

21 DAYS

prayer & fasting

At Community Church, we have made it a priority to seek God first in prayer. We pray that this 21-day prayer and fasting journey will guide us toward real transformation as we begin the new year.

Preparing for Your 21 Days

This time of prayer and fasting is about more than just giving something up—it's about creating space for God to do something new. The focus is not on trying harder to make change happen but on surrendering to God's process, trusting Him to bring lasting transformation.

As you prepare for the next 21 days, think about what you are praying for and why you are fasting. As a community we are focusing on our present as well as our future as we seek more of God's power and presence in our lives. However, what does that look like personally? Are you praying and fasting for spiritual growth, guidance, healing, for the resolution of problems, for grace to handle a difficult situation, or for a major decision? Identifying your focus will enable you to pray specifically and strategically.

When praying, make your primary goal to know and experience Jesus more. Do your best to make time to pray daily. But don't overcomplicate this! Just talk to God. Have a place and time where you can seek Him every day. The key is to be intentional about that time.

Fasting is a principle that God intended for everyone to enjoy. It's not a punishment; it's a privilege! By incorporating fasting into your everyday life, you become closer to God and grow spiritually like never before, and that's our goal! Many people believe the first week is the hardest during a fast. It's new and sometimes feels awkward, but don't give up! If fasting from food, symptoms like grumpiness, sleepiness, headaches, and cravings are normal because your body is detoxing. The detox can last for as few as 3 days, but it normally takes a week to feel fully refreshed.

During this fast, you must be intentional about what you choose to give up. It will cost you convenience and comfort and require some serious willpower and commitment.

What will you sacrifice during this fast? Make sure it stretches and challenges you. Write down your commitment and share it with a friend who will hold you accountable.

We look forward to all that God has in store for us as we let go, lean in, and focus on the things that matter most. May God pour out his power upon your life as you take this journey with us!

TYPES OF FASTS

Selective fast

This type of fasting involves removing certain elements from your diet. One example of a selective fast is the Daniel fast, during which you remove meat, sweets, and bread from your diet and consume water and juice for fluids and fruits and vegetables for food.

Partial fast

This fast involves abstaining from eating any type of food in the morning and afternoon. It can correspond to specific times of the day, such as 6 AM to 3 PM or from sunup to sundown.

Soul fast

This fast is a great addition to a physical fast. A soul fast is when you withdraw from certain forms of media for the sake of your soul's

health. For example, you might choose to stop using social media or watching television shows for the duration of the fast and then carefully bring that element back into your life in healthy doses after the fast.

21 Day Guide

Each day includes scripture, devotion, application, fasting encouragement, and a journal section for personal reflection.

Please join Pastor Nate Monday through Friday at 7:00 a.m. on Facebook Live, Instagram, or our YouTube channel for daily encouragement during the 21 days.

Week 1: Here We Go AGAIN!

Theme: Acknowledging Our Struggles and Surrendering to God's Strength

Day 1: The Battle Within

- **Scripture:** Romans 7:15 NLT – *“I don’t really understand myself, for I want to do what is right, but I don’t do it. Instead, I do what I hate.”*
- **Devotion:** We all face the battle between our desires and actions. Paul describes this internal struggle, and we often feel the same way. Fasting is a way to acknowledge that we can’t do it alone. We need God's help to overcome.
- **Application:** Acknowledge areas where you are trying to change but feel stuck. Let go of self-reliance and invite God’s power to transform you.
- **Fasting Encouragement:** Fasting reveals our dependence on God. As we fast, we acknowledge our inability to change on our own and invite God to work in us.

- **Journal:** Write about a specific area where you feel stuck. Spend time praying and ask God for strength to overcome it.

Day 2: The Grace to Change

- **Scripture:** 1 Corinthians 15:9-10 – *“For I am the least of the apostles, unworthy to be called an apostle because I persecuted the church of God. But by the grace of God, I am what I am, and his grace toward me was not in vain.”*
- **Devotion:** Change begins with God’s grace. Paul’s transformation was not through his own effort but by God’s grace. Change is God’s work in us, not just our striving. We must lean into God’s grace to experience real transformation.
- **Application:** Reflect on areas where you need God’s grace to change your life. Let go of striving and God to change you by His grace.
- **Fasting Encouragement:** Fasting reminds us that we cannot change by our own strength. We rely on God’s grace to empower us.
- **Journal:** Reflect on the things that God’s grace has changed in your life. Write a prayer of gratitude for His unmerited favor.

Day 3: The Power of Weakness

- **Scripture:** 2 Corinthians 12:9 – *“But he said to me, ‘My grace is sufficient for you, for my power is made perfect in weakness.’ Therefore, I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me.”*
- **Devotion:** Our weaknesses don’t disqualify us from God’s work; they make room for His power. When we fast, we become aware of our limitations, but it is in these moments that God’s strength can shine.
- **Application:** Reflect on an area of weakness where you need God’s strength. (It may be the same area where you need God’s grace to change you) Surrender it to Him and ask for His power to be made perfect in it.

- **Fasting Encouragement:** Fasting humbles us and brings us to the place where we can experience God's power in our weaknesses.
- **Journal:** Write about your weaknesses and ask God to show His strength through them.

Day 4: Surrendering Control

- **Scripture:** Romans 7:24 NLT – *“Oh, what a miserable person I am! Who will free me from this life that is dominated by sin and death?”*
- **Devotion:** Paul’s cry is a reminder that we cannot free ourselves. We need Jesus to intervene and transform us. This is the heart of fasting: recognizing our inability to control change and surrendering that control to God.
- **Application:** Let go of control in an area where you’ve been trying to “fix” things on your own. Surrender that area to God today.
- **Fasting Encouragement:** Fasting is a way of saying, “I can’t do this on my own.” It’s a physical reminder of our need for God’s intervention.
- **Journal:** Write down the things you’ve been trying to control. Surrender them to God and ask Him to take charge.

Day 5: Living in Victory

- **Scripture:** 1 Corinthians 15:10 – *“But by the grace of God I am what I am, and his grace toward me was not in vain.”*
- **Devotion:** True change is only possible through God’s grace. Paul’s victory over sin was not by his strength but by God’s grace. As you fast, remind yourself that you are not fighting for victory; you are fighting from a place of victory in Christ.
- **Application:** Live today in the freedom and victory that Christ has already given you. Refuse to be defeated by your struggles.
- **Fasting Encouragement:** Fasting aligns our hearts with God’s victory over sin. It strengthens our resolve to live in the freedom He offers.

- **Journal:** Reflect on areas where you still need to experience God’s victory. Write a prayer of victory, thanking Him for the freedom He offers.

Week 2: When Less Is More!

Theme: Creating Space for God

Day 6: Simplify to Focus

- **Scripture:** Hebrews 12:1 NLT – *“Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles.”*
- **Devotion:** To make lasting change, we must simplify. Remove distractions that hinder your growth and focus on the things that matter most. Fasting helps us refocus by stripping away the non-essentials.
- **Application:** What distractions are preventing you from focusing on God’s work in your life? Take a step today to remove one distraction.
- **Fasting Encouragement:** Fasting is a way of throwing off distractions. It helps us simplify our lives and focus on God’s will.
- **Journal:** Write down distractions that hinder your relationship with God. Choose one thing to eliminate today to make more space for Him.

Day 7: Running the Race

- **Scripture:** Acts 27:36, 38 – *“Then everyone was encouraged and ate some food. When they had eaten enough, they lightened the ship by throwing the grain into the sea.”*
- **Devotion:** Sometimes, we need to throw off excess baggage to run the race set before us. When we fast, we lighten our

“ship” and make space for God to work. Simplify your life and focus on what God is calling you to do.

- **Application:** Reflect on what things in your life you need to throw overboard to run the race God has for you.
- **Fasting Encouragement:** Fasting helps us lighten the load and focus on God’s call, freeing us to run with purpose.
- **Journal:** Write about the “baggage” in your life that needs to be discarded. Ask God to help you let go of anything that hinders your progress.

Day 8: The Power of Less

- **Scripture:** Hebrews 12:1 NLT – *“Let us throw off everything that hinders and the sin that so easily entangles.”*
- **Devotion:** Sometimes we think more is better, but God often calls us to less. Fasting teaches us the power of simplicity—removing distractions and focusing on the essentials. When we remove what isn’t necessary, we create space for God’s work.
- **Application:** What can you simplify in your life? Whether it’s your schedule, relationships, or habits, simplify today and focus on God’s purpose for you.
- **Fasting Encouragement:** Fasting helps us embrace less. It’s not about deprivation; it’s about creating space for God.
- **Journal:** Reflect on how simplifying your life helps you focus on God. Write about how you can live with less distraction.

Day 9: Letting Go of the Unnecessary

- **Scripture:** Acts 27:36 – *“Then everyone was encouraged and ate some food.”*
- **Devotion:** Encouragement often comes when we see the results from letting go of the things we don’t need and taking hold of the essentials. Let go of things that are not serving you well spiritually or emotionally. Fasting is a reminder to hold onto the things that matter most.

- **Application:** Let go of one thing that is weighing you down today. This can be a habit, a thought, or an emotion that is keeping you from fully trusting God.
- **Fasting Encouragement:** As we fast, we are encouraged to let go of what holds us back. Simplifying our lives creates more space for spiritual growth.
- **Journal:** Write about something you feel led to let go of today. Ask God to give you the strength to release it.

Day 10: Trusting the Process

- **Scripture:** Galatians 6:9 – *“Let us not grow weary in doing good, for at the proper time we will reap a harvest if we do not give up.”*
 - **Devotion:** Transformation is a process. It doesn’t happen overnight but through consistent effort and trust in God’s timing. Fasting is a reminder that the results of our faithfulness will come in due time.
 - **Application:** Trust God’s timing in your life. If you’ve been working toward change, keep going—don’t give up. The harvest is coming.
 - **Fasting Encouragement:** Fasting requires patience. Trust God with the results, knowing He is working in ways we cannot yet see.
 - **Journal:** Reflect on areas where you are tempted to give up. Write a prayer asking for strength to keep going.
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Week 3: You Reap What You Sow!

Theme: The Principle of Sowing and Reaping—Spiritual Growth Requires Consistency

Day 11: Sowing Seeds of Faith

- **Scripture:** Galatians 6:7-8 – *“Don’t be misled—you cannot mock the justice of God. You will always harvest what you plant. Those who live only to satisfy their own sinful nature will harvest decay and death from that sinful nature. But those who live to please the Spirit will harvest everlasting life from the Spirit.”*
- **Devotion:** What you sow, you will reap. If you are sowing into your spiritual life through prayer, scripture, and fellowship, you will reap spiritual growth. Fasting helps you plant good seeds by prioritizing God’s presence.
- **Application:** Consider what seeds you are sowing today. How can you sow more intentionally into your spiritual life?
- **Fasting Encouragement:** Fasting is a way of sowing into your spiritual life. As you fast, focus on sowing seeds of faith, obedience, and trust in God.
- **Journal:** Write about how you’ve seen the effects of what you’ve sown. What good seeds will you continue to sow in the future?

Day 12: The Harvest is Coming

- **Scripture:** Galatians 6:9 – *“Let us not grow weary in doing good, for at the proper time we will reap a harvest if we do not give up.”*
- **Devotion:** Change takes time. It is easy to become discouraged when results don’t appear immediately. But God promises a harvest in due season. Fasting reminds us to be patient and trust His timing.
- **Application:** In what area of your life do you need to be patient and trust that the harvest is coming? Don’t grow weary in doing good.
- **Fasting Encouragement:** Fasting is an act of patience. It’s about waiting on God and trusting His perfect timing.
- **Journal:** Reflect on an area where you’re waiting for a harvest. Write a prayer of trust, asking God to help you remain patient.

Day 13: Stay Connected to the Source

- **Scripture:** John 15:5 – *“I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.”*
- **Devotion:** The key to spiritual growth is staying connected to Jesus. We can’t bear fruit on our own; we need to remain in Him. Fasting creates space for this connection to deepen.
- **Application:** Today, focus on your connection to Jesus. Spend time praying and listening to Him. Are there areas where you’ve been disconnected? Ask God to restore those relationships.
- **Fasting Encouragement:** Fasting is an intentional way to remain close to Jesus. Use this time to renew your connection to the Source of all life.
- **Journal:** Reflect on areas where you may feel disconnected from God. Write down your thoughts and prayers as you recommit to staying close to Him.

Day 14: The Power of Consistency

- **Scripture:** Proverbs 12:1 – *“Whoever loves discipline loves knowledge, but whoever hates correction is stupid.”*
- **Devotion:** Change doesn’t happen without consistent effort. The Bible encourages us to love discipline, as it leads to knowledge and growth. Consistency in prayer, fasting, and living out God’s Word results in lasting change.
- **Application:** Where do you need more consistency in your spiritual life? Identify one area and take intentional steps to be consistent.
- **Fasting Encouragement:** Fasting requires consistency. It’s a discipline that strengthens our spiritual muscles and helps us persevere.
- **Journal:** What habits do you need to build into your life to promote consistency? Write down a plan for how to stay consistent in seeking God.

Day 15: Join the Community

- **Scripture:** Acts 2:42 – *“They devoted themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer.”*
- **Devotion:** Spiritual growth doesn't happen in isolation. We need community to help us grow and bear fruit. Join a group, get involved, and encourage one another in the journey of faith.
- **Application:** Reflect on how community has impacted your spiritual growth. If you're not in a group, don't wait! Move toward spiritual growth by joining one today!
- **Fasting Encouragement:** Fasting is a communal activity. As we fast together, we support one another in our journey toward change.
- **Journal:** Write about the role of community in your life. How can you invest more in the community of faith?

Day 16: Letting Go of Old Seeds

- **Scripture:** Luke 9:62 – *“Jesus replied, ‘No one who puts a hand to the plow and looks back is fit for service in the kingdom of God.’”*
- **Devotion:** Sometimes, to see new growth, we must let go of old patterns and habits. Jesus calls us to stop looking back and focus on the future He has for us. Fasting helps us release past hurts, failures, and attachments.
- **Application:** Is something in your past holding you back from moving forward in Christ? Make a decision to let it go today and focus on the future.
- **Fasting Encouragement:** Fasting helps us detach from old habits and distractions that prevent us from fully pursuing God's will.
- **Journal:** Reflect on anything from your past that you need to release. Write a prayer of surrender, asking God to help you move forward.

Week 4: DON'T QUIT!

Theme: Perseverance during Challenges

Day 17: Standing Strong in the Face of Struggles

- **Scripture:** James 1:2-4 – *“Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything.”*
- **Devotion:** Trials and challenges are part of the Christian journey. However, these challenges produce perseverance, which leads to spiritual maturity. Don’t give up when times get tough—God is using this season to shape you.
- **Application:** What struggles are you currently facing? Instead of focusing on the difficulty, ask God to help you see how He is using this to refine you.
- **Fasting Encouragement:** Fasting teaches us to persevere through discomfort. It’s a reminder that growth comes through endurance.
- **Journal:** Write about a struggle you’re facing and ask God for the perseverance to keep going.

Day 18: Pressing On Toward the Goal

- **Scripture:** Philippians 3:13-14 – *“Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.”*
- **Devotion:** The key to perseverance is keeping our eyes on the prize. Like Paul, we must forget the past and press on toward the goal God has set before us. Fasting helps us focus on the things of eternal value.

- **Application:** What goal are you striving toward in your spiritual journey? Press on, no matter what obstacles come your way.
- **Fasting Encouragement:** Fasting is a focused pursuit of God’s will. It helps us stay committed to our ultimate goal.
- **Journal:** Reflect on the goal you are pressing toward. Write a prayer asking God to help you stay focused.

Day 19: Trusting God’s Timing

- **Scripture:** Ecclesiastes 3:11 – *“He has made everything beautiful in its time.”*
- **Devotion:** Change doesn’t happen on our timeline but on God’s. Trust that He is working all things together for your good and His glory. Perseverance involves trusting God’s timing.
- **Application:** Are you impatient with God’s timing? Ask Him for the grace to trust His perfect timing in your life.
- **Fasting Encouragement:** Fasting helps us slow down and align ourselves with God’s pace.
- **Journal:** Reflect on an area where you need to trust God’s timing more. Write down your thoughts and ask for patience.

Day 20: Don’t Give Up Now

- **Scripture:** Galatians 6:9 – *“Let us not grow weary in doing good, for at the proper time we will reap a harvest if we do not give up.”*
- **Devotion:** When the going gets tough, the temptation to quit is strong. But God promises that if we don’t quit, we will reap a harvest. Stay faithful, and the breakthrough will come.
- **Application:** Identify the area where you’re most tempted to quit. Push through today, knowing that your perseverance will be rewarded.
- **Fasting Encouragement:** Fasting is a way to strengthen your resolve to not give up.
- **Journal:** Write a prayer of encouragement for yourself, asking God to help you finish strong.

Day 21: Finish Strong!

- **Scripture:** Philippians 1:6 – *“Being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.”*
- **Devotion:** God is faithful in finishing the work He started in you. As you end this 21-day journey, know He is continuing His work in your life. Keep trusting, keep growing, and keep going.
- **Application:** Reflect on the growth you’ve experienced during these 21 days. How has God changed you? How can you continue to walk in His will?
- **Fasting Encouragement:** Fasting is a way to reaffirm our trust in God’s work in us. He is faithful to complete the transformation.
- **Journal:** Write a prayer of gratitude for the changes you’ve seen. Ask God to continue His work in you in the coming year.

Congratulations on finishing well! You made it! We pray that you found this time of prayer and fasting refreshing, encouraging, and a great next step in your personal spiritual journey. Even though this is the final day of this reading plan, God's journey for you continues. He has plans for you. The journey is not an easy one. It requires focus and sacrifice. But it’s so worth it because, in Christ, our future is limitless!

SHARE YOUR STORY!

We would love to hear how God has revealed himself to you during this 21-day experience. Share your story! Go to communitych.com, choose your campus, and click the “TELL YOUR STORY” Link on the home page. We can’t wait to hear how God is moving in your life!