

21 Day Fast Devotional
Week 1
January – 10th – January 16th

Day 1

Return to Me – “Even now,” declares the Lord, “return to me with all your heart, with fasting and weeping and mourning.” Joel 2:12, NLT

Bible Reading Plan: Psalms 1-2

Prayer Focus: As we begin this time of prayer and fasting, let’s turn our hearts toward God. Make a commitment to seek Him daily. Pray that your love for Christ will be increased and your passion for Him will be reignited over the next twenty-one days.

Day 2

Tune In – “My sheep hear My voice, and I know them, and they follow Me.” – John 10:27

Bible Reading Plan: Luke 1

Prayer Focus: In this time of fasting, what is your mind tuned to? What distractions do you need to remove so that you can focus on God? Prepare your heart to hear the voice of God and ask Him to help you remove distractions that keep you from focusing on Him and hearing His voice clearly.

Day 3

Fasting Removes Unbelief – “Jesus rebuked the demon, and it came out of him; and the child was cured from that very hour. Then the disciples came to Jesus privately and said, “Why could we not cast it out?” So, Jesus said to them, “Because of your unbelief; for assuredly, I say to you, if you have faith as a mustard seed, you will say to this mountain, ‘Move from here to there,’ and it will move; and nothing will be impossible for you. However, this kind does not go out except by prayer and fasting.” – Matthew 17:18 -21

Bible Reading Plan: Luke 2

Prayer Focus: What do you need faith to believe for? Align yourself with God’s Word and will during this fast. Release your unbelief. Pray with confidence, knowing “nothing will be impossible” for you.

Day 4

Agreement with the Will of God – “Can two walk together, unless they are agreed?” - Amos 3:3

Bible Reading Plan: Luke 3

Prayer Focus: Pray today that you can walk in agreement with God and enjoy the life He desires you to have in Christ.

Day 5

When grace comes down – “For the law was given through Moses, but grace and truth came through Jesus Christ.” -John 1:17

Bible Reading Plan: Luke 4

Prayer Focus: Have you been looking at God through the veil of legalism and religion? In Jesus, we see the full revelation of the nature of God: His love and holiness, mercy and justice, compassion and power all perfectly and beautifully expressed. Pray that the Holy Spirit will help you see God through the eyes of grace and truth given to us in Jesus Christ.

Day 6

The Spirit Is Willing – “And I know that nothing good lives in me, that is, in my sinful nature. I want to do what is right, but I can’t. I want to do what is good, but I don’t. I don’t want to do what is wrong, but I do it anyway. But if I do what I don’t want to do, I am not really the one doing wrong; it is sin living in me that does it.” -Romans 7:18 – 20, NLT

Bible Reading Plan: Proverbs 1

Prayer Focus: Are there areas in your life causing an internal struggle? Make a decision today to yield to the Holy Spirit and lean on His strength, not your own, to overcome obstacles of sin and selfishness in your life. Surrender and release those areas to God, knowing He will help you.

Day 7

Fervent Prayer – “The effective, fervent prayer of a righteous man avails much.” - James 5:16

Bible Reading Plan: Psalms 3-5

Prayer Focus: As you close out this first week, continue to pray fervently for the main areas of concern in your life.

Trust God to bring an answer as you journal your thoughts and inspirations through this time.

