



NEWSONG

21-Day Fast

January 10–31, 2026

Why We Are Fasting

Fasting is a sacred invitation to draw closer to God. It is not about religious performance or deprivation—it is about alignment. As we fast, we intentionally step away from distractions so we can hear God’s voice more clearly and realign our hearts with His will.

Throughout Scripture, fasting is connected to renewal, clarity, healing, and spiritual strength. When we humble ourselves before God, He meets us, sustains us, and leads us forward.

“Return to Me with all your heart, with fasting...” — Joel 2:12

“Your Father who sees in secret will reward you.” — Matthew 6:18

What to Expect

Fasting often reveals how much we rely on comfort, routine, and distraction. When hunger or discomfort comes, don’t fight it—**redirect it**. Let it become a reminder to pray, read Scripture, and turn your attention toward God.

Fasting is not about what you are giving up—it is about **Who you are drawing near to**. As distractions decrease, awareness of God increases.

Personal Prayer Focus

Write one main area where you are asking God to move during this fast.

Ways to Participate in the Fast

Food Fasts

- **Regular Fast:** Water or non-caloric liquids only
 - **Liquid Fast:** Juices or light broths (avoid caffeine and dairy)
 - **Partial Fast (Daniel Fast):** Fruits, vegetables, nuts, seeds, whole grains, and water
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Media Fasts

- Limiting entertainment screen time
 - Stepping away from social media
 - Taking a break from news consumption
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Schedule Fast

- Simplifying your calendar to create more time for prayer and Scripture
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Spending Fast

- Avoiding unnecessary purchases
 - Choosing generosity through giving or donation
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21-Day Prayer Focus

Week 1 – Personal Renewal

Repentance • Surrender • Spiritual hunger • Healing • Clarity

Week 2 – Family & Church

Marriages • Families • Children • Youth • Unity • Leadership • Vision

Week 3 – Future & Impact

Direction • Wisdom • Breakthrough • Outreach • Thanksgiving

“Draw near to God, and He will draw near to you.” — James 4:8