



21-Day Prayer & Fast

A 21-day prayer and fast is about making intentional space to seek God, hear His voice, and grow together in faith.

Types of Fasts:

1. FOOD-BASED FASTS

Full Fast

- No food; water only (sometimes juice)
- Usually done for 1–3 days, not all 21
- Best for experienced fasters with medical wisdom

Daniel Fast (Most Common for 21 Days)

- Fruits, vegetables, whole grains, legumes
- No meat, sweets, or processed foods
- Water only

Partial Fast

- Skipping one or two meals a day
- Eating only one meal per day
- Sunrise to sunset fast

Selective Food Fast

- Giving up specific items:
 - Sugar
 - Meat
 - Caffeine
 - Snacks or desserts

Liquid/Juice Fast

- Juices, broths, smoothies, water
- More intense
- Often used for shorter seasons within the 21 days

2. NON-FOOD FASTS (Highly Recommended for Families & New Believers)

Media/Screen Fast

- No social media
- No streaming
- Limited phone use

Entertainment Fast

- No TV, movies, gaming, or sports
- Replace with prayer, Scripture, or family time

Hybrid Fast

- Combine food + non-food
 - Daniel Fast + no social media
 - One meal a day + no streaming

3. FAMILY & KID-FRIENDLY OPTIONS

Child-Appropriate Fast

(Children should not fast from food)

Kids can fast from:

- Sweets
- Screens
- Complaining
- Toys for part of the day

Health & Safety Disclaimer:

We encourage everyone to participate in this season of prayer in a way that honors God and your body. Fasting is not recommended for those who are pregnant or nursing, have medical conditions, are recovering from illness, have a history of eating disorders, or are under a doctor's care that requires regular nutrition or medication. If this applies to you, we encourage you to choose an alternative fast and to consult with a healthcare professional if you have any questions. Your health and well-being are important to us.



The purpose of a 21-day prayer and fast is not about endurance or religious performance. It is about intentionally drawing near to God over a sustained period of time so our hearts, habits, and direction are shaped by Him.

1. To Draw Closer to God

A 21-day fast creates space to focus on God through prayer, Scripture, and listening.

By removing distractions, we make room for relationships.

2. To Develop a Daily Prayer Habit

Twenty-one days help to establish a spiritual rhythm.

- Prayer becomes less intimidating
- Consistency replaces pressure
- Seeking God becomes part of daily life

This is especially helpful for new believers learning how to pray.

3. To Humble Ourselves Before God

Fasting reminds us that we depend on God, not on comfort, routines, or control.

It shifts our posture from self-reliance to trust.

4. To Listen for God's Direction

Extended prayer helps us slow down and hear God more clearly.

5. To Align Our Hearts With God's Will

Fasting doesn't change God; it changes us.

It helps align our desires, attitudes, and priorities with God's heart.

6. To Grow Spiritually Together

When a church or family prays and fasts together:

- Unity grows
- Faith is strengthened
- Spiritual momentum builds

7. To Prepare for What God Wants to Do Next

In Scripture, fasting often came before new seasons:

- Breakthrough
- Mission
- Leadership decisions
- Spiritual growth

A 21-day prayer and fast helps us prepare spiritually for what lies ahead.

What a 21-Day Prayer & Fast Is **NOT**

- Not a way to earn God's favor
- Not about extreme sacrifice
- Not about comparing spiritual effort

God is pleased with willing hearts, not perfect fasting.

Why 21 Days Specifically?

- It's long enough to build a habit
- Short enough to be sustainable

Modeled in Daniel 10, where Daniel sought God for 21 days