

21 DAYS
of prayer & fasting

JANUARY 5TH - 25TH 2026

	SUNDAY	MONDAY	TUESDAY	
	4	5	6	

21 DAYS

of prayer & fasting

As we begin 2026 together, I believe God is strengthening every part of our lives — our hearts, minds, relationships, and calling.

These 21 days are not simply about discipline; they are about foundation. God is building something in you that will outlast every storm and opposition.

My prayer is that as you seek Jesus first, you will experience His presence in new and refreshing ways. I encourage you to embrace this journey fully — not comparing your fast to others, but committing your heart to God daily.

This is a season to listen, to trust, and to grow deeper roots in His Word.

We are better together, and I'm believing with you that God will establish a life that is truly built different for His glory.

Standing with you,

Pastor Demetrius Miles

Kingdom Greetings!

21 DAYS
of prayer & fasting
Week 1 – Build Me

Day 1 – Laying the Foundation

Day 2 – Seek First

Day 3 – Filled with Hope

Day 4 – Renew My Mind

Day 5 – Strength to Overcome

Day 6 – Holy, Whole & Healthy

Day 7 – Bearing Good Fruit

Week 2 – Build Others

Day 8 – I Am a Light

Day 9 – A Heart for People

Day 10 – The Power of Compassion

Day 11 – My Neighbor, My Assignment

Day 12 – A Kingdom Witness

Day 13 – Praying for Our Leaders

Day 14 – Made to Make a Difference

Week 3 – Build His Church & Kingdom

Day 15 – The Church Jesus Builds

Day 16 – United We Stand

Day 17 – A Church for All People

Day 18 – Empowered to Go

Day 19 – Generosity Builds the Kingdom

Day 20 – Finish Strong

Day 21 – Built Different

Before You Begin

Your health matters to God – and to us!

- If you take medication, have a medical condition, are pregnant or nursing,
- Please consult your physician before starting any fast.

**A SPIRITUAL FAST SHOULD DRAW YOU CLOSER TO GOD,
NOT PLACE YOUR HEALTH AT RISK!**

FASTING OPTIONS

CHOOSE ONE OF THE FOLLOWING FASTING APPROACHES BASED ON YOUR HEALTH, LIFESTYLE, AND HOLY SPIRIT'S LEADING:

DANIEL FAST

- NO MEAT, DAIRY, SUGAR, BREAD, OR PROCESSED FOODS
- FRUITS, VEGETABLES, NUTS, LEGUMES, WHOLE GRAINS ALLOWED
- **BIBLICAL AND SUSTAINABLE**

PARTIAL FAST

CHOOSE A SPECIFIC FOOD OR MEAL TO SURRENDER:

- NO SWEETS OR CAFFEINE
- SKIP LUNCH DAILY
- NO EATING AFTER 7PM
- **GREAT FOR FIRST-TIME FASTERS**

SOUL FAST

REMOVE THINGS THAT STEAL FOCUS:

- NON-FOOD DISTRACTIONS
- SOCIAL MEDIA
- GAMING/TV
- TOXIC RELATIONSHIP

What I am fasting from:

What I am believing God for:

Remember:

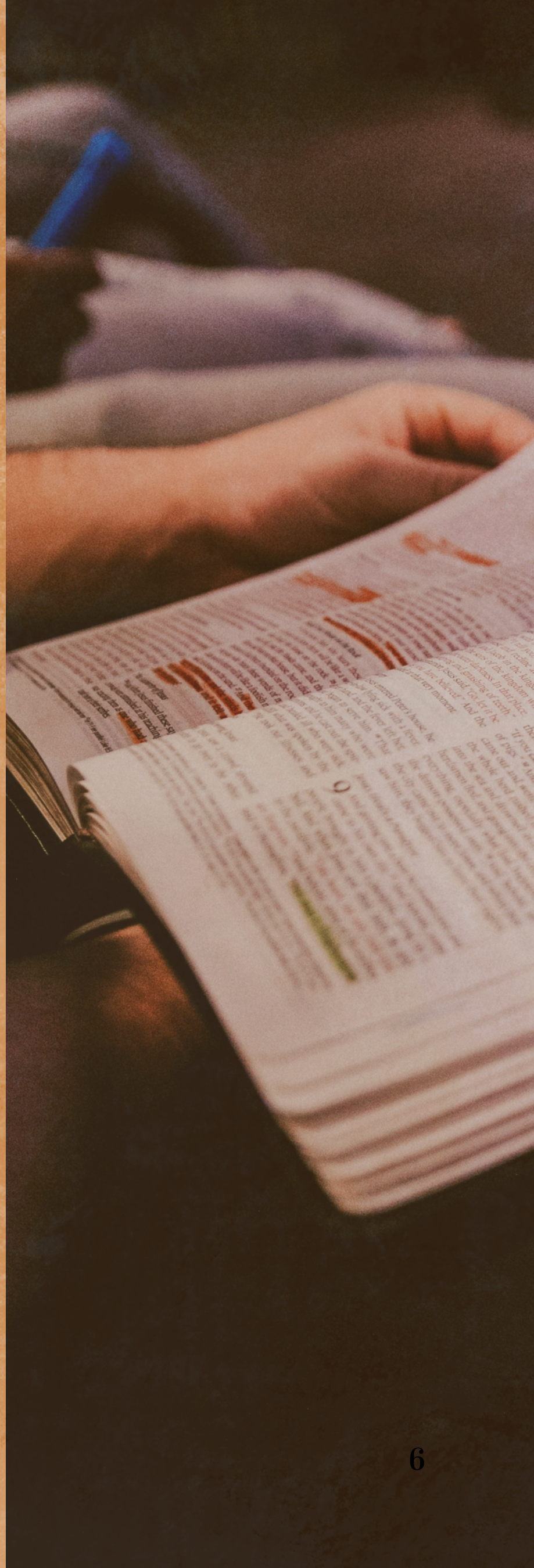
Fasting is not about **perfection** — it’s about **devotion**.
As you remove distractions, lean into God’s presence,
and listen to His voice.

“When we turn down the volume of the world, we
turn up the volume of Heaven.”

WEEK 1

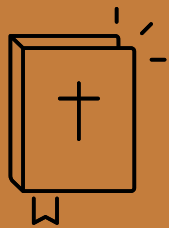
BUILD ME

Strengthening the
foundation of
my walk with God



DAY 1

21 DAYS
of prayer & fasting



Scripture:

- 1 John 1:5–7



Devotional Thought:

- A strong spiritual foundation begins with walking in the light – with truth, transparency, and humility before God.
- Invite the Holy Spirit to illuminate every step of these next 21 days.



Prayer Focus:

- Lord, align every part of my life with Your truth and light.



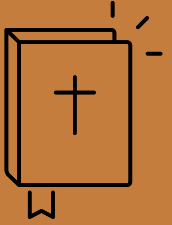
Journal Space:

- What foundation is God strengthening in me today?

SEEK FIRST!

DAY 2

21 DAYS
of prayer & fasting



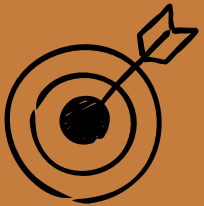
Scripture:

- Matthew 6:33



Devotional Thought:

- Jesus resets our priorities so our decisions reflect Heaven.
- Peace increases as misplaced priorities decrease.



Prayer Focus:

- Jesus, reorder everything in me – place Your Kingdom first.

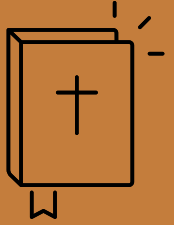


Journal Space:

- What priority is God calling me to shift today?

DAY 3

21 DAYS
of prayer & fasting



Scripture:

- Romans 15:13



Devotional Thought:

- The Holy Spirit fills us with supernatural hope.
- Let Him replace anxious outcomes with joyful expectation.



Prayer Focus:

- Holy Spirit, fill me with hope that overflows into every part of my life.

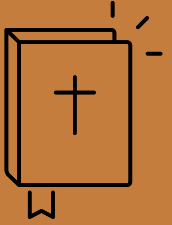


Journal Space:

- Where do I need fresh hope today?

DAY 4

21 DAYS
of prayer & fasting



Scripture:

- Romans 12:1-2



Devotional Thought:

- Transformation begins internally.
- God rebuilds our lives by rebuilding our thinking.



Prayer Focus:

- Lord, reshape my thoughts to reflect Your truth.

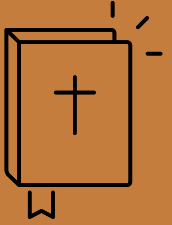


Journal Space:

- What thoughts need to be renewed by God?

DAY 5

21 DAYS
of prayer & fasting



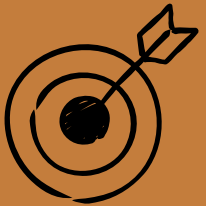
Scripture:

- Ephesians 6:10–11



Devotional Thought:

- Strength comes not from striving, but from staying clothed in God's armor.



Prayer Focus:

- Holy Spirit, strengthen me to stand firm and overcome.

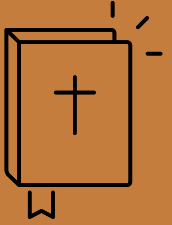


Journal Space:

- Where am I believing God for spiritual strength?

DAY 6

21 DAYS
of prayer & fasting



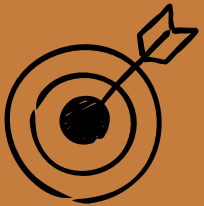
Scripture:

- 1 Corinthians 6: 19–20



Devotional Thought:

- Your body is God's temple – honor Him with your lifestyle choices.



Prayer Focus:

- Lord, help me honor You with my physical life and habits.

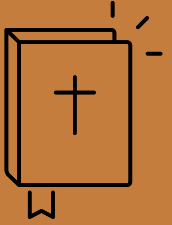


Journal Space:

- What changes can help me live healthier and holier?

DAY 7

21 DAYS
of prayer & fasting



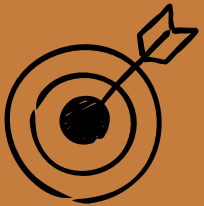
Scripture:

- John 15:4-5



Devotional Thought:

- Fruitfulness results from closeness.
- Remain in Jesus and fruit will follow.



Prayer Focus:

- Jesus, help me remain in You so that Your fruit grows in my life.



Journal Space:

- Where do I see God growing fruit in me?

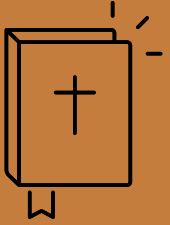
WEEK 2

BUILD OTHERS

Strengthening
relationships and mission
with people around me

DAY 8

21 DAYS
of prayer & fasting



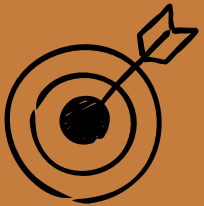
Scripture:

- Matthew 5:14–16



Devotional Thought:

- God designed you to be seen – for impact.
- Shine so others see Jesus through you.



Prayer Focus:

- Lord, let my life reveal Your goodness everywhere I go.

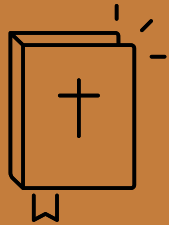


Journal Space:

- Where is God calling me to shine brighter?

DAY 9

21 DAYS
of prayer & fasting



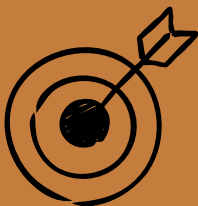
Scripture:

- John 13:34–35



Devotional Thought:

- Love is the proof of discipleship.
- Ask God to expand your heart.



Prayer Focus:

- Jesus, increase my love for the people around me.

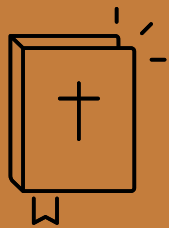


Journal Space:

- Who is God asking me to love better?

DAY 10

21 DAYS
of prayer & fasting



Scripture:

- Colossians 3:12–14



Devotional Thought:

- Compassion builds bridges where judgment builds walls.



Prayer Focus:

- Father, help me reflect Your compassion.

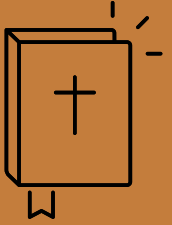


Journal Space:

- Who needs compassion from me today?

DAY 11

21 DAYS
of prayer & fasting



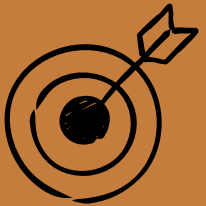
Scripture:

- Luke 10:36–37



Devotional Thought:

- Being a neighbor is not proximity – it's mercy in action.



Prayer Focus:

- Lord, make me someone who sees and serves my neighbor.

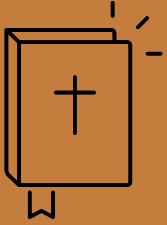


Journal Space:

- Who is on the other side of my convenience?

DAY 12

21 DAYS
of prayer & fasting



Scripture:

- Acts 1:8



Devotional Thought:

- We witness from His power, not our ability.



Prayer Focus:

- Holy Spirit, embolden my witness today.

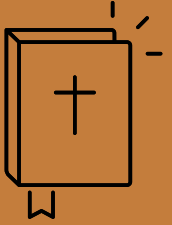


Journal Space:

- Where is God asking me to speak up or show up?

DAY 13

21 DAYS
of prayer & fasting



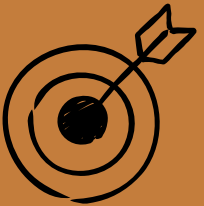
Scripture:

- 1 Timothy 2:1-2



Devotional Thought:

- We partner with God's design for leadership through prayer.



Prayer Focus:

- God, guide our leaders with wisdom and integrity.

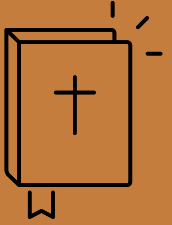


Journal Space:

- Which leader is God placing on my heart to pray for?

DAY 14

21 DAYS
of prayer & fasting



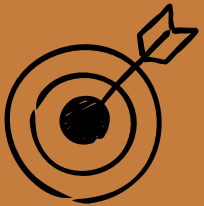
Scripture:

- 1 Peter 2:9–10



Journal Space:

- Where do my gifts meet a need right now?



Prayer Focus:

- Lord, use my life to make a lasting difference.

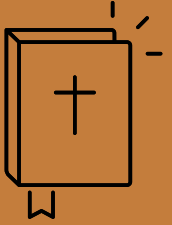


Devotional Thought:

- You are chosen with purpose – to bring light into dark places.

DAY 15

21 DAYS
of prayer & fasting



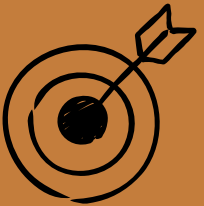
Scripture:

- Matthew 16:18



Devotional Thought:

- Hell cannot conquer what Christ constructs.



Prayer Focus:

- Lord, build Your Church strong and unstoppable.



Journal Space:

- How can I invest in strengthening my church family?

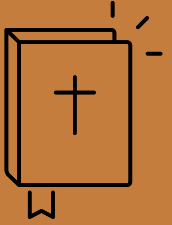
WEEK 3

**BUILD HIS
CHURCH &
KINGDOM**

**Partnering with God's
global mission through
local obedience**

DAY 16

21 DAYS
of prayer & fasting



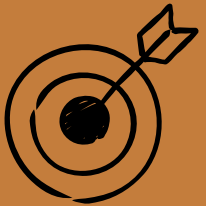
Scripture:

- Ephesians 4:2–6



Devotional Thought:

- Unity advances the Kingdom. Division weakens.



Prayer Focus:

- Holy Spirit, make me a peacemaker and unifier.

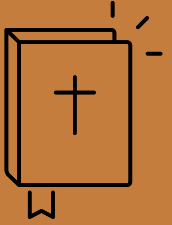


Journal Space:

- Where do I need to choose unity?

DAY 17

21 DAYS
of prayer & fasting



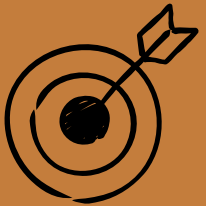
Scripture:

- Revelation 7:9–10



Devotional Thought:

- Heaven is beautifully diverse – so is God’s design.



Prayer Focus:

- Father, help us reflect Heaven’s unity.

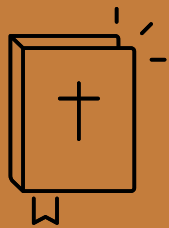


Journal Space:

- How can I welcome those different from me?

DAY 18

21 DAYS
of prayer & fasting



Scripture:

- Acts 1:8



Devotional Thought:

- Wherever you go, Heaven goes with you.



Prayer Focus:

- Holy Spirit, empower me to go where You lead.

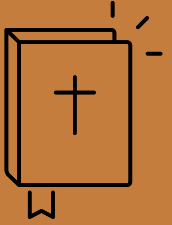


Journal Space:

- Where is God sending me?

DAY 19

21 DAYS
of prayer & fasting



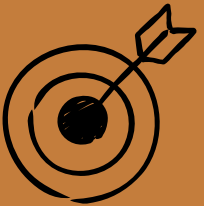
Scripture:

- 2 Corinthians 9:6–8



Devotional Thought:

- Generosity partners with God's purpose.



Prayer Focus:

- Lord, make me a cheerful Kingdom builder.

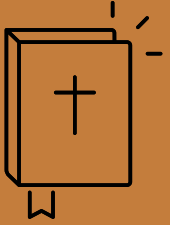


Journal Space:

- Where can I sow generously?

DAY 20

21 DAYS
of prayer & fasting



Scripture:

- Hebrews 12:1–2



Devotional Thought:

- What God started, He will complete.



Prayer Focus:

- Jesus, give me endurance to finish strong.

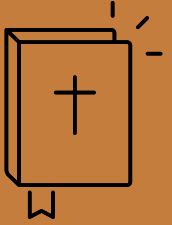


Journal Space:

- What commitment will I continue after these 21 days?

DAY 21

21 DAYS
of prayer & fasting



Scripture:

- Ephesians 3:16–21



Devotional Thought:

- You step into this year stronger, wiser, bolder
– Built Different.



Prayer Focus:

- Lord, continue to build and strengthen every part of my life.



Journal Space:

- What has God built in me that will last?

21 DAYS *of prayer & fasting*

You did it!! You set aside these 21 days and invited
God to build in you what only He can.

But today is not the end — it's the beginning.

Carry what God poured into you into every moment
of this year —
Built Different.

Let's build what will last.
Let's build what reflects His Kingdom.
Let's build together.

With you all the way,
Pastor Demetrius Miles



21 DAYS

of prayer & fasting



	SATURDAY	SUNDAY	MONDAY	
	24	25	26	