



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.

What is Biblical Fasting?

Biblical fasting is intentionally abstaining from food for spiritual purposes. It is humbling your soul. Biblical fasting brings you into a deeper, more intimate relationship with God as you seek His divine will. Prayer that accompanies fasting is rich and powerful, drawing you closer to Him. Psalm 35:13, Matthew 23:12

Why do we Fast?

We fast to draw closer to God, seek answers from Him, pray for others, and experience breakthrough in difficult situations. Ezra 8:21+23, Ezekiel 22:30, Isaiah 58:6-8