

**21 DAYS
OF PRAYER
AND FASTING**



Come near to God and
He will come near to you.

JAMES 4:8

Welcome to the 21 Days of Prayer & Fasting

Take a twenty-one day journey of prayer and fasting with us as we seek to step into a deeper awareness of God's presence and voice. Fasting is about giving up one thing to gain something better. By setting aside our earthly appetites, we make room to draw nearer to Jesus, align our hearts to hear His voice, to experience His presence in a deeper way, and to walk in the fullness of all that He has for us. In this plan, we'll have the opportunity to read Scripture and a devotional, meditate on a reflective prompt, and pray.

This twenty-one day of prayer devotional was taken from Calvary Chapel Fort Lauderdale's YouVersion Plan, **21 Days of Fasting and Prayer**.

Understanding the importance of prayer is only the beginning. For prayer to truly shape our lives, it must become something we desire, not something we dread. Many people struggle with prayer simply because they've never been shown how to make it personal or meaningful. That's where this 21 Days of Prayer devotional comes in.

This devotional is designed to help you cultivate a daily rhythm with God; one that brings clarity, joy, and connection into your personal time with Him. Each day also includes simple conversation starters and prayer prompts to help you lead your family, creating space to talk about faith, listen to one another, and pray together in a natural, life-giving way. As you discover the beauty of ongoing conversation with God, both privately and together, you'll experience His presence in ways that shape your home and your heart.

When prayer becomes something you know how to do and love to do, it begins to weave itself into everyday life.

Al that's when everything begins to change!

Creating a Lifestyle of Prayer

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.

MARK 1:35

Prayer is most effective when it isn't something we do every now and then, but when it's a lifestyle we cultivate. To understand how to have a lifestyle of prayer, we can look at the example Jesus gave during His life on earth.

HAVE A CERTAIN TIME

Jesus got up early in the morning to spend time with His Heavenly Father. Make a daily appointment with God — whether it's first thing in the morning, at lunch, or in the evening — and faithfully keep it.

HAVE A CERTAIN PLACE

Jesus had a specific place He went to pray. Having a designated place to pray helps us remove distractions and frees us to worship and pray out loud.

HAVE A CERTAIN PLAN

When Jesus taught His disciples how to pray, He gave them a prayer outline. We call it "The Lord's Prayer." As we pray every day, our plans for our prayer time can vary, maybe including worship music, Bible reading, and quiet time to listen to God. It doesn't always have to look the same; it just helps when we have a plan for connecting regularly with God.

**Prayer is our first response,
not our last resort.**

What is a Fast?

The goal of fasting is to draw near to God. Biblical fasting always has to do with eliminating distractions for a spiritual purpose. Fasting is a way to express our desire for God and our holy discontent in a fallen world.

Remember, a personal fast should present a level of challenge, but it is very important to know your body, your options, and most importantly, to seek God in prayer and follow what the Holy Spirit leads you to do.

Why Should We Fast?

Simply put, fasting is choosing to say 'no' to something we love in order to create space for something we love even more. Below are scriptural reasons why fasting is a vital discipline in a Christian's life.

1. **To humble ourselves to God.** [Psalm 35:13](#), [1 Samuel 7:6](#), [Ezra 9](#)
2. **To draw closer to God.** [James 4:8](#)
3. **To understand God's Word.** [Ephesians 1:17-22](#)
4. **To know God's will or direction.** [Acts 13:1-2](#)
5. **To seek healing and freedom.** [Isaiah 58](#), [Matthew 17:21](#)
6. **To seek God's intervention.** [2 Samuel 12:16-23](#), [2 Chronicles 20:3](#)
7. **To intercede for others.** [Daniel 9:3](#)

Practical Points of Fasting

1. Plan your fast.

What kind of fast? How long? Write your plan out!

2. Be specific with your fasting.

Know why you're fasting. What are your objectives?

3. Plan your prayer time for each day.

When will you pray? Where will you pray?

4. Journal your fast.

Write out your prayer, reflections, and insights to reference later.

5. Seek Accountability.

It's good to share what you're doing with a trusted friend.

6. Stay hydrated.

Drink lots of water.

Different Types of Fasts.

There are many different kinds of fasts. The most important part of fasting is the time we spend with God in prayer. If we deny ourselves food and do not pray then we will accomplish nothing. The following types of fasts are simply references to what we can abstain from while we seek the Lord in prayer.

1. Full Fast

A full fast is going completely without food for the allotted time. There are at least four references in the Bible when people fasted food and water. However, we are only referencing food as a full fast for obvious reasons. If you choose to do a full fast then we recommend you consult with others prior to doing so, especially if you take any kind of medication.

2. Partial Fast

A partial fast is to simply go without a meal or two the day of your fast. For example, you could fast from dinner or lunch and spend an extended amount of time in prayer in place of that meal. There are no rules to this kind of fasting but you should decide beforehand what you will do and stick to it, as with all fasts.

3. Selective Fast

This kind of fast comes from Daniel chapter 10, where Daniel had a terrifying vision that caused him to abstain from all pleasant food and drink. If you choose to do this kind of fast then essentially you will be abstaining from all "meats, sweets and treats." Most people stick to fruits, vegetables, and nuts or similar kinds of protein. There are many resources online that provide healthy options for this fast.

4. Soul Fast

This fast is a great option if you do not have much experience with fasting food, have health issues that prevent you from fasting food, or if you wish to refocus certain areas of your life that are out of balance. For example, you might choose to stop using social media or watching television for the duration of the fast and then carefully bring that element back into your life in healthy doses at the conclusion of the fast.

Prayer connects us to God.
Fasting disconnects us from the world.

Brought Near to the Father

“Remember that at that time you were separate from Christ, excluded from citizenship in Israel and foreigners to the covenants of the promise, without hope and without God in the world. But now in Christ Jesus you who once were far away have been brought near by the blood of Christ.”

EPHESIANS 2:12-23 NIV

Pause

Have you ever applied for a membership—at a gym, a club, or a subscription service? If so, you know the difference between being on the outside and on the inside. On the outside, you miss out on the benefits. But on the inside, you gain full access.

Ephesians 2:12–13 reminds us that, because of sin, we were outside of God’s promise—separated, without hope. But God, in His love, sent Jesus to pay the price for our membership into His family, making us citizens of heaven. Now, we have full access to Him! Isn’t that amazing? You’re included in His promises. You can come near, speak to Him, cast your cares on Him, and trust that He’s with you always.

As you begin this 21-day journey of prayer and fasting, remember: You have full, irrevocable access to God. Above any other reason for this fast—whether for a loved one’s salvation, wisdom, clarity, or guidance—commit to growing deeper in your love and devotion to Him. “Come boldly to the throne of grace” (Hebrews 4:16 NKJV).

Ponder

What do you hope to see happen over the next 21 days? What prayers are you bringing before God?

Pray

Lord, thank You for bringing me near through Jesus. In Him, I have full access to You, and nothing can separate me from Your love. As I begin this 21-day journey, draw me closer to You, speak to me, and transform me. Let Your will be done in me. Amen.

For Your Family

Pause

Read Ephesians 2:12–13 out loud with your kids. Whether you go on a walk, talk in the car, discuss at dinner, or gather before bed, choose a time in your day to discuss and pray together.

Ponder

Share: God brought us near to Him through Jesus.

Ask: Why is it important to be close to God?

Pray

Guide your children to pray using these prayer points.

- Thank God for bringing us close to Him.
- Ask God to help you know Him better.
- Pray for God to bring others closer to Him.

Pray this over your children:

Lord, thank You for Your love and grace. Thank You for my kids (name them). Draw them closer to You and speak to their hearts over the next 21 days. Thank You for loving them more than anyone else does. We love you. In Jesus' Name. Amen.

“Therefore, brothers and sisters, since we have confidence to enter the Most Holy Place by the blood of Jesus, by a new and living way opened for us through the curtain, that is, his body, and since we have a great priest over the house of God, let us draw near to God with a sincere heart and with the full assurance that faith brings, having our hearts sprinkled to cleanse us from a guilty conscience and having our bodies washed with pure water.”

HEBREWS 10:19-22 NIV

Pause

Yesterday, we reflected on the incredible truth that, in Christ, we have full access to God. Today, we see some of the blessings that come with that access.

Cleansed from a guilty conscience: Hebrews uses the imagery of baptism—“hearts sprinkled” and “bodies washed”—to show how Christ has purified us. In Him, we’re cleansed and made pure from sin.

The full assurance that faith brings: The Greek word for full assurance speaks of complete confidence. Because of Jesus, we never have to doubt our standing with God. He’ll never cast us aside. At our highest and lowest, He’s with us.

Ponder

Are you carrying guilt from past or present sin? You don’t have to. Today, let go of that burden and embrace the freedom and peace of knowing you’re forgiven. Confess your sins and trust that “he is faithful and just and will forgive us” (1 John 1:9 NIV).

Pray

Heavenly Father, I confess my sins and lay them before You. Thank You for Your grace and forgiveness. Help me walk in freedom and draw nearer to You over the next 20 days. Amen.

For Your Family

Pause

Read Hebrews 10:19–22 out loud with your kids. Whether you go on a walk, talk in the car, discuss at dinner, or gather before bed, choose a time in your day to discuss and pray together.

Ponder

Share: Jesus makes us clean so we can be friends with God.

Ask: What does Jesus make us clean from?

Pray

Guide your children to pray using these prayer points.

- Thank Jesus for dying for our sins and letting us come to Him at any time.
- Ask God to help you make the best decisions possible.
- Pray for someone who doesn’t know Jesus yet to know Him.

Pray this over your children:

Heavenly Father, we confess our sins and lay them before You. Thank You for Your grace and forgiveness. Help my children (name them) walk in freedom and come closer to You. Amen.

A Saviour Who Empathizes

“For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are –yet he did not sin. Let us then approach God’s throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.”

HEBREWS 4:15-16 NIV

Pause

Shared experiences bond people. When someone understands what we’re going through, it brings comfort and confidence. As members of the body of Christ, we share many of the same struggles and challenges. But what’s even more amazing is that Jesus Himself understands us “in every way.”

Hebrews 4 reminds us that Jesus faced every temptation and hardship we do. He felt hunger, exhaustion, sadness, stress, and rejection. Even in fasting, He was tempted to give in. He knows how hard it is to discipline the body for the sake of the Spirit. But He overcame every temptation so that, through Him, we can do the same

Ponder

It’s usually around the third to fifth days of fasting that we hit a rough patch. Satan knows fasting is powerful and will try to make you crave what you’ve given up. Look to Jesus’ example in Matthew 4. Remember to “approach God’s throne of grace with confidence” and receive His strength.

Pray

Spirit of wisdom and revelation, enlighten the eyes of my understanding so that I can see and know the Author and Perfecter of my faith rightly. Work out in me a childlike faith that isn’t tainted by any internal or external baggage or noise. As I abide in You, let this substance of faith be formed and embedded in the innermost part of my being. Thank You Lord for the finished work!

For Your Family

Pause

Read Hebrews 4:15–16 out loud with your kids. Whether you go on a walk, talk in the car, discuss at dinner, or gather before bed, choose a time in your day to discuss and pray together.

Ponder

Share: Jesus understands how we feel and wants us to come to Him.

Ask: What do you need to share with Jesus?

Pray

Guide your children to pray using these prayer points.

- Thank Jesus for His kindness.
- Ask Jesus for His grace and mercy today.
- Pray for someone else who needs Jesus’ love.

Pray this over your children:

Jesus, thank You for understanding how we feel and wanting us to come to You! Strengthen my kids (name them) to overcome any temptations. Help them be honest with You about everything and grow to trust You more. Amen.

A Helper Who is Always There

"All this I have spoken while still with you. But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you."

JOHN 14:25-26 NIV

Pause

While lifting weights, have you ever realized you just couldn't lift anymore? Maybe you pushed for one too many reps or added too much weight. That's why having a spotter is crucial—someone to help you carry the load.

In His kindness, Jesus sent the Holy Spirit to be our helper. Just as Jesus taught His disciples, the Holy Spirit teaches and reminds us of His words (John 14:26). He guides us into truth (John 16:13), helps us in our weakness (Romans 8:26), and equips us with the strength we need. He meets us in our struggles and empowers us to glorify Christ.

Ponder

Did you know you can pray directly to the Holy Spirit? During your fast, ask for a fresh sense of His presence, guidance in truth, strength when you feel weak, and for Him to empower you to seek God wholeheartedly.

Pray

Holy Spirit, thank You for being my guide and strength. Help me hear Your voice, follow Your lead, and walk in step with You. Use this fast to draw me closer to You. Amen.

For Your Family

Pause

Read John 14:25–26 out loud with your kids. Whether you go on a walk, talk in the car, discuss at dinner, or gather before bed, choose a time in your day to discuss and pray together.

Ponder

Share: God sent His Holy Spirit to be our helper and teacher.

Ask: How can the Holy Spirit help you throughout your day?

Pray

Guide your children to pray using these prayer points.

- Thank God for giving us His Holy Spirit.
- Ask the Holy Spirit to teach you to be more like Jesus.
- Pray for the Holy Spirit to keep reminding others of Jesus.

Pray this over your children:

Holy Spirit, thank You for being our guide and strength. Help my kids (name them) to hear Your voice, follow Your lead, and walk in step with You. Help them learn more about You and how to become more like You. Amen.

Praying in All Things

“Rejoice always, pray continually, give thanks in all circumstances; for this is God’s will for you in Christ Jesus.”

1 THESSALONIANS 5:16-18 NIV

Pause

You’ve probably heard someone say, “My door is always open.” It’s meant to reassure you that they’re available anytime you need them.

Now, think about this: God, the Creator of the universe, has an open-door policy with you. He never says, “I’m busy,” or “Come back later.” Every time you call out to Him, He listens with full attention.

When Paul tells us to “rejoice always” and “pray continually,” he’s reminding us that constant connection with God leads to joy. The more time you spend in prayer—laying out your struggles, celebrating victories, seeking wisdom—the more your heart will be filled with gratitude and peace.

Fasting helps remove distractions, but prayer deepens your relationship with God. Through it, you’ll grow in His grace, power, and joy.

Ponder

What does your prayer life look like? How can you continue prioritizing prayer after your 21-day fast?

Pray

Father, thank You for always making time for me. Your love, grace, and presence mean everything. Draw me closer to You in these next weeks. Show me more of You. Amen.

For Your Family

Pause

Read 1 Thessalonians 5:16–18 out loud with your kids. Whether you go on a walk, talk in the car, discuss at dinner, or gather before bed, choose a time in your day to discuss and pray together.

Ponder

Share: God wants us to have joy, pray always, and be thankful.

Ask: What brought you joy today, and what are you thankful for today?

Pray

Guide your children to pray using these prayer points.

- Thank God for what brought you joy today.
- Think of something you need God’s help with and ask Him.
- Pray for God to bring joy to someone else around you.

Pray this over your children:

Father, thank You for always making time for us. Your love, grace, and presence mean everything. I ask that You show my kids (name them) more of You. Bring them moments of joy in their day and opportunities to share joy with others. Amen.

"Call to me and I will answer you and tell you great and unsearchable things you do not know."

JEREMIAH 33:3 NIV

Pause

On day one, we talked about the benefits of being "on the inside" as members of God's family. Today, we see one of the greatest benefits of being in Christ—access to divine revelation.

While God initially spoke these words to Jeremiah regarding future events, we now experience this promise in an even greater way through Christ. Paul writes in Colossians 1:26–27 (NIV) about "the mystery that has been kept hidden for ages and generations, but is now disclosed to the Lord's people." Because of Jesus, we're invited to know and experience the depths of God's wisdom and truth.

When we humbly seek God, desiring to know Him more, He promises to reveal Himself to us. He leads, teaches, and deepens our understanding of the gospel's power at work in us.

Ponder

Have you asked God to reveal "great and unsearchable things"? This time of prayer and fasting is a great opportunity to ask for His wisdom and guidance.

Pray

Heavenly Father, I ask You to reveal great and unsearchable things I do not know. Deepen my understanding of Your truth. Fill me with the knowledge of Your will and the mind of Christ, so I may know and love You more each day. Amen.

For Your Family

Pause

Read Jeremiah 33:3 out loud with your kids. Whether you go on a walk, talk in the car, discuss at dinner, or gather before bed, choose a time in your day to discuss and pray together.

Ponder

Share: God loves to listen and answer your questions.

Ask: What is a question you want to ask God?

Pray

Guide your children to pray using these prayer points.

- Thank God for being a good listener and answering your questions.
- Ask God to help you trust Him when you might not understand His answer.
- Pray for others to be brave when talking to God and asking questions.

Pray this over your children:

Heavenly Father, thank You for listening to us and answering our questions. I pray my kids (name them) would talk to You openly, grow to trust You more, and learn more about You! I pray they fall more in love with you today. Amen.

Cultivate a Listening Heart

"The Lord came and stood there, calling as at the other times, 'Samuel! Samuel!' Then Samuel said, 'Speak, for your servant is listening.'"

1 SAMUEL 3:10 NIV

Pause

Have you ever heard someone speaking, but you weren't really listening? Maybe you were distracted, lost in thought, or waiting for your turn to talk. There's a big difference between hearing and listening.

More often than not, we hear God rather than listen. Whether it's because we're multitasking or our minds are elsewhere, we struggle to give Him our full attention. But listening requires silence—it takes intentional effort to pause, be still, and truly receive what He's saying.

Prayer isn't just about talking to God; it's also about listening. If all we do is speak, our relationship with Him becomes one sided. Growth happens when we make space to hear His voice. Silence before the Lord allows Him to reveal truth, guide us, and shape us.

Ponder

What does it look like to truly listen to God? It means stepping away from distractions, creating space for solitude, and sitting in silence after reading His Word. It's about asking, "Lord, speak," and waiting expectantly for His voice.

Pray

Father, help me to listen as Samuel did, with an open and willing heart. Holy Spirit, lead me into moments of stillness where I can hear and respond to Your voice. Teach me to embrace silence so I may grow in my relationship with You. Amen.

For Your Family

Pause

Read 1 Samuel 3:10 out loud with your kids. Whether you go on a walk, talk in the car, discuss at dinner, or gather before bed, choose a time in your day to discuss and pray together.

Ponder

Share: When God speaks, we should listen.

Ask: What do you think God is telling you right now?

Pray

Guide your children to pray using these prayer points.

- Thank God for speaking to us.
- Ask God to show you who to encourage today.
- Pray that more people will hear His voice and read His Word.

Pray this over your children:

Father, help my children (name them) to listen as Samuel did, with an open heart. Holy Spirit, help us hear You everyday. May my children take every chance they get to love other people because they know how much You love them. Amen.

"For this is the will of God, your sanctification."

1 THESSALONIANS 4:3 NKJV

Pause

When we talk about "the will of God," we often think of it in terms of what He wants us to do—decisions, actions, and direction. But what if God's will is more about who we are rather than just what we do?

In Greek, the word for "will" (**thelēmatos**) refers to God's good desires for us. Today's verse makes His ultimate desire clear—our sanctification and transformation into the likeness of Jesus.

Sanctification is not an instant change; it's a lifelong journey. The more time we spend with Jesus, the more we come to know Him. The more we know Him, the more we love Him. And the more we love Him, the more we become like Him. Simply put, we become what we behold.

Ponder

Beyond these 21 days of prayer and fasting, what does your devotional life look like? How often do you engage with God's Word? Consider developing a consistent, sustainable rhythm of Bible study that will continue after this season.

Pray

Father, I want to know You more deeply. By Your Spirit, transform me to be more like Jesus each day. Help me to seek You, to spend time in Your Word, and to grow in love and obedience. Reveal Your heart, mind, and will to me. Amen.

For Your Family

Pause

Read 1 Thessalonians 4:3 out loud with your kids. Whether you go on a walk, talk in the car, discuss at dinner, or gather before bed, choose a time in your day to discuss and pray together.

Ponder

Share: God wants to make us more like Him.

Ask: What's God like? How can you show God's character to others?

Pray

Guide your children to pray using these prayer points.

- Thank God for saving you.
- Think of a characteristic of God you want to be more like (kind, gracious, loving, etc.) Ask God to help you be more like that.
- Pray for others to experience God's peace.

Pray this over your children:

Father, help my children (name them) to listen as Samuel did, with an open heart. Holy Spirit, help us hear You everyday. May my children take every chance they get to love other people because they know how much You love them. Amen.

Understanding His Plan For You

“Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.”

ROMANS 12:2 NIV

Pause

What’s the difference between conforming and being transformed? Let’s break it down:

Conforming is outside in.

Transformation is inside out.

Conforming is what you do.

Transformation who you become.

In today’s passage, Paul urges us to not mold our lives based on the world’s patterns but to let the Holy Spirit renew our minds with the mind of Christ (1 Corinthians 2:16). But how does this happen?

Transformation occurs when we let God’s Word shape our thoughts and hearts, which then changes how we act. It’s a process from head to heart and heart to hands. The more we allow God’s thoughts to fill our minds, the more we’ll align with His will and recognize His voice. When we know His will, we can live in a way that pleases Him.

Jesus, the Good Shepherd, says His sheep recognize His voice (John 10:14–15). But if we aren’t intentional in our relationship with Him and regular in our study of the Word, we may miss hearing His voice and miss the fullness of His guidance.

Ponder

Why is having a close relationship with God important for understanding His plan? Use this time to get to know Him better and find ways to learn more about what He wants for you.

Prayer

Father, transform my mind daily by Your Spirit. Give me the mind of Christ. Help me resist the temptation of conformity and take captive every thought so I may be obedient to Christ. Teach me to recognize Your voice so I can know and do Your good, pleasing, and perfect will. Amen.

For Your Family

Pause

Read Romans 12:2 out loud with your kids. Whether you go on a walk, talk in the car, discuss at dinner, or gather before bed, choose a time in your day to discuss and pray together.

Ponder

Share: When we follow God instead of the world, He helps us think in a new and better way.

Ask: What does it mean to follow God instead of the world?

Pray

Guide your children to pray using these prayer points.

- Thank God that you belong to Him and not the world.
- Ask God to help you think more like Him.
- Pray for God to make His voice clear to you and others.

Pray this over your children:

Father, thank You for making us Yours. I pray for my kids (name them) to always remember they’re part of Your family. Change their minds so they’ll think more like You think. If they ever believe a lie, remind them of the truth. Amen.

Discovering the Power of God's Grace

"For the grace of God has appeared that offers salvation to all people. It teaches us to say 'No' to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age, while we wait for the blessed hope – the appearing of the glory of our great God and Savior, Jesus Christ."

TITUS 2:11-13 NIV

Pause

Ever heard the term "Eureka!?" It's used when you have a breakthrough or epiphany. The word for "appeared" in Titus 2 is **epephanē**, meaning "to bring light to, to make visible." Before knowing Jesus, we were blinded to the truth (2 Corinthians 4:4). But when we understood the good news about Jesus, we experienced a life-changing epiphany, and it changed our lives completely.

Through Christ, the Spirit, and God's Word, we have the strength to make good choices and live in a way that pleases Him. His divine power gives us everything we need for a godly life (1 Peter 1:3).

Ponder

During a season of fasting and prayer, God often exposes things we may not notice otherwise. In what areas of your life do you need God's help to make good choices and live the right way?

Pray

Father, as the psalmist prayed, "Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting" (Psalm 139:23–24 NIV), reveal areas where I need breakthrough. And by Your Spirit, give me the strength and wisdom to live a godly, upright life. Amen.

For Your Family

Pause

Read Titus 2:11-14 out loud with your kids. Whether you go on a walk, talk in the car, discuss at dinner, or gather before bed, choose a time in your day to discuss and pray together.

Ponder

Share: God wants us to say no to bad choices and yes to good choices that honor Him.

Ask: What's something you need to say no to because it doesn't please God?

Pray

Guide your children to pray using these prayer points.

- Thank God for the hope of heaven while we live on the earth.
- Ask God to help you say no to bad choices and yes to good choices that honor Him.
- Pray for people who don't know God to receive His grace for them.

Pray this over your children:

Father, thank You for my kids (name them) and their hearts. I pray You make them strong and smart. Help them know what is right and good in life. Show them how to love you every day. Amen.

A Helper When You Don't Know What to Pray

"In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans. And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for God's people in accordance with the will of God."

ROMANS 8:26-27 NIV

Pause

Have you ever had someone in your life so close to you that you can finish each other's sentences? That person can advocate for you and help you express what's hard to put into words. This is the type of relationship we have with the Holy Spirit, but on a far deeper level. He knows our thoughts, our feelings, and intercedes on our behalf when we can't even articulate what we need. Not only does He know us, but He knows the mind of God, revealing to us the deep things of God (1 Corinthians 2:10-12).

Ponder

Today, instead of thinking about what you need to pray for, invite the Holy Spirit to help you. Take a moment to sit quietly and let Him speak to God for you.

Pray

Holy Spirit, I ask You to intercede for me before the Father in areas I can't see or understand. Be my advocate and messenger. Lead me into truth and reveal to me what comes from the Father. Amen.

After you pray these words, sit for 10-15 minutes in silence, without distraction, and let the Spirit move, guide, lead, and speak.

For Your Family

Pause

Read Romans 8:26-27 out loud with your kids. Whether you go on a walk, talk in the car, discuss at dinner, or gather before bed, choose a time in your day to discuss and pray together.

Ponder

Share: The Holy Spirit prays for us, too.

Ask: How does it make you feel that the Holy Spirit prays for you?

Pray

Guide your children to pray using these prayer points.

- Thank the Holy Spirit for praying for you when you don't know what to pray.
- Ask the Holy Spirit to teach you more truth about God.
- Pray for your friends and family to become part of God's family and receive the gift of the Holy Spirit.

Pray this over your children:

Holy Spirit, thank You for talking to God about us when we might not know what to say. I pray they'll trust You to be their messenger, their friend, their guide, and to always be with them. Lead them into God's truth and love. Amen.

Finding Light in the Darkness

"Your word is a lamp for my feet, a light on my path."

PSALM 119:105 NIV

Pause

Did you know that an estimated 11 percent of adults are afraid of the dark? It's easy to see why, right? There's a feeling of powerlessness and uncertainty that comes with darkness. We don't know what we're walking into or what may be lurking around the corner. And so our minds imagine potential dangers because fear flourishes in the dark—its power over us grows and can often overtake us. But introduce a little light and the fear and uncertainty can be dispelled.

But listen to this: 1 John 1:5 (PHILLIPS) tells us, "Here, then, is the message which we heard from him, and now proclaim to you: GOD IS LIGHT and no shadow of darkness can exist in him." That's amazing, right? Now let's see how this impacts us. In John 8:12 (NLT), Jesus declares, "I am the light of the world. If you follow me, you won't have to walk in darkness, because you will have the light that leads to life."

Ponder

What did you bring with you into this time of prayer and fasting? What breakthrough or decision were you seeking? Reflect on the light God has shown you so far. Ask that His Word continue to illuminate your path during this final stretch.

Ponder

Father, thank You for Your Word, which guides my life. During this last week of prayer and fasting, please help me let go of any distractions, fears, or doubts with Your truth. Speak to me, show me Your heart, and help me understand You better. Jesus, thank You for being the light of the world. Amen.

For Your Family

Pause

Read Psalm 119:105 out loud with your kids. Whether you go on a walk, talk in the car, discuss at dinner, or gather before bed, choose a time in your day to discuss and pray together.

Ponder

Share: God's Word lights our path.

Ask: How's God's Word like a light for you?

Pray

Guide your children to pray using these prayer points.

- Thank God for giving us His Word.
- Ask God to help you remember His Word.
- Pray for His Word to spread to people all around the world, especially in places where they don't have Bibles.

Pray this over your children:

Father, thank You for Your Word which guides our steps. I pray for my kids (name them) to focus on You this week and get rid of any distractions or fears. Help them fall in love with Your Word and use it as a light every day. Amen.

Standing Strong with God's Armor

"Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand."

EPHESIANS 6:13 NIV

Pause

Sometimes, discovering God's will isn't the challenging part. Sometimes, in fact, His will is made very clear to us, whether through Scripture, prayer, the testimony of a brother or sister in Christ, or the leading of His Spirit. Sometimes (a lot of the time, actually), the hardest part is following through and being obedient.

You see, even though you might not be able to see it, perceive it, or really put much thought into it, there's a full-scale war happening in the spiritual realm. The devil and his forces do NOT want you to walk in God's will for you. And they'll literally throw everything they can to keep you from it—distractions, lies, and deceit meant to discourage and trap you, temptations to throw you off the path, obstacles, and even full-on oppression to paralyze you with fear and anxiety. But Hebrews 12:1 (NIV) reminds us that we can "throw off everything that hinders and the sin that so easily entangles," and "run with perseverance the race marked out for us." How do we do this? By putting on the full armor of God!

Ponder

Read Ephesians 6:14–17. What is the armor of God? Truth, righteousness, the gospel, faith, salvation, and the Word of God revealed by the Holy Spirit. How have you grown in embracing these truths over the past two weeks?

Pray

Father, thank You for Your full armor that equips me to stand firm and walk in Your will. Thank You for protecting and fighting for me. Help me, by Your Spirit, to remember this truth as I face challenges today, through the remainder of this fast, and always. Amen.

For Your Family

Pause

Read Ephesians 6:13 out loud with your kids. Whether you go on a walk, talk in the car, discuss at dinner, or gather before bed, choose a time in your day to discuss and pray together.

Ponder

Share: God gives us His armor to fight the enemy.

Ask: Review the pieces of God's armor from Ephesians 6. Which one is your favourite? Why?

Pray

Guide your children to pray using these prayer points.

- Thank God for the armor He gives us when we trust in Him.
- Ask God to help you put on the armor every day to fight the lies of the world.
- Pray that every Christian will wear God's special armor to help them be strong and brave.

Pray this over your children:

Father, thank You for giving us Your armor to fight battles with. I pray for my kids (name them) to always face lies or hard things in life with Your love, Your Word, and faith. Help them to go to You in prayer all the time! Amen.

Finding Strength in Our Weakness

“Going a little farther, he fell with his face to the ground and prayed, ‘My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will.’”

MATTHEW 26:39 NIV

Pause

Sometimes, even when we know God's direction, the task ahead can feel overwhelming. Whether it's forgiving someone, loving the unlovable, or surrendering control, we can follow Jesus' example in Gethsemane. Despite His desire to avoid the suffering ahead, He prayed, “Not as I will, but as you will,” because of His deep relationship with the Father. Jesus often spent time in solitude, seeking the Father's strength and guidance. If He, as both fully God and fully man, needed this, how much more do we?

Ponder

Are you dealing with something God wants you to do but seems hard? Take some time today to think about it. Ask yourself, “Am I trying to handle this by myself when God is ready to help me?”

Pray

Father, thank You for being with me and for offering Your strength in times of weakness. Help me not to rely on my own strength but to depend on You in everything. Show me where I need to surrender and trust You're equipping me for what lies ahead. Amen.

For Your Family

Pause

Read Matthew 26:39 out loud with your kids. Whether you go on a walk, talk in the car, discuss at dinner, or gather before bed, choose a time in your day to discuss and pray together.

Ponder

Share: We can be honest with God and still ask Him to help us.

Ask: What's something hard you need God's help with?

Pray

Guide your children to pray using these prayer points.

- Thank God for always listening to us when we're honest with Him.
- Ask God to give you the strength to do what's hard.
- Pray for God to show you how to love others even when it's hard.

Pray this over your children:

Father, thank You for being with us always! I pray for my kids (name them) to never forget that. Give them Your strength when they feel weak. Remind them that You make them more than enough. Help them trust You and love others. Amen.

Keep Running the Race

“Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.”

HEBREWS 12:1-3 NIV

Pause

Have you ever tried to run in sandals or slides? It's a struggle, right? You're focused on running, but you're also trying to keep your sandals from falling off, which slows you down. Similarly, we can't run our spiritual race well if we're weighed down by distractions or sin.

As you enter the final week of your fast, you may feel tempted to give up. This is a common spiritual battle, just like the one Jesus faced when He fasted in the wilderness. To stay strong, the author of Hebrews gives us two key pieces of advice:

- Fix your eyes on Jesus—don't focus on the temptations or distractions, but draw near to Him.
- Remember, you're not alone—you have a community of believers around you. Stay accountable and encourage one another.

Ponder

Who have you shared this journey with? Is there someone you can invite to join you, someone who can support you or pray alongside you?

Pray

Father, thank You for the strength and perseverance Your Son displayed in the face of temptation and suffering. I ask for Your protection and peace in this final week of the fast. Help me stay focused on Jesus, and give me strength to

cast off anything that hinders me. Surround me with fellow believers as we run this race together. Amen.

For Your Family

Pause

Read Hebrews 12:1-3 out loud with your kids. Whether you go on a walk, talk in the car, discuss at dinner, or gather before bed, choose a time in your day to discuss and pray together.

Ponder

Share: We can run the race when we keep our eyes on Jesus.

Ask: What makes it hard for you to live for Jesus? How can you keep your eyes on Him?

Pray

Guide your children to pray using these prayer points.

- Thank Jesus for going before us and winning!
- Ask God to help you let go of all sin that keeps you from living for Jesus.
- Pray that you and your family will look to Jesus every day.

Pray this over your children:

Father, thank You for what Jesus did for us! I pray my kids (name them) will be protected and feel Your peace this week. Help them stay focused on You, Jesus. Bring them good friends to follow You with. Amen.

"Then I heard the voice of the Lord saying, 'Whom shall I send? And who will go for us?' And I said, 'Here am I. Send me!'"

ISAIAH 6:8 NIV

Pause

We've all heard of the term "teacher's pet," the person who's always eager to help and be involved. There's a beauty in this eagerness to serve, yet sometimes our motives can become mixed. We might want to serve God, but also crave recognition or feel too insecure to say "yes" because of our imperfections.

Even in our imperfections, God desires to transform our hearts. When we pray for a pure heart, He can align our motives and make them more in line with His will. It's our willingness to serve, even with our flaws, and to say, "Here I am. Send me!" that leads to real transformation. Are you ready to embrace your journey of serving God wholeheartedly?

Ponder

Reflect on the motives behind your desire to serve God. Do you serve to be seen or to please others? Are you afraid to serve because of insecurity or feeling unworthy? Where can you make yourself available to God and trust Him to transform your heart?

Pray

Father God, thank You for Your endless patience with me. I confess I sometimes allow fear or pride to cloud my motives. Help me to surrender these things at Your feet and replace them with Your peace and strength. I want to be available to You, and I offer myself, imperfect as I am. Transform my heart, Lord, and use me for Your glory. Amen.

For Your Family

Pause

Read Isaiah 6:8 out loud with your kids. Whether you go on a walk, talk in the car, discuss at dinner, or gather before bed, choose a time in your day to discuss and pray together.

Ponder

Share: When God asks us to do something, we should respond immediately with joy.

Ask: What's something God wants you to do that you can say, "Here I am, send me!"?

Pray

Guide your children to pray using these prayer points.

- Thank God for asking us to be part of His story.
- Ask God to give you the strength to do what He wants you to do.
- Pray for other people to also say "Here I am, send me!" all around the world.

Pray this over your children:

Father God, thank You for Your patience with us. I admit it's not always easy. I pray You help me be patient with my kids (name them), and help them be patient with me. I pray You give us all a heart to say, "Here I am, send me!" every day. Make them brave Lord. Amen.

Embracing Everyday Obedience

“For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God—not by works, so that no one can boast. For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.”

EPHESIANS 2:8-10 NIV

Pause

In our walk with God, we often focus on discovering His will for our lives, and while that’s important, it can sometimes become overly complicated. God’s will can often be found in the simple act of obeying Him in everyday situations. Just like a parent giving freedom to their children within safe boundaries, God calls us to live within His guidelines, trusting Him in the mundane and in the specific tasks He asks us to do.

Ephesians 2:8–10 reminds us that we’re saved by grace, not by works, and that we’re His “masterpiece” created to do good works. These good works don’t always have to be grand or extraordinary. They can be in everyday moments, showing love, kindness, and service to others.

Ponder

What are some everyday actions that reflect God’s love and obedience to His will? Beyond your personal time with God, how can you love others in practical ways? Reflect on the fruits of the Spirit in Galatians 5:22–23 and ask yourself, “How can I live these virtues today?”

Pray

Father God, thank You for being such a kind and patient parent. I’m grateful for the grace You’ve shown me and for the simple, everyday opportunities to obey You. Help me to see people around me who need love or encouragement. Give me the heart to be generous, courageous, and to serve others in Your name. Thank You for saving me and for preparing good works for me to do today. May I walk in those works with humility and joy. Amen.

For Your Family

Pause

Read Ephesians 2:8–10 out loud with your kids. Whether you go on a walk, talk in the car, discuss at dinner, or gather before bed, choose a time in your day to discuss and pray together.

Ponder

Share: God calls us His masterpiece and prepared good works for us to do.

Ask: What does it mean that God calls you His masterpiece, and what are some good works you think He’s planned for you to do?

Pray

Guide your children to pray using these prayer points.

- Thank God for making you wonderfully and with a purpose.
- Ask God to help you see the good works you can do every day for Him and others.
- Pray for others to see they’re God’s masterpiece, too.

Pray this over your children:

Father God, thank You for being a perfectly kind parent. Thank You that I get to be my kids (name them) parent—it’s the greatest blessing in the world. I pray You help them grow in obedience, courage, and in loving You and others. Thank You for loving them so much. Amen.

Obedience from Abiding

"If you keep my commands, you will remain in my love, just as I have kept my Father's commands and remain in his love. I have told you this so that my joy may be in you and that your joy may be complete. My command is this: Love each other as I have loved you. Greater love has no one than this: to lay down one's life for one's friends. You are my friends if you do what I command."

JOHN 15:10-14

Pause

When you think about the word abide, what comes to mind? It evokes the idea of making a place feel like home—becoming comfortable, establishing roots, and opening up to deeper relationships. In John 15, Jesus invites everyone into this kind of close relationship with Him, calling them to abide in Him as He abides in the Father.

Jesus uses the example of the vine and the branches, illustrating that we can only bear fruit when we remain rooted in Him. The relationship between abiding and obedience is key: As we stay rooted in Jesus, our obedience to His commands naturally flows from that relationship. The kind of obedience Jesus asks for is one that's sacrificial and mirrors His love for us. When we choose to abide in Him, His sacrificial love fills us and overflows in our lives.

Ponder

Are you intentionally abiding in Christ every day? Reflect on what this would look like for you throughout your daily life. Jesus is present in every moment, not just in our quiet time with Him. How can you invite Jesus into the ordinary moments of your day?

Pray

Heavenly Father, thank You for inviting me into such a close relationship with You. I'm grateful for Your love that enables me to live in obedience to You. I pray You'd deepen my roots in You, help me understand more of Your love, and transform me to reflect Your sacrificial love to others. May I abide in You today and allow Your love to overflow in all I do. Amen.

For Your Family

Pause

Read John 15:10-14 out loud with your kids. Whether you go on a walk, talk in the car, discuss at dinner, or gather before bed, choose a time in your day to discuss and pray together.

Ponder

Share: Staying in God's love will help us love other people with joy.

Ask: How do you think you can love others with God's love in you?

Pray

Guide your children to pray using these prayer points.

- Thank Jesus for laying down His life out of His great love for us.
- Ask God to show you how to love others better.
- Pray for you and your family to stay in God's love every day.

Pray this over your children:

Heavenly Father, thank You for dying on the cross to save my kids (name them). Thank You for being their closest friend. I pray they'll experience and understand Your love more every day. Help us to live in Your love as family. Amen.

Relying on God's Direction

"Direct my footsteps according to your word; let no sin rule over me."

PSALM 119:133 NIV

Pause

Do you remember the days before Google Maps when we had to rely on printed directions from MapQuest or navigate using an actual paper map? It was a lot more challenging to find our way back then.

As we continue this journey of seeking God's will, we've learned how to hear His voice and understand His direction. However, there's one more crucial piece: how to actually walk in and live out the calling He's given us. This is often where we struggle the most, as it leads us out of our comfort zones and into places that can feel challenging or inconvenient. To help us stay on the right path, we need a guide, much like a map or GPS, to show us the way.

Psalm 119:133 (NIV) captures this beautifully: "Direct my footsteps according to your word; let no sin rule over me." In verse 11, the author says, "I have hidden your word in my heart that I might not sin against you" (verse 11). This is a key to walking out God's will—by storing His Word in our hearts, we allow the Holy Spirit to guide our steps. Consistent time in the Word helps us stay on course and walk in the good works God has prepared for us.

Ponder

How are you currently hiding God's Word in your heart? In what ways are you allowing Him to direct your steps according to His Word? Would Scripture memorization be a helpful practice for you to incorporate into your daily routine?

Pray

Father, steady my feet and direct my path. Lead me in the way I should go, and give me the strength, courage, and wisdom to walk in Your will and accomplish the good works You have prepared for me. Amen.

For Your Family

Pause

Read Psalm 119:133 out loud with your kids. Whether you go on a walk, talk in the car, discuss at dinner, or gather before bed, choose a time in your day to discuss and pray together.

Ponder

Share: God will direct our steps when we ask Him.

Ask: What do you need to give to God so you can follow His steps?

Pray

Guide your children to pray using these prayer points.

- Thank God for directing your steps.
- Ask God to forgive you of a sin you're struggling with.
- Pray for Christians around the world to follow God's steps for their lives.

Pray this over your children:

Father God, thank You for guiding our steps. I pray for my kids (name them) and the sins they struggle with. I pray they'd give them to You and receive Your forgiveness and strength to grow. Help them walk in Your good plans for their lives. Amen.

"Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. Therefore, as we have opportunity, let us do good to all people, especially to those who belong to the family of believers."

GALATIANS 6:9-10 NIV

Pause

Have you ever felt exhausted, burned out, or ready to give up? Maybe you've faced seasons where it seemed like the effort you were putting in was going unnoticed or unappreciated. In the Christian life, these moments are inevitable. There will be times when doing good, helping others, and being sacrificial can feel thankless, especially when you aren't receiving gratitude in return or when those around you are acting selfishly.

But here are two things to remember:

You're not doing it for others. You're doing it for Jesus, walking in obedience to Him, and bringing glory to His Name. As Jesus said, "Whatever you did for one of the least of these brothers and sisters of mine, you did for me" (Matthew 25:40 NIV).

God sees and remembers your efforts. Even when it feels like no one notices, He sees your sacrifice and has a great reward for you in eternity.

As you continue to hear God's voice and walk in His will, let His Word be the strength and joy that pushes you to "do good," serving, loving, and helping others.

Ponder

What do you do when you feel weary? How has this 21-day journey helped equip you for those moments or seasons of exhaustion?

Pray

Father, help me to never grow weary in doing what You've called me to do. May I stay strong in following Jesus' example and serving others, even when it feels difficult. Keep Your promises ever before me, reminding me of the reward that awaits those who trust in You. Amen.

For Your Family

Pause

Read Galatians 6:9-10 out loud with your kids. Whether you go on a walk, talk in the car, discuss at dinner, or gather before bed, choose a time in your day to discuss and pray together.

Ponder

Share: We must not give up doing good for God and other people.

Ask: Have you ever felt like giving up when trying to do good? How can you ask God to help you keep loving Him and others?

Pray

Guide your children to pray using these prayer points.

- Thank God for never giving up on us!
- Ask God for strength to keep doing good for Him and for others.
- Pray for Christians around the world to stay strong and for many more people to start following Jesus.

Pray this over your children:

Father God, thank You for never giving up on us! I pray for my kids (name them) to be bold in following Your example. I pray they'd be helpful to others, serving and loving them like You do. I pray they'll remember Your promises! Amen.

Trusting God to Complete His Work

“Being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.”

PHILIPPIANS 1:6 NIV

Pause

You’ve made it! You’ve reached the end of this powerful 21-day journey of prayer and fasting. We hope these three weeks have been transformative for you—bringing breakthrough, spiritual growth, and, most importantly, a deeper closeness to the Lord. But remember, though this season ends today, your journey with Jesus doesn’t!

In fact, the best days of your life with Jesus are still ahead of you. Each new day brings an opportunity to know Jesus more deeply, to grow in closeness with Him, and to experience even more of His love. So, when you wake up tomorrow, even after your fast ends, carry with you the words of Paul from Philippians 3:12 (NIV): “Not that I have already obtained all this, or have already arrived at my goal, but I press on to take hold of that for which Christ Jesus took hold of me.”

And here’s the amazing thing: As you press forward, as you continue this race with endurance, remember Philippians 2:13 (NIV), which says, “It is God who works in you to will and to act in order to fulfill His good purpose.” So, be confident in the truth of Philippians 1:6: “He who began a good work in you will carry it on to completion until the day of Christ Jesus.”

Ponder

Look back on the past 21 days. Reflect on your prayers, journaling, and where you were at the start compared to where you are now. How have you seen God work in you? How have you changed?

Ponder

Father, thank You for everything You’ve done in my heart, mind, and life during these 21 days. May all You’ve spoken, shown, and done take root and bear fruit in my life. Holy Spirit, I pray I never become complacent or satisfied with my

current level of intimacy with Jesus. Even as this season of fasting and prayer ends, may my devotion to You, my love for You, and my closeness to You only grow. Amen.

For Your Family

Pause

Read Philippians 1:6 out loud with your kids. Whether you go on a walk, talk in the car, discuss at dinner, or gather before bed, choose a time in your day to discuss and pray together.

Ponder

Share: God will finish the good work He starts in us.

Ask: What hope do you have in God finishing what He started?

Pray

Guide your children to pray using these prayer points.

- Thank God for promising to finish the good work He started.
- Ask God to keep helping you grow and become more like Him.
- Pray for others to let God change their lives in amazing ways.

Pray this over your children:

Father, thank You for everything You’ve done in our hearts, minds, and lives during the past 21 days. Thank You for what You’ve taught my kids and how they’ve heard from You. I pray they’ll keep growing in their devotional time and follow You all the days of their lives. Amen.

