

21 DAYS OF FASTING & PRAYER

WEEK 1

MONDAY

READ: 1 John 1:5-7
PRAY: FOR FREEDOM
FROM SIN

TUESDAY

READ: PSALM 91
Pray this over your
neighborhood

WEDNESDAY

REST DAY

THURSDAY

READ: Luke 10:38-42
PRAY: TO BE OKAY WITH
RESTING

FRIDAY

READ: John 20:24-29
PRAY: FOR GOD TO
INCREASE YOUR FAITH

SATURDAY

ACTION: GO FOR 20 MIN
PRAYER WALK

FASTING GUIDE

- o 1st Time Fasting- Choose 2-3 days a week
 - o 2nd Time Fasting- Choose 3-4 days a week
 - o 3+ Times Fasting- Choose 5+ days a week
- + **Download our New Life app for more resources!**

WEEK 2

MONDAY

READ: 1 John 1:1-10
PRAY: Declare God's
goodness to you

TUESDAY

READ: ROM. 4:16-25
ACTION: CALL AND PRAY
WITH SOMEONE

WEDNESDAY

REST DAY

THURSDAY

READ: Eph. 2:14-21
PRAY: For the lost

FRIDAY

READ: Matt. 6:25-34
PRAY: AGAINST ANXIETY
AND STRESS.

SATURDAY

ACTION: GO FOR 20 MIN
PRAYER WALK

WEEK 3

MONDAY

READ: MATT. 7:21-27
PRAY: THAT YOUR LIFE
WOULD BE OBEDIENT

TUESDAY

READ: Isaiah 40:27-31
PRAY: FOR GOD'S
STRENGTH

WEDNESDAY

REST DAY

THURSDAY

READ: Eph. 4:25-32
PRAY: against lies and for
truth

FRIDAY

READ: Psalm 150
PRAY: Praise and worship
to God

SATURDAY

ACTION: GO FOR 20 MIN
PRAYER WALK