

21 DAYS OF PRAYER & FASTING



JAN 10TH - JAN 31ST
CHURCH AT THE BRIDGE

This 21-day corporate fast is designed to help every member of our congregation, regardless of where you are in your faith journey, grow closer to the Lord through focused prayer, scripture reflection, meditation, and journaling. Our goal is not deprivation but redirection; replacing distractions with a deeper connection to God. This fast is about making room for God in our hearts, minds, and lives to receive His direction and transformation.

Psalm 34:8 tells us that if we will taste and see that the Lord is good, we can discover his blessing that is upon us because we take refuge in him. This 21-day journey will not only deepen your relationship with God but also create lasting habits of devotion. Through prayer, scripture, and reflection, you'll experience transformation and clarity for the year ahead.

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Why This Matters

Fasting, as described in Scripture, is a powerful spiritual discipline that draws us closer to God, aligns us with His will, and invites His power into our lives. It is not just about abstaining from food or distractions but about seeking God intentionally.

Scriptural Foundations

1. Fasting as a Heart Posture Before God

- Joel 2:12 "Even now," declares the Lord, "return to me with all your heart, with fasting and weeping and mourning."
- Fasting is a response of humility and surrender to the Lord, a way of returning our hearts to Him fully.

2. Jesus' Example of Fasting

- Matthew 4:1-2 Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. After fasting forty days and forty nights, he was hungry.
- Jesus demonstrated fasting as preparation for ministry and spiritual strength.

3. Spiritual Breakthrough and Guidance

- Isaiah 58:6 Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke?
- Fasting brings clarity, breaks strongholds, and aligns us with God's purposes.

4. Seeking God Wholeheartedly

- Jeremiah 29:13 You will seek me and find me when you seek me with all your heart.
- Fasting creates a space for seeking God with undivided attention.

Fasting Options

The following provide different examples of ways that you can approach fasting. Please take into consideration your health and consult your doctor if you have specific limitations that could be intensified by a choice to refrain from food during this fast:

1. The Daniel Fast

- A plant-based fast inspired by Daniel 1:12-15.
- Abstain from meats, sweets, and processed foods, consuming only vegetables, fruits, whole grains, nuts, and water.

2. Partial Fast (Time-Based)

- Skip meals during a specific part of the day, such as breakfast and lunch, and break the fast with dinner.

3. Abstaining from Distractions

- Refrain from social media, entertainment, or other non-essential activities that consume time and focus, and replace these with prayer, scripture reading, and quiet meditation.

4. Intermittent Abstention

- Choose one or two days per week for focused fasting (from food or distractions) to commit these days to heightened spiritual focus.

Daily Plan for Spiritual Growth

Each day, take focused time in the following activities:

1. Prayer: Communing with God

- Begin with thanksgiving and praise (Psalm 100:4).
- Bring specific requests to the Lord, seeking His will (Philippians 4:6-7).
- Dedicate time to listen for His voice (John 10:27).

2. Scripture Reading: Gleaning Wisdom and Direction

- Follow the theme for each week to focus your reading:
 - Week 1: Drawing near to God
 - Week 2: Renewing the mind
 - Week 3: Walking in God's will
- Reflect on key verses and what they reveal about God's character and desires for our lives.

3. Reflection & Meditation: Internalizing the Word

- Meditate on one verse or passage, allowing it to sink deeply into your heart (Psalm 1:2).
- Ask reflective questions: "What is God saying to me?" "How does this apply to my current situation?"

4. Journaling: Capturing Insights and Prayers

- Write down prayers, reflections, and any revelations you receive during your time with God.
- Journaling prompts:
 - "Today, God revealed to me..."
 - "I am grateful for..."
 - "God is calling me to..."

Habakkuk 2:2 Write the vision; make it plain on tablets, that he who reads it may run with it.

Practical Tips for Success

1. Create Sacred Space

- Designate a quiet space for prayer and study.
- Keep a Bible, journal, and pen handy.

2. Set a Schedule

- Dedicate consistent times for spiritual practices each day, such as morning, midday, or evening.

3. Accountability

- Pair up with a prayer partner or join small group check-ins to stay encouraged and focused.

4. Lean on God's Grace

- Don't be discouraged if you miss a day or struggle. Remember, fasting is about the heart, not perfection.

Weekly Focus for the Fast

Week 1 (January 10-17): Seeking God's Presence

- Focus: Reconnecting with God as our first love (Revelation 2:4).
- Action: Spend extended time in prayer, praising God for His faithfulness.

Week 2 (January 20-24): Renewing the Mind

- Focus: Allowing God's Word to transform our thoughts and align us with His truth (Romans 12:2).
- Action: Memorize a verse each day to meditate on throughout the day.

Week 3 (January 27-31): Surrendering to God's Will

- Focus: Trusting God for direction and surrendering all areas of life to Him (Proverbs 3:5-6).
- Action: Write down areas where you need clarity and seek God's wisdom.

Friday, January 10

The Invitation to Seek God

Scripture: Jeremiah 29:13 – "You will seek me and find me when you seek me with all your heart."

God's heart is for us to know Him deeply. This scripture reminds us that seeking God isn't about a casual glance or occasional prayer. It's about wholehearted pursuit. Imagine the joy of finding the treasure of His presence—this is what He offers when we seek Him fully.

For Further Reflection: Matthew 7:7-8 – "Ask and it will be given to you; seek and you will find; knock and the door will be opened to you."

Action Step: The door to God's presence is never locked. All He asks is that we come to Him, seeking Him with sincerity.

Saturday, January 11

God's Presence, Our Refuge

Scripture: Psalm 91:1 – "Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty."

Life can feel overwhelming, but God offers His presence as a place of safety and rest. Dwelling with God means staying close to Him through prayer, worship, and trust. His shadow is large enough to cover all your fears.

For Further Reflection: Psalm 46:1 – "God is our refuge and strength, an ever-present help in trouble."

Action Step: God is a constant refuge, not just in emergencies, but in every moment of life. Trust Him today to be your unshakable strength.

Sunday, January 12

Prioritizing God Above All

Scripture: Matthew 6:33 – "But seek first his kingdom and his righteousness, and all these things will be given to you as well."

When we place God's kingdom above our own desires, we find that He provides for our every need. Seeking Him first isn't about neglecting responsibilities—it's about trusting that He can order our lives perfectly.

For Further Reflection: Colossians 3:2 – "Set your minds on things above, not on earthly things."

Action Step: Make a deliberate choice today to focus on God's eternal purposes over temporary concerns.

Monday, January 13

God Knows You Personally

Scripture: Psalm 139:1-2 – "You have searched me, Lord, and you know me."

God's knowledge of you is intimate and complete. He understands your struggles, joys, and unspoken prayers. This means you can come to Him with absolute transparency, knowing you are fully seen and loved.

For Further Reflection: Matthew 10:30-31 – "Even the very hairs of your head are all numbered."

Action Step: You are never forgotten or overlooked by God. Take comfort in His personal care and attention.

Tuesday, January 14

God's Nearness in Prayer

Scripture: James 4:8 – "Come near to God and he will come near to you."

God desires closeness with His children. He doesn't demand perfection, but He calls us to humility and a willingness to draw near. As we take steps toward Him, He promises to meet us where we are.

For Further Reflection: Psalm 145:18 – "The Lord is near to all who call on him, to all who call on him in truth."

Action Step: Approach God in prayer today with honesty and faith, knowing He is near and ready to listen.

Wednesday, January 15

Encountering God Through His Word

Scripture: Psalm 119:18 – "Open my eyes that I may see wonderful things in your law."

God's Word is a doorway to His presence. Through it, He reveals His heart, His promises, and His guidance for our lives. As we approach scripture with an open heart, we can encounter God personally and experience the power of His truth.

For Further Reflection: 2 Timothy 3:16-17 – "All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness."

Action Step: Take time today to read a passage of scripture slowly and prayerfully. Ask God to reveal something about Himself or His will for your life.

Thursday, January 16

Seeking God's Guidance

Scripture: Psalm 25:4-5 – "Show me your ways, Lord, teach me your paths. Guide me in your truth and teach me, for you are God my Savior, and my hope is in you all day long."

Seeking God's presence means seeking His guidance for our lives. He desires to teach us, lead us, and walk with us every step of the way. When we turn to Him with a heart of trust, He faithfully directs our paths.

For Further Reflection: Proverbs 16:9 – "In their hearts humans plan their course, but the Lord establishes their steps."

Action Step: Reflect on one decision or area of your life where you need God's guidance. Bring it before Him in prayer, asking Him to show you the way forward.

Friday, January 17

Renewing Your Mind

Scripture: Romans 12:2 – “Do not conform to the pattern of this world, but be transformed by the renewing of your mind.”

Transformation begins with the way we think. When we align our minds with God’s truth, we break free from worldly patterns and live out His perfect will.

For Further Reflection: 2 Corinthians 10:5 – “We take captive every thought to make it obedient to Christ.”

Action Step: Be mindful of your thoughts today. Take captive anything that does not align with God’s truth and replace it with His promises.

Saturday, January 18

Fixing Your Thoughts on Truth

Scripture: Philippians 4:8 – “Whatever is true, whatever is noble, whatever is right...think about such things.”

Our thoughts shape our attitudes and actions. By fixing our minds on what is true and noble, we align ourselves with God’s peace and joy.

For Further Reflection: Isaiah 26:3 – “You will keep in perfect peace those whose minds are steadfast, because they trust in you.”

Action Step: List three things you are grateful for today, and let them redirect your mind toward God’s goodness.

Sunday, January 19

Letting Go of Lies

Scripture: John 8:32 – “Then you will know the truth, and the truth will set you free.”

Freedom begins with truth. God’s truth exposes and dismantles the lies we’ve believed, bringing healing and clarity to our lives.

For Further Reflection:

Ephesians 4:25 – “Put off falsehood and speak truthfully to your neighbor.”

Action Step: Ask God to reveal any lies you’ve believed and replace them with His truth today.

Monday, January 20

The Mind of Christ

Scripture: 1 Corinthians 2:16 – “We have the mind of Christ.”

God has given us access to His wisdom through Christ. With His mindset, we can approach every situation with humility, love, and discernment.

For Further Reflection: Philippians 2:5 – “In your relationships with one another, have the same mindset as Christ Jesus.”

Action Step: Seek opportunities to think and act like Christ in your relationships today.

Tuesday, January 21

Trusting God's Plan

Scripture: Proverbs 3:5-6 – “Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.”

Trusting God requires letting go of our need to control and understand every detail. When we submit our ways to Him, He faithfully guides us onto the right path.

For Further Reflection: Jeremiah 17:7-8 – “Blessed is the one who trusts in the Lord, whose confidence is in him.”

Action Step: Reflect on one area in your life where you've been leaning on your own understanding. Surrender it to God today and trust His plan.

Wednesday, January 22

Practicing Gratitude

Scripture: 1 Thessalonians 5:18 – "Give thanks in all circumstances; for this is God's will for you in Christ Jesus."

Renewing our minds begins with gratitude. When we choose to focus on God's blessings instead of our challenges, it shifts our perspective and aligns our thoughts with His goodness and faithfulness. Gratitude opens the door to joy and peace.

For Further Reflection: Colossians 3:15 – "Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful."

Action Step: Write down three things you are grateful for today, no matter how small. Reflect on how God's goodness is present in your life.

Thursday, January 23

Replacing Worry with Truth

Scripture: Matthew 6:34 – "Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."

Worry often stems from allowing our thoughts to dwell on uncertainties. Renewing our minds means replacing worry with the truth of God's sovereignty and care. When we focus on His promises, we find peace even in uncertain times.

For Further Reflection: Isaiah 41:10 – "So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."

Action Step: Identify a specific worry or fear. Write it down and surrender it to God in prayer, asking Him to replace it with the truth of His promises.

Friday, January 24

Fulfilling Your Purpose

Scripture: Ephesians 2:10 – "For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do."

You were created with a unique purpose. God has designed you as His masterpiece, equipping you to fulfill the good works He has planned for you.

For Further Reflection: Jeremiah 29:11 – "For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."

Action Step: Reflect on your God-given gifts and ask Him to show you how to use them for His glory today.

Saturday, January 25

Living as Light in the World

Scripture: Matthew 5:16 – "In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven."

As followers of Jesus, we are called to reflect His light in a world often filled with darkness. Our actions, words, and attitudes should point others toward God, inspiring them to glorify Him.

For Further Reflection: Philippians 2:15 – "So that you may become blameless and pure, 'children of God without fault in a warped and crooked generation.' Then you will shine among them like stars in the sky."

Action Step: Think of one way you can be a light to someone today—whether through encouragement, service, or sharing your faith. Ask God to help you radiate His love.

Sunday, January 26

The Power of Unity in Christ

Scripture: Ephesians 4:3 – "Make every effort to keep the unity of the Spirit through the bond of peace."

Unity among believers is essential for reflecting God's love and fulfilling His mission. When we prioritize peace and understanding, we demonstrate the power of Christ to bring people together.

For Further Reflection: Psalm 133:1 – "How good and pleasant it is when God's people live together in unity!"

Action Step: Reflect on any relationships where you need to seek unity or forgiveness. Pray for God to bring peace and harmony among His people.

Monday, January 27

Being Transformed by God

Scripture: 2 Corinthians 3:18 – “And we all, who with unveiled faces contemplate the Lord’s glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit.”

God is in the business of transformation. As we behold His glory and spend time with Him, He shapes us into His image.

For Further Reflection: 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.”

Action Step: Spend time today reflecting on how God has been transforming you. Thank Him for the work He is doing in your life.

Tuesday, January 28

God's Peace Guards Your Heart

Scripture: Philippians 4:6-7 – “Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

God's peace isn't tied to circumstances; it's rooted in trust and thanksgiving. When we surrender our anxieties in prayer, His peace protects our hearts and minds.

For Further Reflection: Isaiah 26:3 – “You will keep in perfect peace those whose minds are steadfast, because they trust in you.”

Action Step: Take a moment today to surrender your worries to God and thank Him for His peace that surpasses understanding.

Wednesday, January 29

God's Strength in 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.’”

God's grace fills the gaps where our strength fails. When we acknowledge our weakness, His power is displayed in us, allowing us to persevere and thrive.

For Further Reflection: Psalm 73:26 – “My flesh and my heart may fail, but God is the strength of my heart and my portion forever.”

Action Step: Bring an area of weakness to God today, and ask Him to show His strength through it.

Thursday, January 30

Serving Others in Love

Scripture: Galatians 5:13 – “You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love.”

True freedom in Christ empowers us to serve others selflessly. When we love and serve, we reflect God’s heart to the world.

For Further Reflection: John 13:14-15 – “Now that I, your Lord and Teacher, have washed your feet, you also should wash one another’s feet.”

Action Step: Look for a practical way to serve someone in love today. Reflect on how serving mirrors God’s love.

Friday, January 31

Abiding in Christ

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."

Abiding in Christ is the key to a fruitful life. Staying connected to Him through prayer, worship, and obedience allows His life to flow through us.

For Further Reflection: Psalm 1:3 – "That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither—whatever they do prospers."

Action Step: Commit to spending intentional time abiding in Christ today. Ask Him to help you bear fruit that glorifies Him.