

21

DAYS OF

*Prayer
and.
Fasting*

JANUARY 5-25

21 Days of Prayer and Fasting

January 5-25, 2026

A Journey of Seeking God's Face

Welcome to This Journey

In the fourth chapter of the Gospel of Luke it says that Jesus went into the wilderness and ate nothing for 40 days (Luke 4:2). After He had responded to all of the temptations of the devil, Luke 4:14 says that “...**Jesus returned in the power of the Spirit...**”

Over the next 21 days, you are embarking on a spiritual journey that has the potential to transform your life. Prayer and fasting have been practiced by God's people throughout history as a way to draw near to Him, seek His will, and experience breakthrough in areas that have remained resistant to change.

This devotional guide is designed to accompany you each day with Scripture, reflection, and practical prayer prompts. Whether you're fasting from all food, specific foods, or even non-food items like social media or entertainment, the key is creating space for God to speak and work in your life.

As your pastor, know that I am walking this journey alongside you. I believe God has breakthrough, clarity, healing, and freedom waiting for us as we seek Him together with sincere hearts. Don't approach this as a burden or obligation—approach it as an invitation to intimacy with the God who loves you perfectly.

Let's press in together and see what God will do.

Pastor T.

Day 1: Beginning with Surrender

January 5, 2026 • Romans 12:1-2

As we begin this season of prayer and fasting, we start by presenting ourselves as living sacrifices to God. Fasting is not about self-punishment or earning God's favor—it's about creating space to hear His voice more clearly. When we intentionally set aside physical appetites, we make room for spiritual hunger. This is a time to surrender our plans, our comfort, and our control to the One who loves us perfectly.

The Apostle Paul calls this worship—not just what we do on Sunday mornings, but how we live every moment. True transformation happens when we stop conforming to the patterns of this world and allow God to renew our minds. Over the next 21 days, expect God to reshape your thinking, reorder your priorities, and renew your passion for Him.

Prayer Prompts

- Ask God to show you areas where you've been conforming to worldly patterns rather than His will
- Surrender your expectations for this fasting season to Him
- Pray for physical strength and spiritual clarity throughout these 21 days

Reflection Questions

- What does it mean for you personally to present your body as a living sacrifice?
- What specific area of your life needs to be 'transformed by the renewing of your mind'?
- What do you hope God will accomplish in you during this season?

Day 2: Seeking God's Face

January 6, 2026 • 2 Chronicles 7:14

God's invitation is clear: 'If my people...will humble themselves and pray.' Notice He doesn't say 'if the world changes' or 'if circumstances improve.' The starting point is always us—His people—choosing to humble ourselves before Him.

Fasting is an act of humility. It's admitting that we need God more than we need our next meal. It's acknowledging that physical satisfaction isn't our ultimate source of strength. When we fast and pray, we're declaring that God alone can heal what's broken in our lives, our families, and our nation.

This promise comes with both condition and assurance: humble yourself, pray, seek His face, turn from wickedness—and He WILL hear, forgive, and heal. That's not a maybe. That's God's certain promise to His people who return to Him with sincere hearts.

Prayer Prompts

- Humble yourself before God, acknowledging your complete dependence on Him
- Confess any areas where pride has kept you from His best
- Ask God to hear from heaven as you seek His face during this fast

Reflection Questions

- In what areas of your life have you been self-sufficient rather than God-dependent?
- What specific healing—personal, relational, or communal—are you asking God for?
- How does humility open the door for God to work powerfully in your life?

Day 3: Worship in Spirit and Truth

January 7, 2026 • John 4:23-24

Jesus told the woman at the well that the Father seeks worshipers who will worship Him in spirit and in truth. Notice He didn't say the Father seeks worship—He seeks worshipers. There's a significant difference. God isn't interested in our religious performance; He wants our hearts fully engaged with Him.

Worship in spirit means connecting with God from the deepest part of who we are, not just going through religious motions. Worship in truth means approaching God based on who He truly is, not our misconceptions or preferences about Him. Fasting helps us strip away the distractions and pretenses that keep us from authentic worship.

During this season, let your worship become more than songs on Sunday. Let it become a lifestyle of loving God with everything in you—your thoughts, words, actions, and choices. True worshipers find their satisfaction in knowing God, not just in what He can do for them.

Prayer Prompts

- Ask the Holy Spirit to teach you to worship in spirit and truth
- Confess any areas where your worship has been more about emotion or routine than genuine connection
- Pray for your heart to become increasingly satisfied in God alone

Reflection Questions

- What does it mean for you to worship God 'in spirit'?
- Are there misconceptions about God that have hindered your worship?
- How can fasting help you become a more authentic worshiper?

Day 4: The Power of Corporate Prayer

January 8, 2026 • Matthew 18:19-20

Jesus promises something extraordinary: when two or three gather in His name, He is present in a special way, and prayers offered in unity carry unique power. This isn't about God playing favorites with groups over individuals—it's about the testimony of agreement and the strength found in spiritual community.

Throughout church history, breakthroughs have often come through corporate prayer and fasting. When God's people unite their hearts and voices, heaven responds. Our individual prayers matter deeply, but there's something powerful about joining with brothers and sisters who are seeking the same thing.

As you fast and pray during this season, you're not alone. You're part of a spiritual family all pressing into God together. That unity amplifies our prayers and demonstrates to the watching world that we're serious about seeking God's face.

Prayer Prompts

- Thank God for your church family and the privilege of seeking Him together
- Pray for unity among believers in your congregation
- Ask God to move powerfully in response to the corporate prayers being offered

Reflection Questions

- How does praying with others strengthen your own faith?
- What can you pray for your church family during this season?
- In what ways can you encourage others who are fasting and praying?

Day 5: Overcoming Spiritual Opposition

January 9, 2026 • Ephesians 6:12

Paul reminds us that our struggles aren't against flesh and blood but against spiritual forces of evil. This isn't paranoia—it's reality. When God's people get serious about prayer and fasting, the enemy gets concerned. He knows that prayer-filled, Spirit-empowered believers are dangerous to his kingdom.

Fasting often brings spiritual breakthrough because it signals our determination to contend for what God has promised. When we deny ourselves physical nourishment to seek spiritual strength, we're engaging in spiritual warfare. We're declaring that we won't be satisfied with spiritual mediocrity.

Expect resistance during this season. You might feel unusually tired, irritable, or discouraged. That's not a sign you should quit—it's often a sign you're getting somewhere. The devil doesn't bother people who aren't threatening his territory. Press on. The battle is real, but victory is assured for those who stand firm in Christ.

Prayer Prompts

- Put on the full armor of God—truth, righteousness, readiness, faith, salvation, the Spirit, and prayer
- Ask God to reveal and defeat any spiritual opposition to His purposes in your life
- Pray for protection and perseverance throughout this fasting season

Reflection Questions

- What spiritual battles are you currently facing?
- How have you experienced the reality of spiritual warfare?
- What specific area of your life needs breakthrough through prayer and fasting?

Day 6: The Secret Place of Prayer

January 10, 2026 • Matthew 6:5-6

Jesus teaches us that authentic prayer happens in the secret place—not for show, not for recognition, but in genuine intimacy with our Father who sees in secret. When we fast, Jesus says the same thing: don't make a big production of it. God isn't impressed with religious performance; He's moved by sincere hearts.

The secret place is where we meet God without pretense or audience. It's where we can be completely honest about our struggles, fears, and desires. It's where we hear His voice most clearly because we're not distracted by the opinions or approval of others.

Your Father sees what happens in the hidden place. He knows every tear you cry, every surrender you make, every moment you choose Him over your own comfort. And He rewards those who seek Him diligently—not always with what we asked for, but always with more of Himself.

Prayer Prompts

- Thank God that He sees you and hears you in the secret place
- Ask Him to help you be honest and authentic in prayer, not performative
- Pray for a deeper hunger to know God intimately

Reflection Questions

- What does your 'secret place' of prayer look like?
- Are there areas where you've been more concerned with appearances than authenticity?
- How has God met you in the hidden places of your life?

Day 7: Fasting from More Than Food

January 11, 2026 • Isaiah 58:6-7

Isaiah challenges us to examine what kind of fast God truly desires. It's not just abstaining from food—it's breaking chains of injustice, sharing with the poor, and living out compassion. God wants our fasting to result in transformed character and action, not just religious observance.

As you fast, consider what else needs to be set aside. Maybe it's social media that's stealing your peace. Perhaps it's entertainment that's cluttering your mind. Could it be complaining, criticism, or negativity that needs to be fasted from?

True fasting produces fruit that extends beyond our personal experience. When we genuinely encounter God, we become more compassionate, more generous, and more concerned about justice. Our vertical relationship with God always affects our horizontal relationships with people.

Prayer Prompts

- Ask God to show you what else He wants you to fast from besides food
- Pray for opportunities to demonstrate His love through practical action
- Ask for a heart that increasingly cares about what God cares about

Reflection Questions

- Beyond food, what habits or activities might God be asking you to fast from?
- How can your fasting lead to greater compassion and justice in your sphere of influence?
- What practical steps can you take to 'loose the chains of injustice'?

Day 8: Strength in Weakness

January 12, 2026 • 2 Corinthians 12:9-10

Paul discovered something counterintuitive: God's power is most evident in our weakness. When we're strong and self-sufficient, we tend to rely on ourselves. But when we reach the end of our own resources—when we're hungry, tired, and vulnerable—that's when God's strength can shine through us most brilliantly.

Fasting intentionally places us in a position of weakness. We're acknowledging that we can't do life on our own terms. This isn't weakness for its own sake; it's strategic dependence on God. When we're weak, we lean harder into His strength. When we're hungry physically, we feed more intentionally on His Word.

Don't despise the moments during this fast when you feel weak or inadequate. Those are precisely the moments when God's grace becomes most sufficient and His power most evident in your life.

Prayer Prompts

- Thank God that His power is perfected in your weakness
- Surrender your self-sufficiency and pride to Him
- Ask for His strength to sustain you when you feel physically or emotionally depleted

Reflection Questions

- In what areas of life have you been relying on your own strength?
- How has God shown His strength through your weakness before?
- What does it mean practically to boast in your weaknesses?

Day 9: Discerning God's Will

January 13, 2026 • Proverbs 3:5-6

One of the greatest benefits of fasting is clarity. When we quiet the noise—both external and internal—we position ourselves to hear God's direction more clearly. Fasting has a way of simplifying life down to what really matters and helping us discern God's will with greater precision.

Trusting in the Lord with all your heart means surrendering your own understanding of how things should work. It means acknowledging that His ways are higher than ours, His thoughts deeper than ours. When we fast, we're physically demonstrating this trust—choosing to rely on Him even when it's uncomfortable.

God promises to make our paths straight when we acknowledge Him in all our ways. During this season, bring your decisions, your questions, and your uncertainties to Him. Ask for wisdom. Wait for clarity. Trust that He will direct your steps.

Prayer Prompts

- Ask God for wisdom and discernment in specific decisions you're facing
- Surrender your own understanding and preferences to His higher ways
- Pray for the patience to wait for His clear direction

Reflection Questions

- What decisions or uncertainties are you bringing before God during this fast?
- In what areas have you been leaning on your own understanding?
- How has God proven faithful in directing your path in the past?

Day 10: Rejoicing in the Lord

January 14, 2026 • Nehemiah 8:10

Nehemiah reminds us that the joy of the Lord is our strength. This might seem counterintuitive during a season of fasting, but it's crucial. Fasting isn't about being miserable—it's about finding our joy in God rather than in physical comfort or temporary pleasures.

Joy is different from happiness. Happiness depends on circumstances; joy is rooted in the unchanging character of God. When we fast, we're training ourselves to find satisfaction in Him rather than in the things of this world. That's not grim determination—it's liberating joy.

During this season, choose to rejoice. Worship even when you're hungry. Give thanks even when it's hard. Let your joy be a testimony that God truly is enough, that His presence satisfies more than any meal ever could.

Prayer Prompts

- Ask God to fill you with His joy that transcends circumstances
- Thank Him for specific ways He has been faithful
- Pray for strength that comes from rejoicing in who He is

Reflection Questions

- What's the difference between happiness and joy in your experience?
- How can you cultivate joy during the challenging moments of this fast?
- What reasons do you have to rejoice in the Lord today?

Day 11: Interceding for Others

January 15, 2026 • 1 Timothy 2:1-4

Paul urges us to make intercession for others a priority in our prayer lives. When we fast and pray, we're not just seeking God's face for ourselves—we're standing in the gap for others who need His touch. This is one of the most powerful expressions of love we can offer.

Intercession is spiritual warfare on behalf of others. It's contending for their breakthrough, believing for their healing, standing firm when they're too weak to stand themselves. Fasting amplifies our intercession because it demonstrates the seriousness of our prayers.

Who has God placed on your heart during this season? Family members who need salvation? Friends facing impossible circumstances? Leaders who need wisdom? Co-workers struggling with addiction? Don't just pray casual prayers—intercede with the tenacity that comes from fasting.

Prayer Prompts

- Pray for specific people God has placed on your heart—name them before the Lord
- Ask God to show you how to intercede more effectively
- Commit to standing in the gap for others throughout this fasting season

Reflection Questions

- Who specifically is God calling you to intercede for during this season?
- What does it mean to 'stand in the gap' for someone?
- How has someone's intercession made a difference in your own life?

Day 12: Dealing with Unforgiveness

January 16, 2026 • Matthew 6:14-15

Jesus makes a sobering connection between our willingness to forgive others and God's forgiveness of us. This isn't about earning salvation—that's secure in Christ. But unforgiveness creates a barrier between us and God that hinders our prayers and robs us of peace.

Fasting often brings buried hurts and resentments to the surface. As we quiet ourselves before God, He has a way of revealing the grudges we've been carrying. This is uncomfortable but necessary. You can't move forward spiritually while dragging chains of bitterness behind you.

Forgiving doesn't mean forgetting or pretending the hurt wasn't real. It means releasing your right to revenge and choosing to let God be the judge. It means refusing to let someone's offense against you continue to poison your present. This is soul freedom that fasting helps facilitate.

Prayer Prompts

- Ask God to reveal any unforgiveness you've been harboring
- Choose to forgive specific people who have hurt you—name them and release them
- Ask God to heal the wounds and free you from bitterness

Reflection Questions

- Is there anyone you need to forgive?
- What has unforgiveness been costing you spiritually and emotionally?
- What would it look like to fully release this hurt to God?

Day 13: Listening for God's Voice

January 17, 2026 • 1 Kings 19:11-13

Elijah discovered that God wasn't in the earthquake, wind, or fire—He was in the gentle whisper. Often we expect God to speak dramatically, but He frequently speaks in subtle, quiet ways that require us to lean in and listen carefully.

Fasting creates space for listening. When we're constantly consuming—food, media, entertainment, noise—we're too full to hear. But when we fast, we create silence. In that silence, God's still, small voice becomes audible. This is why fasting and prayer go together so naturally.

During this season, practice being still. Don't fill every moment with words or activity. Read Scripture slowly. Sit quietly. Wait expectantly. God is speaking; make sure you're listening.

Prayer Prompts

- Ask God to help you recognize His voice among all the other voices competing for your attention
- Pray for the discipline to be still and listen
- Ask for understanding and obedience when He speaks

Reflection Questions

- How does God typically speak to you?
- What distractions keep you from hearing His voice?
- What has God been saying to you that requires your obedience?

Day 14: Renewed Passion for Scripture

January 18, 2026 • Jeremiah 15:16

Jeremiah describes God's words as his joy and his heart's delight. When was the last time you felt that way about Scripture? Not obligation, not duty—delight. Fasting has a way of renewing our appetite for God's Word because we begin to see it as essential nourishment, not optional reading.

Jesus told the devil that man doesn't live by bread alone but by every word from the mouth of God. During this fast, as you deny yourself physical bread, feast intentionally on spiritual bread. Let Scripture become your sustenance. Meditate on it. Memorize it. Let it reshape your thinking.

The Word of God is living and active. It's not just information—it's transformation. When you consume it during a season of fasting, it penetrates deeper, reveals more, and changes you more profoundly.

Prayer Prompts

- Ask God to give you a renewed hunger for His Word
- Pray for understanding and wisdom as you read Scripture
- Ask the Holy Spirit to apply God's Word personally to your life

Reflection Questions

- What is your current relationship with Scripture—duty or delight?
- What passage of Scripture has been particularly meaningful to you recently?
- How can you feast more intentionally on God's Word during this season?

Day 15: Becoming Apprentices of Jesus

January 19, 2026 • Matthew 11:28-30

Jesus extends an invitation that changes everything: 'Come to me...Take my yoke upon you and learn from me.' This is the essence of apprenticeship—learning from a Master by walking closely with Him, observing His ways, and imitating His life. We're not called merely to believe facts about Jesus; we're called to become like Jesus.

An apprentice doesn't just attend classes—they live life alongside their master, watching how they work, asking questions, practicing the craft until it becomes second nature. For 21 days, you've been positioning yourself as an apprentice through prayer and fasting. You've been learning to hear His voice, depend on His strength, and find your satisfaction in Him rather than in the world's offerings.

Jesus promises that His yoke is easy and His burden is light. That doesn't mean discipleship is effortless—it means that when we're yoked together with Him, He carries the weight. Apprenticeship to Jesus isn't about gritting your teeth and trying harder; it's about staying close to Him and letting His life flow through you. This is spiritual formation—being shaped into His image through intimate relationship and intentional practice.

Prayer Prompts

- Ask Jesus to teach you what it means to be His apprentice in your daily life
- Surrender your agenda and methods to learn His ways
- Pray for the humility to remain a lifelong learner at Jesus' feet

Reflection Questions

- What does it mean practically for you to 'take Jesus' yoke' upon you?
- In what areas of your life have you been trying to follow Jesus without actually learning from Him?
- How can you continue this apprenticeship beyond these 21 days?

Day 16: Practicing the Presence of God

January 20, 2026 • Psalm 16:8

David declared, 'I keep my eyes always on the Lord. With him at my right hand, I will not be shaken.' This is the practice of God's presence—cultivating an awareness that God is with you in every moment, not just during designated 'spiritual' times. Brother Lawrence, a 17th-century monk, learned to experience God's presence while washing dishes in the monastery kitchen. The sacred and the mundane merged into one continuous act of worship.

Fasting has trained you to remember God throughout the day. Every hunger pang became a prompt to pray. Every craving redirected your attention to spiritual nourishment. This is exactly how we practice God's presence—using everyday moments as reminders to acknowledge Him. The goal isn't to think about God every second but to develop the habit of returning to awareness of His presence again and again throughout the day.

As an apprentice of Jesus, you're learning to do life with God, not just for God. You're training yourself to include Him in your thoughts, conversations, decisions, and work. This isn't religious performance; it's relational intimacy. When you practice His presence, you discover that He's been present all along—you're simply learning to recognize what's already true.

Prayer Prompts

- Ask God to help you develop an ongoing awareness of His presence throughout each day
- Pray for reminders that draw your attention back to Him in the midst of ordinary activities
- Thank Him that He never leaves you and is always present, even when you're not aware of it

Reflection Questions

- What activities or moments could become reminders to acknowledge God's presence?
- How would your daily life change if you truly believed God is with you in every moment?
- What barriers keep you from experiencing God's presence in ordinary moments?

Day 17: The Way of Love

January 21, 2026 • John 13:34-35

Jesus gives His apprentices a new commandment: 'Love one another as I have loved you.' Notice He doesn't just say 'love one another'—He specifies how: as I have loved you. This is the distinguishing mark of Jesus' apprentices. Not correct doctrine alone, not spiritual experiences alone, but tangible, practical, sacrificial love that mirrors Christ's love for us.

Spiritual formation isn't complete if it only makes us more knowledgeable or more 'spiritual' in isolated ways. True Christlikeness shows up in how we treat people—especially difficult people, people who can't repay us, people who don't deserve it. Jesus loved the unlovable, served the ungrateful, and gave Himself for enemies. This is the way of love He's teaching His apprentices.

During this fast, God has been forming your character, not just changing your circumstances. He's been softening your heart, increasing your compassion, and teaching you to see people the way He sees them. The test of your spiritual growth isn't how well you pray in private—it's how you love people in public. Apprenticeship to Jesus means learning to love like Jesus, and that's a lifelong journey that requires both God's power and our intentional practice.

Prayer Prompts

- Ask Jesus to teach you to love others the way He loves you
- Confess specific ways you've failed to love and ask for transformation
- Pray for opportunities to demonstrate Christ's love in practical, costly ways

Reflection Questions

- Who in your life is most difficult to love, and how has Jesus loved you despite your own difficulties?
- What would it look like to love 'as Jesus loved' in your specific relationships and circumstances?
- How has this season of fasting made you more compassionate toward others?

Day 18: Living in the Kingdom

January 22, 2026 • Matthew 6:33

Jesus taught His apprentices to 'seek first the kingdom of God and his righteousness.' The Kingdom of God isn't just a future reality—it's a present reality we learn to live in. Where God rules, the Kingdom is present. As apprentices of Jesus, we're learning to live under His authority and according to His ways, even while we're still in this world.

Kingdom living means operating by different values than the world around us. The Kingdom prioritizes the poor, blesses enemies, forgives offenses, serves rather than dominates, and finds greatness in humility. These aren't natural human instincts—they're supernatural kingdom realities that we grow into as we follow Jesus. Your fasting has been training you in kingdom priorities: spiritual over physical, eternal over temporary, God's approval over human approval.

The beautiful promise is that when we seek His Kingdom first, everything else we need is added to us. This isn't a formula for getting stuff; it's a principle about priorities. When your life is properly ordered around God's rule and His righteousness, you discover that He provides what you truly need. As Jesus' apprentice, you're learning to trust that Kingdom living works, even when it contradicts conventional wisdom.

Prayer Prompts

- Ask God to reveal areas where you're still living by the world's values rather than Kingdom values
- Pray for courage to prioritize His Kingdom even when it's countercultural or costly
- Thank Him for the privilege of participating in His Kingdom purposes

Reflection Questions

- What does it mean practically to 'seek first the Kingdom' in your daily decisions?
- Where do you see tension between Kingdom values and the values of the culture around you?
- How has this fasting season reoriented your priorities toward eternal rather than temporal things?

Day 19: Rhythms of Grace

January 23, 2026 • Mark 1:35

Mark records that 'very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.' Even Jesus, the Son of God, maintained rhythms of solitude, prayer, and rest. As His apprentices, we need these same rhythms. Spiritual formation doesn't happen accidentally—it happens through intentional practices and patterns that create space for God to work in us.

These 21 days have established a rhythm in your life—daily devotion, regular prayer, intentional fasting. The question is: what rhythms will you maintain going forward? You don't need to fast every day, but you do need consistent practices that keep you connected to God and attentive to His work in your life. These are what we call spiritual disciplines—not rules to earn God's favor, but tools that position us to receive His grace.

Think of spiritual disciplines as training exercises for the soul. Athletes don't train because they hate their bodies—they train because they love their sport and want to excel at it. In the same way, we engage in spiritual practices because we love God and want to grow in our capacity to know Him and reflect His character. Find sustainable rhythms of prayer, Scripture reading, worship, solitude, and service. These aren't burdens—they're gifts that keep you connected to the Source of life.

Prayer Prompts

- Ask God to help you establish sustainable rhythms of spiritual practice beyond this fast
- Pray for wisdom to know which disciplines are most life-giving for your personality and season
- Thank Him for the structure and accountability this 21-day journey has provided

Reflection Questions

- What spiritual rhythms from this season do you sense God calling you to maintain?
- How can you build sustainable practices without making them legalistic obligations?
- What specific rhythm of rest, prayer, or solitude do you most need in your life right now?

Day 20: Transformation Not Information

January 24, 2026 • Romans 12:2

Paul urges us to 'be transformed by the renewing of your mind.' Notice he doesn't say 'be informed'—he says 'be transformed.' There's a massive difference. You can accumulate biblical knowledge without experiencing personal transformation. You can know all the right answers without becoming a different person. Apprenticeship to Jesus is about transformation, not just information.

This is why fasting and prayer matter so much. You haven't just been learning about God—you've been experiencing Him. You haven't just read about dependence on God—you've practiced it. Transformation happens when truth moves from your head to your heart to your habits. It's the difference between knowing Jesus' teaching about forgiveness and actually forgiving someone who hurt you. It's the gap between agreeing with Scripture about generosity and actually giving sacrificially.

As this season concludes, reflect honestly: has information become transformation in your life? Have the truths you've been meditating on actually changed how you think, feel, and act? If not, that's okay—transformation is a process. But commit to not settling for knowledge alone. Keep pursuing the kind of deep change that only comes through the Spirit's work and your cooperation with that work through consistent practice.

Prayer Prompts

- Ask the Holy Spirit to complete the transformation He's begun in you during this season
- Confess areas where you've settled for information without pursuing transformation
- Pray for the courage to allow God to change not just your mind but your character and habits

Reflection Questions

- What truth has moved from information in your head to transformation in your life during this season?
- Where do you see a gap between what you know and how you live?
- What specific habit or character trait is God calling you to allow Him to transform?

Day 21: The Long Obedience

January 25, 2026 • Luke 9:23

Jesus makes the cost of apprenticeship clear: 'Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me.' Notice that word daily. This isn't a one-time decision or a 21-day commitment—it's a daily, lifelong journey. The Christian life is what Eugene Peterson called 'a long obedience in the same direction.' It's not about spectacular moments but about faithful consistency over time.

You've completed 21 days of focused prayer and fasting. That's significant, and you should celebrate it. But the real test isn't whether you finished this season—it's whether this season launched you into a lifestyle of apprenticeship to Jesus. Will you continue learning from Him? Will you maintain the spiritual disciplines that have drawn you closer to God? Will you allow the transformation He's begun to continue shaping you?

The good news is that you don't have to sustain this journey in your own strength. The same Holy Spirit who empowered you through these 21 days will empower you for the rest of your life. You're not graduating from apprenticeship—you're just beginning. Stay close to Jesus. Keep learning His ways. Practice what He teaches. Love as He loves. And trust that He who began this good work in you will be faithful to complete it. Your fasting season ends today, but your apprenticeship to Jesus continues every day for the rest of your life.

Prayer Prompts

- Thank Jesus for the privilege of being His apprentice and learning His ways
- Commit to a lifetime of following Him, not just completing religious seasons
- Ask for the Holy Spirit's power to sustain what He's begun in you through this fast

Reflection Questions

- What does 'taking up your cross daily' look like in your specific life circumstances?
- How will you ensure that this 21-day season leads to lasting change rather than temporary enthusiasm?
- What is one practical commitment you're making to continue your apprenticeship to Jesus beyond today?