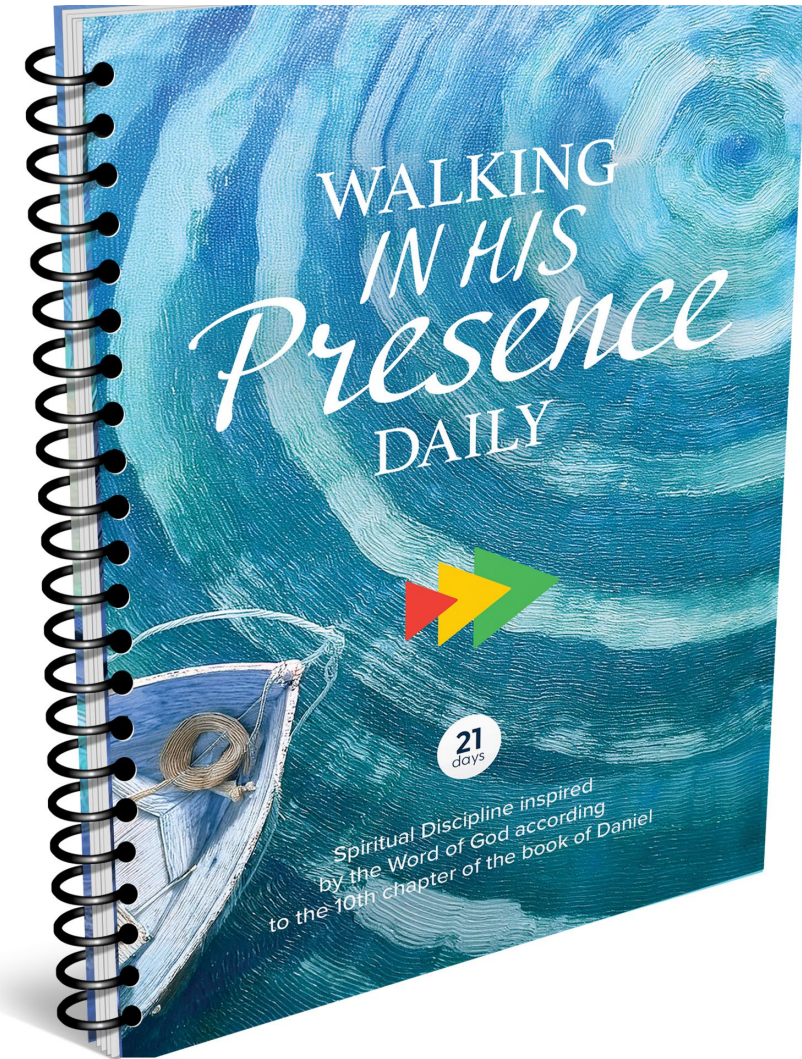


# 21 Days of Prayer & Fasting

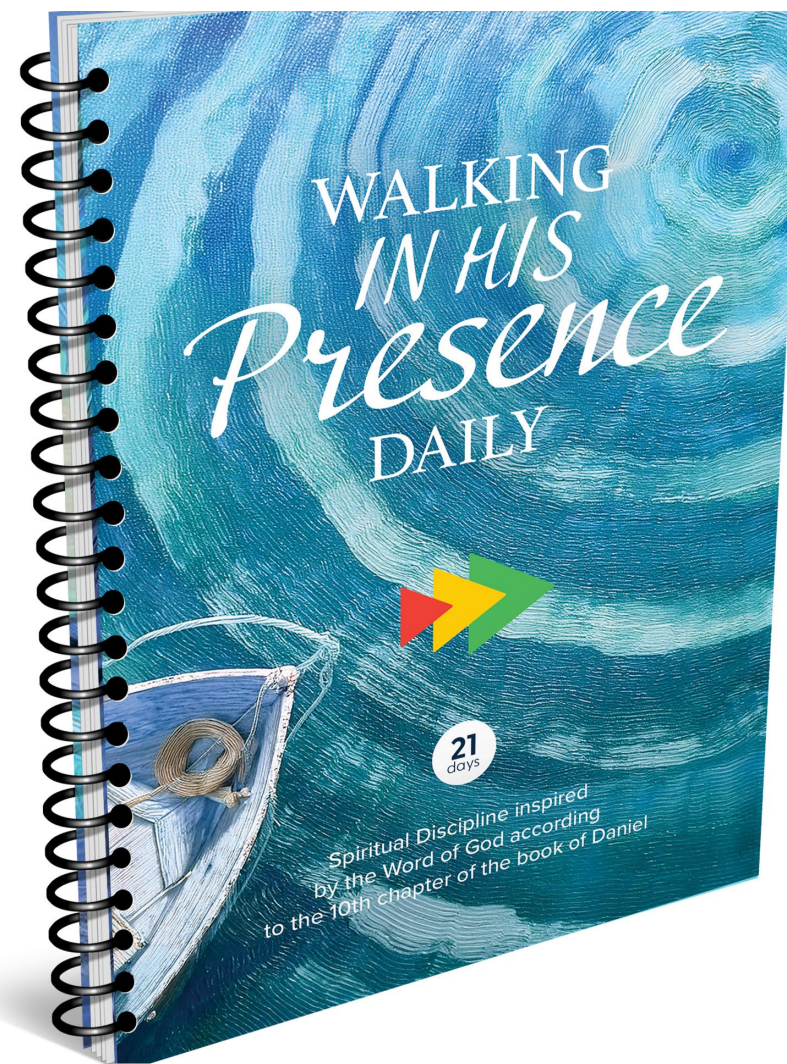
January 10-30, 2025

telegram  
<https://t.me/prayReadySetGO>



FASTING IS NOT  
JUST A HUNGER STRIKE,  
IT IS NOT A REFUSAL OF FOOD,  
BUT A FEAST ON GOD'S  
WORD

(R. FOSTER)





# 21 Days of Prayer & Fasting



## Day 1

In Every Moment .....

## Day 2

In Turning to Him .....

## Day 3

In the Calling of His Beloved Son.....

## Day 4

In the Power of Fasting and Prayer .....

## Day 5

In the Face of the Kingdom of Darkness .....

## Day 6

In the Works and Labors of Ministry.....

## Day 7

In Our Missteps and Failures .....

# 21 Days of Prayer & Fasting



## DAY 8

In Seeking His Kingdom .....

## DAY 9

In Pursuing His Kingdom .....

## Day 10

In Your calling .....

## Day 11

In Cleansing the Temple .....

## Day 12

When dealing with the samaritans.....

## Day 13

In leadership .....

# 21 Days of Prayer & Fasting



## Day 14

In the manifestation of his holiness during conflicts-1 .....

## Day 15

In the manifestation of his holiness during conflicts-2 .....

## Day 16

With compassion .....

## Day 17

In the midst of the storm .....

## Day 18

In the agony of suffering .....

## Day 19

By revealing his victory through the resurrection .....

## Day 20

In awaiting for the king.....

## Day 21

By seeing the coming kingdom.....



## Tip #1: Define Clear and Specific Goals for Your Fast



Avoid overloading yourself with too many objectives; instead, focus on a few that are meaningful and specific.

- In what areas of my life do I seek to understand God's will?
- What spiritual questions do I long to have answered?
- What am I lacking in my life?
- Where do I need a breakthrough?

By answering these questions, you can establish meaningful goals that will enrich your fasting experience and align your heart with God's purpose.



## Tip #2: Abstinence from Food

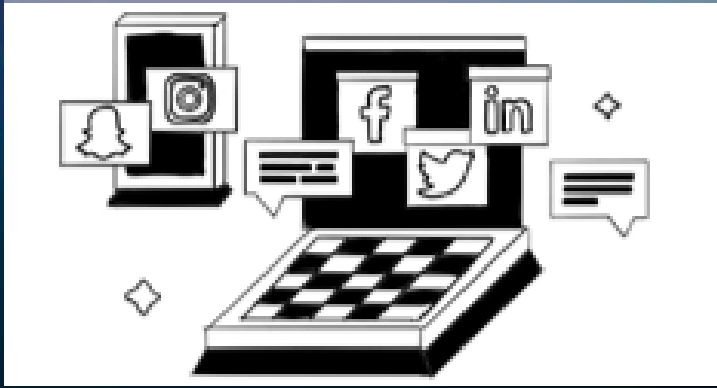


What changes will you make to your diet over the 21 days?

- Perhaps you will focus solely on vegetables, fruits, and various grains.
- Or you might choose to eliminate wheat, dairy, and meat from your meals.
- Maybe you'll decide to give up sweets, bread, or fried foods.
- You may also set portion limits for yourself, deciding how much food you will allow each day.

For example:

- 2 eggs a day
- 6 tablespoons of rice
- 1–3 pieces of fruit



### Tip #3: Abstinence Beyond Food

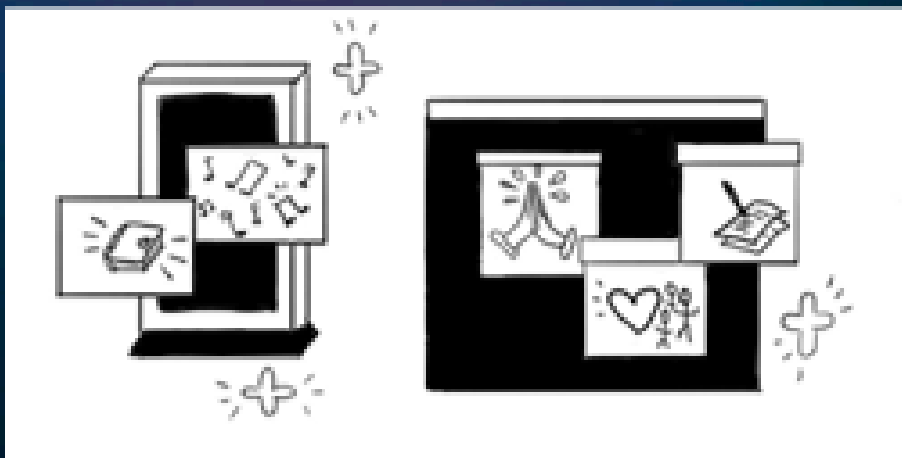


Think and make a list about what you might need to step away from during this time of fasting—

- social media,
- movies,
- concerts,
- magazines,
- shopping

or anything else that consumes your attention.





## Tip #4: Establish Spiritual Priorities



Take time to define your spiritual priorities for this fasting period. Perhaps you will commit to **praying three times a day**, with or without specific prayer lists. Or you might decide to wake up earlier than usual to **dedicate 1-2 hours to studying the Scriptures or worship**. Maybe you want to make a commitment to daily devotional time with your family.



## Tip #5: Involve Others



Family members:

Friends:

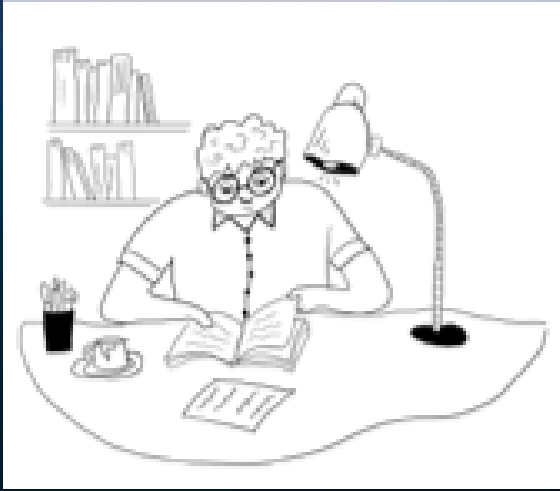
Disciples:

Teams:

Churches:

telegram

<https://t.me/prayReadySetGO>

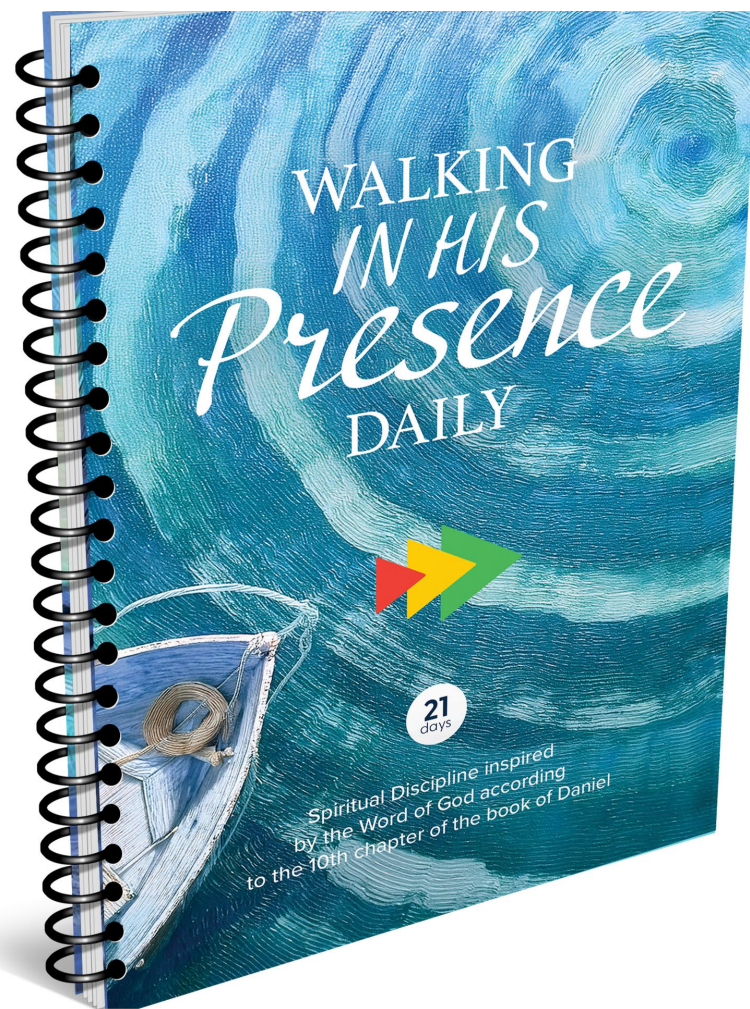


## Tip #6: Daily Prayer Guide



Each day, the guide provides

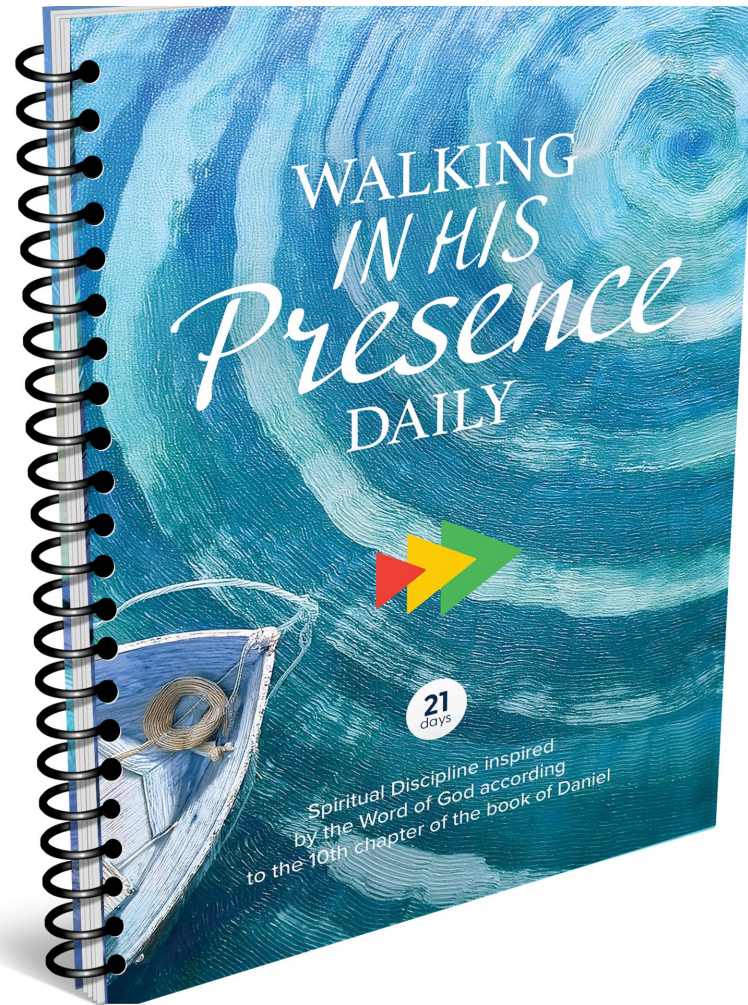
- carefully chosen Scripture passages for study,
- devotion,
- prayer of the day,
- reflection questions to deepen your understanding,
- memory verse



## WHAT CAN WE LEARN FROM 21-DAY PRAYER AND FASTING?

Let's take a moment to  
highlight a few key  
truths from Daniel ➡ Ready  
10:1–4, 11–14






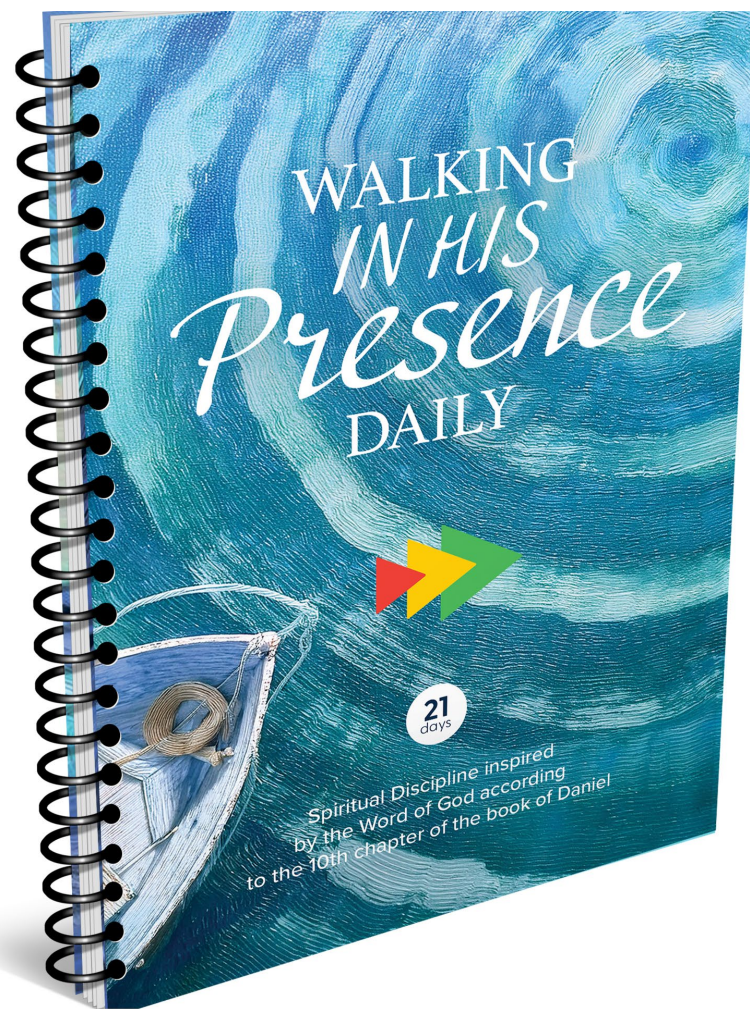
## Daniel Set His Heart

There are moments in life when the weight of our responsibilities, ministry needs, and burdens for others stirs within us a deep longing to seek God. In those moments, our hearts yearn for solitude—a quiet space to be alone with our Heavenly Father. Yet, the pace of modern life often makes

it difficult to step away or dedicate an extended period for fasting.

This is where the Daniel's practice of 21 days, can serve as a meaningful and practical solution.  Ready





## Lasted 21 Days

As we begin the new year, we invite you to join together in unity for 21 days of fasting, starting

January 10th, once the holiday season is behind us. This time of fasting is more than a tradition—it's

an intentional step toward aligning our hearts with God's will. At the dawn of a new year, we seek His

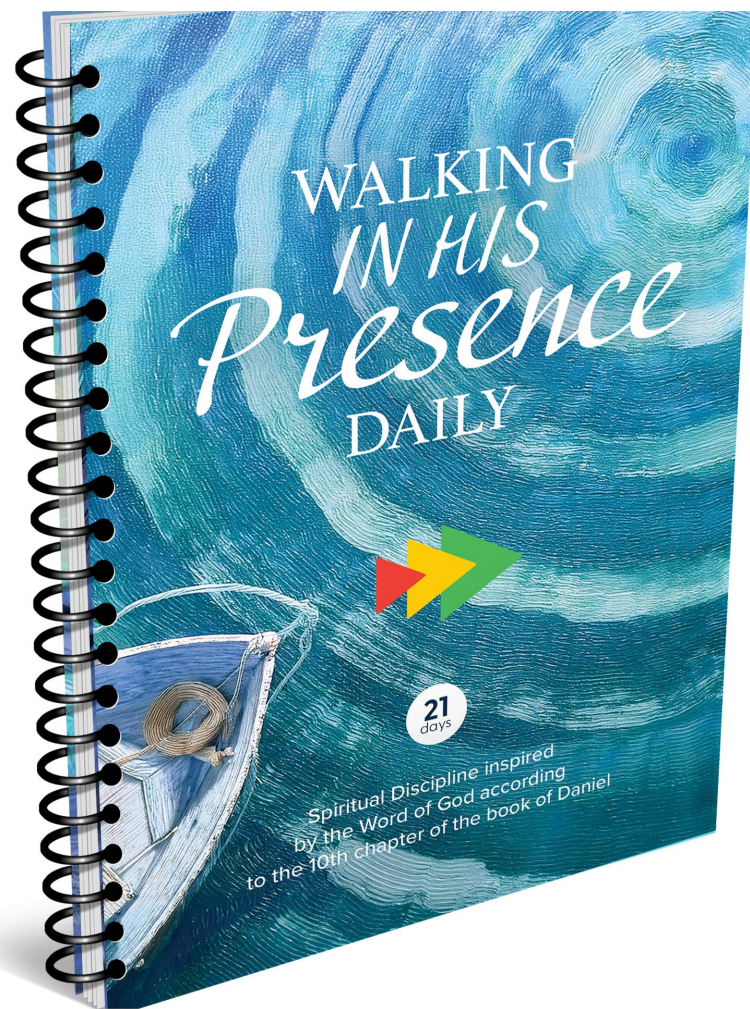
guidance and vision for our lives, our families, our churches, our ministry teams, our businesses, and

our cities. It is a time to ask for clarity, direction, and spiritual breakthroughs—not just for ourselves,

but for the regions and communities we serve. Of course, you can choose any day for it, or you can

practice it several times a year.

Ready

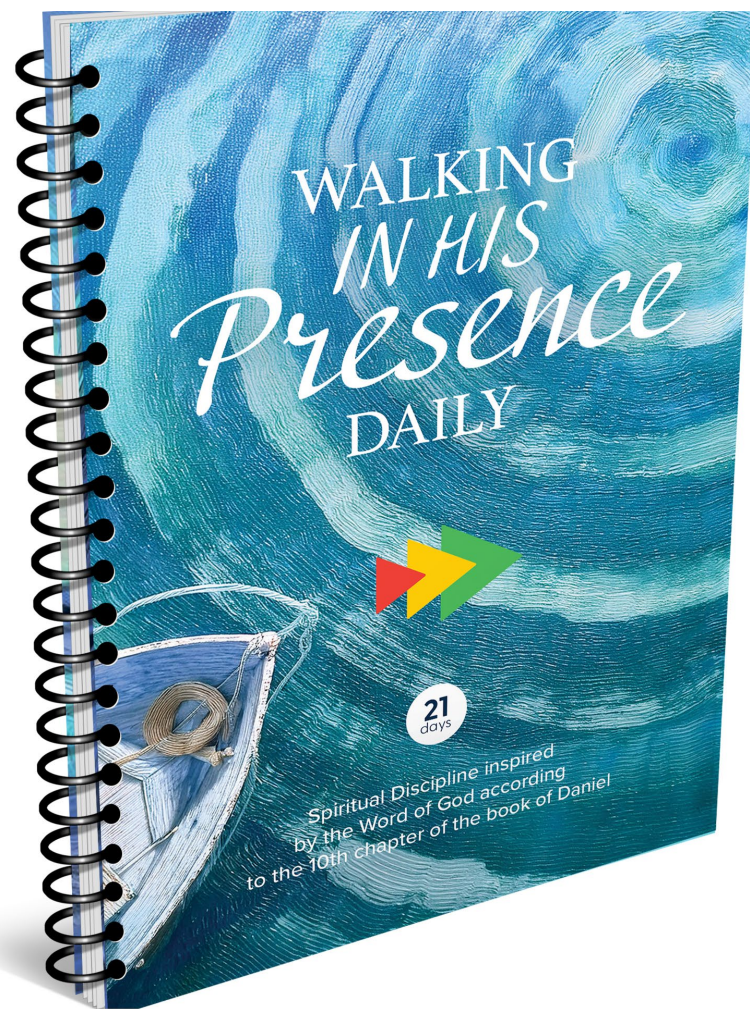


## To Gain Understanding

In Daniel's case it was born out of a desire to understand the fullness of God's plan for His people. Even with his knowledge of Jeremiah's prophecies and the Scriptures, he sought deeper insight into God's purposes—both for his own time and for the future. Similarly, for us 21- day of Prayer and Fasting is not solely about personal needs; it is an opportunity to seek His Word, His will, and His direction for our lives. It is about leaning into the mysteries of His plan and allowing Him to reveal His truth and purpose to us.

Ready

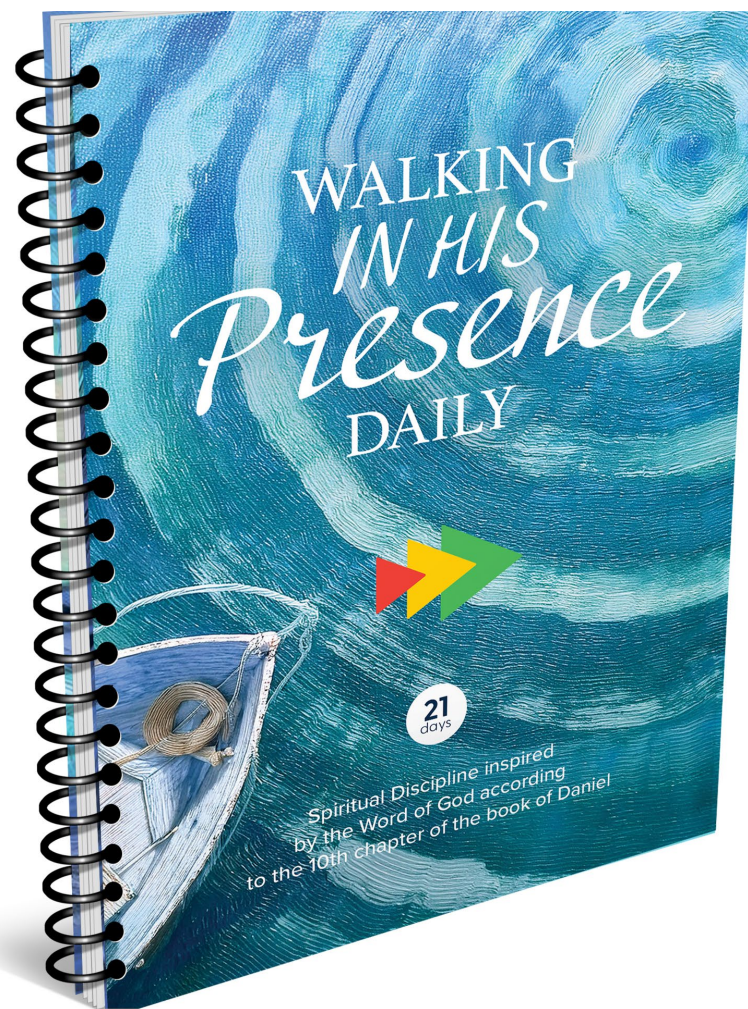




## Daniel Humbled Himself Before God

During 21 days, Daniel refrained from eating tasty bread, meat, and drinking wine, and he did not anoint himself with oils. This was an act of humbling both his flesh and will before God. Spiritual disciplines make our flesh uncomfortable, but strength our spirit.

As Paul writes, "Now I rejoice in my sufferings for your sake, and in my flesh I am filling up what is lacking in Christ's afflictions for the sake of his body, that is, the church" (Colossians 1:24). Ready

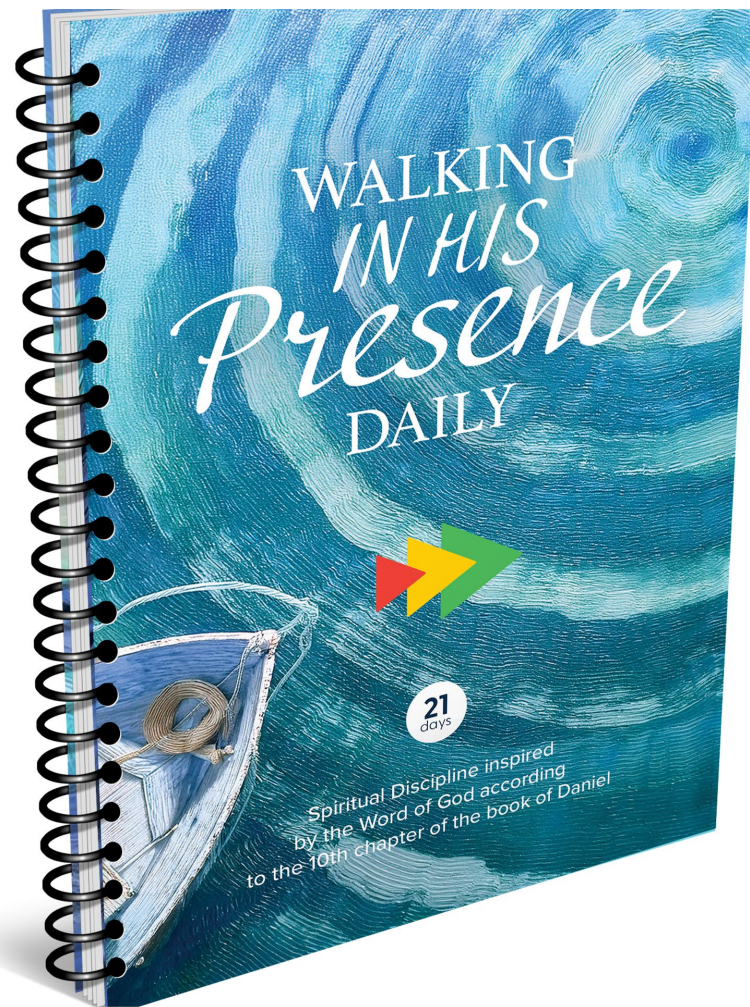


## Fasting Strengthened Spiritual Vigilance

Fasting isn't merely about abstaining from food or other comforts; it's about creating sacred space to spend intentional time with God. Daniel's rule of life was to set aside time to pray at least three times a day, and during his 21 days of seeking God's understanding, he dedicated himself to deeper immersion in God's Word. The beauty of 21-day prayer and fasting is that it cultivates a heightened sense of spiritual awareness and focus. This state of vigilance is both spiritually enriching and transformative.





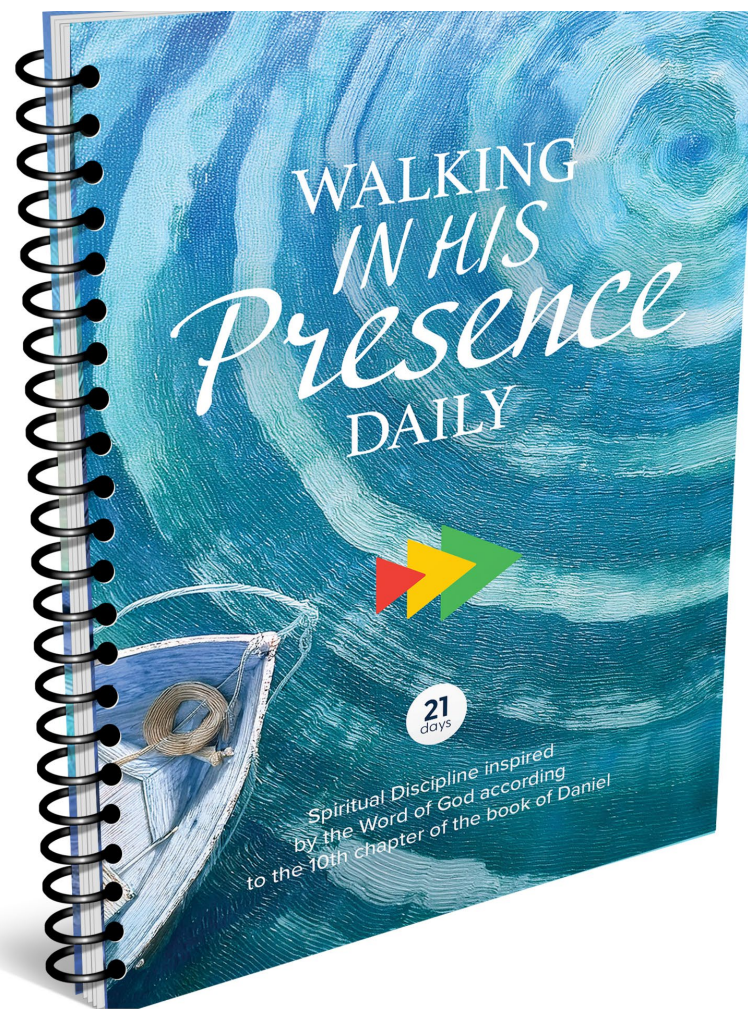


## Enhanced Spiritual Focus

Fasting is more than simply giving up food or other comforts; it's about intentionally carving out sacred time to connect with God. Daniel had a disciplined prayer life, committing to seek God at least three times a day. During his 21 days of fasting, he devoted himself even more deeply to prayer and meditating on God's Word. The practice of a 21-day fast nurtures a sharp spiritual focus and sensitivity, fostering both personal growth and a profound awareness of God's presence.

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