



21 DAYS OF PRAYER & FASTING

FRUIT OF THE SPIRIT | JAN. 6 - 26, 2025

Scripture Reflection & Action Steps

Day 1: Understanding Love | Scripture: 1 Corinthians 13:4-7

Prayer Focus: Ask God to fill you with His love. Reflection: Journal about what love means to you.

Day 2: Expressing Love | Scripture: John 15:12

Prayer Focus: Pray for opportunities to show love to others. Action: Perform a random act of kindness.

Day 3: God's Love for Us | Scripture: Romans 5:8

Prayer Focus: Thank God for His unconditional love. Reflection: Write a letter to God expressing your gratitude.

Day 4: Loving Difficult People | Scripture: Matthew 5:44

Prayer Focus: Pray for those who challenge your ability to love. Action: Reach out to someone difficult to love.

Day 5: Love in Action | Scripture: 1 John 4:7

Prayer Focus: Seek ways to love others actively. Reflection: List people you can show love to this week.

Day 6: The Source of Joy | Scripture: Nehemiah 8:10

Prayer Focus: Ask God to renew your joy. Reflection: Write about moments of joy in your life.

Day 7: Joy in Trials | Scripture: James 1:2-3

Prayer Focus: Pray for joy in the midst of challenges. Action: Share a joyful testimony with someone.

Day 8: Joyful Worship | Scripture: Psalm 100:1

Prayer Focus: Praise God for His goodness. Reflection: Create a playlist of joyful worship songs.

Day 9: Spreading Joy | Scripture: Proverbs 17:22

Prayer Focus: Ask God to help you be a source of joy. Action: Encourage someone who is feeling down.

Day 10: Sustaining Joy | Scripture: John 15:11

Prayer Focus: Pray for joy that remains. Reflection: List things that bring you lasting joy.

Day 11: The Gift of Peace | Scripture: Philippians 4:6-7

Prayer Focus: Seek God's peace in your life. Reflection: Journal about areas of your life needing peace.

Day 12: Being Peacemakers | Scripture: Matthew 5:9

Prayer Focus: Pray for wisdom to resolve conflicts. Action: Reach out to someone with whom you need to make peace.

Day 13: Trusting God's Peace | Scripture: Isaiah 26:3

Prayer Focus: Pray for trust in God's promises. Reflection: Write about a time when God gave you peace.

Day 14: Peace in Relationships | Scripture: Colossians 3:15

Prayer Focus: Pray for harmony in your relationships. Action: Write a note of appreciation to someone.

Day 15: Sharing God's Peace | Scripture: John 14:27

Prayer Focus: Ask God for opportunities to share His peace. Reflection: Reflect on how you can be a peacemaker in your community.

Day 16: Patience | Scripture: James 1:19

Prayer Focus: Seek patience in your life. Reflection: Identify areas where you struggle with impatience.

Day 17: Kindness | Scripture: Ephesians 4:32

Prayer Focus: Pray for a kind heart. Action: Perform a specific act of kindness.

Day 18: Goodness | Scripture: Galatians 6:9

Prayer Focus: Ask God to help you do good. Reflection: Journal about good deeds you can do this week.

Day 19: Faithfulness | Scripture: 1 Corinthians 4:2

Prayer Focus: Pray for faithfulness in your commitments. Action: Reflect on your commitments and how you can fulfill them.

Day 20: Gentleness | Scripture: Philippians 4:5

Prayer Focus: Pray for a gentle spirit. Reflection: Write about how you can respond gently in challenging situations.

Day 21: Self-Control | Scripture: 2 Timothy 1:7

Prayer Focus: Seek God's strength for self-control. Action: Identify an area where you need to exercise self-control and make a plan.