



**21 DAY FAST**

**2025**

**SCRIPTURES &**

**DEVOTIONS**



# TWENTY ONE DAYS OF *PRAYER & FASTING*

## **Day 1: PUT GOD FIRST**

Today, choose to seek God first in all things! As you begin a new year, you're deciding to start your year by prioritizing God. You're not making God's will and His word just one of your many priorities, but making Him THE priority. You are declaring that you will seek His Kingdom first and surrender your worries, needs, dreams, and desires to Him. You can do this with confidence because you know He is the Most High. He is above everything and is with you through everything. Matthew 6:33 says, "But seek first His Kingdom and His righteousness, and all these things will be given to you as well." This verse is an invitation—a call to a deeper knowledge of the Lord. As your curiosity is stirred and choose to put your focus on God by intentionally spending time pursuing more of Him, He will take care of your needs. By surrendering your anxieties, distractions, and desires, you place God in His rightful place on the throne of your heart. In doing so, you will find freedom in His presence and His provision. As you seek God, you are reminded that your purpose, power, and help come from Him. He is the Most High. He is a good Father, He loves you, and He wants to be in a relationship with you! When God is your priority, you can approach all other relationships, obligations, and tasks in line with His will for your life. As you seek God first in all areas, you will see transformation in Christ!

### **Application/ Reflection:**

- What does it look like to seek God first in your life?
- What areas of your life compete for your priority?
- How have you seen God be the Most High throughout your life? How can you continue to trust Him?

### **Prayer:**

God, today I am deciding to put You first. I surrender every distraction that has taken Your place in my life, and I repent for the times I have missed the mark. Right now, I choose to surrender and seek You. I thank You that as I seek Your Kingdom, You are taking care of every detail of my life. I thank You that I can trust in You and find freedom in surrender. I give You my plans to make room for Your will in my life. I pray You use me to show Your love to the world. Have Your way. In Jesus' name, I pray, Amen!

### **Today's Scriptures:**

Matthew 6:33 | 2 Chronicles 7:14 | Deuteronomy 4:29 | Psalms 63:1 | Psalm 6:6-8



# TWENTY ONE DAYS OF *PRAYER & FASTING*

## **Day 2: GRATITUDE**

In today's world, it's easy to focus on everything that's not going right. Your mind can easily get tangled in the worries and distractions of life. But remember, you're not called to focus on the cares of this world. Instead, you are called to cast your cares on Him. This is where the practice of gratitude comes in. When you choose to be grateful for what you have, the people around you, or even the simple blessings that the Lord has given you, not only does your perspective change, but you're also able to focus on the goodness of God. Gratefulness isn't just for holidays or when someone does something for you; it can be your everyday posture. Think about the last time you truly felt grateful for something. How did it make you feel? How did gratitude impact you? Today, focus on gratitude because no matter what's going on in your life, your God is good. As you choose to focus on gratitude, you can recognize the ways that you have experienced transformation, and change your mindset from focusing on the problems of everyday life to focusing on the One that sustains you through it. Take a moment to find things in your life that you're grateful for, make a list, and add to it daily. As gratitude becomes a practice, your view of God will change, and gratefulness will become your default.

### **Application/ Reflection:**

What are you grateful for today?

How can you make gratitude a daily practice?

How has the practice of gratitude changed your life?

### **Prayer:**

God, today we approach You with gratitude. We are thankful for everything You have given us in this life. Thank You, God, for waking us up this morning and for the breath in our lungs. We thank You, God, for the life we have. Allow us to have gratitude for everything You have given us and for everything that didn't work out. Lord, help us be grateful in every circumstance. We love You. In Jesus' name, Amen.

### **Today's Scripture:**

1 Thessalonians 5:16-18 | Psalms 103:1-4 | Philippians 4:4-7 | 1 Chronicles 16:34

# TWENTY ONE DAYS OF *PRAYER & FASTING*

## Day 3: LIVING IN THE OVERFLOW

It may come as no surprise that while journeying through life, you will face many things that seek to drain you of the power God has given you. These distractions—because if you're honest, that's exactly what they are—often disguise themselves as the ordinary things of life, like relationships, finances, or even the job you've desperately prayed for! Although those things can be essential throughout your life, they can also become a source of depletion. The good news is that where there is emptiness in our life, God desires to fill that area—not just to the max, but to OVERFLOW! The real question is: how do you live in the overflow? Romans 15:13 says, "May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit." The Holy Spirit is the ultimate helper in all things. When you allow Him into your life and trust Him, He will fill you with all the power and hope you need to live in the overflow. No matter what area you need a pour-in, He is there to fill you up! Do you need strength to love and serve your family members? He will fill you up! Do you need wisdom on how to navigate a tough situation at work? He will fill you up! Do you have a long week ahead and simply need energy not to just survive but to thrive? He will fill you up! Living in the overflow is vitally important so that you can go and be the hands and feet of Jesus. God doesn't call you to operate on empty but to be filled and equipped with what you need, both naturally and spiritually, so that you can keep advancing His Kingdom. God wants you to live in the overflow, not just for yourself, but so you can overflow into others who find themselves in a dry state. As you go throughout this day, ask yourself: What keeps me from living in the overflow? And how can I welcome the Holy Spirit into this area of my life? The Holy Spirit is a free gift, and it has the opportunity to shift how you live your life. It's time for you to live in the overflow.

### Application/ Reflection:

In what areas of your life do you feel you are lacking?

How have you experienced overflow in your life?

How has the Holy Spirit worked in your life? How can it lead you to live in the overflow?

### Prayer:

God, thank You for the ability to live in the overflow. Today we are asking You to overflow in every area of our lives. If any areas feel dry or lacking, we ask You to come and fill us up. God, we cannot do anything without You, but we know we can do all things with You. Thank You for the overflow. Allow us to live, serve, work, and thrive in the overflow. In Jesus' name, Amen.

### Today's Scriptures:

John 7:38 | Romans 15:13 | Isaiah 43:19 | Psalms 107:9



# TWENTY ONE DAYS OF *PRAYER & FASTING*

## **Day 4: FAITHFULNESS OF GOD**

You serve a God whose faithfulness has been evident since the beginning of time. When humanity failed, God remained faithful to His people through covenants and promises throughout the Old Testament. However, the ultimate sign of God's faithfulness is in the sending of His Son, Jesus. Through Jesus' life, death, and resurrection, you get to experience God's faithfulness today. Deuteronomy 7:9 says, "Understand, therefore, that the Lord your God is indeed God. He is the faithful God who keeps His covenant for a thousand generations and lavishes His unfailing love on those who love Him and obey His commands." God's faithfulness isn't just something you read about in the Bible—it's evident in your life today. Whether you are faithful or not, God remains faithful, holding steadfast to every promise. Where have you seen the faithfulness of God in your life? Maybe in your family, at work, or in your finances? When you love God and obey His commands, His faithfulness will shower upon you. Today, you can rest in the truth that you serve a faithful God—one who is unchanging and faithful to finish the work He is doing in your life.

### **Application/ Reflection:**

How have you seen the Lord be faithful in your life?

How can you choose to remember the Lord's faithfulness in your day-to-day walk?

Where do you need to see the Lord's faithfulness in your life?

### **Prayer:**

God, thank You for being faithful. Thank You that You were faithful before us, and You will be faithful now. Today, God, I ask for a fresh wave of Your faithfulness. I ask You to come in and demonstrate Your faithfulness in every area of my life. Thank You that today we get to be evidence of Your faithfulness to those around us. Help us be faithful like You, and allow us to display it everywhere we go. God, be with us today, we love You. In Jesus' name, Amen.

### **Today's Scriptures:**

Lamentations 3:22-23 | Deuteronomy 7:9 | 2 Timothy 2:11-13





## **Day 5: THE WORD OF GOD**

The Word of God is alive and active for you today. It is the place where you can gain knowledge, wisdom, and insight. The Bible is a collection of 66 books that tells the story of the creation, the fall of humanity, and God's plan to restore. The Word of God is something you can anchor yourself to in both the good times and the hard times. 2 Timothy 3:16-17 says, "All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the servant of God may be thoroughly equipped for every good work." This means scripture is not something you just read but it is a living document that teaches you how to live. Scripture can help you be more like Jesus and also give you a moment to just be still with God. This space allows God to speak to you, lead you, correct you, and guide you where you should go. When you read the Word daily, you stay close and anchored to God. Some seasons may feel easier than others, but when you commit to seeking Him through His Word, He will meet you and anchor you to Him.

### **Application/ Reflection:**

How can you intentionally spend more time reading your Bible?

How have you seen the Word of God transform your walk with Him?

What scriptures anchor you? Look for verses you can memorize to keep with you at all times.

### **Prayer:**

God, Thank You for Your Word. Thank You for giving us a place where we can seek wisdom and find it, learn from the stories within Your Word, and live out the promises You give us. Help us stay rooted in Your Word. Show us how we can continue to seek You in Your Word. Teach us practical steps on how to follow You and give us new revelation as we dive deeper into Your Word. Help us stay anchored to You in all we do and allow us to use Your Word to do so. God, Thank You for keeping the Word alive for us. Today, give us a greater understanding. In Jesus' name, Amen.

### **Today's Scriptures:**

Hebrews 6:19-20 | Psalms 62:5-6 | 2 Timothy 3:16-17 | Jeremiah 33:3



# TWENTY ONE DAYS OF *PRAYER & FASTING*

## **Day 6: THE FRUIT OF THE SPIRIT**

The fruit of the Spirit is a vital part of your walk with God. They are the “receipts” or proof of your relationship with Him. You have the opportunity to use the fruit of the Spirit in your everyday life. The fruit of the Spirit includes love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. These characteristics are not only given to you by the Holy Spirit, but they also serve as evidence of God to those around you. As you walk with God, you will experience different seasons of sowing, working, waiting, and harvesting. Each day, you have the opportunity to sow seeds that require work and stewardship. With time and faithfulness, these seeds can grow into tangible fruit that transforms lives. Every day, you are sowing into something. You can choose to sow seeds of disunity or anger, or you can sow seeds of the fruit of the Spirit. The choice is yours, but you don’t have to do it alone. When you partner with the Holy Spirit, He equips you to operate in the fruit of the Spirit daily. Today, take inventory of your fruit. Where do you see the fruit of the Spirit in your life, and where are you experiencing a lack? In those areas of lack, ask the Holy Spirit to produce new and fresh fruit. Whether you feel like you lack peace, struggle with self-control, or need more joy, you can ask God to provide an abundance of it. Not only will God meet you right where you are, but with the Holy Spirit, you can display the fruit of the Spirit as proof in your everyday life.

### **Application/ Reflection:**

What fruit of the Spirit do you need to develop more in your life?

How do you see the fruit of the Spirit active in your life?

What fruit have you seen from the seeds you have planted?

### **Prayer:**

God, thank You for the fruit of the Spirit. Thank You that I get to be the evidence of Your goodness here on this earth. Today, God, I ask for a fresh giving of fruit in my life. Sow into me so I may reap a harvest of good fruit, Kingdom fruit. God, let me continue to grow in any fruit I may be lacking. Allow me today to look more like You in everything I do. God, in any of the fruits I am lacking, come and fill the space. I love You, In Jesus’ name, Amen.

### **Today’s Scripture:**

Psalms 34:8 | Ecclesiastes 11:6 | John 15:1-8 | Galatians 5:22-23



## **Day 7: POWER OF THE HOLY SPIRIT**

The Holy Spirit is your advantage, a source of power and guidance in your day-to-day life. Living your life submitted to the Holy Spirit gives you an upgrade in your walk with Christ. The Holy Spirit is not extra—He’s essential. Jesus promises the Holy Spirit as your helper! The Bible never refers to the Holy Spirit as “it.” This is important because if you don’t see Him as a person, you won’t develop a personal relationship with Him. As you seek Him, you need the guidance and help of the Holy Spirit to lead you. Jesus promises that you are never alone because He sent the Holy Spirit to be your teacher and assurance. When the power of the Holy Spirit is released in your life, you have a supernatural advantage because God is with you. Today, ask the Holy Spirit if there is any area in your life where He may be lacking. Not only will the Holy Spirit reveal those spaces to you, but if you welcome Him in, He will guide you every step of the way.

### **Application/ Reflection:**

What is a specific area in your life where you need the help of Holy Spirit?

In what ways is Holy Spirit speaking to you?

### **Prayer:**

God, I thank You for Your presence in my life. I thank You for my salvation found in the death and resurrection of Jesus Christ. I thank You that when I receive Jesus, I have access to the person of the Holy Spirit. Holy Spirit, I ask You to open my heart to hear from You. I ask You for guidance to talk and walk with me today. I pray for the ability to listen and obey You as my Helper and my Advantage. In Jesus' name, I pray, Amen!

### **Today’s Scripture:**

John 14:16 | Psalms 16:8 | Acts 1:8 | Romans 15:13 | 1 Corinthians 3:16 | Ephesians 4:30





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## **Day 8: SURRENDER**

A heart posture of surrender is essential to your journey with God. When you give your life to Him, you surrender yourself to Him. But as you continue to walk with God, surrender becomes an everyday choice. Each day, you face situations that can either lead you to try and control the situation or invite you to a posture of surrender. Whether it's a new relationship, your finances, or the things you value, God gives you opportunities to let go and trust Him. Surrender simply means placing your cares at the feet of Jesus and trusting Him to meet every need. This act puts God in His rightful place in your life. When you trust His ways over your own and allow Him to work, you'll find that surrender is far better than trying to navigate life in your own strength. In this unpredictable world, you might try to hold onto things that make you feel "safe," but when you surrender, you place your cares and control in the hands of the One who holds everything. Today, God may be inviting you to a fresh surrender. He may be asking you to lay down your cares, worries, and anxieties at the feet of Jesus and trust Him fully with your life. Take a moment to reflect—what are you holding onto, and why? Then, choose to give it to God and trust that He will take care of everything.

### **Application/ Reflection:**

What have you been holding onto that you need to give to God?

How can you choose to surrender your life to God today and every day??

Do you find surrender easy or hard for you? Why?

### **Prayer:**

God, thank You for caring about our lives. You care about the little and the big details. Today, I choose to give my cares to You and I ask You to do whatever You want with my life, God. I give You a fresh surrender. I am sorry for trying to hold this weight on my own. Today, allow me to walk with a new confidence that my cares are cared for in Your hands. God, as I surrender, work on my heart and mind to trust You in everything I do. Thank You for being a good and caring God. I love You, in Jesus' name, Amen.

### **Today's Scriptures:**

James 4:7 | Proverbs 3:5-6 | Luke 22:42

# TWENTY ONE DAYS OF *PRAYER & FASTING*

## **Day 9: FAITH IN GOD, PEOPLE AND MIRACLES**

Today, be reminded that you are God's evidence. You are evidence of His goodness. You are evidence of His never-failing love. You are evidence of His faithfulness. God has done mighty works in your life. He has changed your life, moved mountains on your behalf, and has parted seas so you could walk on dry ground. Not only are you God's evidence, but you are also called to be His evidence here on earth. You are called to have faith in God, faith in people, and faith for miracles. Sometimes the situations or people in your life can derail your faith or make it feel like you are not evidence of God. However, you can choose to remember what God has done and not lose hope. As you remember the evidence of God at work in your life, it encourages your faith to continue to be evidence that draws people to Jesus. You can believe for the salvation of the lost and continual transformation for those close to God. You can believe in miracles, big and small. You can trust that God's perfect will is being done in your life. You are asking for an increase of faith. You are asking God to build up your faith in all areas of your life so you can go and be evidence to the world around you.

### **Application/ Reflection:**

In what areas of your life could you use an increase of faith?

How are you evidence of God's love and faithfulness to those around you?

How can you increase your faith in God, people, and miracles in this next year?

### **Prayer:**

God, Thank You that we are evidence of You. Thank You for saving us and sustaining us throughout our whole life. Today we pray You will grow our faith. Let us see the evidence of You in the people around us and help us continually believe for miracles. God, help us remember what You have done for us and give us the strength to share our faith with others. We love You, God. In Jesus' name, Amen.

### **Today's Scriptures:**

John 4:11-12 | Revelation 12:11 | Psalms 27:13-14

# TWENTY ONE DAYS OF *PRAYER & FASTING*

## Day 10: TAKE UP YOUR SPACE

In the beginning, when God created everything, He gave you a specific role to play. God gave you dominion over the earth. In Genesis 1, it says, “Then God said, ‘Let us make man in our image, after our likeness. And let them have dominion over the fish of the sea and over the birds of the heavens and the livestock and over all the earth and over every creeping thing that creeps on the earth.’” Dominion, simply put, means using who God designed you to be to take up your space on this earth. God has given you a unique gift to make a difference. Often, what stops you from stepping into your dominion is yourself—your insecurities or fears that keep you from occupying the space God has created for you or the places your gift has made room for you. This could mean being the first in your family to step out in faith and do what God has called you to do. Or it could be as simple as displaying the fruit of the Spirit right where you are now. With the help of the Holy Spirit, you can become who God designed you to be. This looks different for everyone. When you allow God to speak into who you were made to be and refine you as you walk out your calling, He will fill you with the confidence to step out and take your dominion. Be encouraged today—God made you uniquely you, and He has created a space for you on this earth to help push the Kingdom of God forward. All you have to do is trust Him and step into your dominion.

### **Application/ Reflection:**

What do you need to lay down to take up your dominion on this earth? Ask God what areas of your life He needs to refine.

What stops you from taking up your dominion?

How are you going to take dominion in 2025?

### **Prayer:**

God, today I choose to take up my dominion on this earth. Reveal to me how You have designed me. Refine me so I can step out boldly with no hesitation and allow me to have Godly confidence in wherever You have called me. Today, God, refine my vision of what dominion may look like in my life. Guide me every step of the way so You get the glory. Lord, help me build the Kingdom of God as I step into my space and take up dominion. Thank You for giving me space and making me uniquely myself. God, today I ask for Your covering and protection as I take up my dominion, In Jesus' name, Amen.

### **Today's Scriptures:**

Genesis 1:26 | Ephesians 2:10 | Luke 10:19



# TWENTY ONE DAYS OF *PRAYER & FASTING*

## **Day 11: TRUST IN GOD**

Trusting in God's plan requires faith that His plans are better than your own. You've likely faced moments in your life when you had a plan or expectation for how you wanted things to go. Maybe it's a plan for your career, a timeline for your relationship, or a budget for your finances. Your life can easily become filled with your own plans, but today serves as an opportunity to surrender and ask God to help you trust His plan for your life. In surrendering your life to God, you admit that you can't save yourself. Only Jesus can save you from sin and help you walk in the life He has purposed for you. As you submit to Jesus as Lord of your life, you acknowledge that His ways are higher, and you trust His will over your own. Your faith isn't just in your salvation, but in the belief that God is all-powerful and above all things in your life. You can trust God because He will sustain you through every season. When you reflect on your life, you'll see how God has sustained you through every trial, storm, and challenge. Every day is a fresh opportunity to experience God's faithfulness and trust Him even more. Today, you can pray for an increase in your faith and trust as you seek God in every area of your life.

### **Application/ Reflection:**

How has God been faithful in your life?

What areas of your life do you need to trust God with?

What are practical ways you can develop your faith and trust in God?

### **Prayer:**

God, I thank You for Your Son, Jesus. I repent for times when I have confined my understanding of Your power and ability to transform my life. I pray You remind me of Your faithfulness and goodness in all things. Thank You that You are all-knowing and sovereign, and You reign above everything in my life. I love You. In Jesus' name, I pray, Amen.

### **Today's Scriptures:**

Isaiah 26:3-4 | Isaiah 55:8-9 | Psalms 56:3-4



# TWENTY ONE DAYS OF *PRAYER & FASTING*

## **Day 12: IDENTITY IN CHRIST**

You have been created with a God-given identity and a unique purpose here on earth. The Bible is filled with words that describe who God says you are: chosen, created for a purpose, an heir, loved—the list goes on. One of the most powerful words God uses to describe your identity is “His.” No matter what you face in life, you can remember that you are “His”—His son, His daughter, His chosen. You read these words throughout the Bible and know they are still true for you today. However, the world often tries to fight for your identity. It may tell you that your identity is based on what you do, who you are, or where you come from. Sometimes you may like the identity the world gives you, but other times it may become a roadblock to who God truly wants you to be. The world is ever-changing, and an identity that feels secure in one season may not hold in the next. That’s why it’s so important for you to embrace the identity God has given you. The promises God spoke long ago still apply to your life today. Today, choose to strip off the identity the world has placed on you and begin declaring the identity God has given you. Remember, when you give your life to God, you become His. And when you are His, your identity is rooted in Him.

### **Application/ Reflection:**

What “identities” have you put on yourself that you are asking God to remove?

When you spend time in the Word, what sticks out to you regarding your identity?

What has kept you from believing in the identity God has given you and how can you continue to live in the identity he has given you?

### **Prayer:**

God, thank You for calling me “Yours.” I do not take it for granted. Reveal to me how I can strip away the identity of this world. Help me lay down the identity I have picked up and exchange it for the identity You have gifted me with. Help me believe in You in all things and help me live in the identity You created me to have. God, allow me to continually walk in my God-given identity. In Jesus' name, Amen.

### **Today’s Scriptures:**

Ephesians 2:10 | 1 Peter 2:9 | Psalms 139:13-14 | 2 Corinthians 5:17





# TWENTY ONE DAYS OF *PRAYER & FASTING*

## **Day 13: THE POWER OF GOD**

You serve a powerful God. A God who shows you that nothing is impossible. He is a God who can move mountains, calm storms, and created everything in six days. He is also a God who is present in your everyday life, a God who can heal, restore, and restore dead things. When you choose to believe in the power of God, you will see His power at work in your everyday life and situations. In today's world, you may often feel like you need to be strong, be in control, or even have the power to carry the weight of your life's circumstances alone. However, 2 Corinthians 12:9 says, "But he said to me, My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me." This verse shows you do not have to have the power on your own. Instead, you can boast in your weaknesses because you know that God has all the power you could ever need. He is strong enough to move mountains and He cares enough to change any situation you may be experiencing. In your life, you will face many troubles, but when you acknowledge and trust the all-powerful God, you can see good in even the most difficult circumstances. In your life today, where could you use God's power? How can you remember that nothing is impossible for your God? As you go throughout your day, exchange your power for His and start experiencing the power of God's work in your life like never before.

### **Application/ Reflection:**

In what areas of your life do you need to experience the power of God?

How have you seen the power of God in your life?

What steps can you take to acknowledge and trust God today as you continue to walk with Him?

### **Prayer:**

God, thank You for Your power. Thank You for every time Your power has sustained me in my weakness and covered me when I needed it most. God, today I choose to lay down my power and receive Yours. I cannot do this life with my strength. Come and fill me up with Your strength and give me Your power to walk out every day of my life. I ask You to expose the areas in my life where I need Your power and help me surrender them to You today. I pray for the ability to walk with Your strength every day of my life. In Jesus' name, Amen.

### **Today's Scriptures:**

Isaiah 40:29 | 2 Peter 1:3 | Matthew 19:26 | Luke 1:35 | Colossians 2:12



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## **Day 14: PATIENCE**

Patience isn't easy in this fast-paced world. Our world often thrives on instant satisfaction, so your patience is often one of the first things to be tested. Whether it's unexpected traffic, a delay on a package, or even with the people around you, patience can be hard to find when you're used to things happening quickly. However, patience can be a game-changer in who you are and the character you operate in. It's a fruit of the Spirit and one that sets the foundation for the rest. Patience is simply the ability to wait or to navigate life in joy. You can probably think of a time when you struggled with patience. But with patience, you allow God to move in your life in ways you could never have imagined. Waiting can also be a form of protection, and it's often something God uses to make us more like Him. Life can move quickly, and you might miss what's right in front of you if you're always rushing. Having patience not only changes the way you live but can also be the fruit others experience through you. Imagine extending patience when you want to be angry, or walking with gentleness when you feel like rushing. Patience is a gift from God, something you can ask for every day. Today, ask God to increase your patience, then walk it out. Let God move in your life as you choose to express the fruit of the Spirit through patience.

### **Application/ Reflection:**

In what ways can you grow in patience?

How can you practice patience in your everyday life?

How has growing in your patience transformed your life?

### **Prayer:**

God, thank You for giving us patience in all we do. Today, I ask for an increase in patience. Allow me to practice patience in everyday life. I thank You that patience is a fruit You give us, and it's something we can share with others around us. Help me practice patience at work, with finances, in relationships, and with family. I thank You, Lord, that I can become like You in everything I do. Fill me with Your Holy Spirit as I continue to walk in patience and in line with what You have called me to do. I love You, In Jesus' name, Amen.

### **Today's Scriptures:**

Romans 12:12 | Galatians 5:22-23 | Ephesians 4:2 | Psalm 27:14 | Psalm 37:7 | Romans 8:24-25



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## **Day 15: RENEWED STRENGTH**

You cannot renew your strength without placing your faith in God. There are times when your confidence in someone is shaken, and you might find yourself limiting your expectations or the responsibility you give them. It can be tempting to do the same when it comes to your faith and trust in God. Even though you may face disappointment in life, remember that God remains worthy of your confidence! He is unchanging and remains steadfast and perfect in all His ways. The Bible says that faith is trust, confidence, and assurance in God. Faith is what you hope for, even though you can't see it, but you know it's true! To have perseverance, you need to operate from a place of victory and confidence by placing your trust in God. Whether it's the small details or the major milestones, trusting in God strengthens your perseverance. As you release and surrender the battles you're fighting on your own and allow God to carry your burdens and fight on your behalf, you will experience freedom and peace. Even in seasons of waiting, know that God is working for you. He has not forgotten about you! The Bible says His mercies are new every morning. You're invited into a continual renewal of your mind and spirit, where you will find new strength and be transformed into the image of Christ.

### **Application/ Reflection:**

What areas in your heart and mind can you surrender to the Lord to give you renewed strength?

What areas of your life do you need to trust God with?

How can you surrender control to choose to preserve the things God has called you to?

### **Prayer:**

God, I thank You for Your Son, Jesus. Thank You that through faith, I am saved. Through my relationship with You, I can have faith and hope for the future, for things I do not yet see. I repent for times when I have confined my understanding of Your power or ability to transform my life. I pray You remind me of Your faithfulness and goodness in all things. I pray You expand my ability to wait on You. Give me the strength and courage to keep fighting the good fight. I love You. In Jesus' name, I pray, Amen.

### **Today's Scriptures:**

Psalms 27:14 | Romans 12:11-13 | Lamentations 3:22-25 | Galatians 2:20 | James 1:22 | James 4:7



# TWENTY ONE DAYS OF *PRAYER & FASTING*

## **Day 16: DIVINE WISDOM & DIRECTION**

Today, seek God for divine wisdom and direction. In this world, there are many places you can go to seek direction and wisdom. Oftentimes, you may be persuaded by family, social media, and other sources to determine which way you should go. With all these choices, it can be difficult to recognize the path that God has set before you. However, when you acknowledge God in all your ways and seek His will, He will provide the guidance you need. During times of prayer and fasting, you consecrate yourself to the Lord, drawing closer to Him in relationship. It can sometimes be difficult to understand God's purpose, vision, and direction for your life. But when you choose to seek Him and His presence, He will reveal His vision for you. God speaks through intimacy and relationship with Him! The Bible says you can trust the Lord to give you a vision for your future, and He will lead your steps with divine direction. Today, allow God to transform you and make you new in His image. While you may have your own plans, trust that God is faithful in directing your path while giving you wisdom and vision. Humble yourself and ask God for more of His vision, and for guidance to lead your life according to His purpose.

### **Application/ Reflection:**

Where do you need divine direction and guidance today?

How do you hear from God?

How can you incorporate prayer and intentional time with God into your day to cultivate a lifestyle of relying on God for direction in your life?

### **Prayer:**

God, I thank You that Your divine direction is available to me. I acknowledge You as the Lord of my life. Today, I submit my directions to You. I repent for the times I have pursued my ways over Your ways. I pray You speak to me today. Show me the way to go and guide my steps. I pray that as You reveal the path ahead of me, I hear Your voice and am quick to obey You. I thank You for who You are. You are a good Father who helps me as I walk in faith. Give me divine direction so I will reach Your divine destination for my life. Lead me, guide me, and direct me as I pursue You. In Jesus' name, I pray, Amen!

### **Today's Scriptures:**

Habakkuk 2:2-3 | Proverbs 29:18 | Proverbs 3:5-6 | Isaiah 30:21 | Isaiah 58:11 | John 14:26



# TWENTY ONE DAYS OF *PRAYER & FASTING*

## **Day 17: PROTECTION/PROVISION**

Your God is a protective God. He covers and cares for you. In your life, there may be times when you need God to cover you—whether it's your mind, your soul, or a shield in difficult situations. Not only does God protect you, but He also covers you when you make mistakes, without holding them against you. You can go to Him with full trust, knowing that He forgives you and is for you. At times, it's easy for you to fall into fear or worry about the resources and provisions you need. You have dreams, desires, and real needs, and you can trust that God will provide. Fight against the temptation to see the world through a lens of scarcity, and instead lean into God's promises. He is your provider—powerful, generous, and unlimited in resources. The Bible assures you that God will meet all your needs because He is the source. God loves you, cares for you, and has plans for your future. Trust that His timing is perfect, and rest in knowing that nothing is too big or too small for Him. When you let go of a mindset of lack, you remove the limitations you may have placed on God. Perhaps you've been limiting how or when you believe God can move or provide in your life. Today, choose to trust in God's abundance and protection. Ask Him to change your circumstances, provide for your needs, and cover you in everything you do.

### **Application/ Reflection:**

In what ways have you capped God in your life?

How can you combat lies you have believed regarding God's stewardship and provision over your life?

What is God speaking to you about His stewardship and provision?

### **Prayer:**

God, I pray as I read Your Word, You will help me understand Your abundance and provision for my life. I pray, God, that You would remind me that I am covered by You, that You are holding today, tomorrow, and every day of my life in Your hands. I pray as I wait for Your perfect timing for my needs and desires, I will grow in my relationship with You. Forgive me for putting a cap on what I think You can do in my life. I trust You are my Provider, You are all-powerful, and You are a generous Father. You are worthy of all the glory and honor in my life! Thank You for Your stewardship, provision, and protection in my life. In Jesus' name, I pray, Amen.

### **Today's Scriptures:**

Psalms 91:1-2 | John 10:28-30 | Psalms 37:3-6 | Isaiah 54:17 | 2 Thessalonians 3:3 | Isaiah 41:10





# TWENTY ONE DAYS OF *PRAYER & FASTING*

## **Day 18: WORSHIP IS MY WEAPON**

Worship is a pivotal part of your walk with God. It is the part where you don't focus on yourself but choose to give honor and glory to God. Worship allows you to cast your cares, give God the praise He is worthy of, and surrender everything to Him. Worship is a choice. When you sing songs and give your life fully to Christ, you choose to worship Him. Sometimes you may struggle to worship because of circumstances, life situations, or simply because you don't feel like it. However, you can choose to worship God through all things because no matter if He does anything for you or not, He is worthy of praise. Jesus came to earth, lived a sinless life, and died so you could have a relationship with God. That is enough reason for you to worship Him. God saved you, He has changed you, and He continues to move in your life in miraculous ways. Worship goes beyond the songs you sing; it is a way of living. Your whole life can be worship to God. Today, you can choose to say "I Will." You will worship God even when you don't feel like it. You will give God your whole life as a living sacrifice. You will give God the worship and praise He rightfully deserves, no matter what you are going through. You have the choice to worship God through everything. Make the choice today to use your life as worship to God.

### **Application/ Reflection:**

What are some things in your life that are preventing you from fully worshipping God?

How can you worship God through your everyday life (work, home, etc.)?

How has worshipping God changed your relationship with Him?

### **Prayer:**

God, Thank You for being worthy of our worship. Thank You that in everything we do, we can choose to worship You. Whether through a song, at work, or in our home, help us worship and reverence You. As we choose to worship You, come and be with us. God, right now I worship You, I honor You, and I thank You for being a good God. Today, help me worship You more and continue to show me how worthy You are of all the worship. In Jesus' name, Amen.

### **Today's Scriptures:**

Psalms 100:1-5 | Psalms 149:6 | John 4:24 | Psalm 22:3 | Psalm 8:2 | 2 Timothy 2:3



# TWENTY ONE DAYS OF *PRAYER & FASTING*

## **Day 19: POWER OF YOUR WORDS**

The words you speak over yourself are more important than you might think. You might sometimes feel like your words don't matter or hold power, but they do. Proverbs 18 tells you that the power of life and death is in the tongue. This means your words not only hold power, but they also shape your life. When you choose to speak words that aren't true or don't align with what God says, it impacts your life and how you view God. If you let lies dictate how you live, they can pull you away from who God has called you to be and what He has called you to do. Today, you have the opportunity to take those thoughts captive and invite God to reign over your life. One powerful way to do this is through confession. When you choose to confess God's truth over your life, you see a shift in how you think, feel, and act. God gave you His Word as a beautiful opportunity to speak life over yourself. In His Word, He calls you chosen, loved, seen, His child, and so much more. Take time to find scriptures that speak truth to you. How can your life change when you start speaking the truth God says about you? Trade the lies of the world for what God says, and watch Him move in your life.

### **Application/ Reflection:**

What words have you or someone else spoken over your life that have affected the way you feel or live?

How can you replace those words with words of life?

Take time to write confessions you can speak over yourself in your everyday life.

### **Prayer:**

God, thank You for speaking truth over me. Thank You for being a God who reigns over everything. Today I ask You to help me find the words to speak over my life. Show me the words that are not of You, and help me replace them with the truth You speak. Help me to continue to speak life not only for myself but for everyone I am connected to. Thank You for being Yahweh, a God who truly reigns over every high and every low. I love You, In Jesus' name, Amen.

### **Today's Scriptures:**

Proverbs 16:21 | Exodus 3:14-15 | 2 Timothy 1:7 | Psalm 141:3 | Proverbs 10:19 | Proverbs 15:2 |

Mark 11:23 | Ephesians 4:29 | James 3:10 | James 1:26 | James 3:3-6



# TWENTY ONE DAYS OF *PRAYER & FASTING*

## **Day 20: SPIRITUAL WARFARE**

Prayer is your weapon when it comes to fighting real, yet unseen, spiritual battles. You live in a fast-paced world, and when challenges come your way, it's easy to seek practical or non-spiritual solutions. As you start this year, make prayer your first response, not your last resort. You have a God who is fighting for you and in control of whatever battle you may face. Sometimes, your battles aren't just practical, mental, or emotional—they're spiritually rooted. The Bible says in Ephesians 6:12, "For your struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this world's darkness, and the spiritual forces of evil in the heavenly realms." You don't need to fear, because you walk in the victory of Jesus Christ, who already conquered death through His resurrection. You live in the tension of knowing you have the ultimate victory in Jesus, while still facing the attacks of the enemy here on earth. Anything done only in human strength has the potential to fail, but you serve a God who never fails. He has equipped you with the Holy Spirit, prayer, and the Word of God to fight any battle. The Bible is filled with the truth and promises of God, teaching you how to fight back in the Spirit and push forward God's will through your prayers.

### **Application/ Reflection:**

How is God asking you to fight spiritually for His will in this world and your life?

How can you intercede and pray against spiritual warfare in the lives of those around you?

How have you experienced God's never-failing power in your life?

### **Prayer:**

Lord, I repent for the times when I searched for earthly solutions to spiritual problems. I pray You sharpen my discernment when it comes to spiritual matters. I pray You will heighten my awareness of spiritual attacks and of the resources You have equipped me with to fight and win spiritual battles. Thank You that no weapon formed against me shall prosper! I pray that You intervene on my behalf and on the behalf of my loved ones. I pray against any attack of the enemy over my mind, my health, and my spirit. I am claiming victory and protection in Jesus' name, I pray, amen!

### **Today's Scriptures:**

Ephesians 6:11-12 | Romans 8:38-39 | John 16:33 | 2 Corinthians 1:-4-6 | 1 Corinthians 10:13

# TWENTY ONE DAYS OF *PRAYER & FASTING*

## **Day 21: REVIVAL/SALVATION OF THE LOST**

As a disciple of Christ, you are called to spread the good news of the gospel and lead others to salvation. Just as Jesus came to save all of humanity, He calls you and everyone else to follow Him. You are created in God's image and carry a unique reflection of your Creator. Because you live in a sinful and fallen world, it's important to recognize that you receive salvation through God's grace, not by your works. When you enter into a relationship with Jesus, you are made new. The Bible says Jesus came to find and save all those who are lost. You are invited to partner with God and stand in the gap, praying for those around you who do not yet know Jesus. You want to see God's kingdom here on earth. You are called to testify of God's goodness and share the transformation you've experienced in Christ with others. As you partner with God, you help build His kingdom with eternal impact in mind. Your progression, not perfection, allows you to be humble, open, and transparent as you share what God is doing in your heart. The reflection of God in you and the power of your testimony can make a difference in the lives of those around you. By living authentically for Christ, you invite others to do the same—receiving salvation and experiencing God's grace and love in their own lives.

### **Application/ Reflection:**

How has God saved you and transformed your life?

Write down and pray for those in your life who are lost or far from Christ.

How can you share what God has done in your life with those around you who are far from God?

### **Prayer:**

God, I thank You for Your saving grace. I thank You for the gift of salvation through Your Son, Jesus Christ. Today, I stand in the gap praying You will soften the hearts of those who are lost and far from You. No one is too far from Your love to be touched and transformed by You. I believe in faith that those in my life who do not know You will come to a relationship with You! I will testify of Your glory and praise Your name. In Jesus' name, Amen!

### **Today's Scriptures:**

Romans 14:17-18 | Mark 1:15 | Matthew 6:9-10 | Revelation 12:11 | 2 Corinthians 7:14 | Acts 3:19

*We would like to thank Transformation Church for providing this plan. You can download this fast from the You Version Bible App on the Apple Playstore, Google Play or Bible.com*

*We invite you to journal the answers to the application & reflections as you spend time with God. Date it and let's watch God answer our prayer time with Him. We are excited for you and just know You Are Being Prepared to Walk With the King!*