



# 21-DAY FASTING & PRAYER GUIDE

**January 5 (Mon) – January 25 (Sun)**

Theme: “Lord, Fix in Me What I Cannot Fix Myself.”

Each day includes:

- Focus Theme
- Scripture (NIV)
- Prayer Focus
- Declaration

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## WEEK 1 — FIX MY MINDSET (Days 1 bin-7)

*This week focuses on renewing the mind, breaking old patterns, and embracing God’s truth.*

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### DAY 1 — Renew My Mind (Mon, Jan 5)

**Romans 12:2 (NIV)**

*“Do not conform to the pattern of this world, but be transformed by the renewing of your mind...”*

**Prayer:** Lord, renew my thinking.

**Declaration:** My mind is being transformed.

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### DAY 2 — Break Old Mindsets

**Ephesians 4:23–24 (NIV)**

*“to be made new in the attitude of your minds...”*

**Prayer:** Break every limiting belief.

**Declaration:** I put on the new self.

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### DAY 3 — Fix My Focus

**Colossians 3:2 (NIV)**

*“Set your minds on things above...”*

**Prayer:** Help me focus on what matters.

**Declaration:** My focus is fixed on God.

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## DAY 4 — Heal My Thought Patterns

**2 Corinthians 10:5 (NIV)**

*“...take captive every thought to make it obedient to Christ.”*

**Prayer:** Heal negative thinking.

**Declaration:** My thoughts obey Christ.

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## DAY 5 — Strengthen My Faith

**Hebrews 11:6 (NIV)**

*“Without faith it is impossible to please God...”*

**Prayer:** Increase my faith.

**Declaration:** My faith is rising.

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## DAY 6 — Remove Mental Clutter

**Philippians 4:8 (NIV)**

*“...whatever is true... think about such things.”*

**Prayer:** Purify my mental space.

**Declaration:** My mind is clear and focused.

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## DAY 7 — A New Mindset for a New Year

**Isaiah 43:19 (NIV)**

*“See, I am doing a new thing...”*

**Prayer:** Prepare me for the new.

**Declaration:** I embrace God’s new thing.

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## WEEK 2 — FIX MY HEART & HABITS (Days 8–14)

*This week focuses on healing, forgiveness, discipline, and spiritual alignment.*

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## DAY 8 — Heal My Heart (Mon, Jan 12)

### **Psalm 51:10 (NIV)**

*“Create in me a pure heart, O God...”*

**Prayer:** Heal hidden wounds.

**Declaration:** My heart is being purified.

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### **DAY 9 — Fix My Habits**

#### **Proverbs 4:23 (NIV)**

*“Above all else, guard your heart...”*

**Prayer:** Break destructive habits.

**Declaration:** My habits honor God.

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### **DAY 10 — Strengthen My Discipline**

#### **1 Corinthians 9:27 (NIV)**

*“I strike a blow to my body and make it my slave...”*

**Prayer:** Strengthen my self-control.

**Declaration:** I walk in discipline.

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### **DAY 11 — Forgive & Release**

#### **Matthew 6:14 (NIV)**

*“For if you forgive other people... your heavenly Father will also forgive you.”*

**Prayer:** Help me forgive fully.

**Declaration:** I release every offense.

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### **DAY 12 — Fix My Emotions**

#### **Psalm 34:18 (NIV)**

*“The Lord is close to the brokenhearted...”*

**Prayer:** Heal emotional wounds.

**Declaration:** My emotions are being restored.

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### **DAY 13 — Purify My Motives**

#### **Psalm 139:23–24 (NIV)**

*“Search me, God, and know my heart...”*

**Prayer:** Purify my intentions.

**Declaration:** My motives are aligned with God.

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## DAY 14 — Restore My Joy

**Nehemiah 8:10 (NIV)**

*“The joy of the Lord is your strength.”*

**Prayer:** Restore joy and strength.

**Declaration:** Joy is returning to me.

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# WEEK 3 — FIX MY PURPOSE & FUTURE (Days 15–21)

*This week focuses on clarity, calling, direction, and spiritual empowerment.*

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## DAY 15 — Fix My Purpose (Mon, Jan 19)

**Jeremiah 29:11 (NIV)**

*“For I know the plans I have for you...”*

**Prayer:** Reveal my purpose.

**Declaration:** God’s plan is unfolding.

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## DAY 16 — Fix My Direction

**Proverbs 3:5–6 (NIV)**

*“He will make your paths straight.”*

**Prayer:** Guide my decisions.

**Declaration:** My steps are ordered.

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## DAY 17 — Fix My Calling

**2 Timothy 1:6 (NIV)**

*“Fan into flame the gift of God...”*

**Prayer:** Stir up my gifts.

**Declaration:** My calling is ignited.

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## DAY 18 — Fix My Relationships

**Amos 3:3 (NIV)**

*“Do two walk together unless they have agreed...”*

**Prayer:** Align my relationships.

**Declaration:** God is sending the right people.

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## DAY 19 — Fix My Finances

**Deuteronomy 8:18 (NIV)**

*“It is he who gives you the ability to produce wealth...”*

**Prayer:** Give me wisdom and stewardship.

**Declaration:** I walk in financial wisdom.

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## DAY 20 — Fix My Spiritual Strength

**Isaiah 40:31 (NIV)**

*“...those who hope in the Lord will renew their strength.”*

**Prayer:** Renew my spiritual strength.

**Declaration:** I am rising on wings like eagles.

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## DAY 21 — Fix My Future (Sun, Jan 25)

**Philippians 1:6 (NIV)**

*“He who began a good work in you will carry it on to completion...”*

**Prayer:** Complete the work in me.

**Declaration:** My future is secure in God.

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# 7 STEPS TO A SUCCESSFUL FAST

## 1. Set Your Spiritual Purpose

Don't just stop eating — start seeking.

## 2. Choose Your Fast Wisely

Daniel fast, partial fast, liquids, or sun-up-to-sundown.

## 3. Prepare Your Heart

Confess, forgive, release, and surrender.

## 4. Create a Prayer Schedule

Morning. Midday. Evening.

Consistency builds spiritual momentum.

## **5. Limit Distractions**

Social media, TV, unnecessary conversations.

## **6. Stay Hydrated & Rested**

Fasting is spiritual, but your body still needs care.

## **7. Expect God to Fix What You Cannot**

Fasting positions you for breakthrough, clarity, and transformation.