

LEARNING TO EXPERIENCE A BETTER LIFE
WITH JESUS

21



**DAYS OF PRAYER
& FASTING**

21



DAYS OF PRAYER & FASTING

Long before fasting became a trendy weight-loss method, it was a sacred invitation from the Lord, a call for His people to set aside physical nourishment so that their spirits could feast on Him. Fasting is a beautiful act of love and trust, a deep expression of worship that can mark a person for the rest of their life.

Scripture makes it clear that fasting is meant to be a regular rhythm in the life of a believer. Jesus says in Matthew 6:16, "**WHEN** you fast," not "**IF** you fast". There is an expectation that His people will fast. When we fast, unbelief is emptied out of us, and our faith strengthens to the point of victory over the enemy. Fasting creates space for surrender, clarity, realignment, and freedom.

Most importantly, fasting draws us closer to Jesus. Each day of self-denial helps us die a little more to our flesh and become more alive in Christ. Fasting is not about manipulating God; it is about positioning our hearts in humility, brokenness, and longing for Him alone. This is a posture God never ignores, He draws near to the broken and humble in spirit (Psalm 51:17).



Instead of viewing your fast as a sacrifice you are giving up for God, begin to see it as a declaration of your love for God. When we recognize the beauty and power of fasting, we really do begin to desire seasons of fasting. When Brittany and I look back on the most powerful moments of our lives, they all share a common thread: fasting. We receive our ministry and anointing during times of fasting. Think about Jesus: only after His forty-day fast did He enter the synagogue and announce His anointing. His ministry was launched out of a fast.

What is God ready to release in you during this fast? Maybe you already know. Maybe you have been the one holding back... not Him. Let your hunger pangs become invitations. Let them draw your heart toward prayer: "Lord, make me hungry for You. Let me feel this longing for Your glory. Let me ache for Your presence. I refuse to hunger more for the things of this world than for the King of Heaven."



Throughout Scripture and Church history, the people of God have practiced fasting. In the early Methodist Church, anyone who desired to become a pastor was required to fast every Friday. We see fasting as early as Exodus 34:28, when Moses fasted from food and water for forty days and forty nights. This is known as an Absolute Fast. We see another absolute fast in the book of Esther when Esther calls the entire nation of Israel to a full food-and-water fast in a time of crisis. From receiving the law to national deliverance from genocide, God has moved powerfully through fasts like these.

If you are considering a full food-and-water fast, seek prayerful counsel and medical guidance beforehand.

In the life of Jesus, we see Him fasting in the wilderness for forty days (Luke 4:2). This was a Water Fast, where He consumed no food. Only after this fast does Scripture say He returned "in the power of the Spirit" (Luke 4:14). A very powerful anointing is produced in us during these intense seasons of fasting. **The oil of suffering carries so much power.**



We also see Partial Fasts, the most common type among groups and congregations. Partial fasts include eating food, but in a restricted or simplified manner. Daniel 1:8-16 and Daniel 10:2-3 give us two examples of partial fasting. From these passages, we receive the well-known Daniel Fast. Daniel chose purity before the Lord over the defiled food of Babylon, and God rewarded him with strength, health, and wisdom. Later, burdened over the state of Israel, Daniel fasted again, and God released breakthrough through spiritual warfare.

The Daniel Fast is not about dieting; it is about spiritual intention, and humility before the Lord. However and whatever you choose to fast, let it be inspired by the Holy Spirit. Saying "yes" to a fast is saying "yes" to a divine invitation to draw near and be transformed. As we learn to be satisfied in Jesus, the world loses its grip, and He becomes our only desire. May our hearts burn with love for our Savior like never before.



Set aside time every day to stop, pray, and spend time in His Word. Use this guide not only to prepare your heart for a move of God but also to position your family for revival and breakthrough. Write down what you are fasting, and throughout these 21 days, continue to record what the Lord is speaking and doing. Remember: you were made for communion with Him. The next 21 days will be sacred. Embrace Jesus. Lean on Jesus. Be satisfied in Jesus. May His Kingdom come and His will be done in us, on the earth, and as it is in Heaven.

HOW TO USE THIS GUIDE

First, choose your fast. Pray about it and allow the Holy Spirit to guide you. Don't fast simply for the sake of fasting, be intentional.

Once you sense His leading, commit your fast to the Lord and let discipline become delight. Expect spiritual warfare. The enemy does not want you to experience what God has prepared for you. Press through the resistance. On the other side is exactly what your heart has longed for; Encounter with your Creator and communion with the one who loves you most.





5 TYPES OF FASTS

DANIEL FAST

You eat: Fruits, Vegetables, Whole Grains, Nuts, Seeds, Legumes (beans, peas, lentils), Water only.

You abstain from: Meat, Dairy, Sugar, Bread, Processed Foods, Caffeine, Sweeteners.

COMPLETE FAST

You abstain from: All food and only drink water.

Only pursue with leading from the Holy Spirit and medical wisdom.

SUNRISE TO SUNSET

You abstain from: Food until evening and then break the fast with one meal.

ONE MEAL A DAY FAST

You choose one meal per day and fast the remaining meals.

MEDIA / DISTRACTION FAST

You abstain from: Social media, TV/Entertainment, News, Unnecessary phone use.





WEEK ONE

CALLED TO PRAYER

DAY ONE: A MOVE OF GOD IN YOUR HEART

DEVOTIONAL

Every move of God begins first in the secret place. Before God transforms cities, He transforms hearts. Fasting makes room, clearing out the noise so the Holy Spirit can stir fresh hunger, repentance, and tenderness within you. Today is an invitation to return fully to your first love. As you quiet your soul, ask the Lord to awaken passion, purify motives, and renew the joy of relationship with Him.



**ZEAL CITY
CHURCH**

PERSONAL APPLICATION:

Set aside 10-15 minutes of complete quiet time.

No phone, no music, just stillness before God.

Ask Him to show you one place in your heart He wants to heal, soften, or revive.

PRAYER:

Lord, move in my heart. Awaken me, soften what has grown hard, and stir a fresh hunger for You. Let revival begin in me.

FAMILY APPLICATION:

Ask each family member: "Where do you want God to move in your heart this week?" Pray one simple prayer together:

"Lord, meet us in our hearts."

"Create in me a clean heart, O God, and renew a right spirit within me." - Psalm 51:10



DAY TWO: A MOVE OF GOD IN YOUR FAMILY

DEVOTIONAL

God loves to start His work in households. Throughout Scripture, whole families encountered His presence and walked in His blessing. As you fast today, pray over every room, every relationship, and every child. Even places of tension or disappointment can become altars of encounter. Believe that God is sowing seeds of unity, healing, and alignment.



**ZEAL CITY
CHURCH**

PERSONAL APPLICATION:

Walk through your home today and pray over each room. Bless your family members by name.

PRAYER:

Lord, move in my family. Bring peace, healing, and unity. Let our home become a place where Your presence dwells.

FAMILY APPLICATION:

Choose one simple act of love today: a spoken encouragement, a shared meal, or praying together before bed.

"But as for me and my family, we will serve the Lord." - Joshua 24:15



DAY THREE: A MOVE OF GOD IN THE CHURCH

DEVOTIONAL

The Church becomes powerful when she becomes united. True unity isn't sameness, it's many hearts surrendered to one Spirit. When God's people gather with humility, love, and honor, His glory rests upon them. This is what we long for at Zeal City! A Church marked not by programs, personalities, or performance, but by the tangible presence of God. As you fast today, pray that the Church, our local body, and the wider Body of Christ, would be filled with God's glory. Ask Him to heal divisions, restore purity, and unite His people around Himself. When we make space for His presence, we begin to operate in a power that cannot be manufactured. Revival, boldness, miracles, compassion, all flow naturally from a people who have been with Him. A move of God in the Church begins with a renewed hunger for His presence. May we be a unified people who carry His glory, and display His power to the world.



PERSONAL APPLICATION:

Pray intentionally for your pastor, worship team, and leadership by name. Ask God to strengthen unity and purity within your local church.

PRAYER:

Lord, move in Your church. Unite us in love, fill us with Your glory, and empower us by Your presence. Make us a people who carry Your heart and reflect Your kingdom.

FAMILY APPLICATION:

Share one thing you each love about your church. Then pray together for your pastors and for unity in your church family.

"And the glory which You gave Me I have given them, that they may be one just as We are one." - John 17:22



DAY FOUR: A MOVE OF GOD IN OUR CITY

DEVOTIONAL

Cities are transformed when ordinary believers carry extraordinary prayer. As you fast, ask God to show you His heart for your city, its broken places, forgotten people, and spiritual strongholds. Pray for righteousness, justice, and mercy to break in. Your intercession might be hidden, but its effects are not.



**ZEAL CITY
CHURCH**

PERSONAL APPLICATION:

Pray intentionally for one hurting area of your city, or a local school, business, or leader.

PRAYER:

Lord, move in my city. Bring healing, awakening, and salvation. Let Your kingdom come to every neighborhood.

FAMILY APPLICATION:

Take a short drive or walk and pray together over a specific part of your city.

"Seek the peace and prosperity of the city to which I have carried you into exile. Pray to the Lord for it, because if it prospers, you too will prosper." - Jeremiah 29:7



DAY FIVE: A MOVE OF GOD IN OUR STATE

DEVOTIONAL

Every state has a spiritual history, but it also has a prophetic future. Your prayers can help turn the tide. Ask God to raise up righteous leaders, to expose darkness, and to speak revival across regions, campuses, and communities.



**ZEAL CITY
CHURCH**

PERSONAL APPLICATION:

Pray for one area of influence in your state, government, education, business, or campus life.

PRAYER:

Lord, move in my state. Guide leaders with wisdom, push back darkness, and let revival sweep across this land.

FAMILY APPLICATION:

Choose a university or city in your state and pray together for revival to break out there.

**"Righteousness exalts a nation, but sin condemns
any people." - Proverbs 14:34**



DAY SIX: A MOVE OF GOD IN OUR NATION

DEVOTIONAL

Nations shift when believers humble themselves and pray. Fasting today is an act of standing in the gap, asking God to heal divisions, restore morals, protect the vulnerable, and draw hearts back to Him. God is raising intercessors in every generation, and today He invites you to take your place.



**ZEAL CITY
CHURCH**

PERSONAL APPLICATION:

Pray for national leaders by name. Ask God to bring conviction, wisdom, and righteousness.

PRAYER:

Lord, move in our nation. Heal our land. Turn hearts back to You. Let righteousness rise and Your will be done.

FAMILY APPLICATION:

Declare one promise of God over your nation together (e.g., "Blessed is the nation whose God is the Lord").

"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 I will hear from heaven, and I will forgive their sin and will heal their land." - 2 Chronicles 7:14



DAY SEVEN: A MOVE OF GOD IN ALL NATIONS

DEVOTIONAL

God's heart beats for the nations. Fasting aligns your heart with His global mission. Pray for missionaries, persecuted believers, unreached people groups, and the spread of the gospel. You are joining the global Church in God's great story of redemption.



**ZEAL CITY
CHURCH**

PERSONAL APPLICATION:

Choose one nation and pray specifically for its believers, leaders, and spiritual climate.

PRAYER:

Lord, move in every nation. Strengthen Your Church, open blind eyes, and let Your glory cover the earth.

FAMILY APPLICATION:

Show your family a picture or map of another country. Pray together for the gospel to reach that nation.

"And blessed be His glorious name forever; and let the whole earth be filled with His glory. Amen and Amen." - Psalm 72:19







NO
PARKING
IMMEDIATE
LOADING AND
UNLOADING
ONLY

WEEK TWO

CALLED TO SURRENDER

THE
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DAY EIGHT: STEWARDED YOUR TIME

DEVOTIONAL

Time is one of the most spiritual things we offer God. Surrendering time, morning, evening, and throughout the day, is a way of dethroning distraction and enthroning Jesus. When you feel the urge to scroll or rush, turn your attention back to Him. He meets you in the small moments.



**ZEAL CITY
CHURCH**

PERSONAL APPLICATION:

Choose one pocket of time today (morning, lunch break, or evening) to pause for 5-10 minutes and set your attention fully on the Lord.

PRAYER:

Lord, I surrender my time. Teach me to seek You first and remain aware of Your presence all day long.

FAMILY APPLICATION:

Pick one moment as a family, before school, after dinner, or before bed, to pause together and acknowledge God with a short prayer or moment of silence.

"Teach us to number our days, that we may gain a heart of wisdom." - Psalm 90:12



DAY NINE: STEWARDED YOUR PLANS & DESIRES

DEVOTIONAL

We often hold tightly to our version of "perfect plans." Fasting helps loosen our grip so God can place His desires in us. His plans are better, wiser, and full of peace. Today, yield your expectations and embrace His direction.



**ZEAL CITY
CHURCH**

PERSONAL APPLICATION:

Write down one plan or desire you're struggling to trust God with. Ask Him out loud: "Lord, what do You want?"

PRAYER:

Lord, I surrender my plans. Replace my desires with Yours and lead me in Your perfect will.

FAMILY APPLICATION:

Have each family member share one hope or desire.

Pray together: "God, Your plans are better. Show us Your way."

"Commit to the Lord whatever you do, and He will establish your plans." - Proverbs 16:3



ZEAL CITY
CHURCH

DAY TEN: STEWARDED YOUR NEED FOR CONTROL

DEVOTIONAL

Control promises safety but delivers anxiety. Fasting teaches us to release control and trust God's leadership. When you feel the urge to manage outcomes, remind your soul: He is faithful, and He is God.



**ZEAL CITY
CHURCH**

PERSONAL APPLICATION:

Identify one area you're trying to control (a relationship, decision, or outcome). Pray: "God, I release this to You."

PRAYER:

Lord, I surrender control. Help me trust Your timing, Your wisdom, and Your ways.

FAMILY APPLICATION:

As a family, talk about something you're all trying to control, your schedule, chores, emotions, or routines. Ask God together for peace and trust.

"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to Him, and He will make your paths straight." - Proverbs 3:5-6



**ZEAL CITY
CHURCH**

DAY ELEVEN: STEWARDED YOUR FINANCES & SECURITY

DEVOTIONAL

Jesus teaches us to pray for "daily bread"; not tomorrow's storage but today's provision. Surrendering finances is not about losing security; it's about finding it in the right place!! God has always been faithful to provide.



**ZEAL CITY
CHURCH**

PERSONAL APPLICATION:

Pray over your bank account, bills, or needs. Say out loud:
"God, You are my provider. I place this in Your hands."

PRAYER:

Lord, I surrender my finances. You are my provider. Teach me to trust You with all I have.

FAMILY APPLICATION:

If appropriate, share with your family one thing God has provided recently. Thank Him together and pray for continued provision.

"Give us today our daily bread." - Matthew 6:11



DAY TWELVE: STEWARDED YOUR WORRIES & ANXIETIES

DEVOTIONAL

Fasting exposes what weighs down our souls. When worry rises, pause and hand it to Jesus. Peace doesn't come from having answers, but from having Him.



**ZEAL CITY
CHURCH**

PERSONAL APPLICATION:

Whenever an anxious thought arises today, pause and breathe this prayer: "Jesus, I give this to You."

PRAYER:

Lord, I surrender my anxieties. Fill me with Your peace and quiet every fear.

FAMILY APPLICATION:

Invite each person to share one small worry. Lay hands on one another and pray for peace.

**"Cast all your anxiety on Him because He cares
for you." - 1 Peter 5:7**



**ZEAL CITY
CHURCH**

DAY THIRTEEN: STEWARDED YOUR SELF IMAGE

DEVOTIONAL

David danced "undignified" before the Lord because he cared more about God's presence than people's opinions. Fasting helps free us from the trap of self-image so that our lives become a joyful expression of worship, not performance.



**ZEAL CITY
CHURCH**

PERSONAL APPLICATION:

Do one small act of obedience or worship today that pushes you beyond fear of people's opinions.

PRAYER:

Lord, I surrender my self-image. Make me bold, humble, and free to worship You without fear of man.

FAMILY APPLICATION:

Speak encouragement over one another. Tell each person:
"This is what I see God doing in you."

**"People look at the outward appearance, but the
Lord looks at the heart." - 1 Samuel 16:7**







WEEK THREE

CALLED TO BREAKTHROUGH

DAY FOURTEEN: STEWARDED YOUR COMFORT ZONE

DEVOTIONAL

Spiritual growth happens when we obey God even when it feels uncomfortable. Fasting strengthens courage and breaks the pull of complacency. Step out. Reach out. Trust Him.



**ZEAL CITY
CHURCH**

PERSONAL APPLICATION:

Take one step today that stretches your faith, invite someone to church, pray for someone, or say yes to God's nudge.

PRAYER:

Lord, I surrender my comfort. Give me faith to step into what You're calling me to.

FAMILY APPLICATION:

Choose a simple outreach together: write an encouragement note, pray for a neighbor, or bless someone anonymously.

"Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go." - Joshua 1:9



**ZEAL CITY
CHURCH**

DAY FIFTEEN: BREAKTHROUGH IN YOUR FAITH

DEVOTIONAL

Faith grows when we trust God beyond what we can see. Fasting removes doubt's grip and clears space for us to hear God's voice. Ask Him to enlarge your faith, deepen your trust, and anchor your hope in His promises.



**ZEAL CITY
CHURCH**

PERSONAL APPLICATION:

Declare one promise of God out loud today and meditate on it throughout the day.

PRAYER:

Lord, bring breakthrough in my faith. Help me trust You fully and believe You boldly.

FAMILY APPLICATION:

Share one thing each family member is believing God for and pray together for faith to rise in each heart.

**"Cast all your anxiety on Him because He cares
for you." - 1 Peter 5:7**



**ZEAL CITY
CHURCH**

DAY SIXTEEN: BREAKING THROUGH YOUR SPIRITUAL GROWTH

DEVOTIONAL

Fasting accelerates spiritual growth by sharpening desire and cleansing distraction. As you fast today, ask God to prune, strengthen, and mature you. What He grows in secret will bear fruit in every area of your life.



**ZEAL CITY
CHURCH**

PERSONAL APPLICATION:

Read a chapter of Scripture slowly, reflecting on how it applies to your life.

PRAYER:

Lord, bring breakthrough in my spiritual growth. Teach me, shape me, and draw me deeper.

FAMILY APPLICATION:

Read a Psalm together before bed and discuss one thing God is teaching you.

**"But grow in the grace and knowledge of our Lord
and Savior Jesus Christ. To Him be glory both
now and forever! Amen." - 2 Peter 3:18**



**ZEAL CITY
CHURCH**

DAY SEVENTEEN: BREAKTHROUGH IN STRONGHOLDS & ADDICTIONS

DEVOTIONAL

Fasting confronts what enslaves us. Strongholds lose power when we bring them into the light and invite the Holy Spirit to fill the places that once held bondage. No addiction is stronger than the name of Jesus.



**ZEAL CITY
CHURCH**

PERSONAL APPLICATION:

Identify one area of struggle or temptation and verbally give it to Jesus. Write it down as an act of surrender.

PRAYER:

Lord, bring breakthrough over every stronghold. Set me free by the power of Your Spirit.

FAMILY APPLICATION:

Pray together that God would protect your home and hearts from bondage and strengthen each person in areas of weakness.

"So if the Son sets you free, you will be free indeed." - John 8:36



DAY EIGHTEEN: BREAKTHROUGH IN FAMILY & RELATIONSHIPS

DEVOTIONAL

God heals what seems unhealable and restores what seems lost. As you fast today, stand in the gap for your relationships, believing God for reconciliation, understanding, and supernatural love.



**ZEAL CITY
CHURCH**

PERSONAL APPLICATION:

Reach out to one person you've been at odds with or one relationship you want to bless.

PRAYER:

Lord, bring breakthrough in my relationships. Heal, restore, and make all things new.

FAMILY APPLICATION:

Have a "gratitude circle" and share one thing you love about each family member. Pray for love and reconciliation over each relationship.

"Above all, love each other deeply, because love covers multitude of sins." - 1 Peter 4:8



DAY NINETEEN: BREAKTHROUGH IN HEALTH (MIND, BODY, SPIRIT)

DEVOTIONAL

God cares about every part of you. Fasting places your whole self before Him, inviting healing, renewal, and strength. Pray boldly for wholeness in your mind, body, and spirit.



**ZEAL CITY
CHURCH**

PERSONAL APPLICATION:

Take a short walk or do a simple exercise, praying over your body and mind as you move.

PRAYER:

Lord, bring breakthrough in my health. Heal my mind, refresh my spirit, and strengthen my body.

FAMILY APPLICATION:

Check in with each family member and pray for anyone feeling unwell, stressed, or discouraged.

"I am the Lord who heals you." - Exodus 15:26



DAY TWENTY: BREAKTHROUGH IN YOUR CAREER & CALLING

DEVOTIONAL

God has purpose for your life that goes beyond a job title. Fasting helps you hear His direction and walk confidently into what He's shaped you for. Ask Him to open doors, clarify vision, and bless the work of your hands.



**ZEAL CITY
CHURCH**

PERSONAL APPLICATION:

Write down one step toward your calling today, then commit it to God in prayer.

PRAYER:

Lord, bring breakthrough in my purpose. Lead me clearly and use my life for Your glory.

FAMILY APPLICATION:

Talk together about each person's gifts and how they can serve God in small or big ways this week.

"For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do. - Ephesians 2:10



DAY TWENTY ONE: BREAKTHROUGH IN YOUR PAST & INTO YOUR FUTURE

DEVOTIONAL

Fasting breaks old cycles and prepares the way for new beginnings. Today is a day of declaration: you are not defined by your past, and your future belongs to God. Step into the hope and freedom He has prepared for you.



**ZEAL CITY
CHURCH**

PERSONAL APPLICATION:

Write down one thing you are leaving behind and one thing you are stepping into. Pray over it with thanksgiving.

PRAYER:

Lord, thank You for breakthrough. I release my past and step into the future You have for me.

FAMILY APPLICATION:

Each family member says one positive declaration about their new season. Pray together for God's guidance and protection.

"Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it? - Isaiah 43:18-19



ZEAL CITY
CHURCH



**ZEAL CITY
CHURCH**