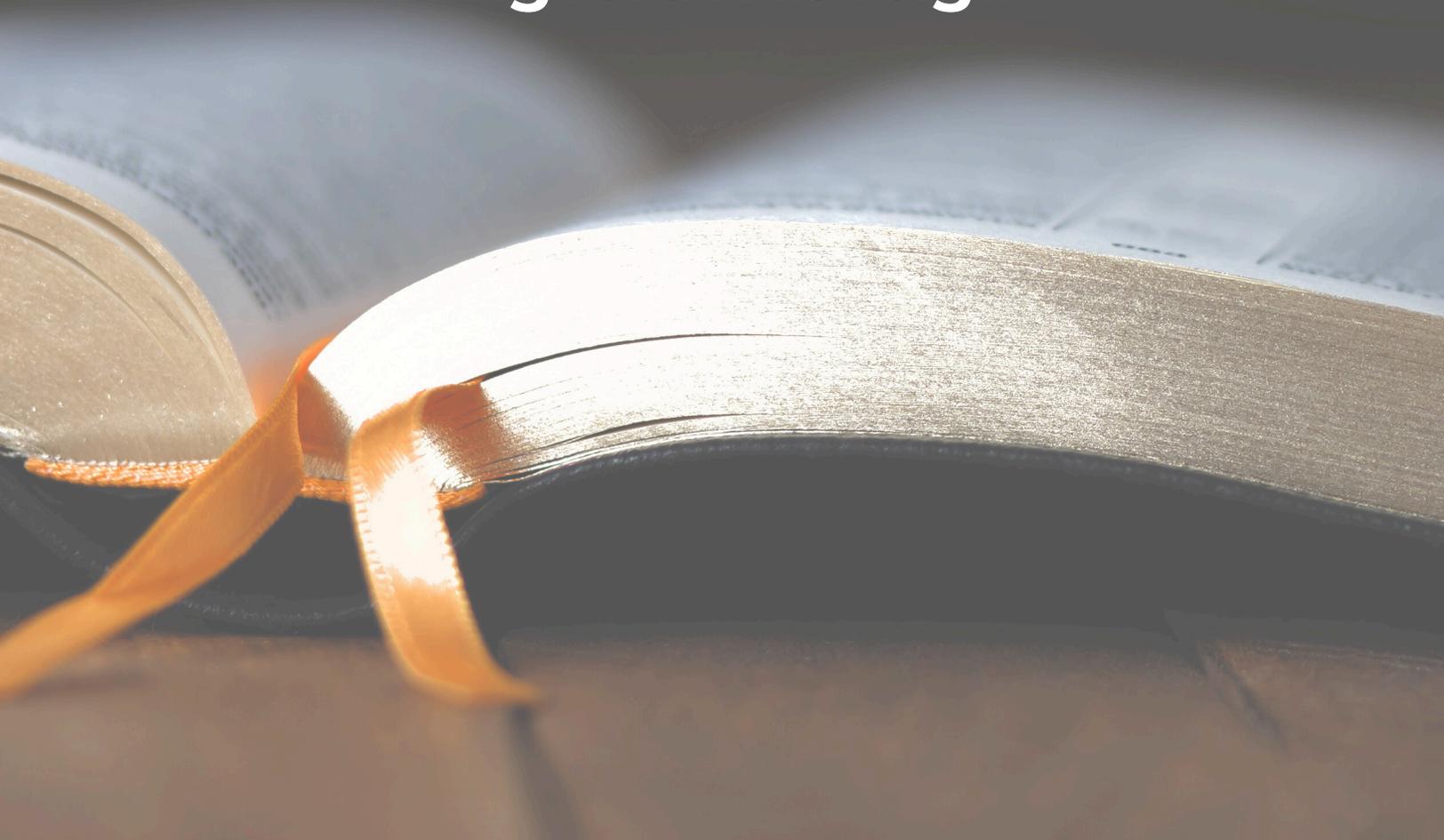




ARK & ALTAR
CHURCH

21 Days of Prayer & Fasting

January 1 - 21, 2026
Bring forth His reign!



21 Days of Prayer and Fasting - 2026 Ark & Altar Church

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Before You Begin -Fasting is not about earning God's favor—it is about positioning your heart to hear Him clearly. Choose a fast that is prayerful, sustainable, and Spirit-led.

Suggested Fasts

- Daniel Fast (fruits, vegetables, whole foods, water)
- Modified Daniel Fast (Daniel foods + limited grains or one protein)
- Daniel Fast + One Meal a Day
- Media Fast (fasting social media, entertainment, or news)
- Combination Fast (food + media)

Important: If you have health conditions, consult a medical professional and modify as needed.

The Daniel Fast

The Daniel Fast was first observed by the prophet Daniel in the Bible. Scripture gives us some insight (such as in Dan. 10:3) into what Daniel ate and didn't eat; however, we don't know his complete menu. On one occasion, Daniel was greatly concerned for his people and sought the Lord's wisdom during a time of prayer and fasting.

"At that time I, Daniel, mourned for three weeks. I ate no choice food; no meat or wine touched my lips (Dan. 10:2-3).

Most commentaries believe "choice food" would have been bread and sweets. The Message paraphrase sums up Daniel's eating habits during that time: "I ate only plain and simple food."

The intention of the modern-day Daniel Fast is not to duplicate exactly what Daniel did but the spirit in which he did it. Daniel's passion for the Lord caused him to hunger and thirst more for spiritual food than for physical food, which should be the desire of anyone choosing to participate in this type of fast.

Try not to get too hung up on the food portion of the fast. The guidelines are given to help you form boundaries, not to push you into legalism. Your fast may look a little different than someone else's, and that's fine. Some people may need to be stricter than others in their food choices so that their fast is a sacrifice for them. The most important part of the Daniel Fast is that you deny yourself physically so that you may seek the Lord in prayer and grow closer to him.

Prayer & Devotional Guide - ESTABLISH A DAILY RHYTHM

- Morning: Scripture + prayer (10–20 min)
- Midday: Short prayer or Scripture declaration
- Evening: Reflection + thanksgiving

WEEK 1 - CONSECRATION & AWAKENING Days 1-7 | Preparing the Way

Day 1 – Set Apart

Scripture: Joel 2:12

Focus: Surrender

Prayer: Lord, I consecrate these 21 days to You. Remove distractions and awaken my heart.

Day 2 – Hunger for God

Scripture: Matthew 5:6

Focus: Spiritual hunger

Prayer: Replace my appetite for lesser things with a hunger for You.

Day 3 – Repentance & Renewal

Scripture: Psalm 51:10

Focus: Clean heart

Prayer: Search me, cleanse me, and renew a right spirit within me.

Day 4 – Remove Idols

Scripture: Exodus 20:3

Focus: Alignment

Prayer: Expose and remove anything that competes with Your rule in my life.

Day 5 – Welcoming the Holy Spirit

Scripture: Luke 1:35

Focus: Overshadowing

Prayer: Holy Spirit, overshadow my heart with God's Word and power.

Day 6 – Forerunner Faith

Scripture: Luke 1:17

Focus: Bold obedience

Prayer: Make me a forerunner who prepares the way for Your reign.

Day 7 – Rest & Thanksgiving

Scripture: Psalm 103:1

Focus: Gratitude

Prayer: Thank You, Lord, for what You are already doing—even if I can't see it yet.

WEEK 2 — CONCEPTION & WARFARE
Days 8-14 | Standing Against Resistance

Day 8 – Conceiving the Word

Scripture: Luke 1:31

Focus: Faith

Prayer: Let Your Word take root deeply in my heart.

Day 9 – Authority of the Word

Scripture: Psalm 119:130

Focus: Submission

Prayer: I place Your Word over my life as final authority.

Day 10 – Standing in Opposition

Scripture: Ephesians 6:12

Focus: Spiritual warfare

Prayer: Strengthen me to stand firm against every scheme of the enemy.

Day 11 – Rejecting Discouragement

Scripture: Isaiah 41:10

Focus: Courage

Prayer: I reject every lie that tells me to quit or give up.

Day 12 – Healing & Restoration

Scripture: Isaiah 53:5

Focus: Wholeness

Prayer: I receive healing—spirit, soul, and body.

Day 13 – Persistence in Prayer

Scripture: Luke 18:1

Focus: Endurance

Prayer: Teach me to pray without losing heart.

Day 14 – God Finishes What He Starts

Scripture: Philippians 1:6

Focus: Trust

Prayer: I trust You to complete what You began in me.

WEEK 3 — BIRTHING & RELEASE
Days 15–21 | Bringing Forth His Reign

Day 15 – Speak the Promise

Scripture: Ezekiel 37:4

Focus: Declaration

Prayer: I speak life and truth over every area of my life.

Day 16 – Family & Generations

Scripture: Joshua 24:15

Focus: Household faith

Prayer: Let Your kingdom be established in my family.

Day 17 – Workplace & Provision

Scripture: Deuteronomy 8:18

Focus: Stewardship

Prayer: Release wisdom, provision, and favor in my work.

Day 18 – The Prodigal & the Lost

Scripture: Luke 15:20

Focus: Salvation

Prayer: Bring prodigals home and awaken hearts to You.

Day 19 – Regional Transformation

Scripture: Habakkuk 2:14

Focus: Kingdom impact

Prayer: Let Your glory fill our cities and communities.

Day 20 – The Reign of Christ

Scripture: Revelation 19:16

Focus: Lordship

Prayer: Jesus, reign fully in my life and region.

Day 21 – Thanksgiving & Expectation

Scripture: Habakkuk 2:3

Focus: Faithful waiting

Prayer: I thank You in advance. What You promised will come to pass.

FINAL ENCOURAGEMENT

Fasting doesn't make God move—it positions us to receive.

What you have carried in prayer, you will bring forth in power.

“What God has ordained cannot be stopped.”