

21 DAYS OF PRAYER & FASTING

THE GRAND NARRATIVE

EPOCH 1
CREATION & COVENANT



AUGUST 3–SEPTEMBER 6, 2025

IN THE BEGINNING... THERE WAS NOTHING.

Then, in a declaration that shook eternity
—God said,

“LET THERE BE LIGHT”

Before time began, a story was written...

A story of creation and chaos, of covenants and kings, of exiles and redeemers, of battles—both seen and unseen.

Across the pages of Scripture, woven through generations, one narrative emerges—**GRAND** in scope, eternal in significance.

This is not just ancient history. This is not just a book.

This... is the heart of God moving through every page, every person, every promise.

From Genesis to Revelation, The Grand Narrative is our story—A journey from darkness to light, from brokenness to restoration,

From the garden... to the grave... to glory.

To glory

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AUGUST 3, 2025

DECEIVED IN THE GARDEN

BIBLE BASIS:

Genesis 1-3

KEY VERSE:

"But God demonstrates his own
love for us in this: While we were
still sinners, Christ died for us."
(Romans 5:8 NIV)



BIG IDEA:

God's love is greater than our sin.

5 AM PRAYER NOTES

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

SMALL GROUP GUIDE

OPENING QUESTION:

Can you think of a time you were tricked or deceived by something or someone? How did it make you feel?

KEY SCRIPTURE:

- Genesis 1–3
 - Romans 5:8
 - Genesis 3:15
 - Romans 5:12, 17
 - Revelation 22:2
-

MAIN POINTS:

1. Sin broke our relationship with God—but it didn't break His love for us.
2. God's plan for redemption began in the garden—grace was always in motion.
3. Jesus is the cure—He came not to make bad people good, but to make dead people alive.

DISCUSSION QUESTION:

1. When have you tried to hide from God or "fix" your mistakes on your own, like Adam and Eve with fig leaves?
2. Read Genesis 3:1-6. How did the serpent's deception work? What can we learn about how sin operates today?
3. Romans 5:8 says Christ died for us "while we were still sinners." How does that shape your view of God's love and grace?
4. In what area of your life do you need to stop believing the lies of the enemy and start trusting in the truth of the cross?
5. What does it mean for you personally to "walk in redemption"? How can you live differently knowing you're loved even at your worst?

KEY TAKEAWAYS:

1. The enemy uses subtle lies to draw us away from God—just like in the garden.
2. God was not surprised by sin; He had a redemption plan from the beginning.
3. Jesus fulfilled the promise in Genesis 3—He crushed the serpent and opened the way back to life.
4. True change starts when we stop hiding and let God cover us with His grace.
5. We are not defined by our sin—we are defined by God's love through Jesus.

WEEK 1

DAY 1 - AUGUST 4

Reading Genesis 1–2

Theme *Created for His Purpose*

Prayer Focus Thank God for the gift of life. Ask for clarity and alignment with His purpose for you.

Fasting Focus Take a prayer walk. Use this time to observe creation and praise God for His design.

DAY 2 - AUGUST 5

Reading Genesis 3–4

Theme *Our Need for Redemption*

Prayer Focus Repent of areas of disobedience and receive God's mercy.

Fasting Focus Use your meal time to journal a confession prayer or read Psalm 51 slowly and reflectively.

DAY 3 - AUGUST 6

Reading Genesis 5–6

Theme *Walking with God in a Corrupt World*

Prayer Focus Ask God for the courage to walk faithfully like Noah in today's culture.

Fasting Focus Read aloud a chapter from Proverbs or Matthew during your normal meal time.

DAY 4 - AUGUST 7

Reading Genesis 7–8

Theme *Hope in the Storm*

Prayer Focus Thank God for His faithfulness through difficult seasons.

Fasting Focus Spend time in worship. Sing or listen to songs that declare God's faithfulness.

DAY 5 - AUGUST 8

Reading Genesis 9–10

Theme *God of Covenant Promises*

Prayer Focus Praise God for His promises and pray intentionally for your family and generations to come.

Fasting Focus Use the time to write down and memorize key Scripture promises from God's Word.

DAY 6 - AUGUST 9

Reading Genesis 11:1–26

Theme *Surrendering Pride to Seek God's Will*

Prayer Focus Ask God to align your dreams with His will and to remove all selfish ambition.

Fasting Focus Sit in silence before the Lord. Listen more than you speak during your prayer time today.

AUGUST 10, 2025

COVENANT WITH NOAH

BIBLE BASIS:

Genesis 7:1-9:17

KEY VERSE:

"The grass withers and the
flowers fall, but the word of our
God endures forever."
(Isaiah 40:8)



BIG IDEA:

God is a promise keeper, so we can trust that
His promises will last forever.

5AM PRAYER NOTES

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SMALL GROUP GUIDE

OPENING QUESTION:

Have you ever experienced a season in life where it felt like everything around you was "flooding"—stress, failure, pain, or confusion? What helped you stay afloat during that time?

KEY SCRIPTURE:

- Genesis 7:1–9:17
 - Romans 6:23
 - 1 Peter 3:20–21
 - 2 Corinthians 5:17
 - 2 Peter 3:9
-

MAIN POINTS:

1. God Judges Sin – The flood demonstrates God's holiness and justice in response to human sin.
2. God Saves Through Grace – Noah's story is an early picture of God's saving grace, fulfilled ultimately in Jesus.
3. God Keeps His Promises – The rainbow is a symbol of God's lasting covenant, pointing us to the eternal promise in Christ.

DISCUSSION QUESTION:

1. **Personal Application:** What area of your life feels like a flood right now, and where do you need to trust God's promise today?
2. **Scripture Understanding:** How does the story of Noah help us better understand both God's justice and His mercy? (See Genesis 7:1–9:17 and 1 Peter 3:20–21)
3. **Practical Implementation:** Noah obeyed even when his obedience seemed illogical (Genesis 7:5). What does faithful obedience look like in your current season of life?
4. **Group Reflection:** "But God remembered Noah..." (Genesis 8:1). Share a time you felt "remembered by God" even when your situation didn't immediately change.
5. **Challenge/Growth:** Genesis 9 shows God offering a new beginning. What is something old you need to leave behind, and what "new beginning" is God inviting you into?

KEY TAKEAWAYS:

1. Faith sometimes looks ridiculous before it looks miraculous—obey even when it doesn't make sense.
2. Waiting doesn't mean God has forgotten you—He remembers His people and His promises.
3. Jesus is the ark—rescuing us from judgment and bringing us safely to new life.
4. The rainbow reminds us of God's covenant faithfulness—past, present, and future.
5. In Christ, you are a new creation—step out of survival mode and into your renewed purpose.

WEEK 2

DAY 8 - AUGUST 11

Reading Genesis 11:27–12:20

Theme *Answering God's Call*

Prayer Focus Ask God for faith-filled obedience to go wherever He calls.

Fasting Focus Write a prayer of surrender. Speak it out loud during your fasting window.

DAY 9 - AUGUST 12

Reading Genesis 13–14

Theme *Living with Open Hands*

Prayer Focus Pray for contentment and generosity in uncertain circumstances.

Fasting Focus Spend your fast time praying for those in need around you or globally.

DAY 10 - AUGUST 13

Reading Genesis 15–16

Theme *Trusting in Seasons of Delay*

Prayer Focus Ask the Lord for patience and peace to wait on His promises.

Fasting Focus Reflect on previous seasons where God answered after waiting. Record a short testimony.

DAY 11 - AUGUST 14

- Reading** Genesis 17–18
- Theme** *Marked by the Covenant*
- Prayer Focus** Recommit every area of your life to God's covenant and Lordship.
- Fasting Focus** Speak Scriptures of identity (Galatians 3, Romans 8) over yourself and your household.

DAY 12 - AUGUST 15

- Reading** Genesis 19–20
- Theme** *Standing in the Gap*
- Prayer Focus** Intercede for the salvation and protection of your city, nation, and loved ones.
- Fasting Focus** Build a prayer list of people and places on your heart and cover them in extended prayer.

DAY 13 - AUGUST 16

- Reading** Genesis 21–22
- Theme** *Faith in the Testing*
- Prayer Focus** Ask for the faith to obey even when the sacrifice is great.
- Fasting Focus** Meditate on Genesis 22 during your fast window. Write down what God may be asking you to surrender.

AUGUST 17, 2025

THE TOWER OF BABEL

BIBLE BASIS:

Genesis 11:1-9

KEY VERSE:

"Many are the plans in a
person's heart, but it is the
Lord's purpose that prevails."
(Proverbs 19:21)



BIG IDEA:

God's plans are unstoppable and I can trust
that they are good for my life.

5AM PRAYER NOTES

This image shows a full page of blank, lined paper. It features approximately 28 horizontal blue or grey lines spaced evenly apart, typical of notebook paper. The lines extend across the entire width of the page, leaving small margins at the top and bottom. There are no vertical lines, text, or other markings present.

SMALL GROUP GUIDE

OPENING QUESTION:

What is something you're currently working on or building in your life (a goal, a relationship, a project)? How are you approaching it—solo or with God's help?

.....

KEY SCRIPTURE:

- Genesis 11:1–9
 - Proverbs 19:21
 - Zechariah 4:6
 - Philippians 2:9
-

MAIN POINTS:

1. Build with God's purpose, not just your plans.
2. Depend on God's power, not your own strength.
3. Live for God's name, not your own.

DISCUSSION QUESTION:

1. **Personal Application:** Where in your life have you been tempted to "make a name for yourself" instead of honoring God's name?
2. **Scripture Understanding:** In Genesis 11:4, the people desired to build a tower that reached the heavens. What was wrong with their motivation? How does this relate to pride and self-glory?
3. **Practical Implementation:** How can you shift your daily routines (work, family, relationships) to reflect God's purpose and strength rather than your own?
4. **Group Reflection:** Can anyone in the group share a time when they tried to build something without God, and what happened? What changed when they let God take the lead?
5. **Challenge/Growth:** What's one area in your life right now that needs to be surrendered to God's blueprint instead of your own design?

KEY TAKEAWAYS:

1. Ambition without God's direction leads to collapse.
2. God's purpose always prevails over our best plans.
3. Relying on your own strength leads to burnout, but God's Spirit provides true power.
4. Living for God's name brings clarity and long-term peace.
5. Jesus redeems and rebuilds where pride has caused confusion.

WEEK 3

DAY 15 - AUGUST 18

Reading Genesis 23–24

Theme *Guided by God in Life's Transitions*

Prayer Focus Seek God's guidance for current and future steps.

Fasting Focus Write out specific questions for God. Be still, listen, and record any impressions or direction.

DAY 16 - AUGUST 19

Reading Genesis 25–26

Theme *Reclaiming What God Has Given*

Prayer Focus Ask God to reopen spiritual "wells" that have been stopped up—gifts, passions, or callings.

Fasting Focus Use fasting moments to declare revival over dry areas of your life.

DAY 17 - AUGUST 20

Reading Genesis 27–28

Theme *God Meets Us in Our Mess*

Prayer Focus Thank God for His presence even when life gets messy. Ask Him to redeem every part of your story.

Fasting Focus Journal your testimony or story. Highlight the places where God's grace showed up unexpectedly.

DAY 18 - AUGUST 21

Reading Genesis 29–30

Theme *God Works Through Brokenness*

Prayer Focus Trust God to bring fruit from painful or frustrating seasons.

Fasting Focus Pray specifically for healing and purpose in confusing relationships or situations.

DAY 19 - AUGUST 22

Reading Genesis 31–32

Theme *God Works Through Brokenness*

Prayer Focus Trust God to bring fruit from painful or frustrating seasons.

Fasting Focus Pray specifically for healing and purpose in confusing relationships or situations.

DAY 20 - AUGUST 23

Reading Genesis 33–34

Theme *Choosing Forgiveness and Healing*

Prayer Focus Pray for the strength to forgive fully and pursue relational restoration.

Fasting Focus Write a letter of forgiveness—whether shared or not—and release the offense to God.

AUGUST 24, 2025

GOD'S COVENANT WITH ABRAHAM

BIBLE BASIS:

Genesis 12:1-9; 15; Hebrews 11:8-16

KEY VERSE:

"Now faith is confidence in what we
hope for and assurance about what
we do not see." (Hebrews 11:1)



BIG IDEA:

God is real and His promises are true,
so we can have faith in Him even
though we can't see Him.

5 AM PRAYER NOTES

This image shows a full page of blank handwriting practice paper. It features multiple sets of horizontal lines. Each set consists of three lines: two solid black lines forming the top and bottom boundaries, and a dashed blue line positioned exactly halfway between them. These sets are repeated vertically down the entire page, providing a guide for letter height and placement. The background is plain white, and there are no margins or other markings present.

SMALL GROUP GUIDE

OPENING QUESTION:

Have you ever felt like God was prompting you to do something without giving you the full picture? How did it make you feel, and what did you do?

KEY SCRIPTURE:

- Genesis 12:1–3
 - Genesis 15:5–6
 - Hebrews 11:8, 13, 16
-

MAIN POINTS:

1. Abraham responded to God's call without having a complete plan—he trusted God's promise over his own understanding.
2. Faith means believing God's promises even when they are delayed or not fully seen.
3. Living by faith includes having an eternal perspective, looking ahead to God's heavenly kingdom over earthly comfort.

DISCUSSION QUESTION:

1. **Personal Application:** In what area of your life do you feel God is calling you to trust Him without all the details?
2. **Scripture Understanding:** Read Genesis 12:1–3. What stands out to you about God's call and promise to Abraham? Why is this significant?
3. **Practical Implementation:** How can you choose to obey God this week even if you don't have clarity about the outcome?
4. **Group Reflection:** As a group, how can we encourage each other to walk by faith when God's promises feel delayed or distant?
5. **Challenge/Growth:** What is one step of obedience you need to take right now that might stretch your faith? What's holding you back?

KEY TAKEAWAYS:

1. Faith isn't about having clarity; it's about having confidence in God.
2. Obedience often comes before full understanding.
3. God's promises may be delayed but are never denied.
4. Living with eternity in mind shapes how we live today.
5. God is honored and walks with those who walk by faith.

WEEK 4

DAY 22 - AUGUST 25

Reading Genesis 35-36

Theme *Rachel's death; Esau's genealogy*

DAY 23 - AUGUST 26

Reading Genesis 37

Theme *Joseph sold by brothers*

DAY 24 - AUGUST 27

Reading Genesis 38

Theme *Judah and Tamar*

DAY 25 - AUGUST 28

Reading Genesis 39-40

Theme *Joseph in Egypt; Prison experiences*

DAY 26 - AUGUST 29

Reading Genesis 41

Theme *Joseph interprets Pharaoh's dreams*

DAY 27 - AUGUST 30

Reading Genesis 42-43

Theme *Brothers' first journey to Egypt*

AUGUST 31, 2025

ABRAM AND LOT

BIBLE BASIS:

Genesis 13

KEY VERSE:

"Do nothing out of selfish ambition
or vain conceit. Rather, in humility
value others above yourselves"
(Philippians 2:3)



BIG IDEA:

God desires that we humbly put others before ourselves.

5 AM PRAYER NOTES

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SMALL GROUP GUIDE

OPENING QUESTION:

Can you think of a time when you had to choose between what looked good and what you sensed God was asking of you? What did you learn from that experience?

KEY SCRIPTURE:

- Genesis 13:2, 6-11, 14-15
 - Romans 12:18
 - Proverbs 14:12
 - Galatians 6:9
-

MAIN POINTS:

1. Prioritize relationships over being right.
2. Let God lead your decisions, not just your eyes.
3. Trust God to bless your surrender, not your striving.

DISCUSSION QUESTION:

1. **Personal Application:** Is there a current conflict or choice you're facing where God may be calling you to choose peace over position? What's holding you back from surrendering it to Him?
2. **Scripture Understanding:** Compare Lot and Abram's decision-making approaches in Genesis 13. What does their contrast teach us about faith and trust?
3. **Practical Implementation:** How can you apply the principle of "seeking, not scanning" in a current decision you're trying to make?
4. **Group Reflection:** Think of a time when striving led to stress, but surrender brought peace. What did that teach you about God's character?
5. **Challenge/Growth:** What is one area in your life where you've been trying to take control, and God is asking you to let go? What step of faith can you take this week to release it?

KEY TAKEAWAYS:

1. Conflict often reveals our heart—choose peace, not pride.
2. God's best doesn't always look like the world's best.
3. Humility and surrender position us for God's provision.
4. Faith means trusting in God's promise rather than pushing for position.
5. You never lose when you choose God's way over what looks good.

WEEK 5

DAY 29 – SEPTEMBER 1

Reading Genesis 44-45

Theme *Joseph reveals himself*

DAY 30 – SEPTEMBER 2

Reading Genesis 46-47

Theme *Jacob moves to Egypt*

DAY 31 – SEPTEMBER 3

Reading Genesis 48-50

Theme *Jacob's blessings; Joseph's death*

DAY 32 – SEPTEMBER 4

Reading Exodus 1-2

Theme *Israelites enslaved; Moses' birth*

DAY 33 – SEPTEMBER 5

Reading Exodus 3-4

Theme *Burning bush; Moses returns to Egypt*

DAY 34 – SEPTEMBER 6

Reading Exodus 5-6

Theme *First confrontation with Pharaoh*

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