

21 DAYS OF PRAYER & FASTING GUIDE



“If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land.”

– 2 Chronicles 7:14

WELCOME TO 21 DAYS OF PRAYER & FASTING!

We are excited to take this journey together and believe that God is going to move powerfully in your life over the next 21 days as you press into Him.

This guide has been created to help you pray into each days prayer point over the next few weeks and stay focused on seeking His presence. We pray that God's voice would become clearer than ever, that a renewed passion would ignite in your heart to meet Him in prayer, and that you would encounter His love and power in new, transformative ways.

Let this be a time of growth, revelation, and deep connection with the Lord!

JAN 6TH

DAY

1:

BLESSING OF
SALVATION
AND FAITH

As we begin our 21 days of prayer and fasting, let us posture our hearts towards God with thanksgiving. Thanking Him for the blessing of our salvation and faith. Often, we can take our faith for granted and treat it as routine. Take a few moments today to thank God for the blessing of salvation. Thank Him for the beauty of the cross, His death and His resurrection. Thank Him for the gift of faith in our everyday ordinary lives and ask Him to take you deeper in faith today.

PRAYER:

Thank God for the gift of salvation and pray for a deepening of faith.

VERSE OF THE DAY:

"For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God."
-Ephesians 2:8



JAN 7TH

DAY **2**: BLESSING OF SPIRITUAL GROWTH

Pray for the blessing of spiritual growth to increase in your day-to-day life.

Ask God to help you nurture time in the Word and in prayer. Pray that the Holy Spirit would empower you to grow deeper in your intimacy with Him.

Scripture says that when we draw close to God, He comes near to us in return. Today, ask God to draw near to your heart and He will bless you with His nearness!

PRAYER:

Ask God to nurture your spiritual growth and draw you closer to Him.

VERSE OF THE DAY:

"But grow in the grace and knowledge of our Lord and Saviour Jesus Christ."

— 2 Peter 3:18



JAN 8TH

DAY

3:

BLESSING OF
PEACE &
REST

Scripture reveals to us that Jesus is the Prince of Peace (Isaiah 9:6) God wants to bless you with a life of peace and rest in Jesus alone. Today we are praying that all weariness, anxiety and restlessness will be broken off you. Pray that Jesus would give you the power of a sound mind, a calm heart and that you would trust Him with your rest. Together, we are believing and praying that God will bring peace to every situation and circumstance.

PRAYER:

Pray for God's peace to calm your heart and mind, and to live a restful life in Him.

VERSE OF THE DAY:

"Peace I leave with you; my peace I give you. I do not give to you as the world gives."

— John 14:27



JAN 9TH

DAY 4: BLESSING OF JOY & HOPE

In the presence of God there is fullness of joy!
Today as we continue to fast and pray, let's pray that God's joy would overflow in our hearts, lives and circumstances, and that our joy would impact those around us.

Ask God to bring hope to the areas of your life that feel hopeless- God delights in those whose hope is in Him, so today we declare that all of our hope is in Him alone!

PRAYER:

Ask for joy and hope that come from knowing Christ, regardless of circumstances.

VERSE OF THE DAY:

"May the God of hope fill you with all joy and peace as you trust in him."

— Romans 15:13



JAN 10TH

DAY 5: BLESSING OF STRENGTH & HEALTH

God is our healer and restorer! Today we thank Him for the blessing of healing. We pray today, that healing, and strength would be ours in Jesus' name. We pray for physical healing, emotional healing, and healing of the mind and soul. We have a good God, who says we can come to Him with our needs and that Jesus intercedes on our behalf (Romans 8:34) so, today bring your needs to Him.

PRAYER:

Pray for physical health, strength, and energy for daily tasks. This is a great time to also intercede for those you know who may need healing in their body and life.

VERSE OF THE DAY:

"He gives strength to the weary and increases the power of the weak."

— Isaiah 40:29



JAN 11TH

DAY

BLESSING OF
PURPOSE &
CALLING

God has placed a purpose on every single person's life! Nothing gets wasted with God and your life and story all have a purpose. We pray that God's call and purpose on your life would be clear and that you would walk with confidence in what He has called you to do. Today, we thank God for the blessing of being called son & daughter, and we pray that His call would ring out in your life every single day.

PRAYER:

Seek clarity in God's calling for your life and walk in confidence of that call.

VERSE OF THE DAY:

"For we are God's handiwork, created in Christ Jesus to do good works."

— Ephesians 2:10



JAN 12TH

DAY BLESSING OF FINANCES & PROVISION

Often, we can feel overwhelmed by the pressures of life and financial stress, that we forget how God has blessed us in the past. Today we take a few moments to reflect and thank God for how He has continued to bless us and provide just what we need. We pray that God would continue to provide for us in every aspect of our lives. We pray that God would supernaturally bless your finances and give an abundance to generously bless others. Give us wisdom as you provide for us Lord.

PRAYER:

Ask God for provision and financial wisdom.

VERSE OF THE DAY:

And my God will meet all your needs according to the riches of his glory in Christ Jesus."

— Philippians 4:19



JAN 13TH

DAY 8: BLESSING FOR FAMILY

God has a beautiful purpose for families, designed to be places of love, growth, and support. We pray and declare that God would move powerfully in the lives and hearts of our family members— that God would empower them, lead them, speak to them and bless them. That God's name would be a banner over every single household. Today, lift each family member of yours to God in prayer, asking Him to work in their hearts and to pour out His blessings on your home.

PRAYER:

Lift your family up in prayer, asking for God's protection, peace, and provision.

VERSE OF THE DAY:

"As for me and my household, we will serve the Lord."
— Joshua 24:15



JAN 14TH

DAY

BLESSING FOR
LOVE OF
OTHERS

God's love is unconditional and all-encompassing, and He calls us to extend that same love to others. When we pray for blessings of love, we're asking God to fill our hearts with His compassion and kindness, enabling us to love others deeply, even when it's difficult. Today, pray and ask that God would empower you to love those around you as He has loved you.

PRAYER:

Pray for God to empower you to love those around you well. To extend grace, kindness, mercy and compassion to those you meet daily.

VERSE OF THE DAY:

Jesus replied: 'Love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and greatest commandment. And the second is like it: Love your neighbor as yourself.'

– Matthew 22:37-39



JAN 15TH

DAY 10: BLESSING FOR
FRIENDSHIPS

Friendships are a precious gift from God. When we pray for blessings over our friends, we're asking God to deepen these connections and to fill our relationships with love, trust, and grace. Today we invite God to strengthen our friendships so that they reflect His love and bring Him glory. Ask God to bless your friends abundantly and to guide you in being a blessing to them as well. If you are praying for God to bring friends into your life, ask Him to open up ways that Godly friendship can be found around you!

PRAYER:

Ask for God to strengthen and bless your friendships with love and encouragement.

VERSE OF THE DAY:

"A friend loves at all times, and a brother is born for a time of adversity."

— Proverbs 17:17



JAN 16TH
DAY 11: BLESSING OF
FORGIVENESS &
RECONCILIATION

Forgiveness and reconciliation are at the heart of God's love for us, offering freedom from bitterness and giving us the gift of restored relationships.

Pray that God would soften our hearts and guide us in releasing any hurts we hold. Through forgiveness, we reflect Christ's love, allowing His healing to bring peace to our lives and connections with others. Today, we pray for God to bless you with a forgiving spirit and the courage to seek reconciliation where needed.

PRAYER:

Seek God's help in forgiving others and restoring broken relationships.

VERSE OF THE DAY:

"Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."

— Ephesians 4:32



JAN 17TH

DAY 12: BLESSING OF
FUTURE
GENERATIONS

God's heartbeat is for each generation to know and love Him, carrying His light forward and expanding the Kingdom of heaven. Let us intercede on behalf of the next generation.

Asking God to guide, protect, and fill them with wisdom, courage, and purpose. Today, lift up the young people in your life, praying that God's love would be a foundation for all they do and that they would lead with the charge of Isaiah 61:1-3.

PRAYER:

Ask for God's blessing over your children or future generations. Pray for Generation Alpha and Gen Z.

VERSE OF THE DAY:

"The Lord bless you and keep you; the Lord make his face shine on you."

— Numbers 6:24-25



JAN 18TH

DAY

13:

BLESSING OF
COMMUNITY
FOR OUR
CHURCH FAMILY

Our church family and community are a blessing from God, meant to be places of unity, encouragement, and shared faith. Today we're asking God to pour out His peace, wisdom, and strength upon each person, knitting us together in His love.

We pray that God would bless and guide our church community, helping us to shine His light together to advance the Kingdom.

PRAYER:

Pray for blessings on your community & our church family, that it may be a place of kindness and unity.

VERSE OF THE DAY:

"How good and pleasant it is when God's people live together in unity!"

— Psalm 133:1



JAN 19TH

DAY 14: BLESSING OF
INFLUENCE &
EXAMPLE

God calls us to be His disciples & ambassadors, showing His love and truth through our words and actions. Today as we pray for a blessing of influence and example, we're asking God to guide us in ways that inspire and uplift others toward Him. Today, pray that your life would reflect Christ, encouraging those around you to seek His goodness.

PRAYER:

Ask God to help you reflect Christ's love and compassion to others.

VERSE OF THE DAY:

"In the same way, let your light shine before others, that they may see your good deeds."

— Matthew 5:16



JAN 20TH

DAY 15: BLESSING OF CAREER & WORK

As we move into our last week of prayer & fasting, today we pray that God would bless us in our work and career. Our work is a way to honour God, using the talents He's given us to serve and make a difference. Pray that God would remain number one in your life as you navigate through your work and career, and that He would guide you in all that you do.

PRAYER:

Pray for God's blessing on your work and career path.

VERSE OF THE DAY:

"Whatever you do, work at it with all your heart, as working for the Lord."
— Colossians 3:23



JAN 21ST

DAY 16: BLESSING OF SERVICE TO OTHERS

Serving others is a powerful way to reflect God's love and make a lasting impact in the world around us. When we pray for blessings in our service, we're asking God to give us compassion, strength, and opportunities to serve with a heart that reflects His grace. Today, pray that your actions would be a blessing to others, bringing them closer to God's love.

Ask God to bless those around you in new ways!

PRAYER:

Ask God to help you bless and serve those around you, and for Him to open doors to serve others you may not usually.

VERSE OF THE DAY:

"Serve wholeheartedly, as if you were serving the Lord, not people."

— Ephesians 6:7



JAN 22ND

DAY 17: BLESSING OF SPIRITUAL GIFTS

God has uniquely equipped each of us with spiritual gifts to build up His Kingdom and serve others. When we pray for blessings over these gifts, we're asking God to help us use them wisely and effectively, for His glory and the benefit of those around us. Today, pray that God would empower you to use your gifts with joy, humility, and purpose.

PRAYER:

Seek inspiration and clarity for what God has placed on your heart, and how you serve Him with your spiritual giftings.

VERSE OF THE DAY:

"Commit to the Lord whatever you do, and he will establish your plans."

— Proverbs 16:3



JAN 23RD

DAY

18:

BLESSING OF
FAITH &
TRUST FOR
THE FUTURE

Trusting God with the future can be challenging, but He promises to guide and provide for us every step of the way. He promises to never leave us or forsake us. When we pray for blessings of faith and trust today, we're asking God to strengthen our confidence in His plans and His timing. Ask God for the courage to surrender your fears and trust that He is already working in your future and lay all your worries down at His feet today.

PRAYER:

Pray for confidence and trust in God's plans for your future.

VERSE OF THE DAY:

"For I know the plans I have for you, declares the Lord."
— Jeremiah 29:11



JAN 24TH

DAY

19:

BLESSING OF
WISDOM &
DISCERNMENT

Wisdom and discernment are essential gifts that help us navigate life's decisions and align our hearts with God's will. Scripture says that if anyone lacks wisdom all we need to do is ask (James 1:5) When we pray for the blessings of wisdom and discernment, we are asking God to guide us in truth, providing clarity and understanding in every situation. Today, pray for the wisdom to make choices that honour Him and the discernment to follow His leading.

PRAYER:

Ask for wisdom in decision-making and discernment in all areas of life.

VERSE OF THE DAY:

"If any of you lacks wisdom, you should ask God, who gives generously to all."

— James 1:5



JAN 25TH

DAY 20: BLESSING OF DEEPER INTIMACY

God desires to have intimacy with us and that is the foundation of our relationship with Him. Today we are seeking God to know Him in a deeper way. We pray for blessings of intimacy, we're asking God to draw us closer, deepen our understanding of His voice, and help us experience His nearness in every moment.

Today, pray that God would open your heart to a deeper connection with Him, that His love would become the most defining part of your life.

PRAYER:

Pray for a deeper hunger and thirst for God's presence in your life. Ask Him to stir your heart to seek Him above all else

VERSE OF THE DAY:

"As the deer pants for streams of water, so my soul pants for you, my God."

— Psalm 42:1



JAN 26TH

DAY

21:

BLESSING OF
GODS
CONTINUED
PRESENCE

As we come to our final day of 21 days of prayer & fasting, we trust that God has moved powerfully in your life! Today we are praising God for the blessing of His presence. We invite His presence to walk with us through every moment, knowing that His nearness transforms us and gives us the courage to face any challenge. We ask for God's constant presence to fill your heart and guide your steps, trusting that He is always with you.

God help us be aware of your beautiful presence!

PRAYER:

Thank God for His presence and ask for a continual awareness of His nearness.

VERSE OF THE DAY:

"The Lord bless you and keep you; the Lord make his face shine on you."

— Numbers 6:24–25



THANK YOU FOR JOINING US IN THESE 21 DAYS OF PRAYER & FASTING!

We are deeply grateful for your commitment and faithfulness throughout this spiritual journey. It is our prayer that God moved powerfully in your life during this time, bringing transformation, renewal, clarity, and breakthrough in ways only He can!

As we close this chapter, we encourage you to carry the lessons and blessings of these weeks into your daily walk with God. May His presence continue to guide and strengthen you in the days ahead. Thank you again for being a part of this sacred time—we are excited to see how God will continue to work in, through you and our church family!

If God has moved powerfully in your life over these 21 days please let us know by sending a praise report under the “prayer request” tab on our website Bethel.ca