

FASTING TWENTY
ONE DAYS OF PRAYER
AND REFLECTION

11 - 31
January
2026

CHANGE

fast

21 - DAY FASTING GUIDE & REFLECTION JOURNAL



THE CHANGE

PHASE

1

RELEASE

Release your hidden patterns to invite the redemption that removes the old and makes all things new.

PHASE

2

Review your daily disciplines today to preview the strength and integrity of the future you are rebuilding.

REBUILD

PHASE

3

REVEAL

Reveal your new identity by grabbing the revelation of God's purpose and walking boldly in your calling.



PHASE 1 / DAY 1 AWARENESS

CONFRONT

- What specific thought or behavior did the Holy Spirit highlight as "out of order" today?
 - Am I being honest with myself about the cost of staying the same?
 - What is one thing I am hiding that needs to be brought into the light?

CONSIDER

Nicodemus: From a hidden seeker to an open follower, he brought his questions into the light and realized that his old religious status wasn't enough. This day is about bringing what is hidden into the light and admitting that our current "religion" or way of life isn't enough.

CONFESS

- John 3 -
- John 19 -



PHASE 1 / DAY 2
REPENTANCE

CONFRONT

- Did I merely feel sorry for a mistake today, or did I actually turn and walk in the opposite direction?
- What "trigger" did I encounter today that usually leads me to sin?
 - How did I respond differently to that trigger today?

CONSIDER

Zacchaeus: From a corrupt collector to a generous giver, he didn't just feel sorry, he physically turned and walked in the opposite financial and social direction after one encounter with Jesus.

CONFESS

- Luke 19 -

PHASE 1 | DAY 3

BREAKING STRONGHOLDS

CONFRONT

- Which recurring negative thought was the loudest today?
- What specific scripture did I use to "talk back" to that lie?
- Am I trying to fight this battle in my own strength or through God's power?

CONSIDER

The Gerasene Demoniac: From a man bound by chains and mental torment to one "in his right mind," and commissioned as a missionary he proved that God's power breaks what human strength cannot.

CONFESS

- Mark 5:1-20 -



PHASE 1 | DAY 4

FORGIVING OTHERS

CONFRONT

- Whose name comes to mind when I feel frustrated or bitter?
- Have I released my "right" to seek revenge or hold a grudge against them?
- How can I pray for their well-being today, even if it feels difficult?

CONSIDER

Joseph: From a betrayed brother to a wise ruler, he released his right to revenge and chose to see God's hand in his past pain. to save the world from famine.

CONFESS

- Genesis 50:20 -



PHASE 1 | DAY 5

FORGIVING YOURSELF

CONFRONT

- Am I replaying past failures that God has already washed away?
- Does my self-talk sound more like the "Accuser" or more like a loving Father?
- What would I do today if I truly believed I was 100% forgiven?

CONSIDER

Peter: From a guilt-ridden failure to the "Rock" of the church, he accepted Christ's restoration and stopped replaying his moment of denial.

CONFESS

- John 21 -
- Acts 2 -

PHASE 1 / DAY 6
PRUNING

CONFRONT

- What activity or relationship is currently draining my spiritual energy without adding life?
- Am I willing to let go of something "good" to make room for something "great"?
- Where do I feel the "pain" of the cut, and can I trust the Gardener's hand?

CONSIDER

Ruth: From a pagan widow to a woman of the lineage of Christ, she willingly let go of her old country to make room for a "great" future in Bethlehem.

CONFESS

- Ruth 1 -



PHASE 1 | DAY 7

THE SAUL MOMENT

CONFRONT

- Have I had a "blinded by the light" moment of total surrender today?
- Am I still asking "Why?" or have I started asking "What would You have me do, Lord?"
 - What part of my old "Saul" identity died today?

CONSIDER

Nebuchadnezzar: From a prideful, self-made king to a humble worshiper, he experienced a total surrender that stripped away his old, arrogant identity.

CONFESS

- Daniel 4 -



PHASE 2 | DAY 1

RENEWING THE MIND

CONFRONT

- What "filter" did I view my day through—fear or faith?
- Did I spend more time consuming media or consuming the Word today?
- What is one truth I meditated on until it changed my mood?

CONSIDER

Gideon: From a fearful man hiding in a winepress to a "Mighty Warrior," who led a he chose to view his day through God's filter rather than his own insecurity.

CONFESS

- Judges 6 -



PHASE 2 / DAY 2

THE POWER OF SPEECH

CONFRONT

- Did my words today build a bridge or a wall?
- How many times did I complain versus how many times did I give thanks?
 - Did I speak life over my situation or just describe the problem?

CONSIDER

Moses: Moses moved from complaining about his speech impediment to speaking life and deliverance over an entire nation.

CONFESS

- Exodus 3 -



PHASE 2 / DAY 3

SPIRITUAL HUNGER

CONFRONT

- What was I "starving" for today (approval, comfort, food, or God)?
 - Did I feed my spirit before I fed my physical desires?
- How has my appetite for the things of God increased since Day 1?

CONSIDER

The Prodigal Son: The son hit a point where he was "starving." He realized his physical hunger was actually a spiritual hunger for his Father's house.

CONFESS

- Luke 15 -



PHASE 2 | DAY 4
CONSISTENCY

CONFRONT

- Did I keep the commitments I made to myself and God this morning?
- When I felt like quitting, what was the "Why" that kept me going?
- What small, boring task did I do with excellence today?

CONSIDER

Mathew (Levi): Matthew left his tax booth and committed to the "small, boring tasks" of following Jesus daily, eventually writing the first Gospel.

CONFESS

- Luke 5:27-28 -



PHASE 2 / DAY 5
INTEGRITY

CONFRONT

- Would I be comfortable if my private thoughts from today were projected on a screen?
- Did I exaggerate or "spin" the truth to make myself look better?
- Am I the same person behind closed doors as I am in public?

CONSIDER

King Manasseh: After hitting rock bottom, he didn't just "spin" his image, he showed true integrity by physically removing the idols he had built in public and private.

CONFESS

- 2 Chronicles 33 -



PHASE 2 / DAY 6
WISDOM

CONFRONT

- Did I rush into a decision today or did I pause to ask for God's perspective?
 - What did I learn from a mistake I made today?
 - Who did I seek godly counsel from when I felt stuck?

CONSIDER

Jonah: After his mistake in the storm, Jonah paused to seek God's perspective and finally went to Nineveh with a godly (though reluctant) counsel.

CONFESS

- Jonah 3 -



PHASE 2 | DAY 7 **STRENGTH**

CONFRONT

- At what point today did I reach the end of my own rope?
- Did I lean into God's grace in that moment, or did I crumble?
- How did God provide the "way of escape" in a moment of temptation?

CONSIDER

The Philippian Jailer: From a despairing guard at the end of his rope to a joyful believer, he found the strength to trade his crisis for a new life of faith.

CONFESS

- Acts 16 -



PHASE 3 | DAY 1

NEW IDENTITY

CONFRONT

- Did I introduce myself (internally) as a "sinner" or as "the righteousness of God"?
- What old habit felt "foreign" to me today because I am changing?
 - How does a "New Creation" handle the stress I faced today?

CONSIDER

Jacob to Israel: From a "Deceiver" who lived by his wits to a prince who wrestled with God, his name and walk were permanently altered to reflect his new standing.

CONFESS

- Genesis 32 -



PHASE 3 / DAY 2
BOLDNESS

CONFRONT

- Did I shrink back from a God-given opportunity because of my past?
 - Where did I choose courage over comfort today?
 - Who did I stand up for or witness to today?

CONSIDER

Thief on the Cross: From a condemned criminal to a citizen of Paradise, he chose courage in his final moments to defend Christ and ask for a place in His Kingdom.

CONFESS

- Luke 23 -



PHASE 3 / DAY 3 SERVICE

CONFRONT

- How did I make someone else's life easier today?
- Was my service done for "likes" or for the Lord?
- Who is the "least of these" in my life that I noticed today?

CONSIDER

Mary Magdalene: From a woman tormented by seven demons to the first witness of the Resurrection, she devoted her life to serving the ministry that set her free.

CONFESS

- Luke 8 -



PHASE 3 | DAY 4
INFLUENCE

CONFRONT

- Did my presence in the room change the atmosphere for the better?
 - Who is watching my "Change Fast" and being encouraged by it?
 - How can I lead by example in my home or workplace tomorrow?

CONSIDER

The Woman at the Well: From a social outcast to a powerful evangelist, her radical transformation changed the atmosphere of her entire village and brought them to Christ.

CONFESS

- John 4 -



PHASE 3 | DAY 5
PERSEVERANCE

CONFRONT

- Am I getting weary of doing good, and how am I refreshing my soul?
- What "weight" tried to slow me down today that I had to shake off?
 - How close do I feel to the "finish line" of this specific goal?

CONSIDER

Rahab: From a prostitute in a doomed city to a woman of faith in the lineage of Jesus, she stayed the course through danger to save her entire family.

CONFESS

- Joshua 2 -



PHASE 3 / DAY 6
GRATITUDE

CONFRONT

- What are three specific changes I see in myself now that weren't there on Day 1?
 - How has God's character become more real to me during this fast?
 - Am I more thankful for the blessing or the Blesser?

CONSIDER

Lydia: From a wealthy businesswoman to the first convert in Europe, she immediately used her resources to bless the church, focused more on the Blesser than her business.

CONFESS

- Acts 16 -



PHASE 3 | DAY 7 **THE PAUL LIFE**

CONFRONT

- What is the "one thing" I am now determined to do for the Kingdom?
 - Am I looking back at the past, or am I pressing toward the mark?
 - How will I maintain this "Change" after the 21 days are over?

CONSIDER

From Saul to Paul: From a violent persecutor of the church to the architect of its mission, he committed to "one thing", forgetting what lies behind and pressing toward the mark of his high calling.

CONFESS

- Acts 9 -

- Philippians 3 -



THE COVENANT

PHASE

1

RELEASE

I covenant to **release** the hidden patterns of my past, inviting the redemption that makes all things new.

PHASE

2

I commit to **rebuild** my future through daily discipline and integrity,

REBUILD

PHASE

3

REVEAL

so that I may now reveal my true identity, walking boldly in the divine purpose and calling **revealed** to me.

I am **changed**, I am **focused**, and I am **new**.

