

21 Days of Prayer and Fasting

Matthew 18:19

Again I say to you, if two of you agree on earth about anything they ask, it will be done for them by my Father in heaven.

We designed this prayer guide to unite our church in prayer, trusting that God will work through us to accomplish more in our city, church, and families than we could ever imagine. Together, we'll focus on three major prayer themes every day, lifting them up with faith and expectation.

We will update this guide daily with 21 days of scripture, devotionals, and prayer prompts to inspire and deepen your prayer journey. Join us as we seek the Lord and experience the power of the one whom we pray to together!

CHURCH WIDE DAILY PRAYERS:

1. **Pray for families** to be strengthened during 21 days of P&F.
 - a. Pray for marriages.
 - b. Pray for parents.
 - c. Pray for singles.
 - d. Pray for our Next Generation (Kids & Youth) ministries at Favor.
2. **Pray for the lost** in our city to respond to the gospel in 2025.
 - a. We have a goal of **15 baptisms** before Easter weekend.
 - b. We have a goal to reach **100 more people** before Easter weekend.
 - c. We have a goal to bring on a **new church planting resident in 2025**. Pray the Lord sends this laborer!
3. **Pray for our church** to find genuine friendships & community.
 - a. We have a goal to enroll **100 people** to Small Groups this semester.
 - b. We have a goal to add **25 new serve team members** this semester.

21 DAYS OF PRAYER AND FASTING: DAY 21

SCRIPTURE:

Proverbs 3:7–8

**[7] Be not wise in your own eyes;
fear the LORD, and turn away from evil.
[8] It will be healing to your flesh
and refreshment to your bones. (ESV)**

DEVO:

It's nearly impossible for me to find what I'm looking for in the fridge without my wife's help. No matter how hard I look, the ketchup never seems to be where I *swear* I left it. Sometimes, no matter how much effort we put in, our perspective is just too limited.

Life works the same way. We can only see what's right in front of us, but God sees the whole picture. He not only knows everything—past, present, and future—but He also wants *the best* for us. That's why He calls us to trust Him with every part of our lives. When we try to navigate life on our own, we'll always be searching in the wrong places. But when we rely on Him, we can move forward with confidence, knowing He sees what we cannot. Who better is there to trust?

PRAYER GUIDE:

Reverence:

Lord, thank you for showing me _____.

Response:

I will trust you with _____.

Request:

Holy Spirit, will you bring healing to _____.

21 DAYS OF PRAYER AND FASTING: DAY 1

SCRIPTURE:

Psalm 1:1–3

1 Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers;

2 but his delight is in the law of the LORD, and on his law he meditates day and night.

3 He is like a tree planted by streams of water that yields its fruit in its season, and its leaf does not wither. In all that he does, he prospers. (ESV)

DEVO:

Have you ever spent time with someone who has an accent and found yourself subconsciously mimicking it? We naturally reflect those we spend the most time with. If we dwell with people who dishonor the Lord, we may start to do the same.

The good news is that the opposite is also true—when we spend more time with Jesus, we begin to look like Him. His love, grace, and truth shape our actions, words, and attitudes. The more we dwell in His presence, the more our lives reflect His character to the world around us.

PRAYER GUIDE:

Reverence:

Lord, I delight in your law that says _____.

Response:

I will walk in the counsel of _____.

Request:

Lord, will you prosper _____.

21 DAYS OF PRAYER AND FASTING: DAY 2

SCRIPTURE:

John 15:4-5 ESV

4 Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me. 5 I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing.

DEVO:

God's calling is not about striving to do more for Him but about being with Him. Abiding in Christ is the foundation of a fruitful life. The harder we try to produce results apart from Him, the more impossible it becomes. True fruitfulness flows from intimacy with the Father, as His Spirit works through us.

Jesus reminds us that apart from Him, we can do nothing. This truth frees us from self-reliance and calls us to surrender. When we dwell in His presence, His life flows through us, naturally producing the fruit that glorifies Him.

PRAYER GUIDE:

Reverence:

Lord, I delight in your law that says _____.

Response:

I will remain in you by _____.

Request:

Lord, help me to bear fruit that reflects _____.

21 DAYS OF PRAYER AND FASTING: DAY 3

SCRIPTURE:

1 Corinthians 10:31

**31 So, whether you eat or drink, or whatever you do, do all to the glory of God.
(ESV)**

DEVO:

Malcolm Gladwell says it takes 10,000 hours to become world-class at anything. If your time with God is limited to weekly church services, it would take over 100 years to even scratch the surface. But God calls us to more than a few hours a week—He invites us to let Him infiltrate every thought, action, and moment.

When we live fully surrendered, abiding in Him daily, the impact is immeasurable. God uses a heart consistently connected to Him to bear fruit and transform lives. Imagine what He could do if every moment was surrounded by His presence.

PRAYER GUIDE:

Reverence:

Lord, I praise you for _____. (Food)

Response:

I will give you glory even when _____.

Request:

Lord, Help me to glorify you in _____.

21 DAYS OF PRAYER AND FASTING: DAY 4

SCRIPTURE:

Matthew 17:19–20

19 Then the disciples came to Jesus privately and said, “Why could we not cast it out?” 20 He said to them, “Because of your little faith. For truly, I say to you, if you have faith like a grain of mustard seed, you will say to this mountain, ‘Move from here to there,’ and it will move, and nothing will be impossible for you.” (ESV)

DEVO:

What’s the most incredible thing God has ever done? Speaking stars into existence? Creating man from dirt? Splitting the Red Sea? Raising Jesus from the dead? The truth is, there’s nothing God cannot do.

We don’t need huge faith; we only need tiny faith in a God who is infinitely powerful. He specializes in the impossible. What are you asking God for that only He can do? Trust in His limitless power and bring your requests to Him, no matter how impossible they seem. Even tiny faith in a huge God can move mountains.

PRAYER GUIDE:

Reverence:

Lord, I praise you for the Miracle of _____.

Response:

I will trust God with _____.

Request:

Lord, will you _____. (God-sized prayer)

21 DAYS OF PRAYER AND FASTING: DAY 5

SCRIPTURE:

John 14:26

26 But the Helper, the Holy Spirit, whom the Father will send in my name, he will teach you all things and bring to your remembrance all that I have said to you. (ESV)

DEVO:

Jesus didn't leave us to figure life out on our own. He sent the Holy Spirit to teach us, guide us, and remind us of His truth. The Spirit works in our hearts, bringing clarity to God's Word and helping us apply it to our daily lives.

When we face challenges or feel lost, we can trust the Spirit to reveal what we need. He equips us with wisdom and strength far beyond our own. Are you listening for His voice today? The Spirit is always ready to lead you closer to Christ and His purposes.

PRAYER GUIDE:

Reverence:

Holy Spirit, I worship you for guiding me in _____.

Response:

I will trust the Holy Spirit for _____.

Request:

Lord, teach me _____.

21 DAYS OF PRAYER AND FASTING: DAY 6

SCRIPTURE:

Galatians 6:1-2 (ESV)

Brothers, if anyone is caught in any transgression, you who are spiritual should restore him in a spirit of gentleness. Keep watch on yourself, lest you too be tempted. 2 Bear one another's burdens, and so fulfill the law of Christ.

DEVO:

What's the most important rule in your house? Taking off your shoes inside? Keeping the kitchen clean? Pitching in with the laundry? Everyone's house is different. In God's house, aka the church, the most important rules are relational. Love God and love others. There are many things you can get right when it comes to religion but if you get this wrong, you missed the whole point. How can you "bear one another's burdens" today? Who in your life needs an encouraging text, a lunch invitation, a word of advice, some financial aid or simply a listening ear? You can be like Christ today when you simply, "bear one another's burdens."

PRAYER GUIDE:

Reverence:

God your _____ is perfect.

Response:

I will bear another's burdens by _____ .

Request:

Lord, lighten my burden of _____ .

21 DAYS OF PRAYER AND FASTING: DAY 7

SCRIPTURE:

John 13:34-35 (ESV)

A new commandment I give to you, that you love one another: just as I have loved you, you also are to love one another. 35 By this all people will know that you are my disciples, if you have love for one another.”

DEVO:

It is often said that, “hurt people, hurt people.” Unfortunately this is proven true in our lives and others as we project the hurt done to us onto other people. However, the reverse is also true – loved people have a greater capacity to love people. Jesus is challenging us here to love people based on the unconditional love you’ve received from God not the conditional love or hurt you’ve received from man. As you go about your day, be reminded of the unconditional love God has toward you and ask that He would empower you to share that same love with others.

PRAYER GUIDE:

Reverence:

God, you have shown your love by _____.

Response:

I will show your unconditional love to _____.

Request:

God, help me choose to trust your love over the hurt of _____.

21 DAYS OF PRAYER AND FASTING: DAY 8

SCRIPTURE:

1 Peter 4:8-10 (ESV)

8 Above all, keep loving one another earnestly, since love covers a multitude of sins. 9 Show hospitality to one another without grumbling. 10 As each has received a gift, use it to serve one another, as good stewards of God's varied grace

DEVO:

What's something you're good at? If you're good with cars and you've probably helped someone with car trouble. If you're a great cook and you've offered to provide meals for a friend while they were sick. If you're good at math you've probably helped classmates understand problems or friends learn to budget.

What's the principle? We were designed to use our giftedness to serve one another. What are some ways that God is challenging you to use your giftedness in greater measure? Maybe its taking a leadership role at church, stepping up at work, serving the less fortunate in your city or tutoring youth in your area.

1 thing is for sure. You ARE gifted and your family, our church and your city need your gift!

PRAYER GUIDE:

Reverence:

God, you've shown your grace in my life by _____.

Response:

I will serve others through my gift of _____.

Request:

Lord, help me develop a heart to serve _____.

21 DAYS OF PRAYER AND FASTING: DAY 9

SCRIPTURE:

Romans 12:10 (ESV)

Love one another with brotherly affection. Outdo one another in showing honor.

DEVO:

Have you ever let your competitive nature get the best of you? Maybe you lost your temper in sports, yelled at a referee or gloated too much after beating your kids in a game of trouble. Whatever the case, we've all let competition get the better of us in a negative way. While being competitive can bring the worst out in us, Paul shows us here that we can use it to highlight the best parts of others. In fact, this is the only place in scripture where we are told to compete against one another. We should aggressively show one another honor. How can you honor someone today? Maybe it's words of affirmation, public praise or even a gift. There are many ways we can honor one another and Paul says we should look for every opportunity to raise the bar of honor amongst our community!

PRAYER GUIDE:

Reverence:

God, I honor you as my _____.

Response:

Today, I will honor my _____.

Request:

Holy Spirit, give me the strength to give and receive honor.

21 DAYS OF PRAYER AND FASTING: DAY 10

SCRIPTURE:

James 5:16 (ESV)

Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working.

DEVO:

Why is our first instinct to cover up our sins? Whether you're a kid that broke a lamp or an adult making a huge mistake at work our first thought is often, "I hope nobody finds out!" James flips this mentality upside down when he shows us that confession is actually the key ingredient to healing. Do you feel like you're sick? Depressed? Constantly angry? Holding onto bitterness? Can't forgive? Odds are you have hidden sin in your life that is keeping you from experiencing the healing of God's grace.

Who could you trust with your sin? Who in your life is walking with Jesus and wants the best for you? Pray about confessing your sin to them so that you can be healed.

PRAYER GUIDE:

Reverence:

God, I praise you for healing my _____ .

Response:

Today, I will confess my sin of _____ .

Request:

Lord, heal me of _____ .

21 DAYS OF PRAYER AND FASTING: DAY 11

SCRIPTURE:

Ephesians 4:32 (ESV)

Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

DEVO:

For some, running a mile feels impossible, while to others, it's just a warmup. But we can all agree that running 100 miles is a whole different challenge. It's all about perspective. In the same way, God calls us to compare the wrongs we've experienced to the grace we've received in Jesus. This doesn't diminish the pain of those wrongs—it simply highlights how immeasurably greater God's forgiveness is. His grace is overwhelming, limitless, and undeserved. I encourage you to reflect on all that God has forgiven you of. Let that perspective fuel your steps toward forgiving others—and even yourself. Forgiveness isn't just for the other person; it's about releasing the burden and stepping into the freedom and joy God wants for you.

PRAYER GUIDE:

Reverence:

Thank you for forgiving me for _____.

Response:

I will forgive _____.

Request:

Lord, will you help me to forgive myself for _____.

21 DAYS OF PRAYER AND FASTING: DAY 12

SCRIPTURE:

Matthew 6:33 (ESV)

But seek first the kingdom of God and his righteousness, and all these things will be added to you.

DEVO:

What's the first thing you do when you wake up? Maybe you scroll on your phone, make a cup of coffee, check the weather, take a shower, the list goes on. When it comes to our priorities we either choose what's more important, most urgent or most convenient. Jesus shows us here that when we put our energy first into what's most important, the kingdom of God, everything else will fall into place. Seeking first the kingdom of God is about putting the King on the throne of every facet of your life. When you give God the first moments of your day and the first fruits of your finances, He will maximize your time and provide for your every need. When you make prayer your first response in a crisis or when you're seeking discernment, He will add to you all the comfort and wisdom that you need.

PRAYER GUIDE:

Reverence:

God, I honor you for being a good king over my _____.

Response:

I will seek you first in my _____.

Request:

As I seek you first add _____ to my life.

21 DAYS OF PRAYER AND FASTING: DAY 13

SCRIPTURE:

James 1:16 (ESV)

Do not be deceived, my beloved brothers. 17 Every good gift and every perfect gift is from above, coming down from the Father of lights, with whom there is no variation or shadow due to change.

DEVO:

Take a moment to think about the good things in your life. What is the first thing that comes to mind? Maybe your family, significant friendships, a job you love, the home you have or even the meal you just enjoyed. Today, James is challenging us to remember that every good thing in our life is from God. We are tempted to think we've earned the blessings we enjoy, but do not be deceived. We all deserve death because of our sin but God in His grace made a way for us to go to heaven. Ultimately, every good gift should then be a reminder of the greatest gift of all which is Jesus Christ. He died on the cross for our sins and rose from the dead to give us life in Him.

PRAYER GUIDE:

Reverence:

Lord, thank you for the good gift of _____.

Response:

I will tell _____ about your goodness.

Request:

Lord, will you give me _____.

21 DAYS OF PRAYER AND FASTING: DAY 14

SCRIPTURE:

Proverbs 16:9 (ESV)

**The heart of man plans his way,
but the LORD establishes his steps.**

DEVO:

When was the last time you had big plans that fell through? Maybe it was a vacation that went wrong, a business that failed or even a relationship that didn't last. Proverbs is highlighting that life not going as planned should be expected. In fact, as believers we should plan for God to change our plans. Spirit filled planning is not wrong but we must always submit our plans to the steps He orders. This is why we must follow and seek Jesus everyday. There is no step too small to bring before the Lord.

PRAYER GUIDE:

Reverence:

God, your plans are _____.

Response:

I will follow your will by taking a step of faith in my _____.

Request:

Lord, order my steps as I discern _____.

21 DAYS OF PRAYER AND FASTING: DAY 15

SCRIPTURE:

Proverbs 3:9-10 (ESV)

Honor the Lord with your wealth and with the firstfruits of all your produce; 10 then your barns will be filled with plenty, and your vats will be bursting with wine.

DEVO:

Do you remember the first time you were paid to do a job? Being handed that cash or a check with your name on it is such a rewarding feeling. You were honored for the work you did. This proverb highlights the principle of the first fruits. This is the greater context for the practice of tithing which is bringing the first 10% of your income back to God by giving to your local church. Bringing our tithe is our act of worship that reminds us that 100% of what we've been blessed with came from God and ultimately belongs to God. If you don't currently tithe, pray today about taking the 1% challenge this year. Increasing your giving by 1% each month to help you reach 10%. If you do tithe, commit to making that moment an act of worship, thanking God for His many blessings.

PRAYER GUIDE:

Reverence:

God I honor you as the provider as you've provided _____.

Response:

I will trust you to provide when I _____.

Request:

Lord, provide for _____.

21 DAYS OF PRAYER AND FASTING: DAY 16

SCRIPTURE:

2 Corinthians 9:6-7 (ESV)

The point is this: whoever sows sparingly will also reap sparingly, and whoever sows bountifully will also reap bountifully. 7 Each one must give as he has decided in his heart, not reluctantly or under compulsion, for God loves a cheerful giver.

DEVO:

Have you ever seen a massive corn field or another crop and thought, “somebody has to plant all of that!” Agricultural references hit home with the first century church perhaps more so than the 21st century church but the principle is still the same. The more you sow, the more you reap. If we want God to bless our businesses, family finances and our church ministry we must sow our resources generously into kingdom causes. At the same time we should not let someone else decide that number. While God sets the tithe as the foundation for our generosity we need to go before God regularly and ask Him to place on our heart what we should give to kingdom causes above and beyond the tithe. If you’re married, do this with your spouse. Your giving should come as an overflow of your relationship with God not obligation to religion.

PRAYER GUIDE:

Reverence:

God I revere you as the one who _____.

Response:

I will follow your lead in my generosity _____.

Request:

God, bless my finances so that I may sow into the kingdom.

21 DAYS OF PRAYER AND FASTING: DAY 17

SCRIPTURE:

James 5:14–15

14 Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord. 15 And the prayer of faith will save the one who is sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven.

DEVO:

Hopelessness is one of the hardest feelings to face, especially when it comes to health—whether it’s our own or that of someone we love. In moments of desperation, when we feel powerless to fix the situation, we’re reminded of our deep need for God. When we face sickness or injury, it’s an opportunity to declare our dependence on Him. It’s a moment to acknowledge that we cannot fix everything on our own and to trust that only God has the power to bring healing and restoration. Instead of giving in to despair, let’s turn to Him in prayer, surrendering our worries and believing in His ability to work in ways we cannot. In our weakness, God’s strength shines through.

PRAYER GUIDE:

Reverence:

Lord, I praise you for healing _____.

Response:

Father, I will trust you even when _____.

Request:

Lord, will you bring healing to _____.

21 DAYS OF PRAYER AND FASTING: DAY 18

SCRIPTURE:

1 Corinthians 6:18–20

18 Flee from sexual immorality. Every other sin a person commits is outside the body, but the sexually immoral person sins against his own body. 19 Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, 20 for you were bought with a price. So glorify God in your body.

DEVO:

Your body is not just yours, it belongs to God. Paul reminds us that our bodies are temples of the Holy Spirit, set apart for God's glory. Sexual immorality is more than just a sin against God. It's a sin against the very body He created and redeemed at the price of His Son's life. This passage challenges us to view our bodies as sacred, not to be misused or dishonored. Glorifying God with our bodies means surrendering our desires to Him, fleeing from sin, and living in a way that reflects His holiness. When we remember that we are not our own, it compels us to steward our bodies in ways that honor the One who gave everything for us.

PRAYER GUIDE:

Reverence:

Lord, I praise you for creating me uniquely.

Response:

Lord, I confess the sin of _____.

Request:

Will you help me to flee from _____.

21 DAYS OF PRAYER AND FASTING: DAY 19

SCRIPTURE:

1 Peter 5:7

7 casting all your anxieties on him, because he cares for you. (ESV)

DEVO:

Imagine facing someone with all the power in the world who is against you—it's terrifying to think about because we wouldn't stand a chance. Now, consider this incredible truth: the God of the universe, who *does* have all the power, isn't your enemy. He's your Father, and He cares deeply for you!

No matter what problem or anxiety is weighing on you, it's no match for God's strength. He's not only capable of handling anything that comes your way but also *willing* to do so. God doesn't stand at a distance—He invites you to cast all your cares on Him because He loves you. Today, rest in the assurance that the One with infinite power is for you and ready to carry your burdens.

PRAYER GUIDE:

Reverence:

Lord you are bigger than _____.

Response:

I give you my anxiety about _____.

Request:

Lord, will you overcome _____ in my life?

21 DAYS OF PRAYER AND FASTING: DAY 20

SCRIPTURE:

Proverbs 23:20–22

**[20] Be not among drunkards
or among gluttonous eaters of meat,
[21] for the drunkard and the glutton will come to poverty,
and slumber will clothe them with rags. (ESV)**

DEVO:

What's your favorite food? Maybe it came to mind instantly, or maybe it depends on the mood you're in. Either way, we all have foods we love—and that's no accident. God designed His creation for us to enjoy! However, He also calls us to practice self-control.

God wants us to delight in the good things He provides, but overindulgence can quickly lead to harm. Whether it's food, entertainment, or anything else, excess often pulls our focus away from Him. True joy comes from enjoying His gifts in balance, with gratitude and discipline. Self-control isn't about saying "no" to everything; it's about saying "yes" to God's best for us. Let's honor Him by enjoying His creation responsibly and keeping our desires in check.

PRAYER GUIDE:

Reverence:

Lord, I praise you for _____. (Food)

Response:

I will seek self control over _____.

Request:

Holy Spirit, show me what I am using in excess.