

Devoted

21 days of
fasting
&
prayer

Devoted

This 21-day fast is designed to help you draw near to God, sharpen your spiritual awareness, and realign your heart with His will. Fasting is not about earning God's favor, but about creating space to seek Him more intentionally through prayer, Scripture, and obedience (James 4:8; Matthew 6:16-18).

Devoted is modeled after the Daniel Fast (Daniel 1:8-16; Daniel 10:2-3), but also allows room for personal conviction, health considerations, and Spirit-led participation.

A Daniel Fast

You are encouraged to follow a simple, plant-based fast similar to Daniel's:

- Fruits and vegetables
- Whole grains and legumes
- Water as the primary beverage
-

This mirrors Daniel's decision to avoid rich foods in order to remain spiritually focused and faithful (Daniel 1:8; Daniel 10:3).

The goal is simplicity, not perfection. This will help reduce distractions so you can better hear from God.

Water Fasting

Throughout the 21 days, participants may feel led to incorporate short periods of water-only fasting, such as:

- One meal
- One full day
- Another Spirit-led duration

Water fasting is voluntary, should be approached with wisdom, and is not required. Scripture shows seasons where God's people fasted more intensely in moments of deep dependence and prayer (Esther 4:16; Ezra 8:21-23; Acts 13:2-3).

If you have medical conditions, are pregnant, or have health concerns, consult a physician and choose a modified fast.

Technology and Harmful Influences

You are also encouraged to examine what you consume beyond food.

- Social media
- Streaming and entertainment
- News consumption
- Digital habits that distract or drain spiritually

Scripture calls us to guard our hearts and minds carefully (Proverbs 4:23; Romans 12:1-2; Philippians 4:8).

We heavily encourage you to fast from:

- Spiritually damaging conversations
- Gossip, slander, or divisive speech
- Voices that pull the heart away from truth, faith, or peace

Our words and influences shape our spiritual lives (Ephesians 4:29; 1 Corinthians 15:33).

What This Fast Is and Is Not

This fast is:

- A time of humility and dependence on God (2 Chronicles 7:14)
- A pursuit of deeper intimacy with Him (Psalm 63:1)
- An opportunity for repentance, renewal, and obedience (Isaiah 58:6-9)

This fast is not:

- A diet or health challenge
- A competition or public display (Matthew 6:16-18)
- A measure of spiritual maturity

Daily Rhythms

Each day you will

1. Read the assigned Scripture
2. Reflect on the devotional thought
3. Pray intentionally
4. Journal honestly
5. End with worship or quiet before God

Fasting creates hunger, but Scripture teaches us that God Himself is our true sustenance (Deuteronomy 8:3; Matthew 4:4).

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

Philippians 4:6-7

Commitment

- ☐ I commit that I will spend each day in prayer and the studying of His word.
- ☐ I commit myself to actively seek God's guidance, wisdom, and His presence.
- ☐ I commit that I will adhere to the fasting principles that I have chosen and remain dedicated to those principles in order to honor my dependence on God.
- ☐ I commit to enduring trials and struggles that I will endure throughout my fasting period.
- ☐ I commit to be an encouragement to others who are alongside of me during this journey.

Signature

Date

Devoted
21 days of
fasting
&
prayer
Day 1

Today's *Verse*
Joel 2:12-13

Morning **Prayer**

Noon **Thankfulness**

Evening **Prayer**

Intersessions

Fasting Purpose

Daily Denials

Daily Revelations

Devoted
21 days of
fasting
&
prayer
Day 2

Today's *Verse*
Matthew 6:16-18

Morning **Prayer**

Noon **Thankfulness**

Evening **Prayer**

Intersessions

Fasting Purpose

Daily Denials

Daily Revelations

Devoted
21 days of
fasting
&
prayer
Day 3

Today's *Verse*
Psalm 63:1

Morning **Prayer**

Noon **Thankfulness**

Evening **Prayer**

Intersessions

Fasting Purpose

Daily Denials

Daily Revelations

Devoted
21 days of
fasting
&
prayer
Day 4

Today's *Verse*
James 4:8

Morning **Prayer**

Noon **Thankfulness**

Evening **Prayer**

Intersessions

Fasting Purpose

Daily Denials

Daily Revelations

Devoted
21 days of
fasting
&
prayer
Day 5

Today's *Verses*
Psalm 42:1-2

Morning **Prayer**

Noon **Thankfulness**

Evening **Prayer**

Intersessions

Fasting Purpose

Daily Denials

Daily Revelations

Devoted

21 days of

fasting

&

prayer

Day 6

Today's

Verse

Isaiah 58:6-9

| | | |
|----------------|-------------------|----------------|
| Morning Prayer | Noon Thankfulness | Evening Prayer |
| Intersessions | Fasting Purpose | |
| | Daily Denials | |
| | Daily Revelations | |

Devoted
21 days of
fasting
&
prayer
Day 7

Today's *Verse*
Psalm 27:4

Morning **Prayer**

Noon **Thankfulness**

Evening **Prayer**

Intersessions

Fasting Purpose

Daily Denials

Daily Revelations

Devoted

21 days of

fasting

&

prayer

Day 8

Today's

Verses

Psalm 51:10-12

| | | |
|----------------|-------------------|----------------|
| Morning Prayer | Noon Thankfulness | Evening Prayer |
| Intersessions | Fasting Purpose | |
| | Daily Denials | |
| | Daily Revelations | |

Devoted
21 days of
fasting
&
prayer
Day 9

Today's *Verse*
2 Chronicles 7:14

Morning **Prayer**

Noon **Thankfulness**

Evening **Prayer**

Intersessions

Fasting Purpose

Daily Denials

Daily Revelations

Devoted
21 days of
fasting
&
prayer
Day 10

Today's *Verses*
Romans 12:1-2

Morning **Prayer**

Noon **Thankfulness**

Evening **Prayer**

Intersessions

Fasting Purpose

Daily Denials

Daily Revelations

Devoted
21 days of
fasting
&
prayer
Day 11

Today's *Verses*
Galatians 2:20

Morning **Prayer**

Noon **Thankfulness**

Evening **Prayer**

Intersessions

Fasting Purpose

Daily Denials

Daily Revelations

Devoted

21 days of

fasting

&

prayer

Day 12

Today's

Verses

Psalm 139:23-24

| | | |
|----------------|-------------------|----------------|
| Morning Prayer | Noon Thankfulness | Evening Prayer |
| Intersessions | Fasting Purpose | |
| | Daily Denials | |
| | Daily Revelations | |

Devoted
21 days of
fasting
&
prayer
Day 13

Today's *Verses*
John 15:4-5

Morning **Prayer**

Noon **Thankfulness**

Evening **Prayer**

Intersessions

Fasting Purpose

Daily Denials

Daily Revelations

Devoted
21 days of
fasting
&
prayer
Day 14

Today's *Verses*
Lamentations 3:31-33

Morning **Prayer**

Noon **Thankfulness**

Evening **Prayer**

Intersessions

Fasting Purpose

Daily Denials

Daily Revelations

Devoted
21 days of
fasting
&
prayer
Day 15

Today's *Verse*
Isaiah 40:29-31

Morning **Prayer**

Noon **Thankfulness**

Evening **Prayer**

Intersessions

Fasting Purpose

Daily Denials

Daily Revelations

Devoted
21 days of
fasting
&
prayer
Day 16

Today's *Verse*
Colossians 3:1-3

Morning **Prayer**

Noon **Thankfulness**

Evening **Prayer**

Intersessions

Fasting Purpose

Daily Denials

Daily Revelations

Devoted
21 days of
fasting
&
prayer
Day 17

Today's *Verse*
Micah 6:8

Morning **Prayer**

Noon **Thankfulness**

Evening **Prayer**

Intersessions

Fasting Purpose

Daily Denials

Daily Revelations

Devoted
21 days of
fasting
&
prayer
Day 18

Today's *Verse*
Matthew 11:28-30

Morning **Prayer**

Noon **Thankfulness**

Evening **Prayer**

Intersessions

Fasting Purpose

Daily Denials

Daily Revelations

Devoted
21 days of
fasting
&
prayer
Day 19

Today's *Verse*
Hebrews 12:11

Morning **Prayer**

Noon **Thankfulness**

Evening **Prayer**

Intersessions

Fasting Purpose

Daily Denials

Daily Revelations

Devoted
21 days of
fasting
&
prayer
Day 20

Today's *Verses*
Acts 13:2-3

Morning **Prayer**

Noon **Thankfulness**

Evening **Prayer**

Intersessions

Fasting Purpose

Daily Denials

Daily Revelations

Devoted
21 days of
fasting
&
prayer
Day 21

Today's *Verse*
Habakkuk 3:17-19

Morning **Prayer**

Noon **Thankfulness**

Evening **Prayer**

Intersessions

Fasting Purpose

Daily Denials

Daily Revelations

Devoted *Reflections*

When did I feel most dependent on God throughout these 21 days?

What is one habit or discipline I feel called to continue after this fast?

What did I learn about my own heart, habits, or spiritual hunger?

Was there a verse that felt especially personal or timely?

Did God shift the way I see a situation, even if it hasn't changed yet?

What was the hardest part of this fast for me?

What would it look like to carry this dependence on God into daily life?

Was there a verse that felt especially personal or timely?

Which Scripture from this fast stayed with me the most, and why?

What did those moments reveal about what I rely on for comfort or control?

What did I learn about my own heart, habits, or spiritual hunger?

What am I most thankful for at the end of this fast?

Staying Devoted



Fasting



Prayer
Journaling



Daily
Prayer



Bible Study



Scripture
Meditation



Devotionals



Listening to
God



Quiet Time



Fellowship
With
Believers

If you look for me
wholeheartedly
you will find me Jeremiah 29:13