

21 Days of Prayer & Fasting

WHY FAST?

- **Because Jesus fasted** Matthew 4:1-11
- **To strengthen your prayer life** Ezra 8:23
- **To seek God's guidance** Judges 20:26
- **To seek help or protection** 2 Chronicles 20:3-4
- **To express repentance & return to God** 1 Samuel 7:6
- **To humble yourself before God** 1 Kings 21:27-29
- **To minister to the needs of others** Isaiah 58:3-7
- **To overcome temptation & dedicate yourself to God** Matthew 4:1-11
- **To express love & worship for God** Luke 2:37

THINGS TO FAST FROM:



Food/meal fast: fast a specific food or meal



Technology: give up phone, tv, social media, video games for a set time



An attitude/action: Give up complaining, comparing, gossip, Etc.



Anything in your life that brings you away from God or divides your heart.

WHAT DID GOD SHOW ME DURING MY FAST:

Use the space below to write what or how you fasted, along with your thoughts and prayers during your fast.

Day 1 _____

Day 2 _____

Day 3 _____

Day 4 _____

Day 5 _____

Day 6 _____

Day 7 _____

Day 8 _____

Day 9 _____

Day 10 _____

Day 11 _____

Day 12 _____

Day 13 _____

Day 14 _____

Day 15 _____

Day 16 _____

Day 17 _____

Day 18 _____

Day 19 _____

Day 20 _____

Day 21 _____