

twenty one

JANUARY 5-25TH 2026

DAYS OF
PRAYER
& FASTING

P R A Y E R & F A S T I N G G U I D E



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Journey Church family,

I'm so grateful you're choosing to be part of these 21 days of prayer and fasting. This isn't about religious duty or trying to prove something to God; this is about drawing near to Him with sincere hearts and making room for His presence to move in us.

Fasting has a way of quieting the noise in our lives so we can hear God more clearly. It strengthens our spiritual hunger, sharpens our discernment, and positions our hearts for renewal. When we fast, we're not trying to impress God, we're simply saying, "Lord, You matter more than anything else."

Over the next 21 days, my prayer is that you will experience:

- a renewed love for Jesus
- a deeper hunger for God's Word
- freedom from anything that has held you back
- healing in places you've carried pain
- and a fresh outpouring of the Holy Spirit in your life and in our church

Whether you've fasted many times before or this is your very first time, I want you to know this: God will honor your pursuit. Don't worry about doing this perfectly; just show up daily with a willing heart. If you stumble, don't quit. If you miss a day, don't give up. Just return to the presence of Jesus and keep going.

We're fasting together, praying together, and believing together that God is going to do something powerful in and through Journey Church.

Let's lean in, expect God to move, and believe that the best is still ahead.

With faith and love,

Pastor Alex

How to Use This Guide

This 21-Day Prayer & Fasting Guide is designed to help you intentionally seek God each day in a simple, focused, and life-giving way. You don't need to overcomplicate it—consistency matters more than intensity.

Each Day Includes:

- A Prayer Focus – to guide your heart and attention
- A Scripture – to anchor your prayers in God's Word
- A Daily Prayer – to help you pray with clarity and faith

Daily Rhythm

1. Set aside intentional time each day (morning is ideal, but choose what works best for you).
2. Read the Scripture slowly, even more than once if needed.
3. Pray the Daily Prayer, then add your own words as the Holy Spirit leads.
4. Sit in silence for a moment and listen. God often speaks when we slow down.
5. Journal or reflect on what God is revealing or stirring in your heart.

During the Fast

- Replace time spent eating, scrolling, or being distracted with prayer, worship, or Scripture.
- Stay hydrated and take care of your body.
- Choose grace over guilt; this is about pursuit, not performance.

Fasting Looks Different for Everyone

You may be fasting from food, certain meals, media, or another meaningful distraction. What matters most is not what you fast, but why you fast: to draw closer to God.

If health or medical reasons prevent you from fasting from food, choose a safe alternative. God honors a willing heart.

We're Doing This Together

You are not walking this journey alone. As a church family, we are seeking God in unity, believing for spiritual renewal, breakthrough, healing, and revival in our lives, our families, our community, and our world.

Fasting Basics

Why do we fast?

Fasting helps us focus on God by intentionally setting something aside to pursue His presence. It's not about earning God's favor; it's about positioning our hearts for greater intimacy and obedience.

What is biblical fasting?

Biblical fasting is voluntarily abstaining from food, or something meaningful, to devote that time and attention to prayer and seeking God.

What kinds of fasts can I do?

Here are a few biblical and practical options:

1. Full Fast

- Water only (use wisdom and consult a doctor if needed)

2. Daniel Fast

- Fruits, vegetables, whole grains, water (based on Daniel 1 & 10)

3. Partial Fast

- Skipping one or two meals per day
- Fasting from certain foods (sweets, caffeine, bread, etc.)

4. Non-Food Fast

- Social media, TV, streaming, gaming, etc.
- Great for those who can't fast from food due to medical conditions.

What should I do when I feel hungry?

Let hunger become a reminder to pray. Even a short prayer like, "Jesus, You are my strength. Fill me with Your Spirit," can turn weakness into worship.

What if I mess up?

Don't quit. There's no condemnation. Reset and keep going. This is about a relationship, not performance.

Prayer Points

DAY 1 — Personal Surrender & Spiritual Renewal

Prayer Focus: A renewed heart fully surrendered to Jesus

Scripture: Psalm 51:10

Daily Prayer: Lord, I surrender every part of my life to You. Renew my heart and purify my motives. Today, I choose surrender over self-reliance.

DAY 2 — Hunger for God's Presence

Prayer Focus: A deeper desire for prayer, worship, and the Word

Scripture: Psalm 42:1

Daily Prayer: Father, increase my hunger for Your presence. Stir a fresh passion for Your Word and for time alone with You.

DAY 3 — Strength for Spiritual Warfare

Prayer Focus: Victory over temptation, addiction, and strongholds

Scripture: Ephesians 6:11

Daily Prayer: God, clothe me with Your armor. Give me the strength to resist temptation and the courage to overcome every stronghold. I declare victory in Jesus' name.

DAY 4 — Emotional & Mental Healing

Prayer Focus: Healing from trauma, anxiety, and past wounds

Scripture: Psalm 34:18

Daily Prayer: Lord, heal the broken places in my heart and mind. Restore my joy and bring peace where there has been pain.

DAY 5 — Growth in Personal Discipleship

Prayer Focus: Spiritual maturity and obedience

Scripture: 2 Peter 3:18

Daily Prayer: Jesus, help me grow in Your grace and knowledge. Strengthen my discipline and deepen my obedience.

DAY 6 — Revival for the World

Prayer Focus: Global awakening and an outpouring of the Holy Spirit

Scripture: Habakkuk 2:14

Daily Prayer: Father, pour out Your Spirit on the nations. Awaken hearts everywhere and draw the world to Jesus.

DAY 7 — Revival in Our Community

Prayer Focus: Spiritual transformation in our city and region

Scripture: Jeremiah 29:7

Daily Prayer: Lord, move in our community. Bring hope, unity, and revival. Use Journey Church to be a light and a refuge.

DAY 8 — Prayer for Singles

Prayer Focus: Identity, purpose, community, and joy

Scripture: Psalm 37:4

Daily Prayer: God bless every person walking through singleness. Strengthen them, surround them with community, and lead them with clarity and joy.

DAY 9 — Prayer for Families

Prayer Focus: Unity, healing, and Christ-centered homes

Scripture: Joshua 24:15

Daily Prayer: Lord, cover our families with Your protection and peace. Bring unity and healing to every home.

DAY 10 — Prayer for Marriages

Prayer Focus: Strengthened covenants and restored relationships

Scripture: Ephesians 5:25

Daily Prayer: Father, bless our marriages. Restore broken places, deepen love, and let every marriage honor You.

DAY 11 — Prayer for Business Owners & Marketplace Leaders

Prayer Focus: Integrity, provision, and Kingdom influence

Scripture: Deuteronomy 8:18

Daily Prayer: Lord, bless our business owners and leaders. Provide wisdom, creativity, and favor as they lead with integrity.

DAY 12 — Prayer for Journey Church & the Global Church

Prayer Focus: Unity, purity, and Holy Spirit power

Scripture: Matthew 16:18

Daily Prayer: Jesus, build Your Church. Strengthen Journey Church and Your Church around the world with boldness and unity.

DAY 13 — Prayer for Spiritual Leaders

Prayer Focus: Strength, holiness, wisdom, and protection

Scripture: Hebrews 13:17

Daily Prayer: Lord, strengthen and protect our pastors and leaders. Anoint them with fresh wisdom and power to shepherd well.

DAY 14 — Prayer for Widows, Orphans, and the Vulnerable

Prayer Focus: Provision, protection, and compassion

Scripture: James 1:27

Daily Prayer: Father, be near to the vulnerable. Provide for widows, orphans, and those in need. Make Your church a place of compassion.

DAY 15 — Prayer for Evangelists & Missionaries

Prayer Focus: Open doors, protection, and supernatural harvest

Scripture: Romans 10:15

Daily Prayer: God, strengthen those spreading the Gospel locally and globally. Provide all they need and prepare hearts to receive Your Word.

DAY 16 — Prayer for Local Schools, Teachers, & Students

Prayer Focus: Safety, wisdom, and God's presence in schools

Scripture: Proverbs 22:6

Daily Prayer: Lord, bless our schools with safety and peace. Strengthen teachers and protect students. Let every campus experience Your presence.

DAY 17 — Prayer for Political Leaders

Prayer Focus: Wisdom, humility, justice, and righteousness

Scripture: 1 Timothy 2:1-2

Daily Prayer: God, guide our leaders with wisdom and integrity. Help them govern with justice, humility, and righteousness.

DAY 18 — Prayer for Journey Kids

Prayer Focus: Joy, protection, and spiritual growth

Scripture: Matthew 19:14

Daily Prayer: Jesus, bless every child at Journey Church. Protect their hearts and let them encounter You at an early age.

DAY 19 — Prayer for Students & Young Adults

Prayer Focus: Identity, purpose, purity, and bold faith

Scripture: 1 Timothy 4:12

Daily Prayer: Lord, strengthen our students and young adults. Guard their identity, guide their steps, and empower them to live boldly for You.

DAY 20 — Prayer for Salvation & Discipleship at Journey Church

Prayer Focus: A harvest of souls and a strong discipleship culture

Scripture: Matthew 28:19

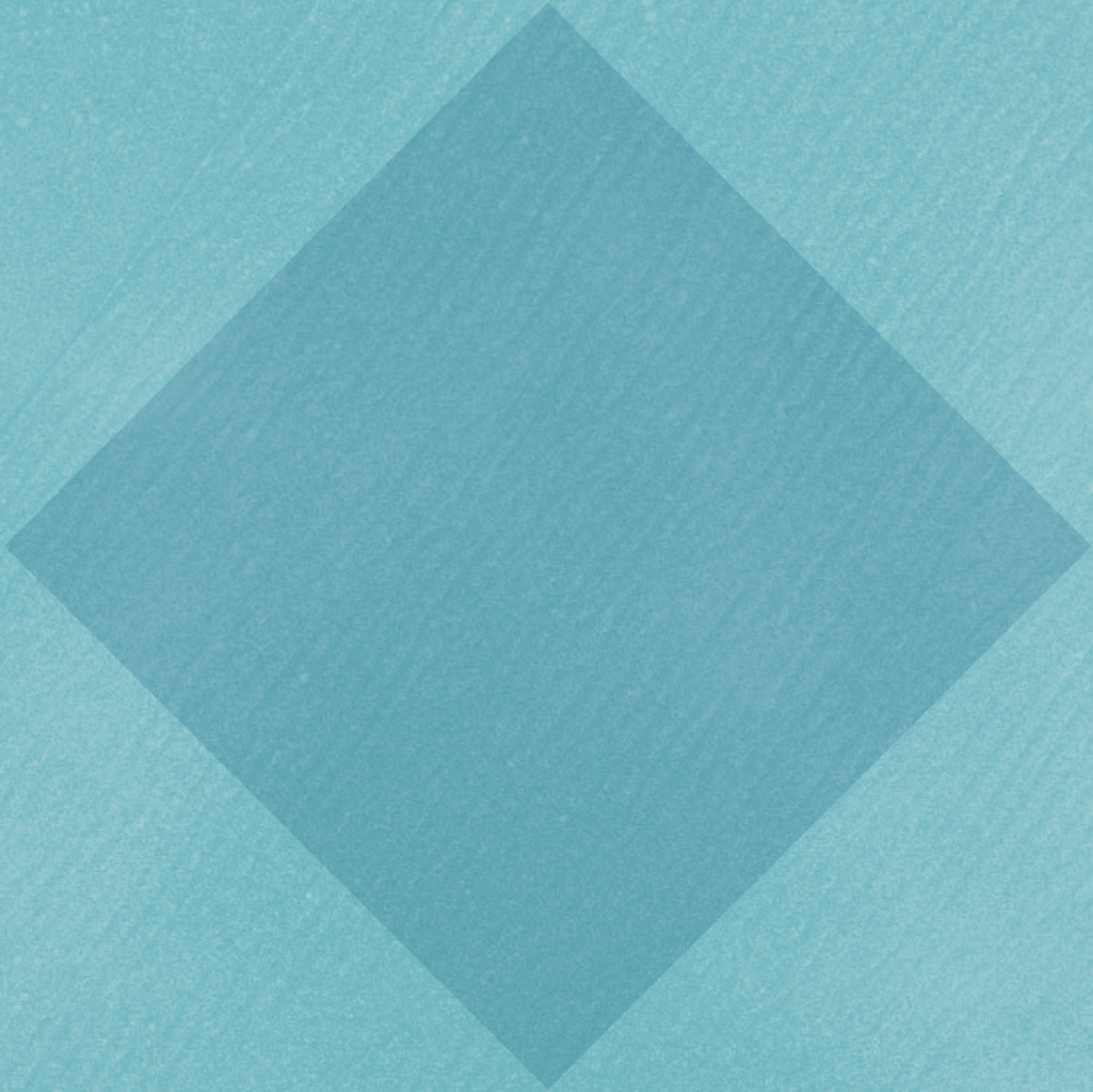
Daily Prayer: Father, let Journey Church be a place where people meet Jesus, grow in faith, and live as disciples who make disciples.

DAY 21 — Prayer for Breakthrough & Fresh Outpouring

Prayer Focus: Revival, miracles, and bold faith in 2026

Scripture: Isaiah 43:19

Daily Prayer: God, do a new thing in us. Bring breakthrough, revival, and fresh outpouring. Strengthen our faith for the season ahead.



Closing Prayer

Father,

Thank You for meeting us during these 21 days of prayer and fasting. Thank You for every moment You strengthened us, every time You spoke to us, every tear You caught, and every step You helped us take toward healing, freedom, and deeper surrender.

Lord, we ask that what You started in us would not end here. Let the hunger we've cultivated remain. Let the faith we've built continue to grow. Let the breakthroughs we've tasted become a lasting transformation. We don't want a temporary spiritual high; we want a consistent, abiding relationship with You.

Jesus, seal what You've done in our hearts. Break every chain that still tries to hold us back. Restore what has been damaged. Heal what has been wounded. Renew what has grown weary. And ignite fresh passion in us to live on mission, loving God, loving people, and making disciples.

Holy Spirit, fill us again. Empower us to walk in obedience. Give us courage to live boldly, serve faithfully, forgive freely, worship passionately, and love extravagantly.

And as Journey Church moves forward into the season ahead, we declare that revival is not just something we hope for; it is something we are positioning ourselves for. We believe You are doing a new thing in us, through us, and around us.

We love You. We trust You. We surrender to You.

In Jesus' name, Amen!