

21-Day Prayer & Fasting Guide

Awakening Hunger. Aligning Hearts. Advancing the Kingdom.

“Consecrate yourselves, for tomorrow the Lord will do amazing things among you.”

— Joshua 3:5



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How to Use This Guide

- Set aside 21 days for focused **prayer, fasting, and obedience**.
 - Use this guide **daily**, alone or in a group.
 - Choose a **fasting style**: food, media, time, meals, etc.
 - Journal your **prayers, insights, and action steps**.
 - Expect breakthrough, repentance, and fresh fire.
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Day 1: Return to the Lord

Joel 2:12–13

“Return to me with all your heart...”

- Ask: What areas of my life have drifted?
 - Pray: God, give me a tender, responsive heart.
 - Fast from: Distraction or busyness
 - Action: Set 1 hour today to listen in silence.
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Day 2: Hunger for God

Psalms 63:1

“My soul thirsts for You...”

- Ask: Am I spiritually hungry?
- Pray: Stir up hunger in me, Lord.
- Fast from: Complaining

- Action: Replace complaints with praise all day.
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Day 3: Repentance & Cleansing

Psalm 139:23–24

“Search me, O God...”

- Ask: Where is sin hiding in my heart?
 - Pray: Cleanse me deeply.
 - Fast from: Defensiveness or excuses
 - Action: Confess one hidden sin to a trusted friend.
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Day 4: First Love Fire

Revelation 2:4–5

- Ask: What replaced my love for Jesus?
 - Pray: Restore my first love.
 - Fast from: Anything you’ve placed before Him
 - Action: Rekindle a past habit of intimacy (worship, prayer walk)
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Day 5: Holiness

1 Peter 1:15–16

- Ask: Where have I become numb to sin?

- Pray: Make me holy as You are holy.
 - Fast from: Media or content that dulls your soul
 - Action: Remove one compromise from your life today.
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Day 6: Freedom from Fear

2 Timothy 1:7

- Ask: What fear still holds me back?
 - Pray: Fill me with power, love, and self-control.
 - Fast from: Negative news or fear-driven talk
 - Action: Declare truth over your life out loud.
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Day 7: Fresh Filling of the Holy Spirit

Ephesians 5:18

- Ask: Have I been trying to live in my own strength?
 - Pray: Fill me afresh, Holy Spirit.
 - Fast from: Self-dependence
 - Action: Pray in tongues or stillness for 15+ minutes.
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Day 8: Authority in Prayer

Luke 10:19

- Ask: Do I walk in the authority Jesus gave me?
 - Pray: Teach me to pray with boldness.
 - Fast from: Doubt and spiritual passivity
 - Action: Pray boldly over someone in need today.
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Day 9: Forgiveness

Matthew 6:14–15

- Ask: Who am I still holding in bitterness?
 - Pray: Release forgiveness.
 - Fast from: Grudges or silent judgment
 - Action: Reach out and bless someone who hurt you.
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Day 10: Burden for the Lost

Romans 10:1

- Ask: Do I weep for the lost anymore?
 - Pray: Break my heart for what breaks Yours.
 - Fast from: Indifference or isolation
 - Action: Share Jesus with 1 person today.
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Day 11: Intercession

Ezekiel 22:30

- Ask: Who needs me to stand in the gap today?
 - Pray: Use me as an intercessor.
 - Fast from: Self-focus
 - Action: Write down 3 people to pray for this week.
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Day 12: Your Kingdom Come

Matthew 6:10

- Ask: Do I really long for His Kingdom to come?
 - Pray: Let Your Kingdom invade this region.
 - Fast from: Selfish dreams
 - Action: Declare Kingdom promises over your city or region.
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Day 13: Hearing God's Voice

John 10:27

- Ask: Have I grown deaf to His voice?
 - Pray: Speak, Lord—Your servant is listening.
 - Fast from: Noise and digital overload
 - Action: Spend 30+ minutes in silence today.
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Day 14: Boldness in Witness

Acts 4:31

- Ask: Am I ashamed of the gospel?
 - Pray: Fill me with boldness.
 - Fast from: Fear of rejection
 - Action: Share your testimony with someone today.
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Day 15: Unity in the Body

John 17:21

- Ask: Where have I caused or tolerated division?
 - Pray: Make us one.
 - Fast from: Gossip or criticism
 - Action: Reconcile or bless a fellow believer.
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Day 16: Healing & Deliverance

Luke 4:18

- Ask: Am I willing to be healed—and to be a vessel?
 - Pray: Bring freedom, Jesus.
 - Fast from: Unbelief
 - Action: Pray healing or deliverance over someone today.
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Day 17: Marketplace Mission

Acts 18:1–4

- Ask: How can I serve Jesus where I work or study?
 - Pray: Use my daily life for Your glory.
 - Fast from: Treating work as “secular”
 - Action: Bless a coworker or customer in Jesus' name.
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Day 18: Justice & Compassion

Micah 6:8

- Ask: Do I love mercy and walk humbly?
 - Pray: Use me to bring justice.
 - Fast from: Ignoring the needs around me
 - Action: Serve someone in need today.
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Day 19: Spiritual Warfare

2 Corinthians 10:3–5

- Ask: Where is the battle hottest?
 - Pray: Tear down strongholds.
 - Fast from: Hopeless thoughts
 - Action: Declare 5 Scriptures over the battle you face.
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Day 20: Vision & Calling

Proverbs 29:18

- Ask: Lord, what are You asking me to build or become?
 - Pray: Clarify my next step.
 - Fast from: Distraction and comparison
 - Action: Write down the next obedience step He shows you.
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Day 21: Fresh Fire + Commissioning

Isaiah 6:8

- Ask: Will I go where He sends me?
- Pray: Here I am. Send me.
- Fast from: Comfort and convenience
- Action: Pray this aloud:

“Jesus, I give You my yes. Use me however You choose.”



Final Prayer of Commitment:

“Lord, thank You for this journey of fasting and prayer.
I return to You. I hunger for You. I want more of You.
Make me a vessel for revival — in my home, city, and generation.
I give You my full obedience. I say ‘yes’ to Your will.
In Jesus’ name, amen.”



Name: _____



Completed on: _____

