



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



WEEK 1 — FIX MY MINDSET (Days 1 bin–7)

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

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.

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.

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.

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.

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.

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.

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.



WEEK 2 — FIX MY HEART & HABITS

(Days 8–14)

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

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.

DAY 9 — Fix My Habits

Proverbs 4:23 (NIV)

“Above all else, guard your heart...”

Prayer: Break destructive habits.

Declaration: My habits honor God.

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.

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.

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.

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.

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.



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

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

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.

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.

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.

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.

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.

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.

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.



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.