

# 21 DAYS OF PRAYER AND FASTING

JANUARY 11TH - 31ST **2026**

SUN	MON	TUE	WED	THU	FRI	SAT
				01	02	03
04	05	06	07	08	09	10
11 Fast Begins at Sundown	12 Receiving Love (1 John 3:1)	13 Claiming Sonship (Gal 4:7)	14 Embracing Worth (Psalm 139:14)	15 Releasing Shame (Rom 8:1)	16 Being Chosen (Eph 1:4)	17 Finding Rest (Zeph 3:17)
18 Drawing Near (James 4:8)	19 Renewing Minds (Rom 12:2)	20 Inviting Search (Psalm 139:23-24)	21 Slowing Down (James 1:19)	22 Being Molded (Isa 64:8)	23 Softening Hearts (Ezekiel 36:26)	24 Trusting Process (Phil 1:6)
25 Loving Others (1 John 4:7)	26 Serving Humbly (Gal 5:13)	27 Forgiving Freely (Eph 4:32)	28 Honoring Others (Rom 12:10)	29 Doing Good (Heb 13:16)	30 Speaking Life (Eph 4:29)	31 Shining Bright (Matt 5:16) Fast Ends at Sundown

# BELOVED

DRAW CLOSE

## WEEK 1: IDENTITY

**Internal Practice:** Daily Stillness (10 Minutes)  
Sit in complete silence. No music, no agenda. Just being with God.

**External Practice:** The "Undone" Practice  
Intentionally leave one daily task unfinished (e.g., leave the bed unmade, leave a dish in the sink) as a physical reminder that you are loved even when you aren't perfect.

## WEEK 2: FORMATION

**Internal Practice:** Pray & Listen (5 Minutes Each)  
Spend 5 minutes asking God to search your heart, then 5 minutes just listening for what He highlights.

**External Practice:** The 3-Second Pause  
Before responding to anything (spouse, kids, texts, interruptions), pause for 3 full seconds. Let God shape your reaction.

## WEEK 3: OVERFLOW

**Internal Practice:** The "Send Me" Prayer  
Start the morning by praying, "God, show me one person to love today."

**External Practice:** One Act of Love  
Do one concrete thing each day for the person God highlighted (a text, a coffee, a note, an act of service).