

21

DAYS OF PRAYER+ FASTING

2025



FAITH
FAMILY
CHURCH



WHAT IS FASTING?

So I turned to the Lord and pleaded with Him in prayer and petition, in fasting... Daniel 9:3 (NIV)

Fasting is a spiritual discipline that allows us to intentionally disconnect from earthly distractions and focus on deepening our relationship with God. It typically involves setting aside food or certain foods for a specific period of time in order to seek God through prayer.

When starting a fast, it's normal to sense a tension between our spirit, soul, and body. Since our body is the part we can see and feel, it tends to dictate how we spend our time, where we place our attention, and how we satisfy our desires.

Fasting, however, brings our body under submission to our spirit by weakening our cravings for food, pleasure, entertainment, and distractions.

As we draw close to God, fasting allows us to experience His presence and power in a unique way that enables us to overcome stubborn sin, discover His plans and purposes for our lives, and get “unstuck” in our walk with God.

WHY START THE YEAR FASTING?

The beginning of a new year is a great time to recalibrate and get a fresh start. That's why so many people use this season to set goals and make resolutions.

By incorporating prayer and fasting, it allows us to pause, put God first, and make space for Him to reveal His plans, which, according to Ephesians 3:20, are immeasurably better than ours.

At the end of this journal, we've provided room for you to write down your personal goals, things you're trusting God for this year, and anything else He may speak to you during this time of fasting.

BEFORE YOU FAST

As we begin, it's important to make sure our motivation for fasting is pure. While it may carry physical benefits, it is not meant to be a diet or weight loss tool. We fast with prayer because we want to draw closer to God, and because we want His voice to be louder than any other voice, including our own.

Think about these questions as you consider the impact fasting could have in your life:

- Do I need to discover God's will for my life?
- Do I need to experience God in a fresh way or increase my sensitivity to His voice?
- Do I have questions that only He can answer?
- Do I need healing in any area of my life?
- Do I need a breakthrough?
- Do I need direction about a major decision?
- Do I need freedom from a particular sin or something else that has been holding me back?

Take some time to ask God how He would lead you to fast. Is it a certain meal or type of food? A specific time of the day? Or something else? Don't be distracted by what others might be doing; your fast is between you and Him.

Regardless of the type of fast you choose, expect to hear from God!

WRITE THE VISION

And the LORD answered me: "Write the vision; make it plain on tablets, so he may run who reads it." Habakkuk 2:2 (ESV)

Did God speak anything to your heart for this year?

Is there a step He wants you to take? Something He wants you to start or stop doing? Something He wants you to believe Him for?

PERSONAL GOALS

List your specific and practical goals for 2025.

Personal: _____

Relational: _____

Financial: _____

Physical: _____

Spiritual: _____

DAY 1

Lord, speak to my heart as I draw near.

Come close to God, and God will come close to you. Wash your hands, you sinners; purify your hearts, for your loyalty is divided between God and the world.

James 4:8 (NLT)

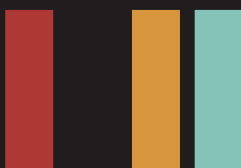


DAY 2

Father, I ask you to help me grow this year.

Then the way you live will always honor and please the Lord, and your lives will produce every kind of good fruit. All the while, you will grow as you learn to know God better and better.

Colossians 1:10 (NLT)



DAY 3

God, help me to know your will and walk in it.

So we have not stopped praying for you since we first heard about you. We ask God to give you complete knowledge of his will and to give you spiritual wisdom and understanding.

Colossians 1:9 (NLT)



DAY 4

Lord, thank you for freedom from fear and anxiety.

So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.

Isaiah 41:10 (NIV)





REFLECT:

Where have I
let fear or
anxiety creep
into my life?

LORD,
THANK
YOU FOR
FREEDOM
FROM
FEAR AND
ANXIETY.

DAY 4

CONFESS:

My family and I are free
from fear and anxiety
because the Lord holds
us in His hand.

RESPOND:

What worries or cares
do I need to release into
God's hands?

DAY 5

I declare freedom from temptation, addiction, and habitual sin for me and my household.

No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it.

1 Corinthians 10:13 (ESV)





I DECLARE
FREEDOM
FROM
TEMPTATION,
ADDICTION,
AND
HABITUAL
SIN FOR ME
AND MY
HOUSEHOLD.

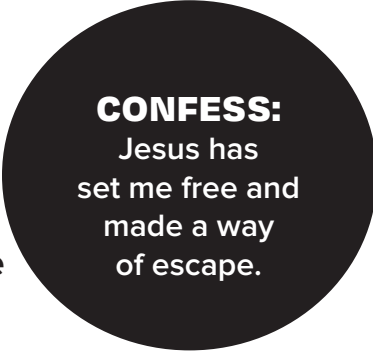
DAY 5

REFLECT:

Where do I
seem to
continually
struggle with sin
or temptation?

RESPOND:

Where is God leading me to make
an adjustment? Who can help me
in this process?



CONFESS:

Jesus has
set me free and
made a way
of escape.

DAY 6

Father, I pray for a spirit of unity in the body of Christ.

I appeal to you, dear brothers and sisters, by the authority of our Lord Jesus Christ, to live in harmony with each other. Let there be no divisions in the church. Rather, be of one mind, united in thought and purpose.

1 Corinthians 1:10 (NLT)



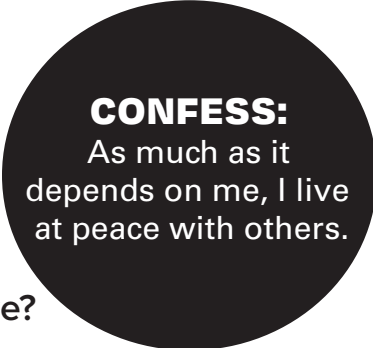


REFLECT:

How's my heart? _____
Have I allowed _____
strife or discord _____
to get in? _____

FATHER, I
PRAY FOR
A SPIRIT OF
UNITY IN
THE BODY
OF CHRIST.

DAY 6



CONFESS:

As much as it
depends on me, I live
at peace with others.

RESPOND:

Is there a conflict or pattern
of wrong thinking I need to resolve?

DAY 7

God, I pray that your hand would be upon our leaders and government officials.

First of all, then, I urge that supplications, prayers, intercessions, and thanksgivings be made for all people, for kings and all who are in high positions, that we may lead a peaceful and quiet life, godly and dignified in every way.

1 Timothy 2:1-2 (ESV)



DAY 8

Father, I pray special protection, strength, and refreshing over my pastors and leaders.

Finally, dear brothers and sisters, we ask you to pray for us. Pray that the Lord's message will spread rapidly and be honored wherever it goes, just as when it came to you. Pray, too, that we will be rescued from wicked and evil people, for not everyone is a believer. But the Lord is faithful; he will strengthen you and guard you from the evil one.

2 Thessalonians 3:1-3 (NLT)



FATHER,
I PRAY
SPECIAL
PROTECTION,
STRENGTH,
AND
REFRESHING
OVER MY
PASTORS AND
LEADERS.

DAY 8

REFLECT:

How might praying
for my pastors
and leaders affect
my own spiritual
health?

RESPOND:

What other scriptures could I
pray over my pastors and
leaders?

CONFESS:

My pastors and
leaders are called by
God and strengthened
by His mighty
power.



DAY 9

**Lord, soften the hearts
of those in my circle of
influence who are far
from you.**

And I will give you a new heart,
and I will put a new spirit in you.
I will take out your stony,
stubborn heart and give you a
tender, responsive heart.

Ezekiel 36:26 (NLT)



DAY 10

Father, help me cultivate healthy relationships with those around me.

Two people are better off than one, for they can help each other succeed. If one person falls, the other can reach out and help. But someone who falls alone is in real trouble.

Ecclesiastes 4:9-10 (NLT)



DAY 11

I declare God's protection over me and my family.

If you make the Lord your refuge, if you make the Most High your shelter, no evil will conquer you; no plague will come near your home. For he will order his angels to protect you wherever you go.

Psalm 91:9-11 (NLT)





DAY 11

I DECLARE
GOD'S
PROTECTION
OVER ME
AND MY
FAMILY.

REFLECT:

How has God protected me and my family in the past?

RESPOND:

What other scriptures speak to me about God's promises of protection?



CONFESS:

No weapon formed against me or my family will prosper.

DAY 12

**I declare healing,
wholeness, and health
over me and my
household.**

Praise the Lord, my soul, and forget not all his benefits—who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion...

Psalm 103:2-4 (NIV)





I DECLARE
HEALING,
WHOLENESS,
AND HEALTH
OVER ME
AND MY
HOUSEHOLD.

DAY 12

REFLECT:

In which areas do I need God's healing touch—mentally, emotionally, relationally, physically?

RESPOND:

Where is He leading me to make an adjustment?



CONFESS:

Jesus is
my healer!

DAY 13

Father, I pray that the younger generations would live boldly for you.

Our children will also serve him. Future generations will hear about the wonders of the Lord. His righteous acts will be told to those not yet born. They will hear about everything he has done.

Psalm 22:30-31 (NLT)



DAY 14

Lord, raise up laborers from Faith Family Church to reach those in our community and around the world.

He said to his disciples, “The harvest is great, but the workers are few. So pray to the Lord who is in charge of the harvest; ask him to send more workers into his fields.”

Matthew 9:37-38 (NLT)





LORD,
 RAISE UP
 LABORERS
 FROM FAITH
 FAMILY
 CHURCH TO
 REACH THOSE
 IN OUR
 COMMUNITY
 AND AROUND
 THE WORLD.

DAY 14

REFLECT:

What moves
 my heart with
 Christ-like
 compassion?

RESPOND:

What step can I take to
 join in and make a difference?



CONFESS:

God is using me to
 reach people who
 are far from
 Him.

DAY 15

Lord, I ask you to fill me with strength, courage, and vision for my current season of life.

But they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.

Isaiah 40:31 (ESV)



DAY 16

Lord, I ask for your wisdom in every decision I will make this year.

If you need wisdom, ask our generous God, and he will give it to you. He will not rebuke you for asking.

James 1:5 (NLT)



DAY 17

Lord, I thank you for your blessings. Help me to be faithful with them.

One who is faithful in a very little is also faithful in much, and one who is dishonest in a very little is also dishonest in much.

Luke 16:10 (ESV)





DAY 17

LORD, I
THANK YOU
FOR YOUR
BLESSINGS.
HELP ME TO
BE FAITHFUL
WITH THEM.

REFLECT:

Where have
I seen God's
hand of
blessing on
my life?

RESPOND:

What adjustments could
I make to better steward what
He's given me?



CONFESS:

I am blessed by
God and faithful with
what He's put in my
hands.

DAY 18

**God, I acknowledge
you as my provider.**

And this same God who takes care of me will supply all your needs from his glorious riches, which have been given to us in Christ Jesus.

Philippians 4:19 (NLT)





GOD, I
ACKNOWLEDGE
YOU AS MY
PROVIDER.

DAY 18

REFLECT:

How have I
experienced
God's provision
in the past?

RESPOND:

Where do I need God's
supernatural provision in my life
right now?



CONFESS:

God is working
on my behalf
meeting my
needs.

DAY 19

I declare that nothing is impossible for God and difficult situations are turning around now!

O Sovereign Lord! You made the heavens and earth by your strong hand and powerful arm. Nothing is too hard for you!

Jeremiah 32:17 (NLT)



DAY 20

Father, help me increase the spiritual temperature in my life.

For this reason I remind you to fan into flame the gift of God, which is in you through the laying on of my hands.

2 Timothy 1:6 (NIV)





DAY 20

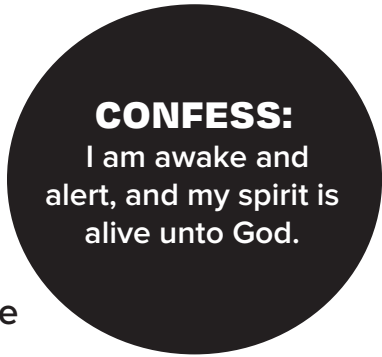
FATHER, HELP ME INCREASE THE SPIRITUAL TEMPERATURE IN MY LIFE.

REFLECT:

When has my spiritual life been the most vibrant?

RESPOND:

What spiritual practice can I implement or reintroduce? Is there a specific step I need to take?



CONFESS:

I am awake and alert, and my spirit is alive unto God.

DAY 21

Lord, I ask you for revival, and I pray it would start with me.

Then if my people who are called by my name will humble themselves and pray and seek my face and turn from their wicked ways, I will hear from heaven and will forgive their sins and restore their land.

2 Chronicles 7:14 (NLT)



YOU DID IT!

We are celebrating with you as you complete your 21-day fast. Even if you slipped up along the way, time set aside to pursue God is never wasted.



What challenged you?

What made you feel close to God?

What can you do to maintain the healthy habits you've developed over the past few weeks?

DON'T LET YOUR JOURNEY END HERE!

Your spiritual walk thrives on a daily time of worship, Bible reading, and prayer. Connecting with other believers is also a vital part of spiritual growth. Here are some of the ways you can continue growing with us!



**FIRST
SATURDAY
PRAYER**

9AM

FIRST SATURDAY OF
EVERY MONTH AT
ALL CAMPUSES



Grow+

growplustonline.com

Online discipleship platform | Your journey made simple.



**Connect
Groups**

Join a small group.
We are better together.



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CHURCH**



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