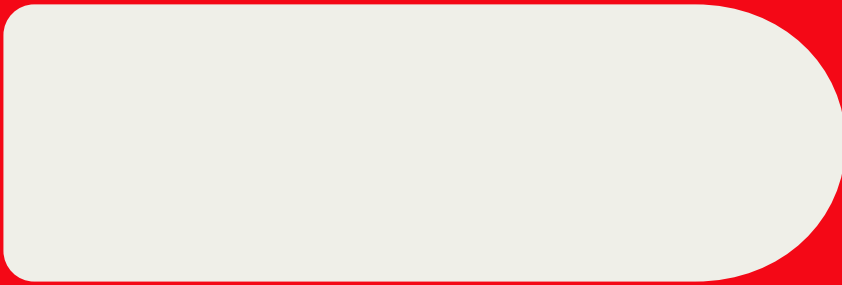


21 DAYS OF PRAYER + FASTING

NAME



For 21 days, we invite you to set aside time daily to pray, listen, and fast in some way. Every other day you will be guided into a specific fasting challenge: a meal, a comfort, or a distraction. Together, we are seeking God with open hands and expectant hearts.

FASTING IS
FEASTING ON
GOD.

- Dallas
Willard

Introduction

Over the next 21 days, we invite you to step into a focused season of prayer and fasting. This is more than a spiritual challenge; it is an opportunity to draw near to God with open hands and hungry hearts. Each day you will find a devotion, reflection question, and a simple practice to guide your time with God.

Alongside prayer, we encourage you to fast intentionally. For some, that will mean skipping a meal. For others, it may involve stepping away from media, entertainment, or another daily comfort. The goal is not deprivation, but devotion. We are creating space for God's presence to fill. As you commit to this journey, carve out time each day to pray, listen, and fast in some way. Expect God to meet you in both silence and Scripture, in hunger and in hope. For practical tips and creative ideas, see the fasting guide at the back.

“But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.”

Matthew 6.17–18

Prayer & Fasting

Why 21 days?

We believe God shapes us deeply when we set aside intentional time to pray and fast. In Scripture, Daniel fasted for 21 days as he sought God's wisdom (Daniel 10:2-3). These weeks are not about earning God's favor, but about drawing near to Him in focused dependence.

Why Prayer?

Prayer is the language of relationship with God. It is how we align with His will, bring our burdens, and hear His heart. Over the next three weeks we will explore prayer as a conversation: what it actually is, how to engage, and how to listen.

Why Fasting?

Fasting is the companion discipline to prayer. When we fast, we lay aside good things, often food, to remind our souls that God alone sustains us. Fasting is not about earning God's favor or punishing ourselves; it's about creating space for His presence. Every hunger pang becomes a physical reminder of our deeper hunger for Him. It reorders our desires, humbles our hearts, and sharpens our spiritual focus. When we fast, we quiet the noise of lesser appetites to hear the voice of the One who truly satisfies. Throughout Scripture, God's people fasted when they needed clarity, repentance, breakthrough, or renewal. Moses fasted before receiving the Law. Esther fasted for courage to stand before the King. Daniel fasted for wisdom. Jesus fasted before beginning His public ministry.



DAY ONE

WHEN GOD BREAKS THE SILENCE

“In the beginning God created the heavens and the earth... And God said, ‘Let there be light,’ and there was light.” Genesis 1.1,3

Prayer begins not with our words, but with God’s voice.

Long before you prayed your first prayer, God has already spoken. Creation itself came to life by His Word. Psalm 33:6 says, “By the word of the LORD the heavens were made.” The apostle John declares, “In the beginning was the Word, and the Word was with God, and the Word was God” (John 1.1).

This means prayer is not our attempt to get God’s attention. Prayer is our response to a God who has already spoken, moved, and invited us into relationship. He is the initiator; we are the responders. When we see prayer this way, the pressure lifts.

We don’t come to convince or impress God. We come to listen and answer. This is why silence matters in prayer. Quieting our hearts reminds us that He speaks first.

Fasting plays a major role in this process. Fasting removes the noise and distractions that compete with God’s voice. Every hunger pang becomes a reminder: “God is my true sustainer.”

Reflection

How does it change your view of prayer to realize God is always the one who speaks first?

Practice

Spend 5 minutes today in silence before speaking a word to God. Read Psalm 23 slowly, then listen.

Fasting Challenge

Begin your day in digital silence. No phone, music, or notifications for the first hour after waking.

“True prayer is not monologue but dialogue; whereas God’s voice in response to mine, is its most essential part.”

– **Andrew Murray,**
With Christ in the School of Prayer



DAY TWO

THE GOD WHO WANTS YOU NEAR

“My heart has heard you say, ‘Come and talk with me.’ And my heart responds, ‘LORD, I am coming.’” Psalm 27.8 NLT

Prayer is not a task to complete, but a relationship to enjoy.

At its core, prayer is not a religious ritual, it is an invitation into relationship. From the very beginning, God created humanity not merely to exist, but to walk with Him. In the garden, Adam and Eve heard the sound of the LORD walking among them (Genesis 3:8).

Israel was called to seek His face (2 Chronicles 7:14). Jesus Himself withdrew often to lonely places to pray, because even He desired unbroken fellowship with the Father (Luke 5:16).

When we reduce prayer to a spiritual to-do list, we miss its heartbeat.

God is not after eloquent speeches or polished formulas. He wants our presence. He longs for us to come as children to a Father, not as employees reporting to a boss. This is why David says, “One thing I ask from the LORD... that I may dwell in the house of the LORD all the days of my life” (Psalm 27:4).

Fasting sharpens this reality. When we set aside food or comfort, it is more about desire, than denial. Hunger reminds us of what we truly hunger for: His presence. Our deepest need is not bread, but communion with God.

Reflection

Do you approach prayer more as a duty to perform or as a relationship to pursue?

Practice

Today, set aside 5 minutes simply to be with God. No agenda, lists, or requests, simply presence.

Fasting Challenge

Fast from comfort foods and desserts today. When cravings rise, turn them into short prayers of desire for God's presence.

"I am deeply convinced that the necessity of prayer, and to pray unceasingly, is not as much based on our desire for God as on God's desire for us. It is God's passionate pursuit of us that calls us to prayer."

– Henri Nouwen



DAY THREE

WHY PRAY?

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” Philippians 4.6–7

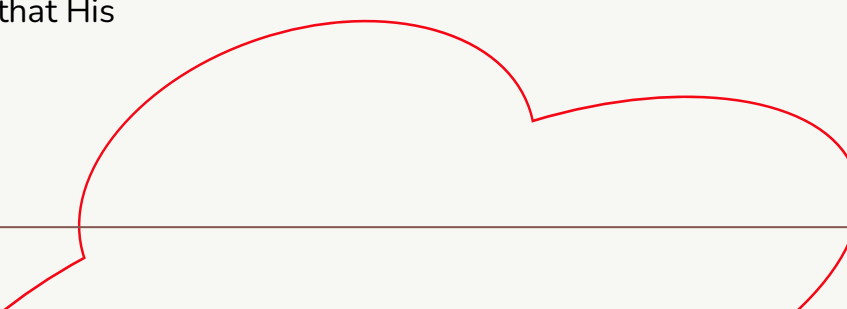
Prayer is not about controlling outcomes but about receiving God’s peace and presence.

Most of us come to prayer because we need something to change. It may be circumstances, people, or even ourselves. God does invite us to bring requests to Him. Yet, Paul reminds us that the primary result of prayer is not changed circumstances, rather a transformed heart.

When we pray, we are invited to lay down our anxieties. In their place, God gives His peace. A peace that defies logic and guards our hearts and minds. Prayer shifts the burden from our shoulders to His. It reminds us that God is in control and that His love will not fail.

Why pray? Because prayer is the pathway to peace. It deepens our intimacy with God, aligns our hearts with His will, and strengthens us to walk faithfully, even when nothing outwardly changes.

In prayer we don’t just gain answers, we gain God Himself. Fasting reinforces this truth. Skipping a meal or giving up a comfort reminds us that life isn’t sustained by food alone, but by every word from God’s mouth (Matthew 4:4). When we feel weak, He becomes our strength.



Reflection

What are you most often seeking in prayer: answers or the presence of God?

Practice

Take one of your current worries and turn it into a prayer today. As you pray, intentionally ask God for His peace rather than for control of the outcome.

Fasting Challenge

Fast from lunch. Take that time and pray. Write out some ways you sense God is inviting you to lean into prayer and fasting during these 21 days. See the Fasting Guide at the back for more ideas.

“Prayer is not overcoming God’s reluctance, but laying hold of His willingness.”

– Martin Luther



DAY FOUR

HOW LONG, LORD?

“How long, LORD? Will you forget me forever? How long will you hide your face from me?” Psalm 13.1

God invites us to bring Him our raw honesty, even when He feels silent.



At some point in prayer, every believer asks David’s question: “How long, LORD?” Prayer can feel unanswered, delayed, or ignored. And yet, Psalm 13 shows us something stunning: God welcomes honesty. David does not sugarcoat his emotions, he pours them out. David doesn’t suppress his frustration, confusion, or pain, he prays them.

This teaches us that prayer is not just about polished words or perfect attitudes. It is about bringing our whole selves before God. When we ache, we can say so. When we doubt, we can admit it. When we are angry, God can handle our anger.

Prayer is not a performance; it is a relationship. And real relationships thrive on honesty.

Notice how David ends the psalm: “But I trust in your unfailing love; my heart rejoices in your salvation” (Psalm 13:5). Honesty did not erase his pain, it actually anchored him back to God’s character. This is the gift of lament: it moves us from despair to renewed trust.

Fasting ties in here too. Hunger and weakness can surface irritability, impatience, and anger. Rather than hide these, we can bring them to God as part of our prayer. Honest fasting and honest prayer go hand in hand.



Reflection

What emotions or struggles have you been holding back from God in prayer?

Practice

Write your own psalm of lament today. Begin with “How long, LORD...?” and pour out your heart honestly.

Fasting Challenge

Drink only water today until dinner. Okay, one cup of coffee in the morning. Each time you want something other than water, speak honestly to God about what you are feeling.

**Lament is not a failure of faith; it is an act of faith.
It takes faith to bring our pain before God.**



DAY FIVE

WHEN NOTHING CHANGES

“But he said to me, ‘My grace is sufficient for you, for my power is made perfect in weakness.’ Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me.”

2 Corinthians 12.9

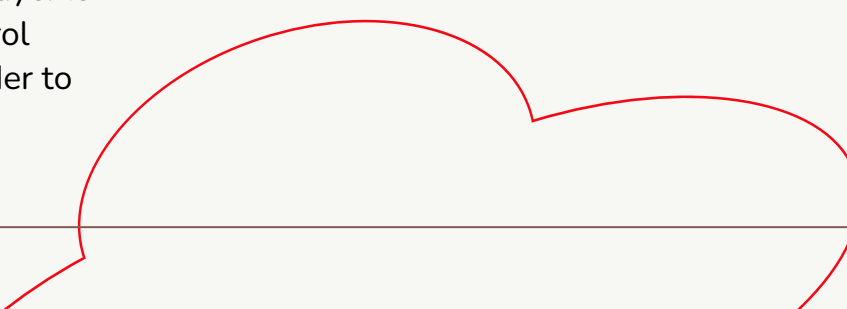
Sometimes God answers with “no,” because His grace is better than what we asked for.

Paul knew what it was to plead with God. He writes that three times he begged the Lord to take away his “thorn in the flesh” (2 Corinthians 12:8). We do not know exactly what this thorn was. It may have been a physical illness, outside opposition, or some kind of deep struggle. We do know God’s response: “My grace is sufficient for you.”

This is hard for us to accept. We want relief. We want breakthrough. We want the thorn gone. At times, God heals, provides, and delivers. But, sometimes He doesn’t. Prayer is not a magic wand to control God’s actions; it is surrender to His wisdom and love.

When God says “no” or “not yet,” He is not being cruel. He is offering something greater: His presence, His strength, and His grace. Paul’s weakness became the very place where Christ’s power rested. The unanswered prayer became an altar where God’s glory shone brighter.

Fasting helps us embrace this truth. When hunger pangs come and nothing changes, we are reminded: God’s grace is enough. Bread sustains for a moment, but His presence sustains forever.



Reflection

How do you respond when God's answer to your prayer is "no" or "not yet"?

Practice

Bring one persistent prayer request to God today. Instead of asking Him to remove it, ask Him to reveal His grace in it.

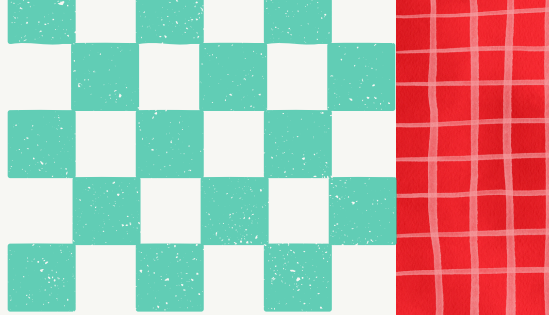
Fasting Challenge

Skip dinner tonight and spend the time journaling about where you have seen God's grace carry you.

"God always gives His best to those who leave the choice with Him."

– **Jim Elliot**

DAY SIX



WHEN HEAVEN FEELS SILENT

“Surely the arm of the LORD is not too short to save, nor his ear too dull to hear. But your iniquities have separated you from your God; your sins have hidden his face from you, so that he will not hear.” Isaiah 59.1–2

Prayer is not broken, sometimes it is our hearts that need realignment.

We have all asked it: Why isn't God answering my prayers? It can feel like our words hit the ceiling and fall back down.

Scripture gives us a sobering reality: sometimes the barrier is not God's silence, but our sin or motives.

Isaiah reminds Israel that God's arm is not too weak, nor His ear too dull. The problem was not on His end, it was Israel's. Sin can clog the line of communication, not because God stops being powerful, but because unrepentant hearts stop being receptive. The Book of James echoes this by warning against selfish prayer requests that serve our pleasures rather than God's purposes.

This isn't to say every unanswered prayer is caused by sin or selfishness. Paul prayed sincerely and still heard “no.” But these passages remind us that prayer is about alignment, not manipulation. When our hearts are yielded, prayer flows freely.

Fasting can expose these hidden motives. When we go without, our cravings reveal what we really depend on. This can become an invitation to repent, realign, and let God purify our desires.

“You do not have because you do not ask God. When you ask, you do not receive, because you ask with wrong motives, that you may spend what you get on your pleasures.”
James 4.2–3

Reflection

Are there ways you have been treating prayer like a tool to get what you want, rather than a way to align with God's will?

Practice

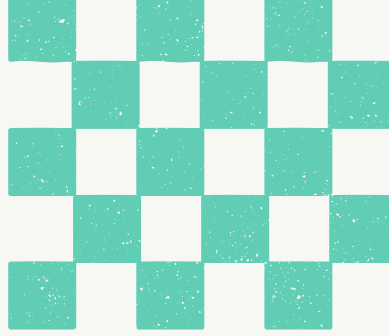
Take 5 minutes today to confess anything that may be hindering your prayers. It could be sin, unforgiveness, or selfish motives.

Fasting Challenge

Fast from sweets or treats today as a reminder to examine what you crave most.

“God is always speaking. We’re just too busy listening to everything else.”

– A.W. Tozer



DAY SEVEN

KEEP KNOCKING

“Ask and it will be given to you; seek and you will find; knock and the door will be opened to you.” Matthew 7.7–8

Persistent prayer shakes the heavens and changes the earth.

When Jesus said, “Ask, seek, knock,” He wasn’t describing polite prayer. These are not casual, half-hearted, once-and-done petitions. These imperative, ongoing verbs, could be translated: Keep asking. Keep seeking. Keep knocking.

The verbs themselves imply persistence, passion, and pursuit. Jesus is teaching us to pray with fire, faith, and the kind of holy stubbornness that refuses to quit until heaven answers. He’s calling us to a life of relentless prayer. This isn’t because God is reluctant to respond, but because He delights in shaping our hearts through the asking.

Every “ask” stretches our faith. Every “seek” sharpens our vision. Every “knock” deepens our trust. God doesn’t just want to answer our prayers, He intends to form us through them.

When we pray with intensity, we step into a rhythm of heaven and earth colliding. The same God who split seas, stilled storms, and raised the dead listens when His children call. He is not a distant deity holding back blessing. God is a Father leaning forward, waiting for His children to come boldly. “Which of you,” Jesus asks, “would give a stone when your child asks for bread?” The very thought is absurd. How much more your Father in heaven.

Prayer that shakes the heavens is not about manipulating outcomes, it’s about aligning with the heart of a generous God. When you ask, He gives what is good. When you seek, He reveals what is true. When you knock, He opens what leads to life.



CONTINUED...

Sometimes the door opens instantly. Other times, you knock until your knuckles ache. Regardless, we are admonished to keep knocking, believing, and pressing. Heaven hears every sound. The prayers that seem to echo unanswered are often the very ones that change us most.

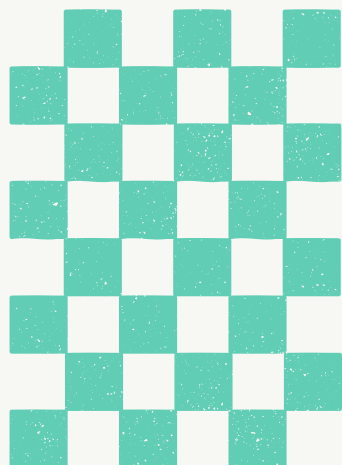
Do you want to see breakthrough in your home? Keep asking.

Do you want revival in your city? Keep seeking.

Do you long for renewal in your soul? Keep knocking.

Prayer is not a whisper into the void; it's a declaration into eternity.

The same God who reigns over galaxies bends down to hear your cry. So, pray like it matters. Pray like the future depends on it. Pray like you know the door will open, because Jesus has promised it will.



Reflection

Where in your life do you need to start asking again, seeking again, or knocking again with bold faith?

Practice

Set a timer for ten minutes and pray specifically, audaciously, and persistently. Ask God for one thing you've stopped believing for. Don't whisper it; declare it.

Fasting Challenge

Skip lunch today. Each time hunger stirs, whisper the words: "I'm still knocking."

"Prayer is not preparation for the battle;
it is the battle."

– Oswald Chambers

Notes



DAY EIGHT

SCHOOL OF PRAYER

“One day Jesus was praying in a certain place. When he finished, one of his disciples said to him, ‘Lord, teach us to pray, just as John taught his disciples.’ He said to them, ‘When you pray, say: “Father, hallowed be your name, your kingdom come. Give us each day our daily bread. Forgive us our sins, for we also forgive everyone who sins against us. And lead us not into temptation.”’ Luke 11.1–4

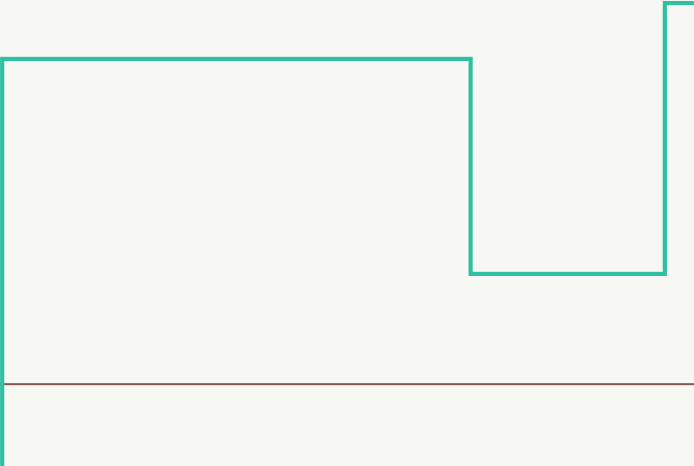
Prayer is not instinctive. It is learned at the feet of Jesus.

The disciples had watched Jesus heal the sick, cast out demons, and preach with authority. Yet of all the things they could have asked Him to teach, they asked: “Lord, teach us to pray.” They saw that the source of His power was found in His communion with the Father.

Prayer is not something we naturally know how to do well. It is a learned rhythm, shaped by Jesus’ example and instruction. The Lord’s Prayer is not only a set of words. It is a model. It teaches us to start with worship (“hallowed be your name”), to align with God’s will (“your kingdom come”), to trust Him for daily provision,

to confess and forgive, and to seek His guidance in temptation.

This prayer holds everything we need: worship, surrender, dependence, repentance, and trust. It forms us as much as it expresses us. Fasting, too, is a way of learning, training our bodies and desires to seek God first. Prayer and fasting together become a school of intimacy.



Reflection

If Jesus were to shape your prayer life today, what would He want to add, remove, or refocus?

Practice

Pray the Lord's Prayer slowly three times today. The first, recite it. The second, personalize each line. The third, sit in silence.

Fasting Challenge

Skip breakfast today and let your hunger echo, "Give us today our daily bread."

"The Lord's Prayer is the most perfect of prayers...

In it we ask not only for all the things that we can rightly desire, but also in the order in which they ought to be desired; so that this prayer not only teaches us to ask, but also disposes all our affections."

– **Thomas Aquinas, *Summa Theologica***



DAY NINE

WHEN WORSHIP BECOMES BREATH

“I will exalt you, my God the King; I will praise your name for ever and ever. Every day I will praise you and extol your name for ever and ever. Great is the LORD and most worthy of praise; his greatness no one can fathom.” Psalm 145.1–3

Prayer begins with God’s greatness, not with our needs.

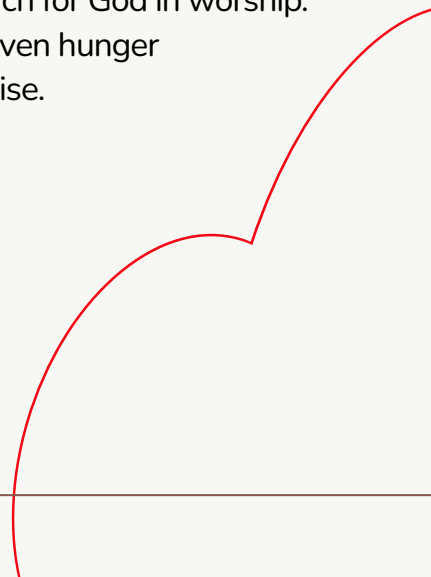
When Jesus taught His disciples to pray, He began with this: “Our Father in heaven, hallowed be your name.” Prayer starts with adoration. In worship, we are lifting our eyes off ourselves and onto God.

David models this in Psalm 145, a psalm of praise that magnifies the greatness, goodness, and glory of God. Before asking for anything, he declares God’s worth. Why? Because adoration recenters us. It reminds us of who God is, who we are, and where our help truly comes from.

Too often, our prayers rush straight into requests. When we begin with worship, our perspective shifts.

The problem that seemed overwhelming shrinks in light of God’s power. The worry that consumed us gives way to His peace. Adoration does not ignore our needs, it just puts them in the right order.

Fasting strengthens this discipline. When cravings surface, they can become acts of adoration. Instead of reaching for what we want, we reach for God in worship. In this way, even hunger becomes praise.



Reflection

How might beginning your prayers with adoration reshape the way you bring your needs before God?

Practice

Pray through Psalm 145 today. Write down 5 attributes of God you adore. Speak them back to Him in prayer.

Fasting Challenge

Fast from snacking today. Each time hunger rises, pause to say, "Great is the LORD and most worthy of praise."

"Worship is the submission of all our nature to God. It is the quickening of conscience by His holiness, the nourishment of mind with His truth, the purifying of imagination by His beauty, the opening of the heart to His love, the surrender of will to His purpose."

– William Temple, *Readings in St. John's Gospel*

DAY TEN

THE FREEDOM OF COMING CLEAN

“If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.” 1 John 1.9

Confession clears the way for unhindered fellowship with God.

Prayer does not just draw us close to God, it also exposes the distance sin creates. This is why confession is vital. To “confess,” means to agree with God about what is true. It is not about groveling, but about honesty. When we bring our sins into the light, we are met with forgiveness, not condemnation.

John assures us that God is both faithful and just. “Faithful,” means that God never breaks His promise to forgive. Christ already bore our sins at the cross, so God is “just.” When we confess, we are stepping into what has already been secured through Jesus.

David once wrote, “When I kept silent, my bones wasted away” (Psalm 32.3). But when he confessed, he found joy, freedom, and restored fellowship. Confession is an invitation to live unburdened and fully known.

Fasting pairs beautifully with confession. Hunger has a way of surfacing irritability, selfishness, and hidden idols. Instead of resisting, we can bring these to God, letting fasting become an X-ray of the heart that drives us into His mercy.

unconfessed sin can clog the channel of prayer.

Reflection

What do you need to bring into the light before God today?

Practice

Spend 5 minutes in confession prayer. Write down anything you need to surrender to God, then tear up the paper as a symbol of His forgiveness.

Fasting Challenge

Fast from coffee or another daily beverage you rely on. Let each craving turn into a prayer of confession: "Lord, I need You more."

"The confession of evil works is the beginning
of good works."

– Augustine (of Hippo), *The Works
of Aurelius Augustine*

THE GATE CALLED GRATITUDE

“Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name. For the LORD is good and his love endures forever; his faithfulness continues through all generations.”

Psalm 100.4–5

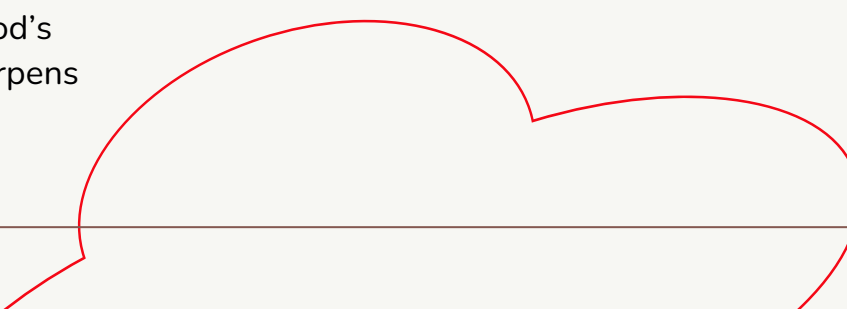
Gratitude opens the door to God’s presence.

When Jesus taught us to pray, thanksgiving was woven into the rhythm: “Give us each day our daily bread.” Gratitude reminds us that every breath, every meal, every answered prayer is a gift. It shifts us from entitlement to worship.

Psalm 100 reveals thanksgiving as more than manners, it is the gateway into God’s presence. To give thanks is to reorient our hearts toward His goodness, love, and faithfulness. Gratitude changes the posture of prayer. Instead of rushing in with requests, we pause to recognize what God has already done. Ingratitude blinds us to God’s activity. Thanksgiving sharpens our sight.

Even in difficulty, there is always something to thank God for: His character, His promises, His presence that never leaves. Gratitude is not denial of hardship, it is defiance against despair.

Fasting makes thanksgiving more vivid. When we skip food or comforts, we discover how much we take for granted. Each bite we miss can become a prayer of thanks for God’s daily provision, reminding us that He is the source of all good things.



Reflection

What blessings have you overlooked lately that you can thank God for today?

Practice

Write a gratitude list of 10 things, large or small, you are thankful for. Pray through each one slowly, thanking God for His goodness.

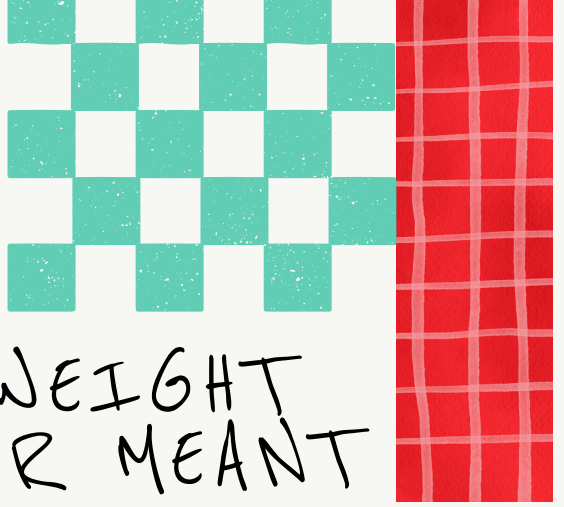
Fasting Challenge

Skip lunch today. During that time, walk and thank God aloud for the gifts you see around you.

“Gratitude bestows reverence, allowing us to encounter everyday epiphanies, those transcendent moments of awe that change forever how we experience life and the world.”

— John Milton

DAY TWELVE



LIFTING THE WEIGHT YOU WERE NEVER MEANT TO CARRY

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.”
Philippians 4.6

God invites us to bring Him our needs, big and small.

Prayer is not only worship, confession, and gratitude, it is also petition. To “petition” is to humbly place our requests before God. Paul tells us to bring “everything” to Him in prayer, from our deepest burdens to our smallest concerns. Nothing is too insignificant for His attention, and nothing is too overwhelming for His power.

Petition is not begging a reluctant God. It is approaching a loving Father who delights in hearing His children. Jesus reminds us that if earthly parents know how to give good gifts, how much more will our heavenly Father give to those who ask.

This isn’t to say every unanswered prayer is caused by sin or selfishness. Paul prayed sincerely and still heard “no.” But these passages remind us that prayer is about alignment, not manipulation. When our hearts are yielded, prayer flows freely.

Fasting can expose these hidden motives. When we go without, our cravings reveal what we really depend on. This can become an invitation to repent, realign, and let God purify our desires.

Reflection

What specific need or burden do you need to bring to God today, releasing it into His hands?

Practice

Write down three petitions today. It could be something personal, for another person, or related to the world around. Pray through them intentionally.

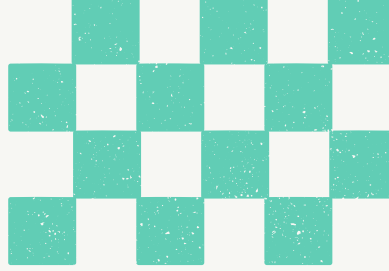
Fasting Challenge

Skip breakfast and let your hunger guide you to present your requests to God throughout the morning.

“Prayer is the slender nerve that moves the muscle of omnipotence.”

– Charles Spurgeon

DAY THIRTEEN



THE STRENGTH OF SURRENDER

“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

True prayer listens for God’s will and yields to it, even when it is hard.

In Gethsemane, Jesus reveals the deepest wrestle of prayer. His request was clear: “Take this cup from me.” It was raw, honest, and desperate. Yet the climax of His prayer was not the plea, but the surrender: “Yet not as I will, but as you will.”

Discernment in prayer is not about figuring out secret codes or hearing magical answers. It is about aligning our hearts with God’s will, even when it differs from our desires. Sometimes God says “yes.” Sometimes “no.” Sometimes “wait.” The mark of spiritual maturity is not just in asking, but in yielding.

Jesus’ example reminds us that bringing our desires honestly is not wrong. But the greater act of faith is trusting the Father’s wisdom over our own understanding. Petition without surrender can lead to frustration; petition with surrender leads to peace.

Fasting is a classroom for surrender. As we deny ourselves food or comfort, we practice saying “not my will” with our bodies. Each hunger pang is a prayer of yielding, shaping us to trust God’s will above our own cravings.

Reflection

Where in your life is God inviting you to pray, “Not my will, but yours be done”?

Practice

Today, spend time journaling two columns: “My will” and “God’s will.” Write down your desires, then prayerfully surrender each one to Him.

Fasting Challenge

Skip lunch today as a reminder that discernment in prayer begins with surrender.

The prayer that begins with trust ends
in surrender.



DAY FOURTEEN

SAY TO THIS MOUNTAIN

“Truly I tell you, if anyone says to this mountain, ‘Go, throw yourself into the sea,’ and does not doubt in their heart but believes that what they say will happen, it will be done for them.” Mark 11.23

Faith-filled prayer doesn't just climb mountains; it moves them.

Jesus spoke these words while standing near the Mount of Olives, overlooking Jerusalem. From this vantage point, He could see a landscape heavy with meaning. Across the horizon, six miles to the south, rose the Herodium, a massive, man-made mountain built by Herod the Great. A monumental palace to glorify his own name. Just beyond it, in the distance to the East, shimmered the Dead Sea, a symbol of barrenness and death.

Pointing perhaps toward that artificial mountain, Jesus said, “If anyone says to this mountain, ‘Be thrown into the sea,’ it will be done.” His disciples could see it, feel it, almost taste the dust.

He was speaking directly to the powers of pride, oppression, and self-exaltation that towered over their world. Prayer, He declared, has authority to cast down every false mountain that exalts itself against God.

Faith is not naïve optimism. It is the conviction that God reigns higher than Herod's monuments and deeper than the Dead Sea's abyss. The mountains Jesus refers to are both literal and symbolic. Mountains are the seemingly impossible obstacles that loom large before us. Prayer doesn't deny their existence; it declares the possibility of another reality.

When you pray, do you believe God can move what seems immovable? The same voice that commanded light into darkness invites you to speak with authority rooted in faith.

“Whatever you ask for in prayer,” Jesus said, “believe that you have received it, and it will be yours.” Faith sees before it feels. It trusts before it touches.

Imagine it: the Son of God on the Mount of Olives, the shadow of the Herodium in the distance, the Dead Sea beyond. It is a visual sermon of what faith can do. Herod's empire has long turned to dust, but the word Jesus spoke still stands.

Notes

Reflection

What “mountain” in your life feels immovable? What step of faith might God be asking you to take as you pray?

Practice

Speak directly to one mountain in prayer today. Name it aloud and declare God’s power over it.

Fasting Challenge

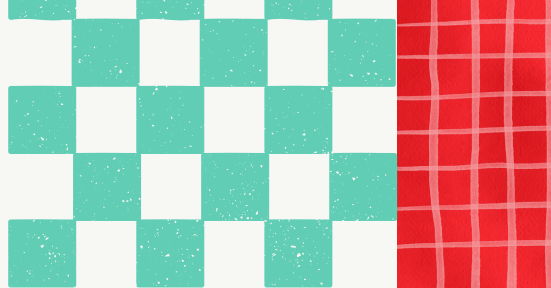
Skip dinner tonight, using the hunger to pray bold prayers for God to move what seems impossible.

“Faith sees the invisible, believes the incredible,
and receives the impossible.”

– Corrie ten Boom

Notes

DAY FIFTEEN



LEARNING THE SHEPHERD'S TONE

“My sheep listen to my voice; I know them, and they follow me.”
John 10.27

Hearing God's voice flows out of relationship, not technique.

Jesus describes His followers as sheep who know the Shepherd's voice. The picture is intimate. Sheep do not recognize the shepherd because they studied manuals or took classes. Sheep know the shepherd's voice because they live near Him, day after day.

Hearing God is not about mastering spiritual techniques. It is about cultivating closeness with the Shepherd. The more time we spend in His Word, in His presence, and in prayer, the more attuned we become to His voice. Like any relationship, recognition grows through proximity.

But listening requires intentionality. Our world is filled with competing voices. There is the chatter of our own thoughts, cultural noise, and even the enemy's whispers. If we are not careful, these sounds drown out the still, steady call of the Shepherd. Prayer becomes not just speaking but listening. Fasting helps us create this margin. As we turn down the volume on food or distractions, we tune our ears to God's voice with greater clarity.

The promise is simple, yet profound: the Shepherd speaks, the sheep listen, and then they follow. Hearing leads to obedience.

Reflection

How can you create more space to recognize the Shepherd's voice in your daily life?

Practice

Spend 10 minutes today in silence after reading John 10. Write down anything that stirs in your heart as you listen for God's voice.

Fasting Challenge

Fast from social media today. Each time you feel the urge to scroll, pause and pray: "Speak, Lord, I am listening."

"God speaks in the silence of the heart. Listening is the beginning of prayer."

– Mother Teresa



DAY SIXTEEN

WHEN PAGES COME ALIVE

“All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the servant of God may be thoroughly equipped for every good work.” 2 Timothy 3.16–17

God’s Word is His clearest and most reliable voice.

If we want to hear God, the first place to listen is Scripture. Paul reminds Timothy that all Scripture is “God-breathed,” alive with the Spirit’s breath. The same God who spoke the universe into being, still speaks through His Word today.

Many people long for whispers, dreams, or signs. God may use these, but the surest, clearest, and most trustworthy voice of God is the Bible. It teaches us what is true, corrects us when we drift, and equips us for “every good work.” When we open its pages, we are not just reading ancient words; we are meeting the living God.

The more Scripture fills our minds, the easier it is to discern His voice in other ways. His Spirit will never contradict His Word. When thoughts, impressions, or guidance come, Scripture becomes our anchor for testing and confirming what is truly from God.

Fasting sharpens this practice. When we set aside food or distractions, we create more space to feast on the Word. Hunger for bread points us to our deeper hunger: “*Man shall not live on bread alone, but on every word that comes from the mouth of God*” (Matthew 4:4).

Reflection

How consistently do you treat Scripture as God's voice, not just information?

Practice

Choose one passage (Psalm 23, John 15, or Romans 8) and read it slowly 3 times today. Listen for a word or phrase that the Spirit highlights, and carry it with you.

Fasting Challenge

Fast from lunch today and use the time to slowly read and meditate on Scripture.

“The Bible is alive, it speaks to me; it has feet, it runs after me; it has hands, it lays hold of me.”

– Martin Luther



DAY SEVENTEEN

THE WHISPER

“After the earthquake came a fire, but the LORD was not in the fire. And after the fire came a gentle whisper. When Elijah heard it, he pulled his cloak over his face and went out and stood at the mouth of the cave.” 1 Kings 19.12–13

God often speaks in ways quieter and gentler than we expect.

Elijah was desperate to hear God. He had just faced down prophets of Baal, yet now he felt alone, exhausted, and afraid. Standing on Mount Horeb, he expected God to arrive in power—in wind, earthquake, or fire. But the Lord was not in any of these. Instead, He came in a gentle whisper.

This moment teaches us that God’s voice is not always dramatic or obvious. Often, it is subtle—an inner nudge, a quiet conviction, a Scripture verse that lingers, a peace that settles over us. If we only look for the spectacular, we may miss His still small voice.

Hearing God requires slowing down. Noise drowns whispers. When we fill our lives with constant sound, screens, and schedules, it becomes nearly impossible to notice the gentle voice of God. Silence and solitude train us to listen differently.

Fasting helps create this space. As we strip away noise and comforts, we discover that God often speaks not in shouts, but in whispers. The question is not whether He speaks. The question is whether we are quiet enough to hear.

Reflection

Where in your life might the Spirit be whispering, but you have been too distracted to notice?

Practice

Spend 10 minutes in silence today. Turn off your phone, step away from noise, and simply sit in God's presence. Listen for His whisper.

Fasting Challenge

Fast from all background noise (music, podcasts, shows) for the day, creating room to notice God's quiet voice.

“God’s voice is still and quiet and easily buried under an avalanche of clamour.”

– Charles Stanley



DAY EIGHTEEN

DISCERNING TRUTH IN A WORLD OF ECHOES

“Dear friends, do not believe every spirit, but test the spirits to see whether they are from God, because many false prophets have gone out into the world.” 1 John 4.1

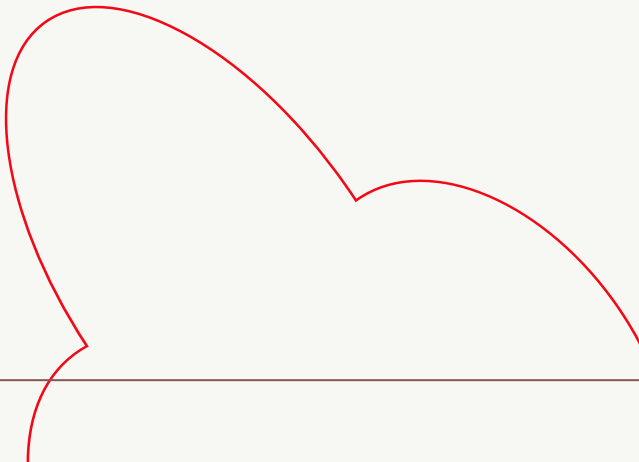
Not every voice we hear is God’s; discernment keeps us grounded in truth.

One of the hardest questions in prayer is this: How do I know if it is God’s voice, my feelings, or something else? John warns us not to accept every impression at face value, but to “test the spirits.” Discernment is essential, because God is not the only one speaking. Culture, our emotions, and even the enemy try to mimic His voice.

So, how do we test what we hear? First, God’s voice never contradicts His Word. The Spirit who inspired Scripture will not lead us against it. Second, God’s voice produces the fruit of the Spirit, peace, love, and clarity, not confusion or condemnation. Third, God’s voice is often confirmed in community. Wise, Spirit-filled counsel helps us discern what we cannot see alone.

We grow in discernment by immersing ourselves in Scripture, staying rooted in prayer, and practicing obedience in small things. Over time, we learn the Shepherd’s tone. Like sheep, recognition grows with proximity.

Fasting sharpens discernment. By stripping away distractions, our spiritual ears become more sensitive. As the noise decreases, God’s voice becomes clearer.



Reflection

What filters do you use to test whether something is truly from God? (Scripture, fruit, community, etc)

Practice

Write down one thought, impression, or decision you are discerning. Hold it against Scripture. Then ask a trusted believer for wisdom.

Fasting Challenge

Fast from entertainment tonight. Use the extra time to pray for clarity and test what you're sensing.

**The voice of God will never contradict
the Word of God.**

DAY NINETEEN

WHEN HEAVEN RESPONDS

“The prayer of a righteous person is powerful and effective. Elijah was a human being, even as we are. He prayed earnestly that it would not rain, and it did not rain on the land for three and a half years. Again he prayed, and the heavens gave rain, and the earth produced its crops.” James 5.16b–18

Ordinary people, surrendered to an extraordinary God, can shift the atmosphere through prayer.

James doesn't pick Elijah's story for its drama. He chooses it to make a point: Elijah was human. A man made up of flesh and blood. Elijah's story is underlined with weakness and weariness, as well as, fear and faith mixed together. Yet, his prayers shook a nation. Heaven closed. Heaven opened. Rain stopped. Rain fell. Crops grew. The world changed, not because Elijah was special, but because *he believed God* was. He prayed earnestly.

Elijah's story begins in 1 Kings 17, where he stands before King Ahab, the most corrupt ruler Israel had ever known, and declares, “There will be neither dew nor rain except at my word.” It wasn't arrogance, it was alignment. Elijah had heard from God and dared to speak what heaven had already decreed. His prayers were not wishful thinking; they were prophetic partnership.



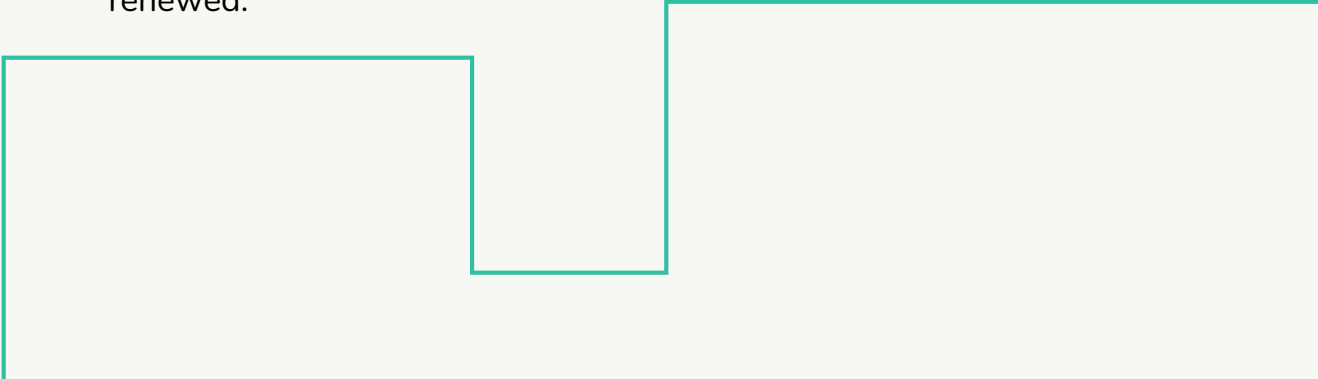
NINETEEN CONTINUED...

Three years later, Elijah climbs Mount Carmel. The sky is brass, the land arid, cracked, and gasping. He bows low to the ground, head between his knees, and begins to pray for rain. Seven times he sends his servant to check the horizon. Six times there's nothing. But Elijah keeps praying, believing, and pressing. On the seventh time, the servant spots a cloud the size of a man's hand rising from the sea. That was all Elijah needed. He didn't wait for thunder; he ran in faith, essentially declaring, "get an umbrella and take cover."

That's what James calls *effective* prayer. It may not be eloquent, polished, but it is persistent, faith-filled, and obedient. Elijah's prayers didn't change God's mind; they activated God's plan. When he prayed, the heavens responded, and the earth was renewed.

You and I are called to the same kind of partnership. The difference isn't in our humanity but in our hunger. Heaven still looks for men and women who will bow low and call rain where there is drought, who will pray until something shifts in the atmosphere.

This is not gentle, half-hearted prayer. This is intercession that burns. It's the kind that bends the knees and lifts the face toward heaven, believing that the God who answered Elijah still answers today.



Reflection

Where is God inviting you to pray with unwavering faith until you see the first cloud of promise rises, even if it takes days, months, years?

Practice

Find a quiet place today. Bow, just as Elijah did. Pray specifically for rain in one barren area of your life, family, or community. Keep praying until peace or breakthrough comes.

Fasting Challenge

Fast from all media today. Each time you would reach for your phone, pray instead for a fresh outpouring of God's Spirit.

The secret of praying is praying in secret. The power of prayer is found not in the one who prays, but in the One who hears.



DAY TWENTY

THE SACRED RHYTHM OF WALKING WITH GOD

“Since we live by the Spirit, let us keep in step with the Spirit.”
Galatians 5.25

Hearing God’s voice is not just about moments of clarity, but a lifestyle of walking with Him.

Paul paints a picture of life with God that is not static, but rhythmic keeping in step and in sync with the Spirit. To “keep in step” means more than hearing God occasionally. It means shaping our entire pace, direction, and rhythm of life around His leading.

This daily walk is how we grow in discernment. Just as a dancer learns to move with a partner or a soldier marches in formation, keeping in step with the Spirit comes through attentiveness and practice. We learn to sense His promptings, heed His warnings, and follow His nudges as part of our ordinary days.

This requires humility and patience. Sometimes the Spirit leads quickly, other times He slows us down. Sometimes He opens doors. At other times, God closes them. What matters most is not speed, but synchronization.

Fasting can help us reestablish this rhythm. Each time we feel hunger or longing, it reminds us that our truest sustenance comes from walking with the Spirit. Every craving becomes a chance to recalibrate our steps with His.

Reflection

Where in your life do you sense the Spirit calling you to adjust your pace? It could be slowing down, speeding up, or shifting direction?

Practice

Take a 15-minute walk today in silence. With each step, pray, "Spirit, lead me." Notice what comes to your mind and heart.

Fasting Challenge

Fast from one meal today. Use that time to prayerfully reflect on how your daily rhythm can better align with the Spirit.

Walking in the Spirit is simply doing what you already know in your heart to be right, step by step, day by day.

DAY TWENTY-ONE

THE LIFE THAT FLOWS THROUGH YOU

“Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me. I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.”

John 15.4–5

Prayer and fasting are not occasional exercises but a way of abiding in Christ daily.

For three weeks we have explored prayer: what it is, how to pray, and how to hear God’s voice.

We have practiced fasting, stripping away distractions so we can feast more fully on Him. Now, Jesus invites us to see this not as a short-term challenge but as a lifelong posture: abiding.

To “remain” in Him is to live every moment connected to the Vine. Just as branches draw constant life from the vine, so we draw constant life from Christ. This is the essence of prayer: not sporadic conversations but a continual union.

Abiding transforms us. It produces fruit, not by our striving, but by His life flowing through us. It deepens intimacy, steadies us in trials, and shapes us into people who live in step with the Spirit. Fasting, prayer, and listening are not isolated disciplines but habits that cultivate abiding.

This is the two-way life we were created for: God speaks, we respond. We pray; He listens. We yield; He strengthens. A rhythm of communion, moment by moment.

Reflection

What practices from these 21 days will you carry forward as part of a lifestyle of abiding in Christ?

Practice

Spend time in prayer today, thanking God for the fruit of these 21 days and asking Him to help you abide daily.

Fasting Challenge

End the journey by fasting from one meal, celebrating that your deepest hunger is always satisfied in Him.

When we abide in Christ, prayer ceases to be a task and becomes the atmosphere we breathe.

“Pray without ceasing.”
1 Thessalonians 5.17

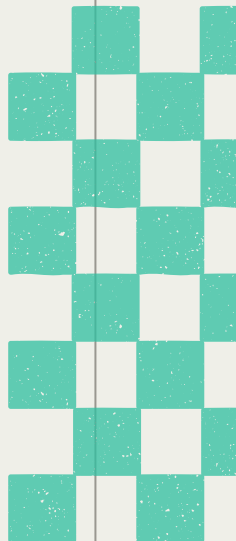
AFTERWORD

Afterword

You have completed 21 days of prayer and fasting, but this is not the end of the journey. What began as a set-apart season is meant to become a way of life. Prayer is not an event to check off, but the ongoing rhythm of communion with the Father. Fasting is not an occasional sacrifice, but a posture of surrender that clears space for God to fill.

As you return to your normal routines, may you not return unchanged. May the hunger you felt awaken in you a deeper hunger for God. May the silence you practiced remind you to keep listening for His gentle voice. May the Scriptures you prayed continue to shape your heart. And may the presence you encountered draw you back, day after day, to abide in Christ.

Carry forward these rhythms, not perfectly, but faithfully. Some days will be strong, others weak, but every step is part of a life lived in step with the Spirit. May prayer become your breath, fasting your sharpening, and God's presence your deepest joy.



Fasting Guide

“Fasting is feasting on God.”
– Dallas Willard

Fasting is not about emptying your life; it is about filling it with God. We don't fast to punish ourselves or prove something to God. We fast to carve out space for Him, to let hunger remind us that our deepest need is for His presence.

When you set something aside, you are creating margin for something greater: prayer, Scripture, worship, reflection, listening, or journaling. Fasting is never just about what you don't do; it's about what you do with the space you've opened.

Ways to Fast

FOOD FASTS

- Skip one meal a day and use that time to pray.
- Fast lunch every day during the 21 days.
- Skip lunch two or three times a week, replacing it with Scripture reading.
- Fast from morning and lunch, breaking the fast with dinner.
- Try a “Daniel Fast” (simple, plant-based foods) for a stretch of time.

Ways to Fast

MEDIA FASTS

- Step away from social media for a day, a week, or for the full 21 days.
- Turn off all streaming services like Netflix, Hulu, YouTube, or ESPN.
- Fast from podcasts, video games, or even background music to create silence.

HYBRID FASTS

- Pair a meal fast with a media fast.
- Replace your morning breakfast with 15 minutes of Scripture reading and journaling.
- Fast from unnecessary spending, and redirect what you would spend toward generosity.

Best Practices for Fasting

- **Start simple.**
 - If fasting is new for you, begin small with skipping one meal.
- **Stay hydrated.**
 - Drink plenty of water throughout the day.
- **Replace, don't just remove.**
 - Use the time you would normally eat, scroll, or watch for intentional prayer, worship, or Scripture.
- **Break gently.**
 - Don't binge when the fast ends. Choose light, nourishing foods.
- **Expect struggle.**
 - Hunger or irritability is normal. Let those moments lead you into prayer.

Health Consideration

Fasting should be life-giving, not harmful. Some people should use special care:

- **If you are diabetic, hypoglycemic, or have another medical condition.**
- **If you are pregnant or nursing.**
- **If you are under 18.**
- **If you take medication that requires food.**

If this applies to you, consult a doctor before attempting a more extended fast. You can still participate fully by fasting from media, entertainment, or comforts. Remember the heart of fasting is not deprivation but devotion. Everyone can create space for God.

**“God’s voice is still and quiet and easily buried
under an avalanche of clamour.”**

— Dallas Willard, *The Spirit of the Disciplines*

Talking
With
God



21 DAYS OF PRAYER + FASTING