21 DAYS OF PRAYER

&FASTING

PEACE CHURCH

Whether you choose to fast one meal a day, several meals, or only consume liquids the entire 21 days, the point is to humble yourself in a new way and draw near to God. Here are some ideas of what you could choose:

- You might choose a selective fast, eliminating certain things from your diet. Eating only fruits and vegetables, what some might call a “Daniel fast,” is an example of this type of fasting.

- Another option is a partial fast, which is refraining from eating for a set period of time each day. You could choose to fast from a single meal or from sunup to sundown.

- Some of you may feel led to engage in a complete fast, refraining from eating and only drinking liquids for particular days or even an extended period of time.

- If fasting from food is not possible due to health reasons, you may feel led by the Lord to fast from something else, such as social media, television, or certain times or activities on your cell phone.

Does your family want to participate in the 21 Days of Prayer and Fasting together? We have a series of resources and tips for you to build these spiritual rhythms as a family. You can find many resources at peacechurch.us/21-days-of-prayer-and-fasting or by scanning the QR code below.

RESOURCES

MONDAY PRAYER SERVICES

Join us every Monday from 7–8 PM at Peace Church for a time of corporate prayer. Bring your family as we seek God's guidance, unite in faith, and intercede for our church, community, and families.

SPOTIFY

Join us on the playlist! We've curated worship songs and instrumentals to accompany you during the fast. Listen during quiet time, on the go, or whenever you need a reminder to pray, reflect, or engage in worship through song.

DAILY DEVOTIONALS

Follow along with daily devotional videos from Peace Leadership. **Text the words "21 Days" to (469) 720-0406** and receive daily encouragement throughout the fast.

TOOLS AND RESOURCES

Scan the QR code to access extra resources during the fast, including the Kids Activity Guide, a guide on How to Fast, and more.

HOW WILL YOU BE A PART OF WHAT GOD'S DOING?

Fast
Choose something to fast from. Fasting can focus your mind. Visit peacechurch.us for tips on fasting and ideas about what you could sacrifice over the 21 days.

Engage God Individually
Set a time to pray and read the Bible daily using this guide to help you. Take time to linger with God in prayer.

Find a Prayer Partner
Commit to checking in daily—whether in person, by video, phone, or text—as you pray together and keep one another accountable.

Pray Where You Live, Work, and Play
During the 21 Days, look for opportunities to pray beyond the church walls. Gather with family or fellow believers at work or school and intercede for our nation, our community, your organization, and one another.

Consider planning a prayer walk—through your neighborhood, around a school, or at a local park. Walk together and lift up the people and places you share in prayer.

Unite with Others in Prayer
Join us every Monday night during the 21 Days—January 12, 19, and 26—as we come together in unity to seek God and pray as one body. These are powerful nights you won't want to miss.

Explore Other Resources
Check out the resources and videos at peacechurch.us/21-days-of-prayer-and-fasting for more.

WEEK ONE

JAN 12 -18

JANUARY 12

WEEK 1 | DAY 1

PRAYER PROMPT:

Pray for boldness and diligence as you step into this season of prayer and fasting. Ask God to help you stay committed, focused, and open to what He wants to do in you.

Read: Matthew 6

As you read, ask the Holy Spirit to reveal areas where your motives, priorities, or habits may need realignment. Reflect on what it means to seek God privately and trust Him openly.

DAILY CHECK-IN:

- ☐ READ SCRIPTURE
- ☐ PRAY
- ☐ JOURNAL
- ☐ FAST

JANUARY 13

WEEK 1 | DAY 2

PRAYER PROMPT:

Pray that God would stir a deeper hunger in your heart for Him, for His Word, His righteousness, and His will.

Read: Matthew 5:6

As you read, reflect on what it means to hunger and thirst for righteousness. Consider where your desires are strongest and ask God to deepen your longing for what truly satisfies.

DAILY CHECK-IN:

- ☐ READ SCRIPTURE
- ☐ PRAY
- ☐ JOURNAL
- ☐ FAST

JANUARY 14

WEEK 1 | DAY 3

PRAYER PROMPT:

Pray for personal and corporate repentance of sin, and for a renewed turning toward true holiness through Christ.

Read: Romans 2:4

Take a moment to consider the kindness of God that leads us to repentance. Ask the Holy Spirit to search your heart, reveal areas that need repentance

DAILY CHECK-IN:

- ☐ READ SCRIPTURE
- ☐ PRAY
- ☐ JOURNAL
- ☐ FAST

JANUARY 15

WEEK 1 | DAY 4

Read: Ephesians 4:14–32

Reflect on God’s call to put off the old self and grow in truth, love, and godly character as you mature in Christ.

PRAYER PROMPT:

Pray for believers to grow in godly character and become spiritually mature.

DAILY CHECK-IN:

- ☐ READ SCRIPTURE
- ☐ PRAY
- ☐ JOURNAL
- ☐ FAST

JANUARY 16

WEEK 1 | DAY 5

Read: 1 Corinthians 12

As you read, reflect on the different gifts God has given each member of the body of Christ. Ask yourself: How am I using my gifts to serve others? Where can I encourage and build up those around me? How can our church grow stronger in love and unity through each person's contribution?

PRAYER PROMPT:

Pray for a desire for our church to develop genuine fellowship and relationship, building up one another in love.

DAILY CHECK-IN:

- ☐ READ SCRIPTURE
- ☐ PRAY
- ☐ JOURNAL
- ☐ FAST

JANUARY 17

WEEK 1 | DAY 6

Read: Psalm 150

As you study this Psalm, think about ways you can continue to intentionally praise God with every part of your life through words, actions, and your whole being.

PRAYER PROMPT:

Pray to have a heart of worship personally and corporately as a church, and a desire to please God and Him alone.

DAILY CHECK-IN:

- ☐ READ SCRIPTURE
- ☐ PRAY
- ☐ JOURNAL
- ☐ FAST

JANUARY 18

WEEK 1 | DAY 7

PRAYER PROMPT:

Pray for believers to grow in spiritual maturity and to give obediently and generously to further God’s kingdom.

Read: 2 Corinthians 9:7

As you read, reflect on giving with a willing and joyful heart, trusting God with all you have.

DAILY CHECK-IN:

- ☐ READ SCRIPTURE
- ☐ PRAY
- ☐ JOURNAL
- ☐ FAST

WEEKLY REFLECTIONS
WEEK ONE

Use this space to reflect on your week:

- Where did you see God at work?
- How did fasting shape your focus this week?
- What are you carrying into next week?

WEEK TWO

JAN 19-25

JANUARY 19

WEEK 2 | DAY 8

Read: Ephesians 4:1–3

PRAYER PROMPT:

Pray for unity and peace within our church, with the purpose of making disciples.

Take a moment to ask God to show you ways to pursue unity and peace in your relationships and within our church, aiming to glorify Him and make disciples.

DAILY CHECK-IN:

- ☐ READ SCRIPTURE
- ☐ PRAY
- ☐ JOURNAL
- ☐ FAST

JANUARY 20

WEEK 2 | DAY 9

PRAYER PROMPT:

Pray for the purpose and vision of our church, and for clarity and commitment in your role in fulfilling that vision.

Read: Ephesians 4:15–16

Consider how every member of the body of Christ has a part to play in building up the church. Think about how you might contribute to the purpose and vision God has given our church?

DAILY CHECK-IN:

- ☐ READ SCRIPTURE
- ☐ PRAY
- ☐ JOURNAL
- ☐ FAST

JANUARY 21

WEEK 2 | DAY 10

PRAYER PROMPT:

Pray for our leaders to be filled with God's wisdom and direction, for clear vision, and for strategic planning that brings glory to God.

Read: Hebrews 13:7

As you read, reflect on the faithfulness of those who have gone before you and the ways God guides His people.

DAILY CHECK-IN:

- ☐ READ SCRIPTURE
- ☐ PRAY
- ☐ JOURNAL
- ☐ FAST

JANUARY 22

WEEK 2 | DAY 11

PRAYER PROMPT:

Pray for personal forgiveness, and ask God to reveal areas where you may need to forgive others or seek His forgiveness.

Read: 1 John 1:9

During this time, think about how fasting can help you draw closer to God, humbling your heart to seek His forgiveness and cleansing. Are there grudges or unconfessed sins I need to release during this fast?

DAILY CHECK-IN:

- ☐ READ SCRIPTURE
- ☐ PRAY
- ☐ JOURNAL
- ☐ FAST

JANUARY 23

WEEK 2 | DAY 12

PRAYER PROMPT:

Pray for the body of Christ, recognizing that the health of the church is shaped by the well-being of its families.

Read: Ephesians 6:18

As you read, ask God to show you ways to pray for your family, other families, and the church, and to help you play a part in nurturing healthy, God-honoring relationships.

DAILY CHECK-IN:

- ☐ READ SCRIPTURE
- ☐ PRAY
- ☐ JOURNAL
- ☐ FAST

JANUARY 24

WEEK 2 | DAY 13

PRAYER PROMPT:

Pray that we, as a church, would be courageous and walk by faith, trusting God in every circumstance.

Read: Matthew 14:22–27

Reflecting on the text, think about the storms in your life. Write down any fears or doubts that are holding you back, and ask God for courage to trust Him fully.

DAILY CHECK-IN:

- ☐ READ SCRIPTURE
- ☐ PRAY
- ☐ JOURNAL
- ☐ FAST

JANUARY 25

WEEK 2 | DAY 14

PRAYER PROMPT:

Pray for guidance for your loved ones and for yourself, asking God to direct your paths according to His will.

Read: Philippians 1:9–11

As you read, consider how this season of fasting can sharpen your spiritual discernment. Ask God to reveal His will and direction for your life and those you care about.

DAILY CHECK-IN:

- ☐ READ SCRIPTURE
- ☐ PRAY
- ☐ JOURNAL
- ☐ FAST

WEEKLY REFLECTIONS
WEEK TWO

Use this space to reflect on your week:

- Where did you see God at work?
- How did fasting shape your focus this week?
- What are you carrying into next week?

WEEK THREE

JAN 26- FEB 1

JANUARY 26

WEEK 3 | DAY 15

Read: 2 Timothy 2:20–21

As you meditate on these verses, write down ways God may be calling you to serve and bring change in your sphere of influence. Ask Him to help you remain faithful and ready.

PRAYER PROMPT:

Pray that we would make ourselves fully available to God, allowing Him to use us to bring transformation and positive change in our church, our families, and our community.

DAILY CHECK-IN:

- ☐ READ SCRIPTURE
- ☐ PRAY
- ☐ JOURNAL
- ☐ FAST

JANUARY 27

WEEK 3 | DAY 16

Read: Deuteronomy 6:6–7

Reflect on God's command to impress His Word on the hearts of our children. Consider ways to model and teach His truth daily.

PRAYER PROMPT:

Pray that our children would be firmly grounded in the truth and knowledge of Christ, equipped to recognize and resist the lies of the enemy, and that they would walk faithfully in His ways.

DAILY CHECK-IN:

- ☐ READ SCRIPTURE
- ☐ PRAY
- ☐ JOURNAL
- ☐ FAST

JANUARY 28

WEEK 3 | DAY 17

PRAYER PROMPT:

Pray for the women of Peace Church, that they would grow in godliness, show genuine love and support for one another, and reflect various aspects of God's glory in their lives.

Read: Proverbs 31:30

Reflect on the beauty of fearing the Lord and cultivating godliness above all else. Consider how each of us, men and women alike, can show genuine love, encourage one another, and reflect God's glory in our words, actions, and relationships.

DAILY CHECK-IN:

- ☐ READ SCRIPTURE
- ☐ PRAY
- ☐ JOURNAL
- ☐ FAST

JANUARY 29

WEEK 3 | DAY 18

Read: 1 Corinthians 16:13–14

During this fast, reflect on how God can use this season to strengthen the men of our church. Ask Him to cultivate courage, love, and godliness in each life.

PRAYER PROMPT:

Pray for the men of Peace Church, that they would grow in godliness, show genuine love and support for one another, and reflect various aspects of God's glory in their lives.

DAILY CHECK-IN:

- ☐ READ SCRIPTURE
- ☐ PRAY
- ☐ JOURNAL
- ☐ FAST

JANUARY 30

WEEK 3 | DAY 19

PRAYER PROMPT:

Pray a prayer of thanksgiving. Praise God for all that He has done, for His faithfulness, provision, guidance, and love, both in your life and in the life of our church.

DAILY CHECK-IN:

- ☐ READ SCRIPTURE
- ☐ PRAY
- ☐ JOURNAL
- ☐ FAST

Read: 1 Thessalonians 5:16–17

As you read, write down moments from the past week or season where God has answered prayers, provided for needs, or shown His love. Let these reminders inspire your thanksgiving.

JANUARY 31

PRAYER PROMPT:

Pray that those who do not yet know Christ would hear the gospel, repent of their sins, and be saved. Ask God to draw them by His Spirit, fill them with His truth, and bring many into His Kingdom for His glory.

DAILY CHECK-IN:

- ☐ READ SCRIPTURE
- ☐ PRAY
- ☐ JOURNAL
- ☐ FAST

WEEK 3 | DAY 20

Read: 1 Timothy 2:3–4

During this fast, meditate on God's heart for the salvation of all. Ask Him to stir your heart in intercession for those who do not know Christ and to give you boldness to pray and act in line with His mission.

FEBRUARY 1

PRAYER PROMPT:

Pray for spiritual strength, unity, and encouragement for all churches who gather in Jesus' name. Ask God to empower His people, build up His body, and bring glory to Him through every gathering and ministry.

DAILY CHECK-IN:

- ☐ READ SCRIPTURE
- ☐ PRAY
- ☐ JOURNAL
- ☐ FAST

WEEK 3 | DAY 21

Read: Ephesians 3:20–21

During this fast, meditate on God's limitless power. Ask Him to strengthen and equip His church to serve faithfully, boldly, and for His glory.

WEEKLY REFLECTIONS
WEEK THREE

Use this space to reflect on the past 21 days:

- What shifted in your heart, habits, or hunger during this fast?
- What are you choosing to carry forward in faith, obedience, or expectancy?
- What are you carrying into this year?

SHARE YOUR STORY

We would love to hear how the Spirit is moving in your life during these 21 Days, no matter how big or small. Scan the code or visit peacechurch.us/21-days-of-prayer-and-fasting to share with us:

PEACE CHURCH, A PLACE WHERE LIVES ARE TRANSFORMED, DISCIPLED, AND EMPOWERED TO FULFILL THEIR GOD-GIVEN PURPOSE

