

2026 GUIDE

21 DAYS PRAYER + FASTING



“THIS IS THE KIND OF FASTING I WANT...
YOUR SALVATION WILL COME LIKE THE DAWN, YOUR WOUNDS WILL QUICKLY HEAL
YOUR GODLINESS WILL LEAD YOU FORWARD
THE GLORY OF THE LORD WILL PROTECT YOU FROM BEHIND
WHEN YOU CALL, THE LORD WILL ANSWER ‘YES, I AM HERE,’ HE WILL QUICKLY REPLY.”

-ISAIAH 58:6-9

21 DAY JOURNEY

We are so excited for you to join us on this 21-day journey of prayer and fasting at Promise Church! Starting the year with this intentional focus on God is one of the most powerful decisions you can make. These 21 days will align your heart with God's will, refresh you personally, sharpen your spiritual vision, and bring clarity to every area of your life.

This year, our theme is "Fast Forward." From Isaiah 58 we see, fasting is connected to forward movement: God answering, deliverance coming, healing happening, and forward leading. As we fast and pray, we will be led forward into what God has prepared for us. This season is about spiritual acceleration, clearing away distractions, realigning our priorities, and allowing God to advance His work in us and through us.

Take a moment to reflect on why you're praying and fasting during this season. Are you seeking spiritual renewal? Direction for a major decision? Healing for yourself or someone you love? Breakthrough in a challenging situation? Or simply a closer relationship with God? Ask the Lord to make His purposes clear and write them down in the space provided.

I've written this guide with devotions and tips to help you along the way. Let them guide your prayers, inspire your worship, and draw you closer to God.

Dedicate these next 21 days to Him and watch what He will do in your life. Let's journey together, expecting and ready to experience God in extraordinary ways!



Pastor Ryan Loyd

Find more prayer and fasting resources available at
www.mypromisechurch.com/21days

I'M PRAYING & FASTING FOR:

MY PRAYER

GOD'S ANSWER



"Blessed are those who hunger and thirst for righteousness, for they will be filled."

Matthew 5:6

I'M PRAYING & FASTING FOR:

MY PRAYER

GOD'S ANSWER



"However this kind does not go out except by prayer and fasting."

Matthew 17:21

ARE YOU READY?

Are you ready to begin this incredible 21-day journey of prayer and fasting? As you prepare, there are several important steps to ensure you experience all that God has for you during this time.

First, establish a place and time for prayer. Consistent prayer is essential for breakthrough and for hearing what God is saying to you. Use the fasting card and this guide to track your journey. These tools will serve as treasures in the years to come, reminders of the incredible things God has done in response to your sacrifice.

How will you determine the type of fast you will commit to for these 21 days? This decision is personal and should be made prayerfully between you and God. While the church provides a general guideline, there are several approaches you can take depending on your spiritual focus, physical needs, and what God impresses on your heart.

At Promise, we cast a wide net when it comes to fasting, recognizing that different types of fasts resonate with different people. We encourage everyone to consider the Daniel Fast, a partial fast inspired by Scripture that involves cutting out meats and sweets while focusing on simpler foods like vegetables and water. This fast provides a structured and sustainable way to participate in the 21-day journey.

For some, there may be a leading to go deeper for a portion of the 21 days. You might feel called to a liquid fast, where you rely on clear broths, pure juices, and water for nourishment. Others may feel led to a full fast, drinking only water for a specific number of days. Both of these approaches require careful preparation and a strong commitment to staying hydrated and attuned to your physical needs.

ARE YOU READY?

In Daniel 1, we see a young man far from home, taken captive in Babylon and surrounded by a culture that challenged his faith at every turn. Despite the pressures to conform, Daniel resolved to honor God. He refused to defile himself with the food and drinks from the king's table, which likely violated God's dietary laws and had been dedicated to idols. Instead, he and his companions requested a simple diet of vegetables and water for 10 days. Their obedience and faith were rewarded—not only did they appear healthier and stronger than those who ate the king's food, but they also gained favor with God and those in authority over them.

Later, in Daniel 10, we find Daniel once again turning to fasting, but this time under the weight of a heavy burden. Troubled by a vision concerning the future of Israel, he entered into a 21-day fast, abstaining from rich foods, meats, and sweets. This fast wasn't just about personal discipline; it was an act of intercession. Daniel was seeking God's hand and intervention for his people.

Though answers didn't come immediately, his persistence in fasting and prayer initiated spiritual warfare in the heavenly realms. An angel later explained that Daniel's prayers had been heard from the first day but were delayed by opposition from the "prince of Persia." Daniel's steadfastness broke through these barriers, leading to a divine breakthrough.

These accounts remind us that fasting is more than giving something up—it's about seeking God with focus and intention. Whether through a partial fast like Daniel's or another form of sacrifice, fasting creates space for God to move in our lives. Consider the type of fast God is leading you to, knowing that each sacrifice—whether it's food or dedicated time for prayer—is an offering of worship and trust in His power to act.

CHOOSE YOUR PATH

As you embark on your fast, remember that while sacrifice is central, the ultimate goal is to enter God's presence. Avoid a legalistic mindset; focus on pursuing the Lord and aligning your heart with His.

Additionally, limit distractions to make room for spiritual priorities. Consider reducing TV, social media, and entertainment. Dedicate time each morning and evening to prayer, worship, and Bible reading. Take advantage of church services and resources during this season. The sacrifices you make will bring extraordinary results as you put God first in every way.

Write down your faith targets. Are you praying for healing, direction, restoration, or provision? Be specific. Keep this guide close throughout the 21 days and revisit your goals often. When hunger or distractions arise, remind yourself why you're fasting and press forward in faith.

If your sacrifice doesn't cost you something, it won't mean anything to God. Make a commitment that matters. Combine your fast with prayer and the Word. Even on difficult days, remember that God sees your sacrifice and honors your perseverance.

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QUICK TIPS

Start with a Clear Goal: What do you want from these 21 days? What are you searching for on this journey? Be specific. Write it down. Keep it in front of you. Target this goal in your daily prayers and let it motivate your fasting efforts.

Do you need direction, healing, blessing, restoration of marriage, family relationships, finances...?

Ask the Lord for answers. Be open to His guidance, His ways, His will, and His word. Pray daily and read the Word.

Prepare Your Heart: Start with repentance. Confess your sins to God. Ask the Lord to reveal areas of weakness in your heart. Forgive all who have offended you and ask for forgiveness from those who you may have offended. Surrender your life to Jesus and reject the temptations and traps that hinder you.

Decide What You Will Fast: Be specific and write this down. Your flesh and the enemy will try to barter down your level of sacrifice. Whatever you choose, stick to it.

A Daniel's Fast is the most popular partial fast from the Bible. It is loosely defined as "no meats & no sweets." Eating fruits and vegetables.

Some will choose to do a progressive Daniel's fast, cutting out sweets on the first week, meats on the second week, and then a liquid fast, taking in juices and broths, on the third week.

Others will need to choose a custom fast to navigate their own dietary needs. Fasting should always be entered into considering those needs.

There are many paths on this journey, these are merely a suggested few options to accomplish a 21 day fast.

Of course, how you fast is ultimately up to you. Determine in your mind how you are going to fast and stick to it.

You can finish this 21 day journey!

QUICK TIPS

How To Start: Step right into it. You can expect discomfort in the first few days but that will go away quickly. When you fast, your body detoxifies, eliminating toxins from your system. This can cause mild discomfort such as headaches and irritability during withdrawal from sugars and caffeine. Naturally, you will have cravings. Depending on your type of fast, limit your activity and don't expel too much energy. Take time to rest. You are following Jesus' example when you fast. Spend time listening to praise and worship music. Pray as often as you can throughout the day. Get away from distractions as much as possible. Keep your focus on the target and keep your heart and mind on the things of the Lord!

How To Keep Going:

1. Make an extra effort in your church attendance. Each Sunday and everything in between at Promise will be focused during these 21 days on prayer and fasting.
2. Keep this guide and the prayer card with you at all times. It will keep you praying and motivate your fasting efforts.
3. There will be morning prayer and devotion every morning Monday thru Friday at Promise from 6:00 AM to 6:30 AM and 9:00 AM on Saturday. It will be a quick time of worship, devotion and prayer to keep you going each day.
4. Keep a prayer journal. Write down what you feel like God is saying to you. This is a great way to get the most out of these 21 days! (Promise notebooks are available in the lobby)

How To Finish: Don't overeat when the time comes to end your fast. Begin eating solid food gradually. Fasting brings about miraculous results but there are physical benefits too!

DAY 1: WHERE TO BEGIN

Every year I get the same question: "When do the 21 days officially start?" My answer is, it starts for me at the altar. When I write my commitment card and offer it to God, the fast has begun. That's why our 21 days run from Kickoff Sunday through Miracle Sunday. Fasting always begins with sacrifice. Through prayer and fasting, we offer these days to God, laying something valuable before Him as worship and devotion.

Sacrifice is central to every meaningful relationship. Friends sacrifice time to support one another. Parents give up their own wants to provide for their children. A young man offers a ring as a symbol of his love and commitment when proposing to the woman he loves. If we say we love God above all else, what sacrifice can we bring to Him?

In the Old Testament, worship always began at the altar. God's people brought a sacrifice—something costly, something meaningful—and placed it before the Lord. The altar was where surrender met obedience, and where God received the offering of His people. In the same way, these 21 days of prayer and fasting are us approaching the altar again.

At Promise, we dedicate the first 21 days of the year to fasting and prayer because we believe in the principle of giving God our first and best. This principle is seen throughout Scripture, including in the practice of the tithe, where the first fruits are given to God, and He blesses the rest. When we give the first part of our year to the Lord, we are declaring our dependence on Him, trusting that as we seek Him first, He will guide, bless, and provide for the rest of the year.

Start this fast with a commitment. Write it down on your card, sign it, and offer it to God as a personal vow. Let these 21 days be an offering of sacrifice, trusting that as you give God your first, He will bless the rest!

DAY 2: FAST FORWARD

This year's theme is Fast Forward, and Isaiah 58:6-9 shows us exactly what that means. God describes a fast that will lead us away from being stuck, stalled, or circling the same ground. God says this is the kind of fasting He chooses, one that produces movement. It's a fast that moves us forward!

"Your salvation will come like the dawn." Dawn means it's already on the way. Salvation here is more than the saving of your soul. It's deliverance. It's freedom. It's God stepping into places where you've felt trapped and bringing release. This fast moves you forward out of bondage and into freedom.

"Your wounds will quickly heal." Isaiah emphasizes quickly. Faster than a natural timeline. Faster than expected. Maybe it's a physical wound. Maybe it's emotional or spiritual. Whatever the wound, this fast accelerates healing. God can move you forward in your healing sooner than you imagined.

"Your godliness will lead you forward." The word translated godliness is righteousness. Doing this right thing, fasting, humbling yourself, seeking God. Direction and clarity comes. This fast leads you forward, not sideways, not backward, not in circles, fasting leads you forward!

"The glory of the Lord will protect you from behind." God promises to be your rear guard. He has your back. While you move forward, He watches what you can't see.

"When you call, the Lord will answer... He will quickly reply." Quick answers from heaven. Clear responses. God speaking.

That's Fasting Forward, moving into deliverance, healing, direction, protection, and answered prayer. This fast will move you forward!

DAY 3: NEW WATER FROM OLD WELLS

There's something about a new year that stirs hope in all of us. A clean slate. A fresh start. New possibilities. And while January 1st is just another day on the calendar, it represents something deeper, a longing for something fresh. But what if the new thing we're asking God for isn't found in chasing something different, but in returning to something familiar?

Scripture tells us that Isaac faced some difficult situations. After moving into the land God had promised, he encountered resistance. The wells his father Abraham had dug, sources of life, provision, and blessing, had been filled in by the enemy. Isaac didn't abandon the land. He didn't look for a new place. Instead, Genesis 26:18 says he re-dug, dug again the wells his father had dug and called them by the same names.

Every time Isaac drew water, it was new water, but it came from an old well. Fresh water from a familiar source.

Isaiah 43 says God is ready to do a new thing. But new doesn't always mean different. Often, new begins when God breathes fresh life into what already exists. A marriage doesn't need replacing, it needs renewing. Faith doesn't need reinventing, it needs restoring. Calling doesn't disappear, it gets buried.

The enemy fills faithful wells with debris because he knows that without water, you can't stay where God has planted you. He clogs prayer with distraction. He fills worship with weariness. He packs faith with disappointment. And when the well looks dry, we're tempted to move on. But water is still there.

These 21 days of prayer and fasting are an invitation to re-dig. To return to prayer that once flowed. To worship again with expectation. To believe again where hope feels buried. God hasn't run out of power. He hasn't recycled old miracles. **He's ready to release new water... from old wells!**

DAY 4: DRAW A CIRCLE

Fasting must have a purpose. If you want to succeed on this 21-day journey, you need a clear target. Why are you fasting? What are you asking God for during this time? Be specific. Are you fasting to draw closer to God through His Word and prayer? Do you need direction for your life? Are you seeking healing, restoration in your family, or a breakthrough in your marriage? Are you believing for financial provision or a fresh outpouring of God's favor? Whatever it is, write it down.

In Joshua 6, God gave His people an unusual strategy to conquer Jericho. They were instructed to march around the city once a day for six days, and on the seventh day, to march around it seven times. No weapons. No shouting. Every lap was an act of faith. Every step was a declaration that the promise of God was greater than the walls in front of them. They targeted Jericho as God's next victory for them. They marched in circles but with intention. They circled the very thing God promised to bring down.

When you fast, you're drawing a circle around the promise. "God, this is what I'm believing You for. This is the wall I'm trusting You to bring down." Each day is another lap.

Every fast in the Bible had a clear purpose. Ezra fasted for God's protection. Nineveh fasted for mercy and revival. Samuel fasted for a revival of God's presence and blessing. Elijah fasted and was delivered from his deep depression. Esther fasted for protection. Daniel fasted for favor and deliverance during captivity. Jesus fasted to prepare for His ministry. Paul fasted for clarity at his conversion. Cornelius fasted and received the Holy Spirit.

Whatever it is, target it with fasting and prayer. When the temptation for a candy bar or a favorite snack arises, remind yourself: I'm hungrier for the blessing than for that snack!

DAY 5: TOMORROW STARTS TODAY

Joshua stood with Israel on the edge of the Jordan, staring at a new home and future they had waited decades to enter. Joshua commanded the people that day to follow His presence, consecrate today, and expect God to do amazing things.

First, God told the people to follow the ark. The ark was the presence of God, and Israel was commanded to move only when it moved. They were not to rush ahead, force a path, or rely on past experience. "Follow it... since you have never been this way before" (Joshua 3:4). God was leading them into something new, and the only way forward was staying close to His presence.

Next came the instruction that set everything into motion: "Consecrate yourselves today." Consecration means setting yourself apart, treating the moment as holy, and aligning your life with God's will. The things that God did from that day forward were tied directly to what the people did that day.

After that, Joshua told them to expect amazing things. "Consecrate yourselves today, for tomorrow the LORD will do amazing things." Not ordinary things or predictable things. Amazing things! God told Joshua that He would begin to exalt him so the people would know the Lord was with him.

These 21 days of prayer and fasting are about alignment. Follow His presence closely because He is leading us somewhere we've never been before. Consecrate yourself today. Ask God to cleanse your heart and renew a right spirit in you. Then raise your faith. Because He will do amazing things among us! If you make today holy, you can trust God for amazing things.

Consecrate today. And step forward believing that God has already prepared amazing things just ahead.

DAY 6: LORD, TEACH US TO PRAY

When the disciples asked Jesus, "Lord, teach us to pray," it was because they were connecting the dots. They had seen miracles, heard sermons, and watched lives change. There was power there. His ministry was overflowing. They realized that everything He did flowed from time spent in prayer.

Jesus had a time to pray. Scripture tells us He rose early, often before daylight, and withdrew to pray. No matter how busy the schedule or how great the demand, prayer was never optional. He understood that ministry without prayer runs dry.

Jesus also had a place to pray. He went to solitary places, away from noise, pressure, and distraction. A place where the door is closed, the phone is silent, and the heart is focused. God still meets people who intentionally make room for Him.

Jesus prayed out loud. He spoke. He declared. He called on the Father with His voice. There is power when prayer leaves our lips. Speaking faith builds faith. Declaring truth drives out fear. Prayer is not meant to stay trapped in our thoughts.

Jesus also prayed for people by name. He called Peter out specifically. He understood that prayer is personal. When we name our children, our families, our friends before God, heaven responds. God hears prayers prayed according to His will, and salvation, restoration, and protection follow.

Jesus prayed with others. He invited Peter, James, and John to pray with Him. Agreement multiplies power. When believers gather and pray together, God promises to be in the midst.

Every morning during these 21 days, we invite you to join us for a time of prayer. Monday through Friday at Promise Church, we'll gather from 6:00 AM to 6:30 AM, and on Saturday at 9:00 AM. It will be a quick time of worship, devotion and prayer to keep you going each day. Find a place. Lift your voice. Pray together. God is ready to meet you there.

DAY 7: ADD ANOTHER LOG ON THE FIRE

In Leviticus 6, God gave a clear instruction about the altar: the fire must be kept burning; it must never go out. Every day, the priest was responsible to tend the fire, remove the ashes, and add fresh wood. What God ignited supernaturally still required daily attention. And for us, that truth hasn't changed.

Tend to the Fire: Fire requires attention, focus, and care. Even holy fire can fade if it's neglected. Yesterday's sacrifice, as meaningful as it was, cannot sustain today's flame. Spiritually, many people try to live on yesterday's encounter, yesteryear's breakthrough, a past revival, an old testimony. Those moments matter, but they were never meant to replace today's fire. If the fire isn't tended, it will slowly die out.

Remove the Ashes: Ashes can quietly accumulate. Routine. Old habits. Bitterness. Disappointments. Weariness. Even past successes that once fueled faith can begin to smother fresh ambition. Ashes aren't sinful, they're simply what's left after yesterday's fire. But if they aren't cleared away they restrict oxygen and choke what God wants to do next.

Add Another Log on the Fire: Renewal requires fresh wood. Another prayer meeting. Another moment in God's presence. Another step of obedience. Another testimony in the making. Add another log because God never intended His people to live without fire! Once you've experienced Holy Spirit fire, empty religion will never satisfy again. The Holy Spirit's fire changes everything! Your worship, your hunger, your boldness, your joy, your service, your testimony will never be the same!

Have you felt the fire fade in your life? Did your passion chill? These 21 days are an opportunity to tend to the fire again.

So, let's never fail to add another log on the fire at Promise! And when we do, the fire won't fade. It will grow!

DAY 8: BETTER IS ONE DAY

"Better is one day in your courts than a thousand elsewhere" (Psalm 84:10). King David reminds us of the unparalleled value of gathering in God's House. One moment in His presence outweighs years spent anywhere else because He transforms us, renews us, and gives us strength and direction.

David wrote these words with a deep understanding of what it meant to encounter God in His house. He knew firsthand the joy, strength, and direction found there in the courts of the old tent Tabernacle that it was his dream to build the Temple.

When the dream came to fruition thru his son Solomon, the Queen of Sheba's journey in 1 Kings 10 demonstrates the awe and transformation found in God's presence. She traveled a great distance, burdened with questions and carrying gifts, but what she experienced in God's house left her breathless. She found answers, wisdom, and blessings beyond her expectations. This story shows that when we come to God's house, we leave with more than we brought! We get answers for our questions, strength for our burdens, and joy for our journey.

God's house is a meeting place to join with God's people and God's presence. We come with our struggles and leave with His peace. We come with uncertainty and find His direction. It's where we meet as a community to worship, pray, and experience God's presence together.

As we continue this 21-day journey, prioritize being in God's house today. Come with anticipation, believing that God will meet you there and do something new in your life. Don't come out of obligation; come with expectation. In His courts, there is fullness of joy and one moment there can change everything.

Better is one day in His house—don't miss it!

DAY 9: SET THE CORNERSTONE

Jesus is called the Chief Cornerstone. In ancient construction, the cornerstone set the blueprint for the whole building. Every measurement, every wall, every angle was set by that first stone. If the cornerstone was right, the rest of the building lined up with ease. If it was off, nothing else fit, no matter how skilled the builder was. Calling Jesus the Chief Cornerstone means when He is set first decisions are clear, priorities fall into place, and alignment follows. But when He's shifted to the side, everything else is off. Nothing is firm, nothing is strong, nothing is secure. Put the cornerstone in place, and the rest begins to build itself. Get Jesus first, and everything else finds its proper position.

God was unmistakably clear in the Ten Commandments: "You shall have no other gods before me." (Exodus 20:3, NIV) Most of us do not bow to carved statues or stone idols. But anything we place ahead of God, anything we prioritize alongside Him, can quietly take His place in our lives. Scripture tells us there were years in Israel's history when idols were set up inside the temple, even at the altar. They still wanted God in the mix, but He was no longer first. The same thing can happen to us. We don't remove Him, we just crowd Him. And whenever God is not first, something else takes His place.

Jesus said it this way, "Seek first the kingdom of God and His righteousness and all these things shall be added to you." (Matthew 6:33) In other words, seek Jesus, His Kingdom, His ways, and the promise is He'll take care of the rest!

This is why at Promise, we begin every year by giving God the first part, the first 21 days, of our year. It's still amazing to me every time I see it but it happens every year. We'll see God's hand in March, in June, in September working on things we prayed and fasted for back in January. The reason is that this principle holds true. Give God the first and the rest is blessed!

DAY 10: DOWN BUT NOT DESTROYED

Samson's life was a highlight reel. He judged Israel faithfully for years, tearing apart a lion with his bare hands, striking down 1,000 Philistines with the jawbone of a donkey, and delivering God's people over and over again. God used him mightily, and the hand of the Lord was clearly upon him.

But over time, Samson became entangled. A relationship he should've fled became a place he stayed. Compromise crept in. Sin dulled his discernment. And one night, when Delilah called out that the Philistines were upon him, Samson rose expecting yesterday's power to win today's battle. The Bible says that he did not realize that the Spirit of the Lord had departed from him.

Slides often happen gradually. Small errors go unchecked. Prayer becomes less urgent. Serving the Lord in minimums. But the slide didn't end there, Samson was captured. Arrested. Chained. Embarrassed. Shamed. Hair shaved. Tortured. Blinded. Reduced to grinding grain like an ox.

He was down... but not destroyed. "Do not gloat over me, oh my enemy. Though I have fallen, I will arise." (Micah 7:8). That was Samson's story. Broken, humbled, sitting in darkness, then comes the turning point: "But the hair of his head began to grow again" (Judges 16:22). Strength didn't return because his hair grew back but it tells us he restored his vow to God. When Samson touched the pillars, he prayed, "Lord, be with me one more time." God answered. The anointing returned. And his greatest victory followed his greatest fall.

Restoration and revival begin when broken people believe God is not finished with them yet. You may be pressed. You may be cast down. But you are not destroyed.

"WE ARE HARD PRESSED ON EVERY SIDE, BUT NOT CRUSHED; PERPLEXED, BUT NOT IN DESPAIR; PERSECUTED, BUT NOT ABANDONED; STRUCK DOWN, BUT NOT DESTROYED"

2 CORINTHIANS 4:8-9

DAY 11: UNPLUGGED TO POWER UP

Here's a key to the power of combining prayer and fasting:

Prayer connects us to God.

Fasting disconnects us from the world.

It feels backward, but sometimes the only way to power up is to unplug. When we see a cable disconnected, we assume power is lost. Spiritually, fasting works the opposite way. Fasting is actively unplugging from distractions so we can reconnect to our true source of power.

Jesus taught that some battles can't be won while we're still plugged into worldly distractions, appetites, and noise. In Mark 9, a father brought his tormented son to Jesus' disciples, pleading for help. The boy was possessed by a spirit that caused him to convulse, foam at the mouth, and harm himself by throwing him into fire and water. The disciples tried but couldn't cast out the spirit. When the father turned to Jesus, He rebuked the spirit, commanding it to leave and never return. The boy was instantly set free.

Later, the disciples asked, "Why couldn't we drive it out?" Jesus' response was striking: "This kind can come out only by prayer and fasting" (Mark 9:29).

Some strongholds don't break because we're praying without fasting. We're still connected to noise, habits, appetites, and distractions that drain spiritual power. Prayer gets Heaven's attention but fasting gets our attention. It clears interference and allows God's power to flow freely. Fasting combined with prayer allows a surge of power for breaking chains, opening doors, and stepping into new levels of faith and freedom.

There are miracles, revivals, and breakthroughs waiting on the other side of your fast. Do you need chains broken? Doors opened? Use the power of fasting and see what God will do!

DAY 12: HUNGRY FOR CRUMBS

Have you ever been so hungry that you'd eat something discarded from someone else's table? Maybe even something that fell onto the floor? Maybe you're that hungry for something now on Day 12 of this fast!

Matthew tells us about a woman with this level of hunger, "A Canaanite woman...came to him, crying out, 'Lord... My daughter is suffering terribly from demon-possession'... He answered, 'I was sent only to...Israel...It is not right to take the children's bread and toss it to their dogs.' 'Yes, Lord,' she said, 'but even the dogs eat the crumbs that fall from their masters' table.' Then Jesus answered, 'Woman, you have great faith! Your request is granted'" (Matthew 15:22-28).

A Canaanite woman was an outsider, not part of Abraham's family. This meant she didn't have a right to be at the table. Yet her hunger for a miracle moved the heart of Jesus.

First, Jesus refused to answer her. Next, He said, "What I have is only for the Jews." Finally He said, "It wouldn't be right to give the children's bread to dogs." Most of us would have walked away offended. Not her! She cried, "Have mercy on me." She wasn't asking for what she deserved, she was crying out for what she needed! As a result, Jesus removed every obstacle and answered her prayer. And if you persist, He will do the same for you too. In reality, this woman told Jesus, "Let the children have the bread, all I need are the crumbs." Church folks become so complacent that they neglect the bread, waste the bread, complain about the bread, and sometimes don't even come to church to get the bread. But desperate people pick up the crumbs and find a miracle!

They know that if there's power in the loaf, there's power in the crumb. And when a crumb is all you can get, a crumb is all you need. What do you need from God today? How hungry are you? Are you hungry for a crumb from the Master's Table?

DAY 13: GOD OF SHADOWS & SPOTLIGHTS

Jesus' teaching in Matthew 6 follows a clear pattern: when you give, when you pray, and when you fast, not if, but when. And each time, He draws the same distinction. Don't do these things to be seen by people. Instead, do them in secret, because your Father who sees in secret will reward you openly.

Before David ever stood in the spotlight of the Valley of Elah, he was faithful in the shadows of shepherd fields. He won private battles where no one else was watching. It was there, in the unseen places, that he fought a lion came. Then a bear. No applause. No recognition. Before David ever stood in the led worship in the spotlight of the king's court, he wrote psalms and played his harp to God with sheep as his audience.

When David later stood before Saul and said, "The Lord who rescued me from the paw of the lion and the paw of the bear will rescue me from this Philistine," he wasn't speaking with borrowed confidence. He was drawing from a testimony that had been formed in secret. The public victory over Goliath was simply the overflow of an anointing received in the shadows.

When Samuel was sent to anoint the next king, the Lord gave him a reminder we still need today: "Man looks at the outward appearance, but the Lord looks at the heart." Another way to say that is this, people notice the spotlight, but God sees both the shadows and the spotlight.

Be faithful in the shadows. Show up to morning prayer during these 21 days. Make the sacrifice to fast. Your Father sees it all, even in the shadows. He keeps perfect records and He is a rewarder of those who seek Him!

DAY 14: PICKING UP THE PIECES

There are times in life when all that seems to remain is rubble. Broken pieces. Broken plans. Lost seasons. Unfinished stories. That's where God met His people in the book of Ezra.

After 70 years in exile, Judah returned home to find Jerusalem in ruins. The temple was gone. The city was broken. Nothing looked the way it once had. Yet Ezra 1:1-2 tells us that "the Lord moved the heart of Cyrus king of Persia" to send the people back supplied and supported to rebuild the Temple.

Rebuilding didn't happen all at once. Under Zerubbabel's leadership, the people cleared debris, laid a foundation, and rebuilt the altar. Worship resumed even while the work was in process. Some wept as they remembered what had been lost. Others shouted for joy at what was beginning. Both responses were appropriate because God was picking up the pieces.

Opposition came, progress slowed but all the while, God was raising up the right leaders. Nehemiah rebuilt the walls. Ezra rebuilt the people. God's Word was preached, hearts stirred. Conviction led to repentance. Repentance led to renewal. What started as physical restoration became spiritual revival.

These 21 days are an invitation to begin again. To clear what's broken. To restore what's been neglected. To trust God with what feels unfinished. If all you have right now are pieces, bring them to Him. God specializes in rebuilding from rubble.

God never wastes rubble. He never wastes tears, detours, or even our failures. What looks like debris to us becomes building material in His hands. "In all things God works for the good of those who love Him..." (Romans 8:28) Not some things. Not the easy things. All things. So bring Him the broken pieces, the unanswered questions, the unfinished chapters. Place them in His hands during these 21 days.

DAY 15: LET THE CHURCH GATHER

It's the 3rd Sunday of our 21 Day journey! Today, as we gather in God's House with God's people, let's believe together!

Here's a snapshot of the early church in Acts 2, "They worshiped together at the Temple each day, met in homes for the Lord's Supper, and shared their meals with great joy and generosity all the while praising God and enjoying the goodwill of all the people. And each day the Lord added to their fellowship those who were being saved." (Acts 2:46-47)

The gathering of the Church was the root of the fruit. Without the gathering, those things don't happen. In Acts 2, they gathered in the upper prayer room and received the promise of the Holy Spirit. In Acts 3, the healing happened as they gathered in the Temple for prayer. In Acts 8, souls were saved as they gathered for revival in Samaria.

They were gathering together every day praising God for souls being saved, people being baptized in water and the Holy Spirit. They gathered to eat together, there was great joy and fellowship.

Let the same thing be said of Promise Church! Let's come expect those things to happen. Let's come to make those things happen! Let there always be joy and generosity in this House. Let's press into God's Presence. Let us lean into praise and worship and the Word!

Let that wonder and expectation be on you as you drive to church today. Anything can happen in God's House. Anything can happen in God's presence. And it probably will! Someone is going to be saved, water baptized, Spirit-baptized, healed, receive their miracle and blessing. Because one moment in God's House can change everything!

DAY 16: UNTIL THIS HOUR

If you were at Promise in 2023, you'll remember our theme was "Until This Hour". For me personally, this was one of my favorite fasting themes! Those words of Cornelius are an exciting motivator for us as we enter the third and final week of our 21 day journey because we see over and over again how God honors the vows of his people to pray and fast.

First, we see how Daniel vowed to fast for 21 days as God's people were in bondage in Babylon. For those 21 days, the angel was withstood by a demonic power that ruled the country. But on the 21st day, there was a spiritual breakthrough as the angels of heaven won the victory over Babylon.

Next, we know Jesus endured three temptations from Satan over His 40 day fast in the wilderness. After the 40 days, He was weak in body and the angels rushed to minister and strengthen Him.

Then, Cornelius was completing a four-day fast for his family knowing God had more available for him when a knock came on his door. "Four days ago I was fasting until this hour; at the ninth hour I prayed in my house, behold, a man stood before me in bright clothing, and said, 'Cornelius, your prayer has been heard...' (Acts 10:30-31)

This knock at the door was a divine appointment set by God for Peter to preach to Cornelius and his family. Before Peter left, Cornelius and his entire household were baptized in water and received the Holy Spirit.

Notice in all three accounts, there was a breakthrough at the completion of the vow to pray and fast. For Daniel, there was spiritual breakthrough. For Jesus, he was empowered for His earthly ministry. For Cornelius, his family was saved!

Decide now to finish what you started. Make up your mind and say, ***I'm going to pray and fast until this hour!***

DAY 17: HUNGRY FOR MORE

Yesterday, we focused on Cornelius' "Until This Hour" fast. Today, let's take a closer look at how all that unfolded. Cornelius was a good man who knew God had more for him and his family. Acts 10 describes him as devout, giving, and prayerful, a man whose life was dedicated to God. His hunger for more of God led him to a time of fasting and prayer, preparing him for the outpouring of the Holy Spirit.

In Luke 11:13, Jesus says, "If you then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give the Holy Spirit to those who ask him!" Cornelius's story exemplifies this promise. Through fasting and prayer, he asked and positioned himself to receive God's good and perfect gift, the baptism of the Holy Spirit.

During Cornelius' four day fast God set up a divine appointment giving specific instructions to send for Peter. At the same time, Peter prayed and received a vision that prepared him to preach to a Gentile, something he didn't understand at first. But when Peter arrived and preached, something amazing happened. "While Peter was still speaking these words, the Holy Spirit came on all who heard the message" (Acts 10:44). Cornelius and his household were filled with the Holy Spirit, speaking in tongues and magnifying God. "Surely no one can stand in the way of their being baptized with water. They have received the Holy Spirit just as we have, Peter said as he baptized them in water, marking a new Gentile Pentecost.

If you're seeking the baptism of the Holy Spirit or a fresh outpouring of His presence, let Cornelius inspire you. Fasting and prayer prepare you to receive every good gift from God. The Holy Spirit is for everyone, every tribe, every tongue, every nation. Today, let fasting and prayer prepare you for all God has in store. There is more -ask, believe, and receive!

DAY 18: LIVING THE DREAM

When the Holy Spirit is poured out, something begins to stir in God's people. Peter stood in the Upper Room and declared that they were living in what Joel once only dreamed about. What was once prophecy had become present reality. God was doing in their day what had once only been spoken about.

Acts 2 reminds us when the Spirit moves, sons and daughters prophesy, young people see visions, and old men dream dreams. This promise is not only for one age or one season it belongs to all who are filled with His Spirit. It's hearing what God is saying and declaring it, even when circumstances disagree.

Visions are God's way of letting us see beyond where we are. A vision shows you what cannot yet be seen with natural eyes. It gives you a glimpse of where God is leading, even when you don't know how you'll get there. Dreams work the same way. They are not imagination, they are deposits from the Holy Spirit. God-given dreams lift us above our current situation.

Joseph's life proves this. Though he walked through pits, prisons, betrayal, and delay, the dream God gave him kept pulling him forward. What God revealed in private eventually became reality in public. In the end, Joseph realized everything he endured was leading him to the fulfillment of what God had shown him in the dream.

God-given dreams do more than bless us, they bless others. Just like what Joseph's father spoke over his life, his vine would stretch beyond the walls. And when the dream finally comes to pass, we see clearly that God was working all along.

These 21 days of prayer and fasting are a time to dream again. To let God stir vision in your spirit. To believe again for what feels delayed or distant. ***Hold on to the dream, until you're living the dream!***

DAY 19: FINE TUNING

Jesus said it plainly, "My sheep hear My voice" (John 10:27). God is always speaking. The question is can we hear His voice? He is broadcasting, but are we are tuned in to receive?

Years ago, radios had dials, not digital presets. You didn't just push a button. You had to turn a knob slowly, carefully listening, until the static faded and the signal came through clearly. The station was already broadcasting. The adjustment had to happen on the receiver. That's what fasting does.

Fasting doesn't make God's voice speak. It tunes our ears to hear it. It quiets the noise. It eliminates the static. Until His voice is clearly received.

We see this in the life of Samuel. As a young boy, he heard his name called in the night. He assumed it was his priest, Eli. Three times he ran to him. Finally, Eli recognized what was happening and instructed Samuel, "Go lie down, and if you hear again, say, 'Speak, Lord, for Your servant is listening.'" When Samuel responded with "Here I am", God spoke clearly and prophetically about his ministry calling and anointing. The voice was calling. Samuel just needed guidance to tune in.

Throughout Scripture, major assignments were received in seasons of fasting. Paul was fasting when God revealed his calling. Peter was fasting when God expanded his vision. Fasting positions us to hear what God is already calling us to.

These 21 days are a tuning season. As we fast and pray, God fine-tunes our ears to hear His direction. Callings become clearer. Assignments come into focus. Decisions gain clarity. Anointing follows alignment. This is how God moves us forward.

If you've been sensing static, confusion, or uncertainty, lean into this fast. Still the noise. Adjust the dial. God is speaking.

DAY 20: HARVEST TIME

Over these 3 weeks, you've been sowing. Prayer has been planted with faith. Seeds have been watered with sacrifice. And now, as this fast comes to a close, there is a quiet question many people ask: What happens next?

Paul answers that for us, "Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up" (Galatians 6:9). A harvest is promised, but it is tied to His timing. What is sown in faith does not always appear immediately, yet it is never wasted.

Jesus described the Kingdom the same way. In Mark 4, He said the farmer scatters seed on the ground and then goes about his days. Night and day, the seed grows. The process is working, but its unseen beneath the ground's surface.

Much of what God has done in these 21 days is happening beneath the surface. Even when nothing seems to be changing on the outside, God is working faithfully on the inside.

Farmers don't panic when they don't see fruit the next morning. They understand process. They trust what was planted. They keep tending the field while waiting with confidence.

This fast has positioned you for fruit that will show up beyond Day 21. Some answers will come quickly. Others will unfold in weeks or months ahead. But all of it is growing in God's timing. Don't rush the process. Don't dig up what you've just planted. Keep praying and believing. Keep walking with God.

You may not see it today. But it is already growing. Harvest time is on the way!

DAY 21: SPEAK LIFE

For the past 21 days, you've prayed and fasted. You kept when it would have been easier to quit. And along the way, God has shown you things you couldn't see before.

In Ezekiel 37, the prophet was carried by the Spirit into a valley full of dry bones. It was not a hopeful place. There was no movement. No breath. No sign of life. Just scattered remains of what once was. And God asked Ezekiel a question that still confronts us today: "Can these bones live?"

At first glance, there was no reason to think they could. Nothing in the valley suggested resurrection. But Ezekiel had been with God. He heard His voice. Instead of answering with logic, he answered with trust: "Lord, You alone know." Then God told Ezekiel to open his mouth and speak life over dry bones. As he prophesied, there was a rattling sound. Bones came together. Tendons formed. Flesh appeared. Breath entered bones.

That didn't come out of nowhere. Ezekiel's faith was strong enough to speak because it had been shaped in the presence of God. And that's what these last 21 days have done for us. Fasting has lifted our faith. Prayer has renewed hope. What once felt impossible no longer feels that way with God.

Romans 10 teaches us that belief lives in the heart, but confession releases it. Faith grows quietly in prayer, then finds its voice in agreement with God.

These 21 days have tuned your ears, cleared distractions and raised your expectancy. Now comes the moment where faith moves from inside to out. Open your mouth. Speak life over dry places. Declare God's promises over stalled situations. Confess His Word over your family, your calling, your future. As this fast comes to a close, don't let it end silently. You've seen it in prayer. Now open your mouth. And watch God bring it to life.



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YOUR GODLINESS WILL LEAD YOU **FORWARD**
THE GLORY OF THE LORD WILL PROTECT YOU FROM BEHIND
WHEN YOU CALL, THE LORD WILL ANSWER ‘YES, I AM HERE,’ HE WILL QUICKLY REPLY.”

-ISAIAH 58:6-9