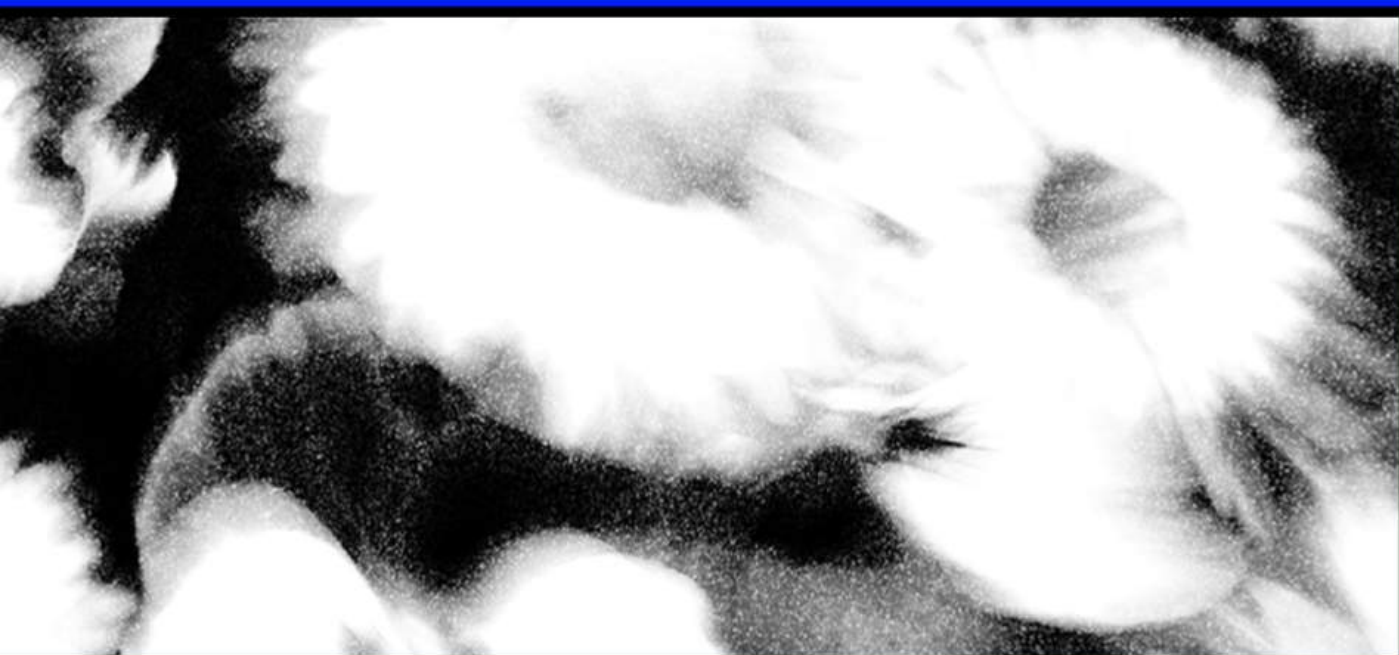
Faith for Miracles

PASSAGE:

Jesus looked at them and said, “With man this is impossible, but with God all things are possible.” – Matthew 19:26

PAUSE:

God delights to do the impossible. Miracles are not rare for God—they are expressions of His nature. Faith looks at barriers and sees opportunities for God to move.

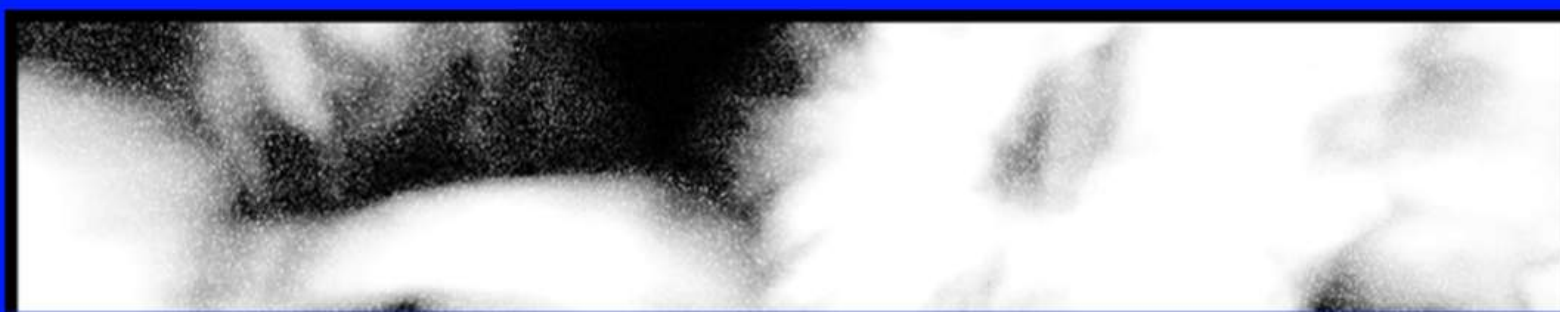


PRAYER:

“Lord, increase my expectation for the miraculous.”

PRACTICE:

What miracle do you need? Write it down and pray boldly.





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Faith for Breakthrough

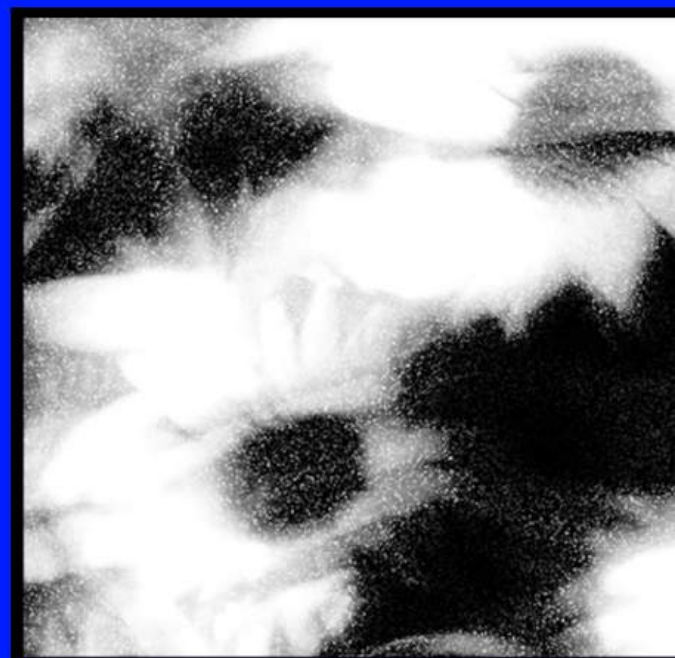
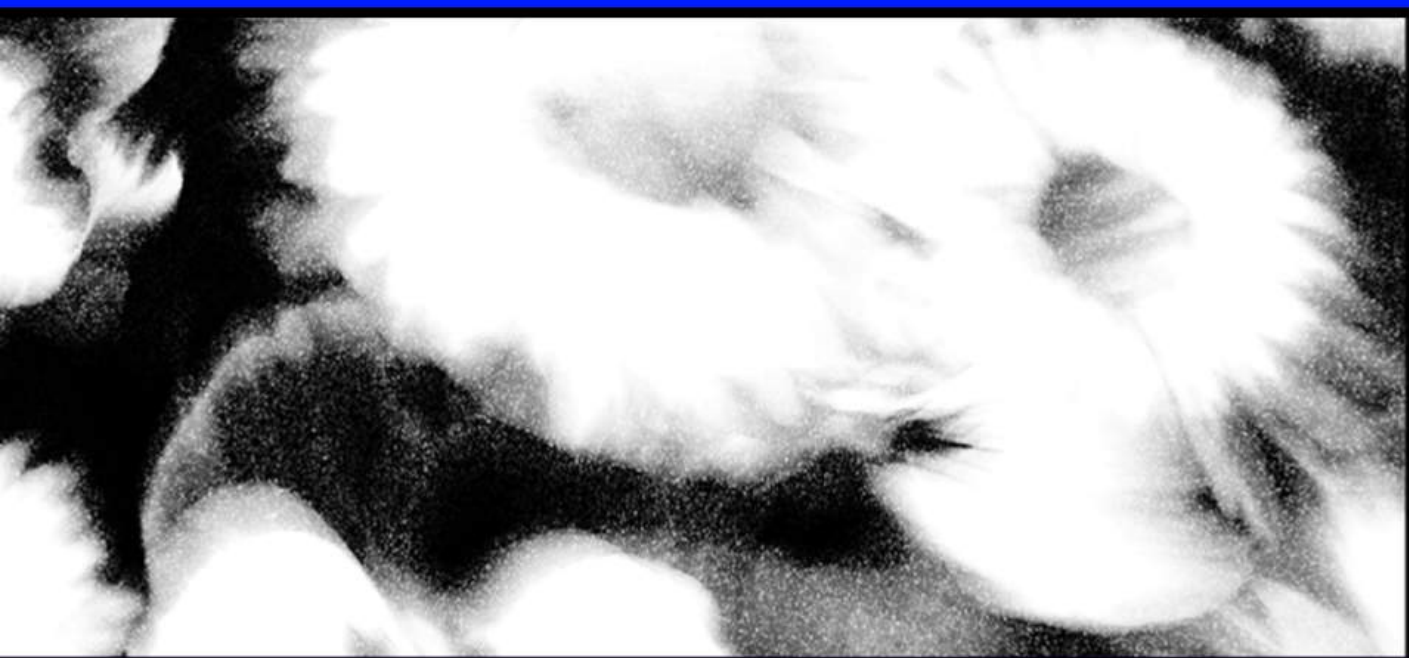
PASSAGE:

So David named that place Baal Perazim, and said, “The Lord has broken out against my enemies before me, like a breaking flood.” – 2 Samuel 5:20

Pause:

PAUSE:

God is the God of breakthrough. He breaks chains, breaks patterns and breaks barriers. Faith positions us for freedom and forward movement.

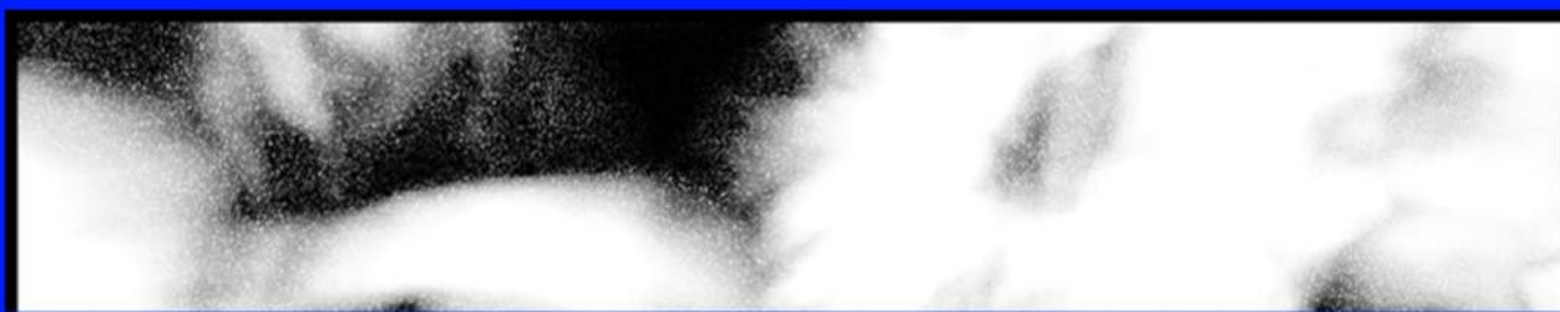


PRAYER:

“Break every barrier in my life that is not from You.”

PRACTICE

Identify one area needing breakthrough. Declare God’s promises over it.





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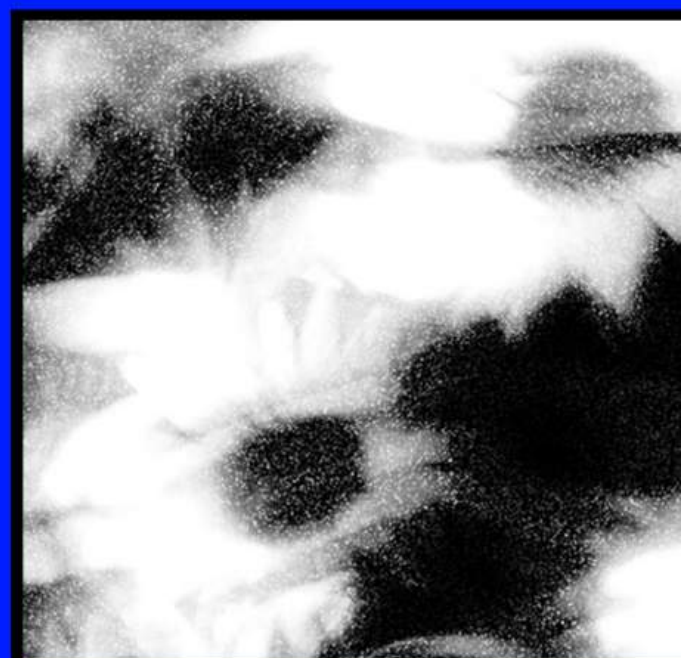
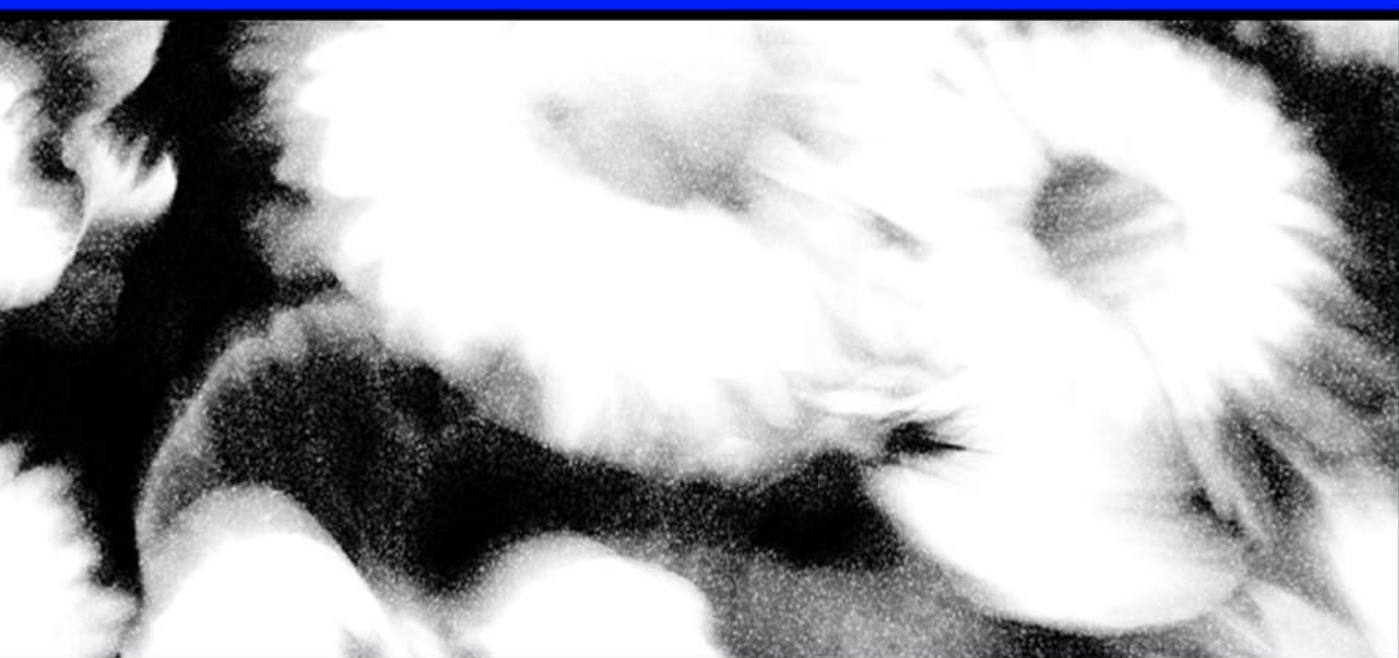
Faith for Revival

PASSAGE:

Lord, I have heard of your fame; I stand in awe of your deeds, Lord. Repeat them in our day, in our time make them known; in wrath remember mercy. – Habakkuk 3:2

PAUSE:

Revival begins in the heart before it is seen in a nation. Faith invites God to move in power again—renewing, awakening and transforming.

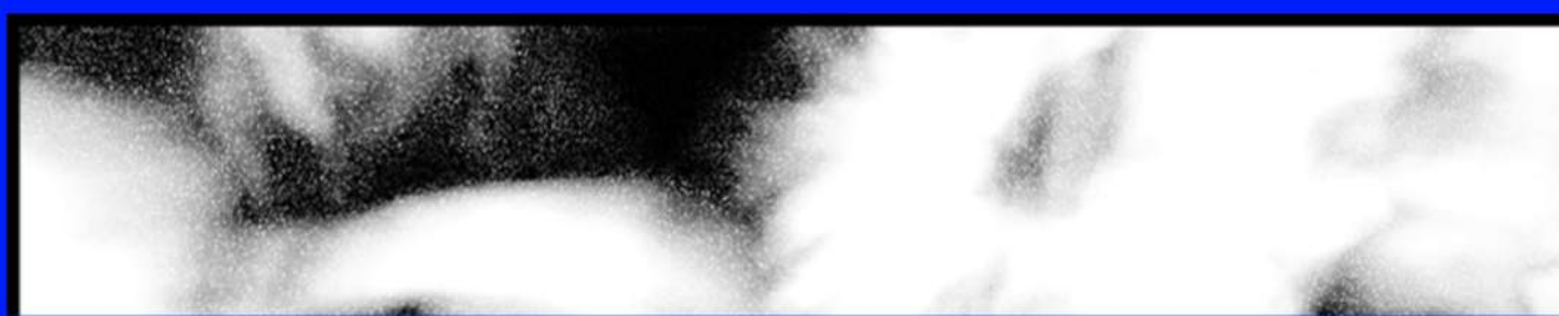


PRAYER:

“Revive my heart, my church, my city and my nation.”

PRACTICE

Pray for three people to encounter Jesus this week.



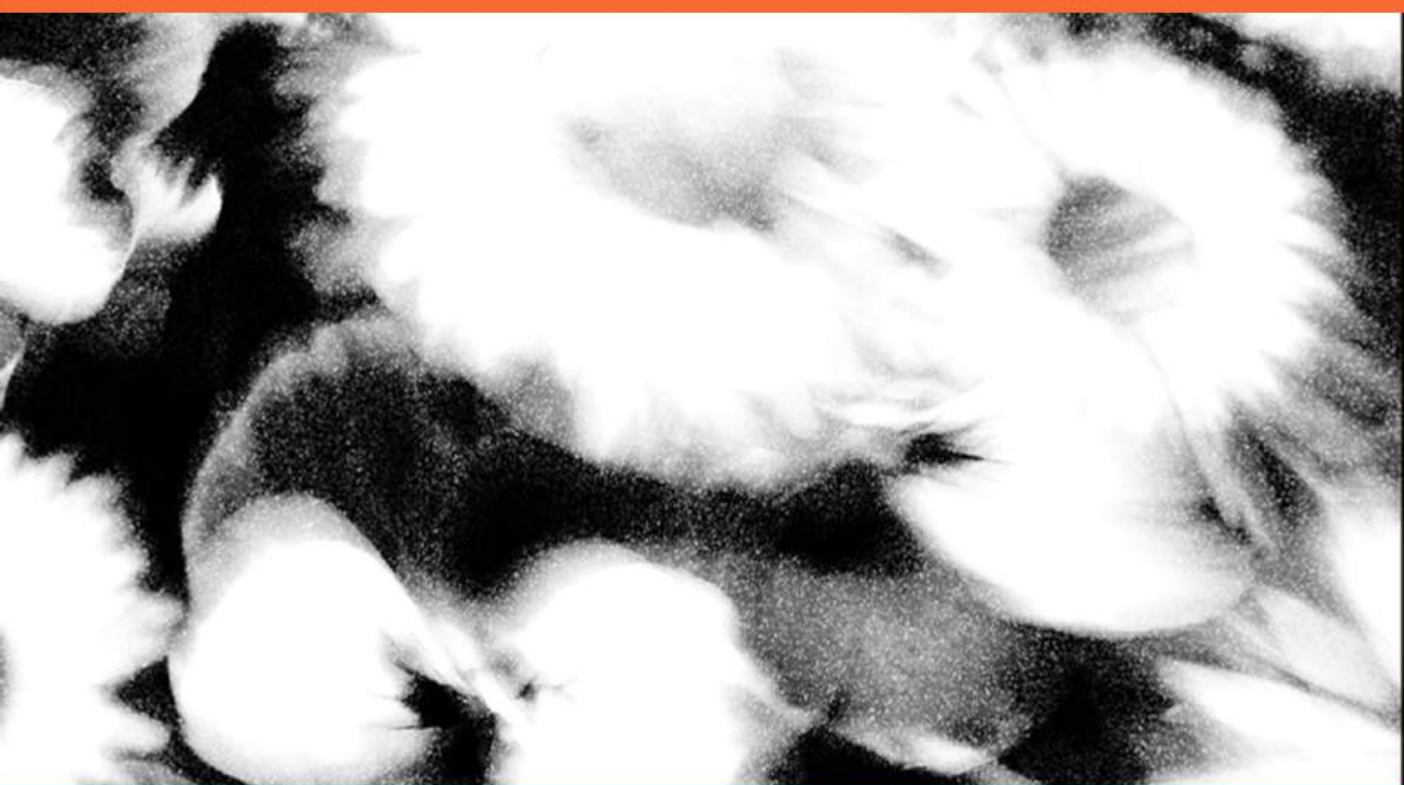
Vision for my life

PASSAGE:

Where there is no vision, the people perish. – Proverbs 29:18

PAUSE:

Vision gives direction, purpose and clarity. God desires to guide you, shape you and reveal His plans for your life. You were created with intention.



PRAYER:

“Lord, open my eyes to Your vision for my life.”

PRACTICE

Write a short statement describing the life God is calling you toward.

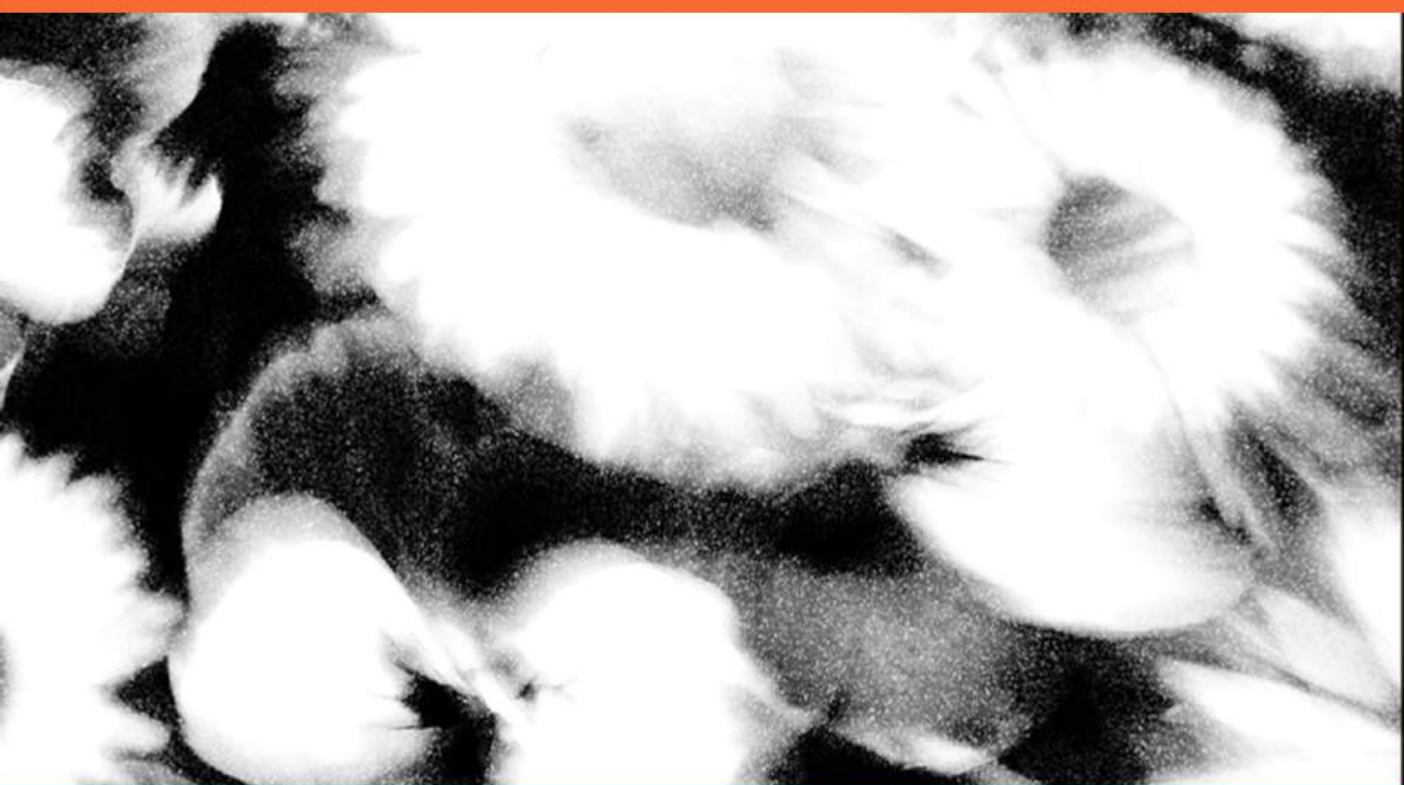
Vision for my family

PASSAGE:

But as for me and my household, we will serve the Lord. —
Joshua 24:15

PAUSE:

God has a vision for families—unity, blessing, legacy and faith. Your household can become a beacon of God’s goodness to generations.



PRAYER:

“Give me vision for my family’s future.”

PRACTICE

Take time to reflect on and write down one thing you would like to see take place in your family this year. Set an action plan on how you can see it accomplished.

Vision for my church

PASSAGE:

And I tell you that you are Peter, and on this rock I will build my church, and the gates of Hades will not overcome it. – Matthew 16:18

PAUSE:

The Church is God's chosen vehicle for transformation. As a church, our vision is to build a life-giving church that impacts every city, town and village in Scotland and influences the nations. When God gives a vision to a church, He is inviting you to build, serve and strengthen what He loves.



PRAYER:

“Unite us in vision and purpose as a church. Help me to see what my part in the vision is this year.”

PRACTICE

Invite someone to come with you to church on Vision Sunday (1st February) to hear more about the vision and how we can all play a part in it.

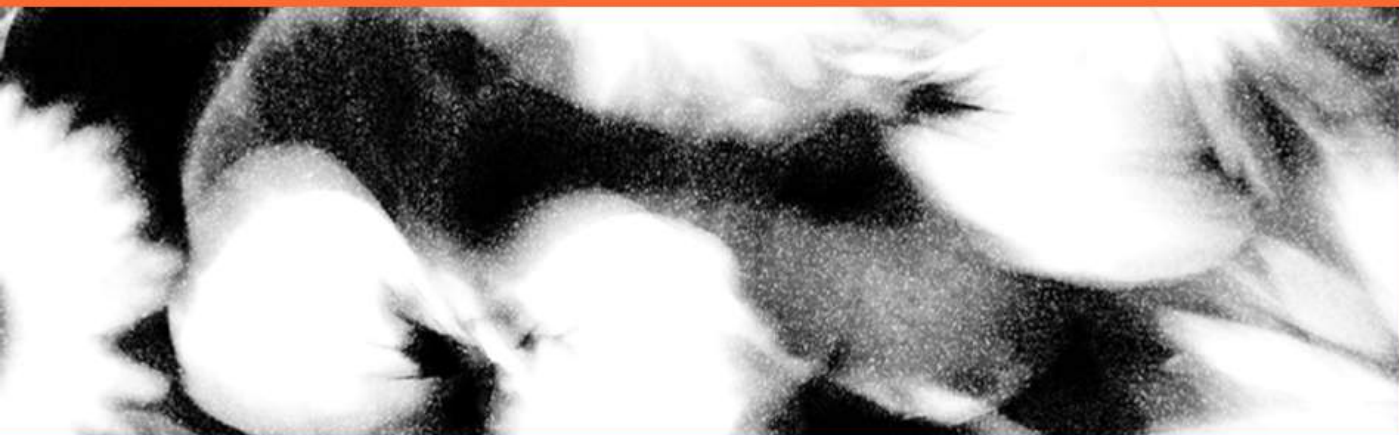
Vision for my growth

PASSAGE:

For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge; and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; and to godliness, mutual affection; and to mutual affection, love. For if you possess these qualities in increasing measure, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ. – 2 Peter 1:5-8

PAUSE:

Spiritual growth is not optional—it's essential. God desires to mature you, strengthen you and form Christ within you daily.



PRAYER:

“Grow me in wisdom, character and maturity.”

PRACTICE

Identify one area of spiritual growth and write down what you will do to grow in it this month.

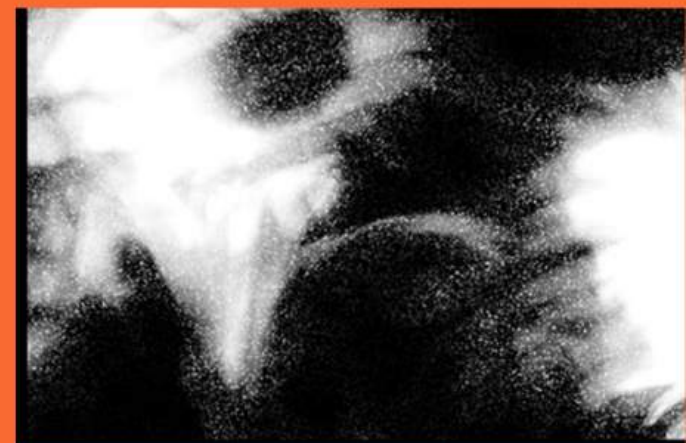
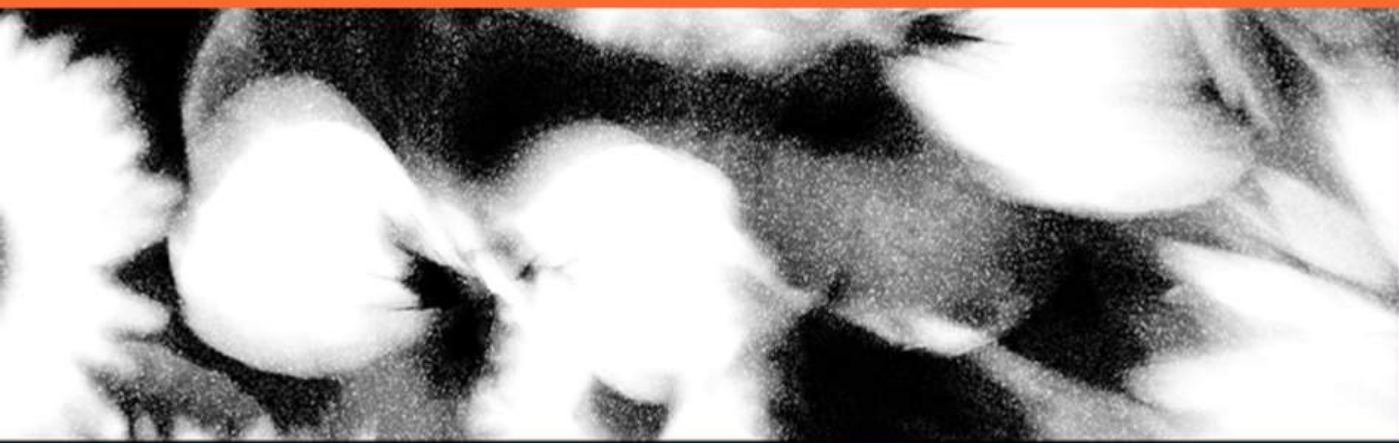
Vision for my generosity

PASSAGE:

Whoever sows sparingly will also reap sparingly, and whoever sows generously will also reap generously. Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver. And God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work. – 2 Corinthians 9:6–8

PAUSE:

Generosity expands our hearts and advances God's kingdom. A vision for generosity sees giving as joy, not duty. God blesses open hands.



PRAYER:

“Help me to be a cheerful and abundant giver.”

PRACTICE

Look for an opportunity to give unexpectedly today.

Vision for my influence

PASSAGE:

Daniel so distinguished himself among the administrators and the satraps by his exceptional qualities that the king planned to set him over the whole kingdom. – Daniel 6:3

PAUSE:

Every believer is called to shine, serve and lead in their sphere. God gives vision not just for who you are, but for who you're becoming. You can bring His life wherever you go.



PRAYER:

“Use my life to influence others for Your glory.”

PRACTICE

Go the extra mile or encourage someone today.

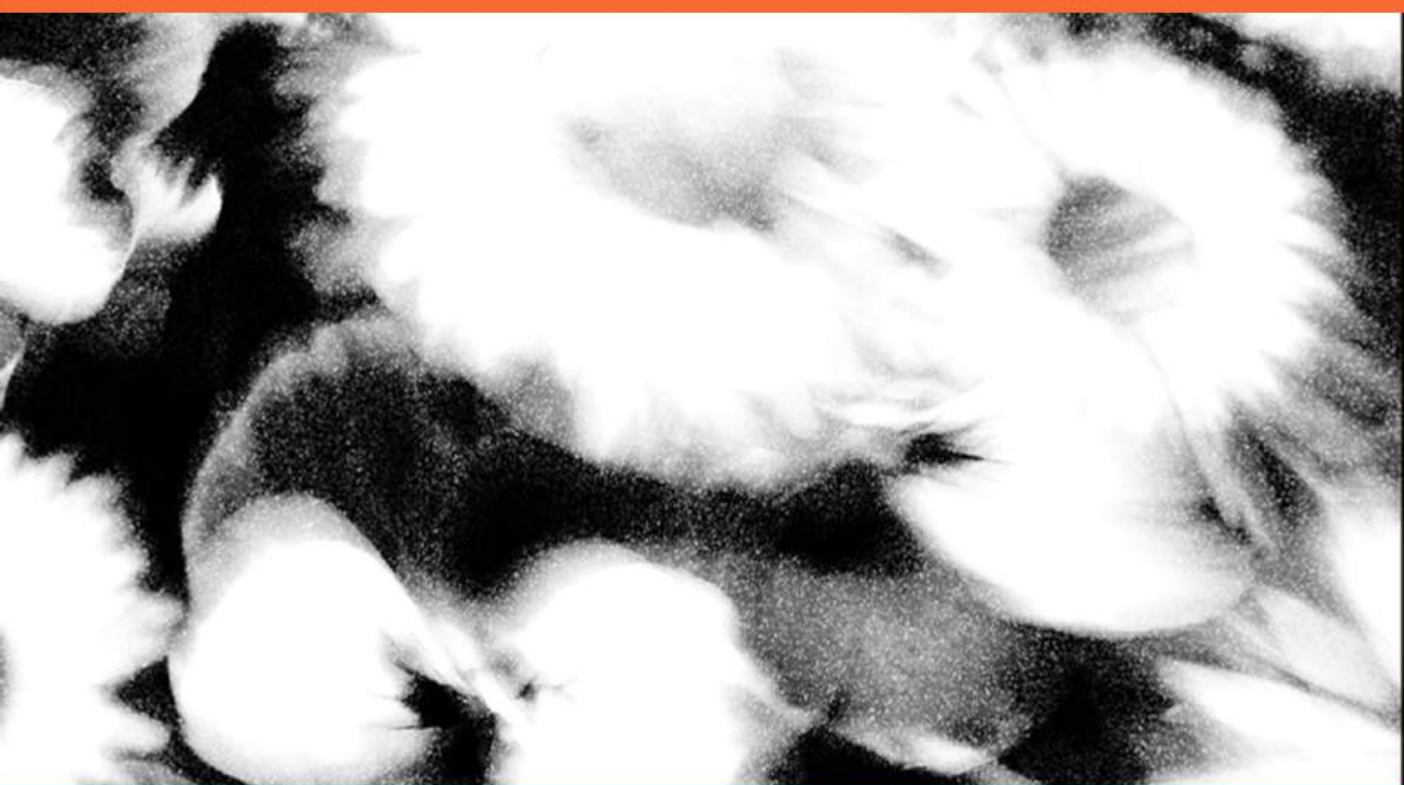
Vision for my nation

PASSAGE:

Blessed is the nation whose God is the Lord, the people he chose for his inheritance. – Psalm 33:12

PAUSE:

Nations change when God's people pray, repent and seek His face. Your prayers carry weight in God's kingdom. Vision for your nation is vision for revival and righteousness.



PRAYER:

“God, give us Scotland so it may live. Move in power in our nation and heal our land.”

PRACTICE

Pray for your leaders by name and bless your nation aloud.

Start strong.
Live for God.
Make the
year count.

