



21 Day Fast Devotional

A 21-Day Journey of Scripture, Prayer, and Fasting.

21 Day Fast

Over the next three weeks, you are invited on a journey of renewal and encounter with God. Each day you will be guided through Scripture readings, devotionals, times of reflection, and focused prayers. This fast is not simply about what we lay aside, but about what we make room for—God's presence, His voice, and His power.

Every step of this 21-day journey is designed to help us, both personally and together as the family of Full Life Church, draw nearer to the heart of God. As we seek Him with humility and hunger, we believe He will bring fresh breakthrough, lasting refreshment, and new direction for our lives and for the future of our church.

TYPES OF FASTS

COMPLETE FAST

This fast involves drinking only liquids, usually water, with light juices as an option.

SELECTIVE FAST

This fast removes certain foods from your diet, such as the Daniel Fast which avoids meat, sweets, and bread, while allowing water, juice, fruits, and vegetables.

PARTIAL FAST

Also called the Jewish Fast, this involves abstaining from food for part of the day, such as 6:00am–3:00 pm or from sunup to sundown.

SOUL FAST

For those unable to fast food or seeking balance in life, this fast involves abstaining from distractions such as social media or TV. The goal is to refocus your life on God and reintroduce those areas in a healthy way afterward.

Day 1 – Daniel 10

This passage introduces the idea of a 21-day fast. Daniel set his heart to seek God, and before he finished, God had already heard his prayer. As you begin, trust that God is at work even now in ways you cannot see. Write down what clarity or direction you are asking from Him, and keep it as a reminder to revisit at the end. Pray for strength and a listening heart during these weeks.

Day 2 – 1 Chronicles 21:18-27

David built an altar and refused to offer God a sacrifice that cost him nothing. Fasting requires sacrifice of your comfort, convenience, and desires. Decide today what your sacrifice will be and commit to it before God. Write it down and share it with a trusted friend who can encourage you. Pray for God to reveal the specific sacrifice He desires from you during this fast.

Day 3 – Daniel 1

Daniel and his friends refused to defile themselves, eating only vegetables and drinking water. Their commitment wasn't about fear of punishment but devotion to God's commands. Fasting will give you opportunities to compromise, especially when no one else will notice. Ask God for courage and resolve to stay faithful to your decision. Pray that you will honor Him with a steadfast heart.

Day 4 – Psalm 119

This psalm is a song of devotion to God's Word. Fasting becomes richer when paired with time in Scripture. Consider starting a plan that takes you deeper into the Bible beyond these 21 days. Reflect on how strong your love for God's Word is right now. Pray for God to ignite or rekindle a passion for His Word in your heart.

Day 5 – Matthew 6:5-18

Jesus taught that fasting is not about being seen by others. Even if you are fasting with a group, check your heart's motives. Are you seeking encouragement, or secretly hoping to be noticed for your spirituality? Only you and God know the truth. Pray for humility and for your motives to remain pure before Him.

Day 6 – Isaiah 58

God's people fasted but became frustrated when He did not respond. This chapter shows that fasting is not a hunger strike to get God's attention but a way to align with His heart. Let your hunger remind you of those who are lost, hurting, or in need. Ask God to use your discomfort to shape compassion in you. Pray for Him to empty you of self and fill you with His Spirit.

Day 7 – Mark 14:1-26

Both the woman who anointed Jesus and the Last Supper point to lives broken and poured out. Your fast is not just about what you give up but how you live in response to Christ's sacrifice. Ask God what areas of your life need to be broken and surrendered to Him. Consider how your life can be a living memorial to Christ's love. Pray for strength to live poured out in worship.

Day 8 – Psalm 100

You are now entering the second week of your fast! This psalm reminds us to come before God with joy, thanksgiving, and praise. It is easy to let your focus slip to the struggles and discomfort, but today choose to rejoice in Him. Write down things that bring you joy and lift a song of praise. Pray that God stirs urgency in you to keep pressing deeper into His presence.

Day 9 – Romans 12

Paul challenges us to present our bodies as living sacrifices, holy and pleasing to God. Your fasting is one way of expressing this act of worship. Consider how this fast has

changed your perspective of worship so far. Ask God to continue transforming your mind and revealing His will. Pray that your life becomes an offering that pleases Him.

Day 10 – Luke 4

Jesus fasted for forty days, yet came out prepared and empowered for ministry. Though fasting may leave you feeling weak or discouraged, God is strengthening you in unseen ways. Trust that this time is preparation for what He has ahead. Ask God to shape your purpose and empower you through this season. Pray that His Spirit fills you with renewed boldness.

Day 11 – James 1

This chapter reminds us not to only hear the Word but to do it. As you enter the second half of your fast, reflect on whether you are applying what God has been teaching you. Fasting is meant to lead to action, not just reflection. Ask God for wisdom to live out His Word daily. Pray for strength to obey what He has revealed to you.

Day 12 – 2 Corinthians 1

Many of us turn to food for comfort more often than we realize. Fasting reveals how much power cravings and habits can hold in our lives. Allow God to become your true source of comfort and strength. Ask Him to expose unhealthy dependencies and remove them from your heart. Pray that His Spirit alone satisfies your deepest needs.

Day 13 – 1 Peter 2

You are chosen, holy, and set apart as God's child. Christ is your cornerstone, the firm foundation on which your life is built. Write down the ways He has brought you out of darkness into light. Let your gratitude rise in prayer and thanksgiving. Ask Him to keep building His work in you on Christ the foundation.

Day 14 – Matthew 5:1-14

The Beatitudes remind us that God's blessing often comes through hunger, meekness, and even hardship. As you fast, reflect on the blessings hidden in difficulty. Keep a journal today and record the blessings God brings to mind. Thank Him for joys as well as challenges. Pray with a heart full of gratitude for His goodness.

Day 15 – Psalm 51

You are beginning the final week of your fast, which may be the hardest stretch. Whether fasting alone or with others, take time to reflect and record what God has shown you so far. Ask Him to search your heart and expose hidden sin or areas that need cleansing. Let this last week refine and renew you. Pray for God's Spirit to purify your heart.

Day 16 – Psalm 27

This psalm speaks of seeking God above everything else. It is easy to focus on what you want from God instead of simply desiring His presence. He is both a mighty King and a loving Father who longs for closeness with you. Pray for God to draw you nearer to His heart. Ask for a deeper relationship with Him than ever before.

Day 17 – Daniel 3

Shadrach, Meshach, and Abednego faced a fire for their faith but stood on God's truth instead of the facts before them. God's presence walked with them in the flames. You may be facing circumstances that feel overwhelming or impossible. Bring those realities before God and declare His truth over them. Pray with boldness for courage to trust Him in the fire.

Day 18 – Joel 2:12-32

God calls His people to return to Him with torn hearts, not just outward actions. As you near the end of your fast, open your heart wide to His mercy and compassion. Invite Him to move powerfully in your life and prepare you for His plans. Ask for courage to join His work in the world. Pray for dreams and visions that align with His Spirit.

Day 19 – Psalm 84

As the fast winds down, reflect on the joy of being in God's presence. This psalm celebrates the beauty of dwelling with Him. Read it aloud as your own prayer today, adding your words where needed. Praise Him for the growth He has brought in your life during this season. Pray with joy and gratitude for His presence.

Day 20 – Zechariah 7

The people asked if they should keep fasting, but God reminded them that both fasting and feasting are meant to draw us to Him. Think about whether you will continue fasting practices or start new rhythms after this. Reflect on how fasting has softened your heart and changed how you treat others. Pray for God to show you how to live a lifestyle of closeness with Him.

Day 21 – Ezekiel 47:1-12

The vision of the river invites us to go deeper into God's presence. Don't stop where you feel safe—let go of control and allow His Spirit to carry you. Ask yourself what you're still holding back and surrender it to Him. Pray that this fast is just the beginning of a Spirit-led life. Ask God to keep drawing you into deeper waters with Him.

Audio Prayers For 21 Day Devotional:

<https://www.acts413.net/audio-prayers>