



21 DAYS OF FASTING AND PRAYER

I ENCOURAGE AND INVITE EACH OF YOU TO JOIN THE FELLOWSHIP CHURCH FAMILY OVER THE NEXT 21 DAYS AS WE WILL EMBARK TOGETHER ON A JOURNEY OF REFRESHING AND RENEWAL.

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FELLOWSHIP C.O.G.
READY – SET – GO!! 2026
21 Days of Fasting and Prayer

Introduction:

What is Fellowship Church of God's 21 Days of Prayer and Fasting?

As a spiritual discipline, we use fasting as a means to humble ourselves and seek God's will for our lives. As we rest our body from the food that it craves, we give spiritual food to our spirit and mind.

Fellowship Church of God's 21 Days of Prayer and Fasting is a spiritual discipline by abstaining from eating at certain times and/or abstaining from consuming certain foods for 21 days.

The concept of 21 Days of Prayer and Fasting comes from the Book of Daniel:

Daniel 10:2-3 NIV

2. At that time I, Daniel, mourned for three weeks. 3. I ate no choice food; no meat or wine touched my lips; and I used no lotions at all until the three weeks were over.

It was thru Prayer and Fasting that God revealed himself unto Daniel in an awesome and powerful way.

Beloved, prayer and fasting should a lifestyle for every child of God and the question is not "do I have to fast?" but "when should I fast"?

FELLOWSHIP C.O.G. PRAYER AND FASTING GUIDELINES

Fasting Guideline

- **Abstaining from eating at certain times.**
- **Abstaining from consuming certain foods.**
- **Avoid consumption of certain meats (e.g. pork, fish, chicken, etc.) or other foods that you normally consume on a daily basis (e.g. chocolate, coffee, tea, bread, etc.) for 21 days.**

For those who have previously fasted, it is recommended to skip two meals. The fasting period is from **9pm - 4pm or 10pm - 5pm.**

With each of these time slots you have a **5-hour eating window daily.**

For those who are **NEW to FASTING**, it is recommended for you to just **skip ONE meal you usually have daily.**

You can choose to skip either breakfast, lunch or dinner; only, DO MAKE SURE THAT WHATEVER MEAL YOU CHOOSE IS THE ONE YOU NORMALLY HAVE.

You may do both types of fasting or choose only one, depending on your commitment and personal ability.

PURPOSE:

This 21-day journey of prayer and fasting, focuses on READY – SET - "GO" (Fellowship 2026 evangelism Focus). We are petitioning God's help as we share the love of Jesus Christ with our family and friends. This Corporate Time of Fasting and Prayer is structured to align with a Lenten, pre-Easter schedule (March 13 – April 2, 2026), moving from internal surrender to outward evangelistic action.

WEEKLY CORPORATE FOCUS:

WEEK 1: Preparation & Personal Renewal (Days 1–7)

Focus: Preparing your own heart, surrendering to God's will, and developing a heart for the lost.

- **Day 1 (Fri, Mar 13): Surrender & Trust.** Verse: Romans 12:1. Prayer: "Father, I offer my body as a living sacrifice to be used for your kingdom, specifically to reach my family and friends."
- **Day 2 (Sat, Mar 14): The Heart of a Servant.** Verse: Philippians 2:5-7. Prayer: Lord, give me the humble, serving heart of Jesus to meet the needs of my loved ones.
- **Day 3 (Sun, Mar 15): Overcoming Fear.** Verse: 2 Timothy 1:7. Prayer: "I break off every spirit of fear and timidity in sharing the gospel with my family. Fill me with boldness."
- **Day 4 (Mon, Mar 16): Divine Wisdom.** Verse: James 1:5. Prayer: "Lord, grant me wisdom, knowledge, and creative ideas on how to reach my friends."
- **Day 5 (Tue, Mar 17): Cleansing the Heart.** Verse: 1 John 1:9. Prayer: "Lord, search my heart and remove any unforgiveness or sin that hinders my testimony."
- **Day 6 (Wed, Mar 18): Spiritual Strength.** Verse: Isaiah 40:31. Prayer: "Renew my strength as I fast, that I may not grow weary in praying for the lost."
- **Day 7 (Thu, Mar 19): Setting the Vision.** Verse: Habakkuk 2:2. Prayer: "Lord, I visualize my family serving you. I claim my home for Christ."

WEEK 2: Intercession for Family & Friends (Days 8–14)

Focus: Specific, focused prayers to tear down barriers and open doors for salvation.

- **Day 8 (Fri, Mar 20): Praying for Salvation.** Verse: 2 Peter 3:9. Prayer: "Lord, I intercede for [Name], that they would not perish but come to repentance."
- **Day 9 (Sat, Mar 21): Removing Spiritual Blindness.** Verse: 2 Corinthians 4:4. Prayer: "Father, remove the veil from the eyes of my friends, that they may see the light of the Gospel."

- **Day 10 (Sun, Mar 22): Breaking Generational Cycles.** Verse: Ezekiel 18:20. *Prayer:* "I break all demonic generational curses over my family line in Jesus' name."
- **Day 11 (Mon, Mar 23): Softening Hardened Hearts.** Verse: Ezekiel 36:26. *Prayer:* "Lord, take away the heart of stone from [Name] and give them a heart of flesh."
- **Day 12 (Tue, Mar 24): For Prodigals.** Verse: Luke 15:20. *Prayer:* "Lord, bring back my family members who have turned away from You."
- **Day 13 (Wed, Mar 25): Peace in the Home.** Verse: Acts 16:31. *Prayer:* "I claim salvation for my entire household."
- **Day 14 (Thu, Mar 26): Godly Friendships.** Verse: Proverbs 13:20. *Prayer:* "Lord, surround my family with godly influences and remove negative relationships."

WEEK 3: "GOING" - Outreach & Action (Days 15–21)

Focus: Taking action, speaking truth in love, and inviting friends/family to Easter.

- **Day 15 (Fri, Mar 27): The Power of Words.** Verse: Proverbs 18:21. *Prayer:* "Lord, fill my mouth with words of life, blessing, and truth regarding You."
- **Day 16 (Sat, Mar 28): Answering the Call to GO.** Verse: Matthew 28:19. *Prayer:* "Lord, I am available. Send me to my coworkers, friends, and family."
- **Day 17 (Sun, Mar 29): Boldness in Conversations.** Verse: Colossians 4:5-6. *Prayer:* "Give me wisdom to speak grace-filled words that open hearts."
- **Day 18 (Mon, Mar 30): Acts of Kindness.** Verse: Romans 12:20. *Prayer:* "Lord, show me a practical way to show Your love to [Name] today."
- **Day 19 (Tue, Mar 31): Inviting to the Gospel.** Verse: Luke 14:23. *Prayer:* "Lord, I make the invitation to [Name] to come to church/receive Christ."
- **Day 20 (Wed, Apr 1): The Cross & Resurrection.** Verse: 1 Corinthians 15:3-4. *Prayer:* "Thank you Jesus for your finished work, which I now share with my family."

- **Day 21 (Thu, Apr 2 - Maundy Thursday): Thanksgiving for Harvest.** Verse: Psalm 126:5-6. Prayer: "Lord, I thank you for the souls that are being saved. I trust You for a great harvest in my family."

PERSONAL APPLICATIONS

- **Fasting:** Consider a fast from food (e.g., sunrise to sunset), or a media/technology fast to increase focus on prayer.
- **Action:** Write down the names of 3-5 friends/family members and pray for them by name daily.
- **Integration:** Use this time to invite them to Good Friday or Easter services.

ADDITIONAL FAST OBJECTIVES TO CONSIDER.

1. How do we lead our lives differently during our fast?
2. During these 21 days, pray for at least 1-7 persons that is need of Christ. (Make Contact to encourage and empower using our READY SET GO! Methods online on Fellowship's App or via Text, Inbox Messenger or any of many Social Media venues. Discipline yourself to set aside time be a blessing to someone.)
3. Set aside routing time to have devotional time with God. Worship Him, read 21 days Prayer and Fasting Word Study Outline.
4. During devotional time, spend time to intercede for family members who are in need of salvation, proclaim blessings upon them, intercede for this country and nations around the world and proclaim a harvest of souls upon Fellowship Church and The Body of Christ globally.
5. Ask God for His wisdom and vision to lead you throughout 2026 and years to come.
6. Discipline yourself to Attend corporate times of Worship and Prayer weekly and to share your testimony with others to strengthen the body of Christ.
7. Always maintain a clean and compassionate heart.

8. Remember that this prayer and fasting period is not simply a matter of not eating or drinking but rather giving ourselves to spend more time with God. As we withdraw from our fleshly desires, we draw closer to God. When we focus on God and his plan, we will discover that God has been waiting to show us great and wonderful things beyond what we could ever ask or think.

READY – SET – LET’S GO!!!