

CALVARY CHURCH

21 DAYS OF
Prayer & Fasting

January 5-25, 2026



TYPES OF FAST

Total Fast

: No food whatsoever. It cannot be undertaken for extended periods of time without fluids. Great care and discretion should be used when observing this type of fast. Often this type of fast is conducted from sunup until sundown or from 6:00 a.m. until 6:00 p.m.

Partial Fast

: Omit one or two meals during the day.

Liquid Fast

: Drink liquids only.
No solid foods.

Daniel's Fast

: Eat only produce grown from the earth (fruits, vegetables, grains, nuts, etc.) No meat, dairy, eggs, or animal products.

Specialized Fast

: This type of fast is often chosen by people who suffer from serious health problems. It involves creating a personalized list of foods to be omitted for a specific period of time. Examples of food types that can be omitted sugars, sweets of all kinds, dairy, meats, breads, pastas, etc.



PRAYER GUIDE

DAY 1

HUMILITY &
REPENTANCE

2 CHRONICLES 7:14-15

DAY 2

AGREEMENT
IN PRAYER

MATTHEW 18:18-19

DAY 3

DELIVERANCE FROM
TEMPTATION

MATTHEW 6:13, 26-41

DAY 4

PERSISTENT
FAITH

*MATTHEW 7:7,
MARK 11:25-24*

DAY 5

SALVATION,
HEALING,
DELIVERANCE

LUKE 6:18-19

DAY 6

MORE LABORER,
OPEN HEARTS

*LUKE 10:2,
1 THESSALONIANS 3:1*

DAY 7

SUBMISSION TO
GOD'S WILL

MATTHEW 6:10, 26-39

DAY 8

HOLY SPIRIT
PRAYING
THROUGH
US AS BELIEVERS

ROMANS 8:26-28

DAY 9

CONFIDENT HOPE,
JOY, AND PEACE

*ROMANS 12:12, 15:13,
EPHESIANS 1:18*

DAY 10

THE LOVE
OF GOD

EPHESIANS 3:17-19

DAY 11

THE WHOLE ARMOR
OF GOD | PART 1

EPHESIANS 6:10-13

DAY 12

THE WHOLE
ARMOR OF GOD
| PART 2

EPHESIANS 6:14-17

DAY 13

PRAY IN THE
SPIRIT - BOLDNESS

EPHESIANS 6:14b-20

DAY 14

THE GREATNESS
OF GOD'S POWER

*EPHESIANS 1:18, 3:16,
3:20-21*

DAY 15

PEACE FOR OUR
HEARTS & MINDS

PHILIPPIANS 4:6-7

DAY 16

ENDURANCE &
PATIENCE

COLOSSIANS 1:11-14

DAY 17

OPPORTUNITIES
TO WITNESS

COLOSSIANS 4:3-5

DAY 18

HOLINESS &
WHOLENESS

1 THESSALONIANS 5:16-24

DAY 19

SPIRITUAL
STRONGHOLDS

DAY 20

SPIRITUAL
& CIVIL
AUTHORITY

1 TIMOTHY 2:1-4

DAY 21

HEALING &
FORGIVENESS

JAMES 5:14-16



21 DAYS OF *Prayer & Fasting*

ENGAGE IN SPIRITUAL WARFARE

"For we wrestle not against flesh and blood,
but against principalities, against powers,
against the rulers of the darkness of this world,
against spiritual wickedness in high places."

EPHESIANS 6:12

Here at Calvary Church, we will give God the first of this new year by pursuing Him in a focused program of prayer and fasting, beginning Monday, January 5th for a period of 21 consecutive days.

We are asking each person to join us in prayer at home or on campus during this time. In addition, we ask each member to fast in some manner during these 21 days. Suggested fasts are on this printout to provide guidance. We also recommend that you focus on your Bible reading discipline during this 21-day period. As we deny the appetite of the carnal man, we need to increase the appetite of the spiritual man. Replace natural bread with spiritual bread.

We will conclude this 21-day period of prayer and fasting on Sunday, January 25th with communion as a church body. We are also requesting that during these 21 days of dedication to the Lord, that we fast from electronic entertainment. We want to get rid of the unnecessary background noise in our lives and tune into what the Spirit is speaking to His Church. We want to learn the value of quietness, peace, and stillness. God speaks to us when we turn to Him.

Safety Note:

If you have health issues, please speak with your health care professional before undertaking any extended fasting regimen. This fast is not recommended for children. If you have significant difficulty with this fast or any other fast, you should seek medical attention immediately!