

21-Day Prayer & Fasting Guide

Preparing Our Hearts for the **10 Days of Awe** (Sept. 22 – Oct. 1, 2025)

Fasting Guide prior to the 10 Days of Awe Revival: A Companion for Prayer, Repentance, & Renewal

Why We Fast During the 10 Days of Awe

The **10 Days of Awe** is a sacred window of time, rooted in the biblical calendar, that calls us to **repentance, reconciliation, and renewal**. For centuries, God’s people have humbled themselves during these days to align their hearts with the Lord. Some in our church **are fasting before the 10 Days of Awe** to pray intentionally for ourselves (individually), our church (corporately), our city (Greater Tulsa), and for an outpouring of God’s Spirit during the 10 Days of Awe.

Fasting is one of the primary ways we posture ourselves before God. One author suggests, “Fasting is not so much about food as it is about focus. It’s not so much about saying no to the body as it is about saying yes to God.”

When we fast, we are:

- Declaring our hunger for **God’s presence** above all else.
- Turning from distraction to seek His face.
- Asking Him to heal our lives, our church, and our city.
- Longing for His Kingdom to come “on earth as it is in heaven.”

This year, as we fast together, we are not merely abstaining from food—we are **feasting on His Word, His Spirit, and His promises, and interceding in prayer**.

The Heart of Fasting

Throughout Scripture, fasting precedes breakthrough:

- Moses fasted before receiving the Ten Commandments (Exodus 34:28).
- Esther called God’s people to fast before Israel’s deliverance (Esther 4:16).
- Daniel fasted and prayed for God’s mercy over his nation (Daniel 9:3).
- Jesus fasted before beginning His public ministry (Matthew 4:2).
- The Church fasted to seek guidance (Acts 13:2-3)
- The Church fasted as a sign of devotion (1 Corinthians 7:5)

Jesus didn’t say “**if** you fast” but “**when** you fast” (Matthew 6:16-18). Fasting is not optional for the disciple—it is part of how we walk with God in humility and dependence. The early church intentionally fasted each week, often for two days.

How to Fast

Fasting looks different for each person. Some may abstain from food completely for a day or several days; others may do a **Daniel fast** (vegetables, fruits, grains); still others may fast one meal a day or fast from certain comforts (media, caffeine, sweets). Fasting costs. It is telling our flesh, "I have authority over you and I will deny and weaken my flesh, so the real me, Spirit inside of a body, can go stronger in intimacy with Christ."

Guidelines for Your Fast:

- **Prepare in Prayer:** Decide your focus beforehand. Ask God to show you what He wants to do in you.
- **Replace Meals with Moments:** Read the Word as your "meal" and spend that time in prayer.
- **Stay Hydrated:** Drink plenty of water, with natural salts if needed.
- **Start Small if New:** Even one meal offered to God can be powerful.
- **Expect Distractions:** When cravings come, turn to prayer and Scripture.
- **Fast Beyond Food:** Consider limiting social media, entertainment, or other distractions.
- **Listen for His Voice:** Use the hunger as a reminder to seek Him. Moments of silence are essential. Practice the *Presence of Jesus*, ask His presence to fill your space as you pray.

Practical Fasting Tips

- Write down what you are fasting from and why. Plan your fast, what will you do instead of eating?
- Journal what God speaks to you each day.
- Share your journey with a prayer partner.
- When cravings hit and they will, **declare aloud a promise of God** (Psalm 63:1).
- Tell your flesh, "I am doing this and I am not backing down."
- Remember: fasting is not about impressing God but about **drawing near to Him** (James 4:8).
- Semi-pro tip: If you begin to feel ill during your fast, try a few crackers or toast to see if that helps.

Our Corporate Vision

We are believing God that these **10 Days of Awe** will not only mark our church but will **ignite revival in our city**. As we fast and pray together, we expect:

- Hearts softened in repentance.
 - Marriages and families reconciled.
 - A fresh move of the Spirit in our gatherings.
 - The lost to be saved and the church to awaken.
 - Churches across our city to be united beyond denominational lines.
 - Our city to experience mercy and renewal.
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10 Days of Awe Fasting Companion

Each day of the **10 Days of Awe** carries a theme. Use your fasting to go deeper in these rhythms:

1. **Humble Yourself** – Yield pride, confess sin, and bow before Jesus (James 4:10).
2. **Press to Full Maturity** – Ask the Spirit to grow you beyond spiritual infancy (Hebrews 6:1-2).
3. **Ripe for Harvest** – Pray for laborers and boldness to share Christ (Matthew 9:37-38).
4. **That None Should Perish** – Cry out for the lost in your family, city, and nations (2 Peter 3:9).
5. **A House Divided** – Repent of disunity and pray for reconciliation (Matthew 12:25).
6. **One New Man** – Intercede for unity in diversity and the breaking down of walls (Ephesians 2:14-16).
7. **Partner with God** – Offer your hands and heart for His mission (Philippians 2:12-13).
8. **Yes and Amen** – Declare the promises of God as certain in Christ (2 Corinthians 1:20).
9. **Return of the King** – Live with urgency and longing for Jesus' return (Philippians 3:20).
10. **Face to Face** – Fix your eyes on the eternal hope of seeing Him (Job 19:25-27).

Use your fasting to heighten your prayers, pressing into each theme with repentance, intercession, and expectancy.

Think of fasting as a **love offering to the Lord**. You are giving Him your hunger, your habits, and your time. In return, He promises to satisfy your soul with the bread of life, living water, and new life (John 7:37-38, Deuteronomy 8:3).

As you walk through these 10 Days of Awe, may your hunger for God be greater than your hunger for food, and may your spirit be filled with His presence, power, and peace.

“Is not this the fast that I choose: to loose the bonds of wickedness, to undo the straps of the yoke, to let the oppressed go free, and to break every yoke?” – Isaiah 58

Devotional Guide

For the 21 days leading into the **10 Days of Awe (September 1st-21st)**, we set ourselves apart for prayer, fasting, and repentance. Each day includes a **Theme Scripture, Prayer Focus, Repentance Prompt, a City Prayer**, and a **Put Feet to Your Prayers** action step. The goal is to prepare our hearts for revival, reconciliation, and renewal as we enter into the sacred 10 Days of Awe. Grab a Bible, and a journal (or an electronic device to take notes: we recommend putting your phone in ✈ airplane mode during your prayer times) and capture what you hear from the Word of the Lord and the Spirit of the Lord. As you read the text, read the verses around the text, if you feel led to do so.

****PLEASE NOTE****

We're beginning our 21-day fast on a holiday—a day often filled with family, food, and celebration. Don't feel pressure to be rigid or overly religious; fasting is about focus, not rules. Consider enjoying time with loved ones and perhaps limiting yourself to just one meal that day. Let it be a joyful offering to the Lord as you set your heart toward Him. This journey isn't about deprivation—it's about devotion.

Week 1: Personal Renewal (Days 1–7)

Focus: Repentance, humility, and realigning our hearts with God.

Day 1 – Search Me, O God

Psalm 139:23-24

- **Prayer Focus:** Ask God to search your heart and reveal hidden sin.
- **Repentance:** Confess any pride, bitterness, or compromise.
- **City Prayer:** Pray for our city to be a place where integrity and righteousness are valued.
- **Put Feet to Your Prayers:** Spend 10 minutes in silence before God. Journal what He reveals.

Day 2 – Broken and Contrite Heart

Psalm 51:10-12

- **Prayer Focus:** Ask for cleansing and renewal.
- **Repentance:** Acknowledge where you've resisted His correction.
- **City Prayer:** Pray for city leaders to walk humbly before God and make decisions for the good of the people.
- **Action:** Write a prayer of repentance and share it privately with God.

Day 3 – Hunger for Holiness

Matthew 5:6

- **Prayer Focus:** Pray for deeper hunger for righteousness.
- **Repentance:** Turn from worldly appetites that dull your spirit.
- **City Prayer:** Pray that churches in our city will be marked by holiness and purity.
- **Action:** Skip one meal today and use that time to pray.

Day 4 – Lay Down Idols

1 John 5:21

- **Prayer Focus:** Identify anything competing with God.
- **Repentance:** Surrender areas of misplaced trust (money, success, relationships).
- **City Prayer:** Pray for businesses and cultural influencers in our city to reject greed and idolatry, and to promote righteousness.
- **Action:** Physically lay an object (phone, keys, wallet) on a table as a symbol of surrender during prayer.

Day 5 – The Fear of the Lord

Proverbs 9:10

- **Prayer Focus:** Pray for holy awe of God’s presence.
- **Repentance:** Ask forgiveness for treating God casually.
- **City Prayer:** Pray for God’s fear and reverence to fall upon our city, bringing repentance and revival.
- **Action:** Spend 15 minutes in worship with no requests—only adoration.

Day 6 – A Living Sacrifice

Romans 12:1-2

- **Prayer Focus:** Offer your body and mind fully to God.
- **Repentance:** Confess where you’ve conformed to the world.
- **City Prayer:** Pray for city workers, emergency responders, and healthcare providers to be strengthened and blessed.
- **Action:** Write one way you will live differently for Christ this week.

Day 7 – Restored Joy

Nehemiah 8:10

- **Prayer Focus:** Ask God to renew joy in your salvation.
- **Repentance:** Lay down worry, doubt, and cynicism.
- **City Prayer:** Pray for joy and hope to spread across families, neighborhoods, and schools in Tulsa.
- **Action:** Call a friend and share one thing God has done for you.

Week 2: Church Renewal (Days 8–14)

Focus: Unity, revival, and preparing as one Body.

Day 8 – One Body, Many Members

1 Corinthians 12:12-13

- **Prayer Focus:** Pray for unity in the church.
- **Repentance:** Confess judgmental or critical attitudes.
- **City Prayer:** Pray for unity among the churches in our city to labor together for the Kingdom.
- **Action:** Encourage someone in your church with a text or call.

Day 9 – Spirit of Revival

Habakkuk 3:2

- **Prayer Focus:** Ask God to revive His works in our day.
- **Repentance:** Turn from spiritual apathy.
- **City Prayer:** Pray for revival to sweep across Tulsa, awakening hearts to Jesus.
- **Action:** Spend 20 minutes in prayer for revival at Audacity and churches across our city.

Day 10 – Love One Another

John 13:34-35

- **Prayer Focus:** Pray for deeper love in the Body of Christ.
- **Repentance:** Ask forgiveness for withholding love.
- **City Prayer:** Pray that the churches in our city will be known by their love.
- **Action:** Write an encouraging note to a fellow believer.

Day 11 – Bold Witness

Acts 4:29-31

- **Prayer Focus:** Pray for courage to share Jesus.
- **Repentance:** Confess fear or silence about your faith.
- **City Prayer:** Pray for bold witness across the city—that believers would not be ashamed of the gospel.
- **Action:** Share your testimony with one person today and invite them to the 10 Days of Awe.

Day 12 – Spirit-Filled Living

Ephesians 5:18-20

- **Prayer Focus:** Ask for fresh filling of the Holy Spirit.
- **Repentance:** Release control and surrender to His leading.
- **City Prayer:** Pray for a Spirit-filled atmosphere over Tulsa, where the presence of God is evident.
- **Action:** Begin your day by singing a worship song out loud.

Day 13 – Healing & Reconciliation

2 Corinthians 5:18-19

- **Prayer Focus:** Pray for forgiveness and restored relationships.
- **Repentance:** Ask God to soften your heart toward others.
- **City Prayer:** Pray for racial, cultural, and denominational reconciliation in our city.
- **Action:** Reach out to someone you need to reconcile with.

Day 14 – A House of Prayer

Matthew 21:13

- **Prayer Focus:** Pray for Audacity and the churches in our city to be known as a praying church.
 - **Repentance:** Confess neglect of prayer.
 - **City Prayer:** Pray for Tulsa to be transformed into a city known for prayer and worship.
 - **Action:** Join or start a prayer gathering this week.
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Week 3: City & Nations Renewal (Days 15–21)

Focus: Awakening in Tulsa and the nations—aligning with the global 10 Days themes.

Day 15 – Seek the Peace of the City

Jeremiah 29:7

- **Prayer Focus:** Pray for Tulsa’s peace and prosperity.
- **Repentance:** Confess indifference toward your city.
- **City Prayer:** Pray for city leaders, law enforcement, and first responders to serve with integrity and compassion.
- **Action:** Prayer walk your neighborhood.

Day 16 – Schools & Next Generation

Psalm 78:4-7

- **Prayer Focus:** Pray for students, teachers, and continued revival among youth.
- **Repentance:** Ask forgiveness for neglecting to disciple the next generation.
- **City Prayer:** Pray for Tulsa’s schools, administrators, and students to walk in wisdom and truth.
- **Action:** Write a prayer card for a student or teacher.

Day 17 – Leaders & Authorities

1 Timothy 2:1-4

- **Prayer Focus:** Pray for government, city officials, and spiritual leaders.
- **Repentance:** Release bitterness toward authority figures.
- **City Prayer:** Pray for mayors, council members, and city workers to govern with justice and fairness.
- **Action:** Send a thank-you note to a public servant.

Day 18 – The Nations Belong to Jesus

Psalm 2:8

- **Prayer Focus:** Pray for unreached peoples to hear the gospel.
- **Repentance:** Confess apathy toward global missions.
- **City Prayer:** Pray that Tulsa would be a sending city, equipping missionaries to reach the nations.
- **Action:** Research one unreached people group and pray for them.

Day 19 – Break Strongholds

2 Corinthians 10:4-5

- **Prayer Focus:** Pray against addictions, violence, and deception in our city.
- **Repentance:** Ask God to break personal strongholds.
- **City Prayer:** Pray for freedom from drugs, crime, and cycles of poverty in Tulsa.
- **Action:** Fast from media or entertainment today.

Day 20 – Harvest of Souls

Matthew 9:37-38

- **Prayer Focus:** Pray for laborers to bring in the harvest.
- **Repentance:** Confess where you've resisted sharing Christ.
- **City Prayer:** Pray for a great harvest of souls in our city, that thousands would come to Christ.
- **Action:** Invite someone to the 10 Days of Awe, or better, share the gospel with them.

Day 21 – Preparing for His Return

Revelation 22:17,20

- **Prayer Focus:** Pray for readiness for Christ's return.
- **Repentance:** Lay down distractions that steal focus from eternity.
- **City Prayer:** Pray that our city will awaken to the reality of eternity and prepare for the coming King.
- **Action:** Spend 15 minutes imagining standing before Jesus and journal your response.

“The Spirit and the bride say, ‘Come!’ And let the one who hears say, ‘Come!’ Let the one who is thirsty come; and let the one who wishes take the free gift of the water of life.” – Revelation 22:17