



21 DAYS OF PRAYER & FASTING GUIDE

“Will you not revive us again, that Your people may rejoice in You?”
— Psalm 85:6

Welcome

As Restoration Church, we believe God restores what is broken, renews what is weary, and revives what has grown cold. These **21 Days of Prayer and Fasting** are a sacred invitation to intentionally seek the Lord together—to humble ourselves, realign our hearts, and make room for God to move in fresh and powerful ways.

Whether you are new to fasting or have practiced it for years, this guide is designed to help you engage spiritually, practically, and safely.

Why We Pray and Fast

Prayer and fasting are biblical disciplines that draw us closer to God.

- **Prayer** connects us to God’s heart
- **Fasting** disconnects us from distractions
- **Together**, they sharpen our spiritual sensitivity

Biblical purposes of fasting include:

- Seeking God’s direction (Acts 13:2–3)
- Repentance and humility (Joel 2:12)
- Breakthrough and deliverance (Isaiah 58)
- Spiritual renewal and revival (Matthew 6:16–18)

Preparing Your Heart

Before you begin:

- Pray and ask the Holy Spirit how He is leading you to fast
- Choose a fast that is challenging yet wise
- Set clear spiritual goals (clarity, healing, renewal, salvation for loved ones)
- Commit the time daily to prayer and Scripture

“Consecrate yourselves, for tomorrow the Lord will do amazing things among you.”
— Joshua 3:5

Types of Fasts

Always consult a doctor before beginning a fast, especially if you have medical conditions.

1. Complete Fast

- Water only (or water and juice)
- Typically shorter duration (1–3 days)
- **Scripture:** Esther 4:16

2. Daniel Fast (Most Common)

- Fruits, vegetables, whole grains, water
- No meat, sugar, dairy, bread, or processed foods
- **Scripture:** Daniel 1:8–16

3. Partial Fast

- Specific meals or times (e.g., sunup to sundown)
- Often breakfast or lunch
- **Scripture:** Daniel 10:2–3

4. Selective Fast

- Remove specific items (sweets, caffeine, soda, social media, TV)
- Good for beginners

- **Scripture:** 1 Corinthians 9:27

5. Non-Food Fast

- Abstaining from media, entertainment, or social platforms
- Replace time with prayer and Scripture
- **Scripture:** Psalm 46:10

Practical Tips for Fasting

- Drink plenty of water
- Expect hunger—use it as a prayer reminder
- Start and end your fast gradually
- Journal prayers and scriptures
- Stay connected to church services and prayer times

What to Do During Hunger Moments

- Pray the Lord's Prayer (Matthew 6:9–13)
- Read Scripture aloud
- Worship
- Declare God's promises

“Man shall not live by bread alone, but by every word that comes from the mouth of God.” — Matthew 4:4

Ending the Fast

Break your fast with gratitude and wisdom. Reflect on what God has spoken and commit to walking out the changes He revealed.

“Draw near to God, and He will draw near to you.”
— James 4:8

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DAILY DEVOTIONAL

How to Use This Guide

Each day includes:

- A **Scripture** to read slowly
- A **Devotional Thought** to center your heart
- A **Prayer Focus** to guide your prayer time

Set aside intentional time daily. Even 10–15 focused minutes can transform your hunger into spiritual clarity.

Week 1 – Personal Renewal

Day 1 – Surrender

Scripture: Romans 12:1–2

Devotional: Revival begins with surrender. God does not force transformation; He responds to yielded hearts. Place your plans, habits, and desires on the altar today.

Prayer Focus: Offer your life fully to God.

Day 2 – Repentance

Scripture: Psalm 51:10–12

Devotional: Repentance is not shame—it is restoration. God cleanses what we confess and renews what we release.

Prayer Focus: Ask God to search and cleanse your heart.

Day 3 – Spiritual Hunger

Scripture: Matthew 5:6

Devotional: Fasting awakens hunger not just for food, but for righteousness. Let physical hunger remind you of your need for God.

Prayer Focus: Pray for renewed desire for God.

Day 4 – Identity in Christ

Scripture: 2 Corinthians 5:17

Devotional: You fast not to become someone new, but to realign with who you already are in Christ.

Prayer Focus: Declare your identity in Jesus.

Day 5 – Healing

Scripture: Isaiah 53:5

Devotional: Jesus paid fully for our healing—spirit, soul, and body. Healing often flows where faith and obedience meet.

Prayer Focus: Pray for healing in your life and others.

Day 6 – Freedom

Scripture: 2 Corinthians 10:4–5

Devotional: Fasting weakens the grip of strongholds. God's truth brings lasting freedom.

Prayer Focus: Ask God to break strongholds.

Day 7 – Rest

Scripture: Matthew 11:28–30

Devotional: God's rest is not inactivity; it is trust. Lay down striving and receive His peace.

Prayer Focus: Receive God's rest.

Week 2 – Church & Community

Day 8 – Revival in the Church

Scripture: Habakkuk 3:2

Devotional: Revival begins in the hearts of God's people before it reaches the crowds.

Prayer Focus: Pray for spiritual awakening at Restoration Church.

Day 9 – Unity

Scripture: Psalm 133:1

Devotional: Unity attracts God's blessing. Division distracts from God's power.

Prayer Focus: Pray for unity in the body.

Day 10 – Leadership

Scripture: Hebrews 13:17

Devotional: God strengthens the church through faithful leaders. Cover them in prayer.

Prayer Focus: Pray for pastors and leaders.

Day 11 – Spiritual Gifts

Scripture: 1 Corinthians 12:7

Devotional: The Spirit empowers the church for impact, not performance.

Prayer Focus: Ask God to activate spiritual gifts.

Day 12 – Families

Scripture: Joshua 24:15

Devotional: Strong families build strong churches. Invite God into your home.

Prayer Focus: Pray for families and marriages.

Day 13 – Next Generation

Scripture: Psalm 145:4

Devotional: Revival is sustained when faith is passed on.

Prayer Focus: Pray for children and youth.

Day 14 – The Lost

Scripture: Luke 19:10

Devotional: Jesus still seeks the lost. Let compassion lead you.

Prayer Focus: Pray for salvation.

Week 3 – City, Nation & World

Day 15 – Our City

Scripture: Jeremiah 29:7

Devotional: God's heart beats for cities. Pray blessing over your community.

Prayer Focus: Pray for your city.

Day 16 – Leaders & Government

Scripture: 1 Timothy 2:1–2

Devotional: Prayer positions leaders to govern with wisdom.

Prayer Focus: Pray for those in authority.

Day 17 – Justice & Compassion

Scripture: Micah 6:8

Devotional: Revival always bears fruit through justice and mercy.

Prayer Focus: Pray for compassion and righteousness.

Day 18 – Missions

Scripture: Matthew 28:19

Devotional: The church exists for those not yet here.

Prayer Focus: Pray for global missions.

Day 19 – National Revival

Scripture: 2 Chronicles 7:14

Devotional: Humility invites healing. Revival begins with repentance.

Prayer Focus: Pray for America.

Day 20 – Holy Spirit Outpouring

Scripture: Acts 2:17

Devotional: God still pours out His Spirit today. Expect fresh fire.

Prayer Focus: Ask for renewal of the Spirit.

Day 21 – Thanksgiving

Scripture: Psalm 100:4

Devotional: Gratitude seals the work God has done.

Prayer Focus: Thank God for answered prayer.