



21 Day Fast

~ Prayer Journal ~

*O God, you are my God; earnestly I seek you;
my soul thirsts for you; my flesh faints for you,
as in a dry and weary land where there is no water.*
Psalm 63:1

"When we fast, we are seriously seeking God's face. Fasting disrupts business as usual. Is that what you are looking for? Are you crying out for God to do something in you that He has never done before? Are you tired of business as usual?"
Jentezen Franklin

Fasting is a voluntary act of giving up something we love for the purpose of developing our intimacy with God. Through self-discipline we choose instead, to intentionally spend more time with God in prayer.

How to use this journal: Give yourself some quiet time, preferably in the morning. Invite the Holy Spirit to come and bring His wisdom and understanding. Ask for unsearchable things, and trust and believe that He will give them to you. He LONGS to reveal Himself to you now, just as you are.

Tip: Try reading the verses in other translations.

My fast will consist of giving up:

I will specifically be seeking God for:

Day One

Create in me a clean heart, O God, and renew a right spirit within me. Cast me not away from your presence and take not your Holy Spirit from me. Restore to me the joy of your salvation and uphold me with a willing spirit.

Psalm 51: 10-12

What is God revealing to you through this verse? Is your heart right with Him as you begin this fast? Is there anything that you need to confess and repent of? Do it now.

Day Two

Call to me and I will answer you and tell you great and unsearchable things you do not know.

Jeremiah 33:3

What unsearchable things do you long to know or understand? Ask God now, trusting that He will give you wisdom by His Holy Spirit.

Day Three

"The hand of our God is for good on all who seek Him, and the power of His wrath is against all who forsake Him." So we fasted and implored our God for this, and He listened to our entreaty.

Ezra 8: 22b-23

What changes are you hoping God will make in your life as you do this fast?

Day Four

The steps of a man are established by the LORD, when he delights in his way; though he fall, he shall not be cast headlong, for the LORD upholds his hand.

Psalm 37: 23-24

Where do you believe God is leading you? Are you willing to surrender to His plan for you?

Day Five

You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore.

Psalm 16:11

What is God directing you to do today? Is there someone you need to reach out to? Pray for? Ask forgiveness from? Share with?

Day Six

For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit.

Romans 8:5

How are you struggling with this fast? What is God calling you to give over to Him? Share your struggles with Him..

Day Seven

Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.

Ephesians 3: 20-21

What are you struggling with most during this fast? Spend some time inviting Him into those parts of you and ask for renewal and healing.

Day Eight

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law. And those who belong to Christ Jesus have crucified the flesh with its passions and desires. If we live by the Spirit, let us also keep in step with the Spirit.

Galatians 5: 22-25

Which 'fruit' do you struggle with the most? How is God calling you to change?

Day Nine

I will stand my watch and set myself on the rampart and watch to see what He will say to me.

Habakkuk 2:1

What is God revealing to you with this verse? Are you ready to train and chase after God's vision for your life?

Day Ten

The Lord does not look at the things people look at. People look at the outward appearance, but the Lord looks at the heart.

1 Samuel 16:7b

How important is integrity to you? How might God use your integrity to impact the people around you?

Halfway Mark: Consider sharing your fasting experience with someone who needs Jesus.

Day Eleven

Now devote your heart and soul to seeking the Lord your God.

1 Chronicles 29:13

Ask God for a daily hunger and thirst for Him. Sit in silence and listen for His voice.

Day Twelve

Then he said to me, "Fear not, Daniel, for from the first day that you set your heart to understand and humbled yourself before your God, your words have been heard, and I have come because of your words. The prince of the kingdom of Persia withstood me twenty-one days, but Michael, one of the chief princes, came to help me, for I was left there with the kings of Persia, and came to make you understand what is to happen to your people in the latter days. For the vision is for days yet to come."

Daniel 10:12-14

Do you approach God with expectation for the miraculous? Do you desire to see the supernatural in your life? Why or why not? Spend some time asking for opportunities to witness this side of God.

Day Thirteen

And He who searches hearts knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God. And we know that for those who love God all things work together for good, for those who are called according to his purpose.

Romans 8: 27-28

How would you like God to minister to you today? What do you need from Him?

Day Fourteen

Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.

Galatians 6:9

Write a prayer of thanksgiving for the blessings you have received during this fast.

Day Fifteen

He heals the brokenhearted and binds up their wounds. He determines the number of the stars; He gives to all of them their names. Great is our Lord, and abundant in power; His understanding is beyond measure.

Psalms 147: 3-5

How can you allow God to bring healing and reconciliation in His way and in His timing? Ask Him to give you spiritual eyes to see where He is working.

Day Sixteen

“Yet even now,” declares the LORD, “return to Me with all your heart, with fasting, with weeping, and with mourning; and rend your hearts and not your garments.” Return to the LORD your God, for He is gracious and merciful, slow to anger, and abounding in steadfast love; and He relents over disaster.

Joel 2:12-13

What part(s) of you need to be rebuilt or restored? Do you believe He is a God who can do this? Spend some time inviting Him into those parts of you and ask for renewal and healing.

Day Seventeen

Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. For everyone who asks receives, and the one who seeks finds, and to the one who knocks it will be opened.

Matthew 7:7-8

Spend some time in silence. Allow God to speak His truth over you. What is He saying to you?

Day Eighteen

Hear my cry, O God, listen to my prayer; from the end of the earth I call to you when my heart is faint. Lead me to the rock that is higher than I, for you have been my refuge, a strong tower against the enemy.

Psalm 61: 1-3

How has God become a strong tower for you? How can you trust Him more?

Day Nineteen

Therefore I want the men everywhere to pray, lifting up holy hands without anger or disputing.

1 Timothy 2:8:

How will you play a role in bringing God's presence to our church family and community?

Day Twenty

Send me your light and your faithful care, let them lead me; let them bring me to your holy mountain, to the place where you dwell. Then I will go to the altar of God, to God, my joy and my delight. I will praise you with the lyre, O God, my God.

Psalm 43:3-4

*As we begin to draw our time of fasting to a close, where has God shown up in your day-to-day life?
What has changed for you?*

Day Twenty One

If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then will I hear from heaven and will forgive their sin and will heal their land.

2 Chronicles 7:14

*How will you continue to have a humbled state before God when our 21 days of prayer and fasting end?
Is there a practice you can commit to? What is God calling you to do?*

Final Journal

How has God met you through your fast? What has changed for you? What was the hardest part? How will you continue to pray and seek God's face in the coming days?
