

LIVE SENT

21 Days of Prayer & Fasting

From Here to There

August 2–22, 2026



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"As the Father has sent Me, I am sending you." — John 20:21

Why We Fast

Throughout Scripture, God's people set aside time for prayer and fasting when they wanted to seek Him with greater focus. Fasting is not about earning God's favor or proving our spirituality. It is simply choosing to set aside something that normally has our attention so we can intentionally seek the Lord. As we say "no" to our physical appetites or daily comforts, we create space to say "yes" to God's presence, His voice, and His purposes.

The Bible records many examples of fasting. Moses fasted while receiving God's law. David fasted in times of repentance and prayer. Esther called God's people to fast before approaching the king. Jesus fasted for forty days before beginning His public ministry, and He taught that His followers would fast as part of their walk with God (Matthew 6:16-18). The early church also fasted as they prayed for wisdom and sought God's direction (Acts 13:2-3).

Not everyone fasts in the same way. Some choose a **complete fast** for a limited time, drinking only water. Others practice a **partial fast**, such as eating only one simple meal each day or avoiding certain foods, similar to Daniel's fast (Daniel 10:2-3). Many people choose to fast **one meal each day**, using that time to pray instead of eating. Others may fast from things that regularly consume their attention—such as social media, television, streaming services, video games, or other forms of entertainment—and use that time to seek God in prayer and Scripture. If you have a medical condition, are pregnant, or have other health concerns, please choose a fast that is appropriate for your situation and consult your healthcare provider if needed.

As a church, our goal is not that everyone fasts the same way. Our goal is that every one of us intentionally draws closer to Jesus. Ask the Lord what He would have you set aside during these 21 days, and then use that time to pray for our church, our families, and our schools. May these days deepen our relationship with Christ and prepare us to faithfully **Live Sent** wherever God has placed us.

The Journey

- **Week 1:** God Works **IN** Us (*Our Church*)
- **Week 2:** God Works **THROUGH** Us (*Our Families*)
- **Week 3:** God Works **AROUND** Us (*Our Schools*)

Week One

God Works IN Us

Praying for Our Church

August 2–8

"Lord, make us the church You have called us to be."

Day 1 – Sunday

A Deeper Love for Jesus

Pray that our church would love Christ above everything else.

Day 2 – Monday

Spiritual Revival

Pray for repentance, renewed passion, and a fresh move of the Holy Spirit.

Day 3 – Tuesday

Unity

Pray that we would love one another and remain united around the mission of Jesus.

Day 4 – Wednesday

Bold Witness

Pray that every believer would courageously share their faith.

Day 5 – Thursday

Church Leaders

Pray for wisdom, humility, protection, and strength for pastors, staff, elders, and ministry leaders.

Day 6 – Friday

Salvation

Pray that many people would come to faith in Christ this year.

Day 7 – Saturday

Living Generously

Pray that every believer would give their time, talents, and treasures to the Lord.

Week Two

God Works THROUGH Us

Praying for Our Families

August 9–15

"Lord, let our homes reflect Your love."

Day 8 – Sunday

Strong Marriages

Pray for love, forgiveness, and unity between husbands and wives.

Day 9 – Monday

Parents Leading Spiritually

Pray for parents to faithfully lead their homes toward Christ.

Day 10 – Tuesday

Children & Students

Pray that the next generation would know, love, and follow Jesus.

Day 11 – Wednesday

Healing Relationships

Pray for forgiveness, reconciliation, and restored family relationships.

Day 12 – Thursday

Protection

Pray that families would be protected from temptation, division, and spiritual attack.

Day 13 – Friday

Homes of Prayer

Pray that our homes would become places where God's Word is read and prayer is practiced.

Day 14 – Saturday

Unsaved Family Members

Pray by name for family members who need to know Jesus.

Week Three

God Works AROUND Us

Praying for Our Schools

August 16–22

"Lord, use us to shine Your light."

Day 15 – Sunday

Students

Pray that Christian students would boldly live out their faith.

Day 16 – Monday

Teachers

Pray for wisdom, endurance, and encouragement for teachers.

Day 17 – Tuesday

Administrators & Staff

Pray for principals, counselors, office staff, custodians, bus drivers, and everyone who serves our schools.

Day 18 – Wednesday

Coaches & Mentors

Pray that coaches and mentors would positively influence the next generation.

Day 19 – Thursday

Protection

Pray for safety, peace, and God's protection over every campus.

Day 20 – Friday

Gospel Opportunities

Pray for open doors to share the hope of Christ with students and families.

Day 21 – Saturday

Spiritual Awakening

Pray for revival in our schools and for God to raise up a generation that follows Jesus wholeheartedly.