

## 21-Day Prayer and Fasting Guide - WEEK 1: Be Still

This week invites you to slow down and open your hands before God. Stillness is not passive. It is an act of trust that shows God you do not need total control. As the noise quiets and distractions fade, allow Jesus to reveal Himself not through urgency, but through presence.

### Day 1 – Psalm 46:10

Sometimes stillness feels uncomfortable because it removes our distractions. Jesus reveals Himself when we stop striving and simply sit with Him. Today, let this be your prayer for the next 21 days: Less of me, more of You, Jesus.

### Day 2 – Exodus 14:14

We spend so much energy trying to fix what Jesus already promised to handle. Silence before Him isn't weakness. Silence is trust. Let Jesus fight for you while you learn to rest.

### Day 3 – Mark 4:39

Jesus speaks peace not only to storms around you, but to storms within you. His presence doesn't always remove the waves, but it always brings calm to the heart. Listen for God's voice today.

### Day 4 – Philippians 4:6

Anxiety grows when we carry burdens Jesus never intended us to hold. Prayer is simply bringing everything to Him and admitting we need help. As you release control, Jesus reveals Himself as faithful.

### Day 5 – Job 6:24

Stillness invites honesty. Jesus teaches us gently when we stop defending ourselves and start listening. Let Him show you where healing begins.

### Day 6 – Lamentations 3:24–26

Waiting can feel lonely, but Jesus meets us there. Hope is formed in quiet trust, not hurried answers. Good is ahead, even when the path feels slow.

### Day 7 – Psalm 100:3

You belong to Jesus before you ever do anything for Him. Knowing who you are settles the soul. There is no reason to stand at a distance. You are His.