

A black and white photograph of two hands cupped together, palms facing up. Overlaid on the hands is a large, stylized number '21' in a light, textured font. The number has a mottled appearance with shades of orange, red, and blue. The word 'DAYS' is in a white serif font, followed by a small 'of' in a white script font, and then 'FASTING' in a white serif font, all centered over the number.

21 DAYS *of* FASTING



A GUIDE FOR DAMASCUS ROAD

JANUARY 4 – 25



Why We Fast

Fasting is not a hunger strike to twist God's arm. "Fasting disconnects us from the world to connect us with God." It is a spiritual reset button. When we decrease our physical appetite, our spiritual sensitivity increases. We fast to remove distractions of the flesh. To become more sensitive to His voice. To know His desire and receive guidance for us, His church, and our community. We look to scripture for insight around the practice of fasting.

- **Jesus's Instructions:** (Matthew 6:16-18) Don't fast to look pious; wash your face, put oil on your head, and do it for God alone, who sees in secret and will reward you.
- **Motivation:** Fasting is a way to deny oneself (like Jesus in the wilderness) to grow in grace and be led by the Spirit, not to manipulate God or earn salvation.
- **Expectation:** Jesus used "when" you fast (Matthew 6:16), implying it's an expected practice, not an "if".
- **Examples in Acts:**
 1. Saul's Conversion: Saul fasted for three days after his vision on the road to Damascus (Acts 9:9).
 2. Sending Missionaries: The church at Antioch fasted and prayed to set apart Barnabas and Saul for their first missionary journey (Acts 13:2-3).
 3. Appointing Elders: Paul and Barnabas appointed elders in churches with prayer and fasting (Acts 14:23).



Types of Fasts

Choose the fast that is right for your health and spiritual journey. (Always consult a doctor before fasting if you have medical conditions).

1. **The Daniel Fast:** (Most Common) Based on Daniel 1 and 10, this is a selective fast.
 - Eat: Fruits, vegetables, whole grains, nuts, seeds, legumes.
 - Avoid: Meats, sweets (sugar), dairy, and breads (yeast/white flour).
 - Drink: Water and 100% natural juices only.
2. **The Liquid/Juice Fast:** Consuming only liquids (water, juice, herbal tea) for a set period (e.g., 3 days, 7 days, or day-time only).
3. **The Time-Restricted Fast:** (Jewish Fast) Abstaining from eating any food during daylight hours (e.g., 6:00 AM to 6:00 PM) and eating a light meal after sunset.
4. **The Soul Fast:** (Media Fast) If health issues prevent food fasting, this is a powerful alternative. Disconnect from social media, Netflix, news, and video games for 21 days. Replace that screen time with Scripture and prayer.



Tips for a Successful Fast

1. **Define Your "Why":** Don't just fast to fast. Write down 3 things you are believing God for (e.g., "Salvation for my spouse," "Direction for my career," "Freedom from anxiety").
2. **Start Small:** If you have never fasted, don't attempt a 21-day liquid fast. Start with the Daniel Fast or fast one meal a day.
3. **Prepare Your Pantry:** Remove the temptations (cookies, chips, soda) before Jan 4th. Stock up on healthy options.
4. **Drink Water:** Dehydration causes the "fasting headache." Drink significantly more water than usual.
5. **Pray When You Are Hungry:** Hunger pangs are your "call to prayer." Every time your stomach growls, take 30 seconds to pray.

How to Pray?

(The P.R.A.Y. Method)

Use this simple acronym to guide your daily time:

- **P - Praise:** Start by thanking God for who He is.
- **R - Repent:** Admit your mistakes and ask for forgiveness.
- **A - Ask:** Present your requests and needs to Him.
(Include the daily prayer focus.)
- **Y - Yield:** End by surrendering your will. "Not my will, but Yours be done."



21 DAY

PRAYER FOCUS PLAN

Week 1: REFLECTION & CONNECTION

(Focus: Personal Renewal)

Day 1 - (Sun, Jan 4): Consecration. Scripture: [Romans 12:1-2](#).

Focus: Surrendering the year to God. "Lord, I give you my first and my best."

Day 2 (Mon, Jan 5): Humility & Repentance. [Scripture: 2 Chronicles 7:14](#).

Focus: Confessing sins and asking God to search our hearts.

Day 3 (Tue, Jan 6): Hunger for God. Scripture: [Matthew 5:6](#).

Focus: Praying for a fresh appetite for His Word and His presence.

Day 4 (Wed, Jan 7): Breaking Strongholds. Scripture: [Isaiah 58:6](#).

Focus: Identifying addictions, bad habits, or fears to break this year.

Day 5 (Thu, Jan 8): The Fruit of the Spirit. Scripture: [Galatians 5:22-23](#).

Focus: Praying for patience, kindness, and self-control in our daily reactions.

Day 6 (Fri, Jan 9): Physical & Mental Health. Scripture: [3 John 1:2](#).

Focus: Healing for the sick; peace for those struggling with anxiety/depression.

Day 7 (Sat, Jan 10): Family & Marriages. Scripture: [Joshua 24:15](#).

Focus: Restoration of marriages, protection over couples, Singles, and children. Pray for the salvation of lost relatives.



21 DAY

PRAYER FOCUS PLAN

Week 2: CLARITY & CALLING

(Focus: The Church & Direction)

Day 8 (Sun, Jan 11): Pastor & Leadership Team. Scripture: [Hebrews 13:17](#).

Focus: Wisdom, rest, and protection for the Pastors and staff of Damascus Road.

Day 9 (Mon, Jan 12): Vision for 2026. Scripture: [Proverbs 29:18](#).

Focus: Clarity on personal calling and the corporate vision of the church.

Day 10 (Tue, Jan 13): Church Finances & Generosity. Scripture: [Malachi 3:10](#).

Focus: Provision for church projects and blessing for the givers.

Day 11 (Wed, Jan 14): The Next Generation. Scripture: [Psalm 127:3](#).

Focus: Revival in the Youth and Children's ministries.

Day 12 (Thu, Jan 15): Unity in the Body. Scripture: [Psalm 133:1](#).

Focus: Removing offense, gossip, and division among members.

Day 13 (Fri, Jan 16): Small Groups & Discipleship. Scripture: [Acts 2:42-47](#).

Focus: That life-change would happen in circles, not just rows.

Day 14 (Sat, Jan 17): Our Community (Damascus/Mt. Airy).

Scripture: [Jeremiah 29:7](#).

Focus: Blessing local businesses, schools, and first responders.



21 DAY

PRAYER FOCUS PLAN

Week 3: COMMISSION & COVERING

The World & Future

Day 15 (Sun, Jan 18): The Lost. Scripture: [Luke 19:10](#).

Focus: Praying for specific names of people we want to see saved this year.

Day 16 (Mon, Jan 19): Missions & The Persecuted Church. Scripture: [Mark 16:15](#).

Focus: Global partners and those suffering for the Gospel.

Day 17 (Tue, Jan 20): Government & Leaders. Scripture: [1 Timothy 2:1-2](#).

Focus: Wisdom for local, state, and national officials.

Day 18 (Wed, Jan 21): Revival in America. Scripture: [Habakkuk 3:2](#).

Focus: A sweeping move of the Holy Spirit across the nation.

Day 19 (Thu, Jan 22): Protection & Covering. Scripture: [Psalm 91](#).

Focus: Spiritual protection over our homes against the enemy's schemes.

Day 20 (Fri, Jan 23): Expectancy & Faith. Scripture: [Hebrews 11:1](#).

Focus: Believing God for the "impossible" situations in our lives.

Day 21 (Sat, Jan 24): Thanksgiving & Praise. Scripture: [Psalm 100](#).

Focus: Thanking God in advance for what He will do in 2026.



Weekly Schedule

Sundays

(Jan 4, 11, 18): The prayer focus will be incorporated into the worship service.

Monday – Friday

(6:00 AM – 7:00 AM): Early Morning Prayer at DRCC

- Why 6 AM? It reinforces the "First Fruits" principle—giving God the first part of our day. Allows time to engage in prayer prior to work/school.
- Format: 5-10 min. devotional, Remainder of time will allow for individual prayer. Individuals may leave quietly as they finish praying.

Saturdays

(9:00 AM – 10:00 AM): Family Focus Prayer at DRCC.

- A slightly later start time for families to attend together.

Expectation Sunday

Sunday, Jan 25

- Break the fast together.
- Baptism/Communion.