

# 21 DAYS FASTING & PRAYER

January is the month of fasting and prayer. Let this guide help you maximize this period.

(Isaiah 58:1 – 14 | Matthew 6:1 – 18)

## **The 3 Elements of Fasting**

1. Self – denial: Abstinence
2. Prayer: Supplication
3. Giving: Charity

Before we discuss an acceptable fast, let's see the things that make fasting null and void. That is, the things that render your fast unacceptable. Anything that spoils prayer, spoils fasting.

Also, anything that spoils charity, spoils fasting. It is possible to give, and God will not accept it.

It is also possible to pray, and your prayers will not be answered.

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# 21 DAYS FASTING & PRAYER

## PRINCIPLES OF AN UNACCEPTABLE FAST

(Isaiah 58:1-5)

1. **The presence of rebellion and sin in your life:** This counters your fast. You cannot be fasting and doing wrong at the same time. **Isaiah 58:1:** Cry aloud, spare not, lift up thy voice like a trumpet, and shew my people their transgression, and the house of Jacob their sins. (KJV)

2. **A life of hypocrisy and pretense:** this is when you have a seeming desire to delight in the things of the Lord meanwhile your heart is not there. **Isaiah 58:2 (KJV):** Yet they seek me daily, and delight to know my ways, as a nation that did righteousness, and forsook not the ordinance of their God: they ask of me the ordinances of justice; they take delight in approaching to God.

**(Isaiah 58:2 NLT):** yet they act so pious! They come to the temple every day and seem delighted to learn all about me. They act like a righteous nation that would never abandon the laws of its God. They ask me to take action on their behalf, pretending they want to be near me.

3. **Absence of self – denial:** Verse 3 ...behold in the day of your fast ye find pleasure (KJV)

4. **Oppressing your Workers and your Subordinates:** Verse 3 ...even while you fast, you keep oppressing your workers (NLT)

5. **Living a life of strife, quarrelling, and fighting while fasting:** Verse 4...Behold, ye fast for strife and debate, and to smite with the fist of wickedness (KJV)

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## PRINCIPLES OF AN UNACCEPTABLE FAST

(Isaiah 58:1-5)

**6. Making a show of your fast:** Verse 4 ... ye shall not fast as ye do this day, to make your voice to be heard on high (KJV) Matthew 6:16-18 (16) Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, they have their reward. (17) But thou, when thou fastest, anoint thine head, and wash thy face; (18) That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly. (KJV)

Be private about your fast. Do not have a sad countenance to make a show of your fast.

Once you have impressed people you don't impress God again.

### **7. Dishonoring the Sabbath day while fasting:**

Isaiah 58:13 (13) If thou turn away thy foot from the sabbath, from doing thy pleasure on my holy day; and call the sabbath a delight, the holy of the LORD, honorable; and shalt honor him, not doing thine own ways, nor finding thine own pleasure, nor speaking thine own words:

Don't miss church services in the name that you are fasting.

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## PRINCIPLES OF AN UNACCEPTABLE FAST

(Isaiah 58:1-5)

### 8. **Not doing acts of compassion during your fast and making a show of it even while**

**you do:** Matthew 6:3-5 (3) But when thou doest alms, let not thy left hand know what thy right hand doeth: (4) That thine alms may be in secret: and thy Father which seeth in secret himself shall reward thee openly. (5) And when thou prayest, thou shalt not be as the hypocrites are for, they love to pray standing in the synagogues and in the corners of the streets, that they may be seen of men. Verily I say unto you, they have their reward.

Be private about your fast. Do not have a sad countenance to make a show of your fast.

Once you have impressed people you don't impress God again.

### 9. **Vain repetition of prayers like the heathen:** i.e. Not being specific in prayer Matthew

6:6-7 (6) But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly. (7) But when ye pray, use not vain repetitions, as the heathen do: for they think that they shall be heard for their much speaking.

10. **Not walking in forgiveness:** Matthew 6:12 (12) And forgive us our debts, as we forgive our debtors.

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# 21 DAYS FASTING & PRAYER

## CONDITIONS OF AN ACCEPTABLE FAST

Isaiah 58:1-5, 13

1. Humble yourself and repent
2. Find the needy and less privileged and bless them
3. Walk in love: eliminate every form of strife and malice from your life
4. Remember your family, parents, spouse, kids, people you live with
5. Break every form of oppression and wickedness
6. Turn your talk and tongue from speaking evil
7. Deny yourself pleasure (e.g. food, television, parties, ceremonies etc.)
8. Honoring the day of the Lord, that is the Sabbath day

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## 3 kinds of Fast

1. **Absolute fast:** Dry Fasting (Moses fast). 40 days: recommended 3 days:

2. **Total fast:** Water-fast (Jesus Fast): 40 days

3. **Partial fast.** Vegetable fast (Daniel fast: 21 days):

Esther 4:16 (16) Go, gather together all the Jews that are present in Shushan, and fast ye for me, and neither eat nor drink three days, night or day: I also and my maidens will fast likewise; and so will I go in unto the king, which is not according to the law: and if I perish, I perish.

Daniel 10:1-5, Daniel 10:2-3 (2)

In those days I, Daniel was mourning three full weeks. (3) I ate no pleasant bread, neither came flesh nor wine in my mouth, neither did I anoint myself at all, till three whole weeks were fulfilled.

Daniel fast is a kind of mourning.

Matthew 5: 4 Blessed are they that mourn for they shall be comforted.

As we fast, pray, seek God's face, we align our destiny

**There are 3 Options you can choose from.**

Option 1: Water and Juice

Option 2: fruits and vegetables

Option 3: Eat light only from 6 pm daily.

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## 10 BENEFITS OF FASTING Isaiah 58:6-14

1. **Light:** Your light shall spring forth as the morning: Clarity of vision and revelation.  
Revelation: God's Word
2. **Health:** your health shall spring forth speedily: A renewal of your body and organs. It strengthens your bones and makes you like a watered garden. Physically: helps detoxify your system and slows down the aging process.
3. **Divine Visitation:** Your righteousness shall go before you. 4. **The Presence of God will be rich in your life**
7. **Continued divine guidance-** for your life and nations. 8. **Refreshing and restoration**
5. **Fasting draws God to intervene at a faster rate to your prayers.** It enables your prayers to be answered fast.
6. **Breaks addictions and bad habits:** Fasting helps you to break besetting sins and moral bondages. It breaks anything that is not of God in your life.
9. **Exercising dominion in your finances.** God will satisfy your soul in drought. It breaks financial yokes and stagnation.
10. **Fasting breaks generational curses** especially in families and rebuilds the ancient ruins.  
It releases reformers and deliverers and nation-builders. God will cause you to ride on the high places of the earth. Fasting causes you to be promoted and to have the heritage of Jacob.

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# 21 DAYS FASTING & PRAYER

## **Five Arsenals in Fasting**

1. Your Bible
2. Your Notebook
3. Your pen
4. Find Christian books and teachings you must Study and listen to
5. Written down goals/topics you must pray through and write down every instruction that God gives you while you pray.

# 21 DAYS **FASTING** & **PRAYER**

## **Daily Prayer**

Heavenly Father, I come before you seeking your guidance for 2026. According to Psalm 32:8, I trust that you will instruct me and teach me in the way I should go. Open my heart and mind to your wisdom, and may your counsel be my guiding light. Help me to discern your will and follow the path you have laid out for me THIS NEW YEAR In Jesus' name, I pray. Amen.

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# **21** DAYS **FASTING** **& PRAYER**

## **SCRIPTURES TO MEDITATE ON**

### **Repentance and Forgiveness**

- **1 John 1:9**
- **Psalm 139:23-24**
- **Joel 2:12**

### **Humility Scriptures**

- **Matthew 18:4**
- **Matthew 23:12**
- **James 4:10**
- **1 Peter 5:6**
- **Proverbs 16:18**

### **Spiritual Transformation Scriptures**

- **Psalm 51:10**
- **Romans 12:1-2**
- **Galatians 5:16-17**

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## **SCRIPTURES TO MEDITATE ON**

### **Fasting Principles**

- **Matthew 6:16**
- **Matthew 4:2**
- **Isaiah 58:6**
- **Daniel 9:3**

### **Faith and Seeking God**

- **Hebrews 11:6**
- **Psalms 103:1-3**
- **1 John 5:14-15**

### **Spiritual Empowerment**

- **Ephesians 5:18**
- **Mark 11:25**
- **Acts 13:2**

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**21** **DAYS**  
**PRAYER**  
**& FASTING**  
**JANUARY 5TH - 25TH**

**IN-PERSON PRAYERS BEGIN:**  
**JANUARY 12<sup>TH</sup> - 18<sup>TH</sup>**



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