



21-day Journey of Fasting and Prayer

January 4, 2026

Some people think God does not like to be troubled with our constant coming and asking. The way to trouble God is not to come at all.

—D.L. Moody

Our 21-day journey of fasting and prayer invites us to realign our hearts to the Father. We fast to make room for His love and presence. We pray to align with Heaven's agenda. And, we celebrate and respond to his goodness — creating an atmosphere of heaven that influences culture and points others to Christ and the love of the Father.

Step 1 — Determine your focus

- Ask what is important to the Lord. What's on the heart of the Father? What do I want to fast and pray for these next 21 days?
- Ask what's important to me. What's on my heart?
- You can choose to do more than one. Write it down.

Step 2 — Make your commitment

What do I want to fast and pray for these next 21 days? Bring these to the Lord. Write them down.

You can fast from food:

- Jewish fast: Eat at Sunset
- Daniel fast: Fruits and vegetables
- Jesus fast: Water
- Other types of fasting: Juice fast, No “sweets and meats”.
- Skip one or two meals a day, etc.

You can fast from distractions: media (TV, movies, news, sports, etc.), social media (scrolling, Facebook, Instagram, X, etc.), and activities (regular hobbies, etc.).

What specifically will you feast on?

1) The Word:

- How much time will you devote each day in the bible?
- How will your bible reading increase during the fast?
- What in your bible reading do you want more revelation on?
- What portions of scripture do you want to read?
- Write it down.

2) Prayer & Worship

- How much time will you devote to prayer and worship each day? How will your prayer and worship increase during the fast? What do you sense the Father wants you to pray into? Write it down.

- Have a plan, a place, and a certain time.
- Write something in your journal every day.

Step 3 — Putting it all together

Our Corporate Focus:

Week 1: Celebration of faithfulness —thankful for all he's done

Week 2: Celebration of presence—free to find joy in his presence

Week 3: Celebration of people—thankful for community

My Personal Focus:

I'm Fasting From:

I'm Feasting On:

Join us for church. Sundays at 5 PM at Santa Cruz Convergence, 3775 Capitola Road, Capitola, CA. SantaCruzFirestarters.com