



21

DAY

fast



21 Days of Prayer & Fasting: A Journey of Renewal, Revival, and Awakening

January 5–25, 2026

At the start of this new year, we are setting our hearts on one simple, powerful prayer: More of Jesus.

More of His presence.

More of His truth.

More of His voice.

More of His power.

More of His transformative work in our lives.

As we join together across Kings Church for these 21 Days of Prayer & Fasting, we are intentionally stepping into a season to slow down, quiet the noise, and make room for God to move in fresh ways. This guide is designed to walk you through a daily journey that begins in your own heart, moves into our church family, and ultimately looks outward to our region.

Week One invites us into personal renewal as we pray, “Search me, O God.”

Week Two leads us toward church renewal as we ask, “Come, Holy Spirit.”

Week Three lifts our eyes to regional awakening as we intercede, “Reveal Jesus to Atlantic Canada.”

Each day includes a Scripture passage, a short devotional, a prayer, a spiritual practice, and a simple family moment to help households seek God together. Whether you are fasting from food, media, or other distractions, the goal is the same: to create space for Jesus to meet you, shape you, and lead you.

Our prayer is that these days will ignite a deeper hunger for God in your life and spark a renewed move of His Spirit in our church and across Atlantic Canada. May the Holy Spirit draw us close, change us from the inside out, and prepare us for everything He desires to do in and through us.

Let's seek Him together.

Let's expect Him to move.

And let's believe that renewal in us can lead to awakening around us.

HOW TO USE THIS GUIDE

This guide is designed to help you engage fully in our 21 Days of Prayer & Fasting. It provides a simple rhythm for each day so that you can focus your heart on Jesus, receive from the Holy Spirit, and join our church family in prayer.

Here's how to make the most of it:

- 1. Set Aside Time Each Day.** Choose a consistent time—morning, lunchtime, or evening—to pause, quiet your mind, and meet with God. Even 10–15 minutes can create space for meaningful renewal.
- 2. Read the Daily Scripture.** Each day includes a Key Verse and a Scripture Reading (5–20 verses). You don't need to study every detail; just read slowly, listen for what the Spirit highlights, and allow the Word to shape your prayers.
- 3. Reflect on the Devotional Thought.** These thoughts help frame the theme of the day. Read it prayerfully and ask: What is God saying to me? What is the Holy Spirit inviting me to do?
- 4. Pray the Prayer Out Loud.** Speaking the prayer helps engage both your mind and your heart. Use it only as a starting point, however, allowing it to prompt your own words as the Spirit leads.
- 5. Practice the Daily Spiritual Exercise.** Each day includes a simple, practical step such as silence, Scripture reading, confession, or intercession. These practices help move truth from your head into your habits.
- 6. Engage as a Household.** Every day includes a short Family Moment to help households (parents, couples, roommates, and families with kids) seek God together. Use these moments in whatever way works best... around the table, at bedtime, or on the drive to school.
- 7. Embrace Fasting in a Meaningful Way.** Fasting is intentionally giving something up to create space for God. You may choose to fast from meals, sugar or caffeine, media/digital noise, specific routines or comforts, or whatever else the Lord impresses upon you to fast. Whatever it is, let your fast be a reminder: “I want more of Jesus than anything else.”
- 8. Track What God Is Doing.** Keep a journal or notes page. Write down what God is speaking to you, prayers He answers, insights you want to remember, steps of obedience the Spirit prompts, etc. Renewal begins with the work of the Spirit within us. Writing down what He is doing helps solidify it in our lives.
- 9. Gather With Expectancy.** Join Sunday services, prayer rooms, and special worship nights with open hearts. Come ready to receive. Come believing God will move.
- 10. Finish Strong, then Continue the Journey.** Day 21 is not the end. It's the beginning of a renewed pursuit of Jesus. Stay hungry and continue pursuing Him long after the fast is over.

A NOTE ON FASTING

As a spiritual discipline rooted in Scripture, fasting ignites a spiritual hunger for more of God in our lives. As we fast, we choose to go without something good to focus more intently on something better. You assume a spirit of humility and submission before God, inviting His Holy Spirit to take you deeper in your relationship with Him.

Fasting is simply removing something from your life to create more space for God. In Scripture, fasting most often involves food, but the principle extends to anything that distracts, numbs, or competes with our hunger for Jesus. For example, you might choose to fast from social media, television, coffee, or anything else that you enjoy. Rather than devoting time and energy to those pursuits, you choose to invest your focus on the things of God instead.

For this year in particular, all of Kings Church is being challenged to include a fast from social media. Why? To break its hold, reclaim perspective, and quiet your spirit. This is very relevant for this season, as we intentionally limit digital noise to make space for prayer and hearing God's voice.

To participate in this 21-Day Fast, then, begin by prayerfully selecting the food or activity that you will fast. Determine what lifestyle adjustments you will need to make, and follow this guide as you progress through the next 21 Days.

Remember: The goal is not deprivation; the goal is devotion. Choose a fast that is meaningful, sustainable, and Spirit-led.

WEEK ONE – PERSONAL RENEWAL

“Search me, O God, and know my heart...” (Psalm 139:23–24, NLT)

January 5 – Jesus, awaken fresh hunger in me

“Blessed are those who hunger and thirst for righteousness, for they will be filled.” (Matthew 5:6, NIV)

Scripture Reading: Isaiah 55:1–9

Devotional Thought:

Spiritual renewal rarely begins with discipline alone; it begins with desire. Jesus doesn’t say, “Blessed are those who are spiritually impressive.” He says, “Blessed are those who hunger.” Hunger is the heart’s way of saying, “I need more of that.”

As we begin these 21 days, the most honest place you can start is simply to acknowledge your need. Hunger is not failure. Hunger is invitation. The Spirit uses hunger to lead us out of spiritual autopilot and into deeper dependence on Jesus. You may feel tired, dry, busy, distracted, or stretched thin, and that’s okay. Bring your emptiness to Jesus and let Him meet you there.

These 21 days are not about proving your devotion; they’re about posturing your heart to receive more of Him. Ask Jesus to awaken a holy desire within you for more of His presence, His truth, His voice, and His leadership. Pray that the Father would stir a deep appetite for the things of God that no earthly comfort or digital distraction can satisfy.

Prayer: “Jesus, I hunger for more of You. Increase my desire for Your presence. Stir my heart to seek You above everything else.”

Spiritual Practice: Try spending 5 minutes in silence. Find a place of solitude, then simply sit quietly before God with open hands and say, “Here I am, Lord.” Allow His presence to wash over you.

Family Moment: Take turns sharing one thing each of you wants God to do in your heart over these 21 days.

January 6 — Jesus, I surrender my will to Yours

“Father, if you are willing, please take this cup of suffering away from me. Yet I want your will to be done, not mine.” (Luke 22:42, NLT)

Scripture Reading: Luke 22:39–46

Devotional Thought:

Renewal begins where resistance ends. Jesus shows us the path, but it's not a path of comfort. It's the path of surrender... the same type of surrender that He modelled on the Mount of Olives when He earnestly prayed: “Not My will, but Yours be done.” Surrender is not about losing; it's about trusting. It is laying down control and taking up faith.

For each of us, the Holy Spirit is working in areas of our lives where He is gently asking us to release our grip. It may be our grip on habits, attitudes, secret worries, broken patterns of thinking, or the constant urge to manage outcomes. Through prayer and fasting, these attachments are revealed. When we say no to lesser things, the deeper issues of our heart rise to the surface.

What would it look like today to echo Jesus' prayer? Where is God asking for your “yes”? Surrender doesn't mean you stop caring; it means you stop carrying what you were never meant to hold. When you release control, you make room for God's power.

Prayer: “Father, not my will but Yours be done. Show me what I need to release, and give me grace to trust You.”

Spiritual Practice: Hold your fists in front of you as you reflect on the areas you are struggling to release to God. Name it, then open your hands as a physical indication that you are giving it to God. Pray, “Lord, I give You full control. I choose to trust You, and I now release this to You.”

Family Moment: Ask, “What is one thing we can give to God today?” Pray a short prayer of surrender together.

January 7 — Jesus, cleanse my heart and renew my spirit

“Create in me a clean heart, O God. Renew a loyal spirit within me.” (Psalm 51:10, NLT)

Scripture Reading: Psalm 51:1–19

Devotional Thought:

Repentance is freedom. That may seem counterintuitive, but it's true. Repentance is about God removing what keeps us far from Him, not about Him shaming us with our failures. Consider David's deeply personal yet hopeful prayer in Psalm 51. After falling hard and being confronted by his sinfulness, he doesn't hide. Instead, he comes honestly before God and asks for a fresh heart.

Repentance is an ongoing part of the Christian life because transformation is ongoing. We repent not only of outward sins but also of the attitudes, motives, and hidden places in our hearts that the Holy Spirit brings into the light: pride, resentment, impatience, self-reliance, hidden compromises, and divided affections.

Today, don't rush through repentance. Let the Spirit search you in kindness. Jesus never exposes to condemn; He exposes to heal. As you confess, believe that He washes you, restores you, and makes you new.

Prayer: “Holy Spirit, search me. Show me what needs cleansing. Jesus, forgive me, wash me, and renew my heart.”

Spiritual Practice: In a journal, write what God brings to mind. Then pray Psalm 51:10 out loud.

Family Moment: Practice repentance and forgiveness together as a family. Ask, “Do we need to say sorry to one another today?”

January 8 — Jesus, remind me who I am in You

“Do not be afraid, for I have ransomed you. I have called you by name; you are mine.” (Isaiah 43:1, NLT)

Scripture Reading: Isaiah 43:1–4

Devotional Thought:

Renewal flows from identity. Before we do anything for God, we must remember who we are in God. Isaiah 43 is a powerful reminder that God’s people belong to Him. Not because they are impressive, but because He chose them, redeemed them, and called them by name.

The enemy loves to distort identity. He whispers lies about your value, your past, your future, and your place in God’s family. But the voice of God brings clarity, not confusion. He speaks truth over you: “You are mine.” You are not defined by your failures, fears, or limitations. You are defined by the One who calls you His own. You are a child of the King!

As you seek God during this fast, allow Him to speak identity over you again. Listen to the Scriptures. Listen to the Spirit. Let every false label fall away. You are loved. You are chosen. You are forgiven. You are held. You are His.

Prayer: “Father, speak Your truth over me. Silence every lie. Help me live fully in my identity as Your child.”

Spiritual Practice: Read Isaiah 43:1–4 again out loud. Meditate upon this truth and let it settle into your heart.

Family Moment: Speak a blessing over each person: “You are loved by God. You belong to Him.”

January 9 — Jesus, set me apart for Your purposes

“But now you must be holy in everything you do, just as God who chose you is holy.” (1 Peter 1:15, NLT)

Scripture Reading: 1 Peter 1:13–22

Devotional Thought:

What does holiness mean to you? It can be an intimidating term, but in essence, it's simply about becoming more like Jesus. In fact, the word “holy” literally means to be “set apart” for God and God's purposes... to be distinct from the world around you. When Peter calls us to holiness, then, he is echoing the heart of God calling us to be His, to live differently, and to walk according to His ways.

To be clear, holiness is not restrictive; it's transformative. It's the result of the presence and power of the Holy Spirit at work within us, aligning our lives with the character and mission of Jesus.

Times of prayer and fasting are formative when it comes to holiness. During times like these, we often notice areas where our habits, attitudes, or practices have drifted from God's best. Rather than ignoring these areas, invite the Holy Spirit to purify them.

Remember: holiness is not something we achieve ourselves. Rather, it is something the Holy Spirit forms in us as we walk with Him. The more room we make for Jesus and the closer we get to Him, the more our nature begins to reflect His. Invite the Holy Spirit to do His work, then partner with Him as He makes you new.

Prayer: “Holy Spirit, make me holy as You are holy. Purify my desires and set me apart for Your glory.”

Spiritual Practice: Memorize Galatians 5:22–23. “But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things!”

Family Moment: Talk about what it means to be “set apart.” What makes followers of Jesus different?

January 10 — Jesus, teach me to abide in You

“Yes, I am the vine; you are the branches. Those who remain in me, and I in them, will produce much fruit.” (John 15:5, NLT)

Scripture Reading: John 15:1–17

Devotional Thought:

Jesus invites us to abide in Him like branches connected to a vine... to depend on Him as our Source for life. Our strength, fruitfulness, peace, and endurance all flow from staying close to Him. Without Him, we might be able to accomplish activity, but not transformation. Certainly nothing of eternal value.

When we fast, our illusions of self-reliance are exposed. The ways we try to manage life in our own strength are revealed... like when we pray less because we feel quite capable on our own, or when we worry more because we feel responsible for everything. In the face of this, Jesus gently calls us back to abiding: staying with Him, listening to Him, relying on His strength instead of our own.

Today, slow down enough to notice where you've been carrying things alone. Bring them back to Jesus. Let His presence steady you. Let His words nourish you. Get into alignment with the true Source of life.

Prayer: “Jesus, I choose to abide in You. Teach me to depend on You, not myself.”

Spiritual Practice: Practice this “Breath Prayer”. As you inhale, pray, “Lord Jesus...” Then as you exhale, pray “...I trust You.” Repeat.

Family Moment: Share something you are asking Jesus to help with today. Pray for one another.

January 11 — Jesus, help me obey quickly and joyfully

“Teach me to do your will, for you are my God.” (Psalm 143:10, NLT)

Scripture Reading: James 1:19–27

Devotional Thought:

Obedience is rarely dramatic. It is often quiet, practical, and immediate: forgiving someone, turning from a temptation, giving generously, speaking encouragement, praying when prompted, or stepping into a responsibility God puts in front of you. Yet when we obey one step at a time, God leads us into deeper freedom and greater usefulness in His Kingdom.

In his letter contained in the New Testament, James highlights the importance of allowing our faith to be expressed outwardly through obedience. “But don’t just listen to God’s word. You must do what it says.” It’s not enough to merely give mental assent to Jesus; if we truly live for Him, we will obey Him through our actions.

As week one ends, ask God: “What is one step of obedience You are calling me to take?” Don’t wait for perfect conditions. Don’t wait for another sign. Listen and respond. The Holy Spirit empowers what He commands.

Prayer: “Lord, teach me to do Your will. Give me courage to obey whatever You ask today.”

Spiritual Practice: Spend 5 minutes asking, “Holy Spirit, what are You inviting me to do?” Write down whatever He brings to mind.

Family Moment: Ask, “How can we obey Jesus together today?” Choose one simple act of love or service as a family.

WEEK TWO – CHURCH RENEWAL

“But you will receive power when the Holy Spirit comes upon you...” (Acts 1:8, NLT)

January 12 – Holy Spirit, unite us as one

“Make every effort to keep yourselves united in the Spirit...” (Ephesians 4:3, NLT)

Scripture Reading: John 17:20–23

Devotional Thought:

Jesus prayed that His followers would be “one,” not just organizationally, but spiritually... united in love, mission, humility, and grace. Unity is not something we create; it’s created as Christ builds His Church. Yet it is something we protect. Paul urges us to “make every effort” to maintain it because unity is fragile, and the enemy targets it fiercely.

Unity does not mean sameness, but alignment. The Church has many parts, yet we’re one Body; many stories, one family; many gifts, one Spirit. When the Church is united, the gospel becomes visible. Love becomes tangible, and Jesus becomes unmistakable.

As we begin Week Two of our 21-Day Fast, ask the Holy Spirit to deepen your love for the Church Jesus died for. Pray for pastors, leaders, volunteers, home church members, KC Kids staff, Kings Youth leaders, worship team, tech teams, and every person who calls Kings Church home. Pray that we would be a church marked not by preference, but by the presence of the Holy Spirit who binds us all together.

Prayer: “Holy Spirit, make us one. Heal what is divided, soften what is hardened, and unite our church around Jesus.”

Spiritual Practice: Pray for three people in the church... for someone you know well, someone you don’t know well, and someone who is hurting.

Family Moment: Take turns thanking God for different ministries in the church (KC Kids, Youth, Alpha, Worship, Celebrate Recovery, etc.). Share with each other which has ministered to you the most.

January 13 — Holy Spirit, empower Your Church

“But you will receive power when the Holy Spirit comes upon you.” (Acts 1:8, NLT)

Scripture Reading: Acts 1:1–9

Devotional Thought:

Jesus never intended for His Church to operate in human strength alone. His final words before ascending were a promise: “You will receive power when the Holy Spirit comes upon you.” The power He promised is not hype or emotionalism; it is divine enablement by the Holy Spirit to live out the mission of God.

In the Early Church, power showed up as courage, conviction, bold preaching, answered prayer, miraculous transformation, radical generosity, and unstoppable witness. The same Spirit is still at work today, flowing through surrendered vessels... people willing to pray, obey, and yield.

Where do you need His power today? Do you need courage to share Christ? Strength to forgive? Boldness to pray? Freedom from fear? Capacity to serve? The Holy Spirit delights in empowering those who ask.

Prayer: “Holy Spirit, fill me with Your power. Strengthen my faith, embolden my witness, and empower our church for Your mission.”

Spiritual Practice: Pray with someone in person today, whether it’s a family member, friend, or coworker. Invite the Holy Spirit to make His presence known in a powerful way.

Family Moment: Talk about a time when God helped someone in your family do something difficult.

January 14 — Holy Spirit, let Your presence rest on us

“And everyone present was filled with the Holy Spirit...” (Acts 2:4, NLT)

Scripture Reading: Acts 2:1–4

Devotional Thought:

When the Holy Spirit came at Pentecost, it wasn't subtle. The room shook, the wind blew, and the fire of God rested on each believer. His presence was obvious.

Programs can be copied. Strategy can be imitated. But the presence of God is unmistakable and irreplaceable. His presence has always marked His people. In fact, without His presence, the Church does not even exist.

What if the greatest gift Kings Church could offer Atlantic Canada is not professionalism, but His presence working through us? Not just excellent services, but encounters with Jesus? Not just helpful programs, but genuine transformation through the Spirit?

The Holy Spirit's presence brings conviction, comfort, wisdom, joy, and peace. It makes the weary strong and reveals just how good Jesus is. As you fast today, pray that God would deepen His manifest presence in our gatherings, ministries, services, and homes.

Prayer: “Holy Spirit, rest on us. Let Your presence fill our church, our homes, and our hearts today.”

Spiritual Practice: Create space for Him. Spend 10 minutes with no agenda; simply welcome His presence with the words, “Come, Holy Spirit.”

Family Moment: Play a worship song together. Then sit quietly for one minute, asking God to be near.

January 15 — Holy Spirit, stir up the gifts within us

“A spiritual gift is given to each of us so we can help each other.” (1 Corinthians 12:7, NLT)

Scripture Reading: 1 Corinthians 12:1–11

Devotional Thought:

Every believer is gifted. Every gift is needed. The Holy Spirit distributes His gifts not randomly, but intentionally, for the strengthening of the church and the expansion of the gospel.

Some gifts are visible (teaching, leading, administration). Many are quiet but powerful (encouragement, mercy, hospitality). Others operate in the supernatural (faith, healing, prophecy). And they all grow as we use them, practice them, and surrender ourselves to the Spirit.

What gift or gifts has God placed in you? What stirs your spirit? What do others affirm? What brings life when you do it?

A church awakened to its gifts is a church awakened to its purpose. Imagine Kings Church fully activated, with every member serving, loving, praying, and building each other up. That's revival!

Prayer: “Holy Spirit, reveal and strengthen the gifts You've placed in me. Use me to build up the body of Christ.”

Spiritual Practice: For a helpful tool to help you discover how He has gifted you, text the word “gifts” to 506-404-1118. Ask God to show you your gift, and encourage someone else for using their gift.

Family Moment: Share one gift you see in each family member. Speak it out and bless it.

January 16 — Holy Spirit, deepen our love for Your Church

“All the believers devoted themselves...” (Acts 2:42, NLT)

Scripture Reading: Acts 2:42–47

Devotional Thought:

The Early Church was marked by devotion... devotion to the apostles' teachings, fellowship, shared meals, prayer, generosity, and unity. Their love wasn't theoretical; it was practical, sacrificial, and visible. Fuelled by the Person of the Holy Spirit.

When the Spirit renews a church, He rekindles love for the Body of Christ. This includes the people sitting beside us, the volunteers checking in our kids, the greeters opening the doors, the youth leaders showing up week after week, the seniors praying faithfully, the hurting finding healing in Christ, the newcomers finding their place... the entire Body.

To be clear, this does not mean ignoring imperfections. It means seeing the Church as Jesus sees it. When He looks at His Church, He sees His bride, His Body, His Family.

As you continue through these 21 Days, ask the Spirit to enlarge your heart for the church. Pray for needs you already know about and the needs you are completely unaware of. Ask how you can bless, encourage, or support someone this week, then do it!

Prayer: “Holy Spirit, deepen my love for Your people. Make me devoted to Your Church like the believers were in the Early Church. Help me to see others through Your eyes.”

Spiritual Practice: Encourage someone today with a text, a phone call, or a written note.

Family Moment: Let every family member choose someone from church to pray for.

January 17 — Holy Spirit, make us bold

“Enable your servants to speak your word with great boldness.” (Acts 4:29, NIV)

Scripture Reading: Joshua 1:1–9

Devotional Thought:

Spiritual boldness does not come from personality; it comes from the empowerment of the Holy Spirit. The same disciples who hid in fear before Pentecost stood in boldness afterward. Why? What changed? They had been filled by the presence and power of the Holy Spirit.

Boldness looks different for everyone. For some, it means sharing your testimony. For others, it means praying out loud. For some, it's forgiving someone who hurt you. For still others, it's stepping into a role God is calling you to. Boldness is simply doing what Jesus asks, without delay and without fear.

When a church becomes bold, light breaks into darkness. Faith pushes back fear. Love drives away apathy. The Kingdom advances.

Where do you need boldness today? What step is God inviting you to take? Ask the Spirit to give you courage to take it. He delights to answer.

Prayer: “Holy Spirit, fill me with boldness. Give me courage to do whatever Jesus asks of me.”

Spiritual Practice: Take one step of courage today, whether it be big or small. Pray with someone. Invite someone. Speak encouragement. Take action.

Family Moment: Share one “courage story” from your life or your children’s lives.

January 18 — Holy Spirit, revive Your Church

"Now repent of your sins and turn to God, so that your sins may be wiped away. Then times of refreshment will come from the presence of the Lord..." (Acts 3:19–20, NLT)

Scripture Reading: Acts 3:17–20

Devotional Thought:

What is revival? It's not just a moment; it's a movement of God among His people. And though we may picture dramatic expressions of revival, it begins in hidden places before it ever shows up in visible ones. Throughout history, revival has always followed the same pattern: a hungry people, a praying church, a humbled community, and a powerful move of the Holy Spirit.

Revival isn't something we manufacture, but it is something we can prepare for. We can clear the ground of distractions, cultivate humility, and confess sin. We can also love one another deeply, pray with faith, and gather expectantly as we seek Jesus wholeheartedly.

When the Holy Spirit revives a church, apathy breaks. Worship awakens. Faith rises. Sin loses its grip. People come to Jesus in surprising numbers. And the church becomes a radiant witness for His glory.

As Week Two of our 21 Days of Prayer & Fasting closes, pray that Kings Church would be a place where the Spirit is free to move in power, love, unity, and truth.

Prayer: "Holy Spirit, revive us again. Stir our church with fresh fire. Let Jesus be lifted high in this generation."

Spiritual Practice: Join with the church as we worship today, praising God's greatness, goodness, and majesty.

Family Moment: Ask, "What would it look like for God to bring revival to our family? To our church?"

WEEK THREE – REGIONAL IMPACT

“Pray for us that the message of the Lord may spread rapidly...” (2 Thessalonians 3:1, NIV)

January 19 — Jesus, give me Your heart for the lost.

“For the Son of Man came to seek and save those who are lost.” (Luke 19:10, NLT)

Scripture Reading: Luke 19:1–10

Devotional Thought:

Jesus’ mission was clear: He came to seek and to save the lost. He did not wait for people to come to Him; He went to them. He moved toward the overlooked, the broken, the wandering, and the spiritually hungry. His heart is still the same today.

If we want to see renewal across Atlantic Canada, it begins with seeing people the way Jesus sees them... with compassion, not frustration; with hope, not judgement. Every person you encounter today has an eternal story. Every neighbour, coworker, parent at the rink, student at the school, or friend in your circle matters deeply to God.

Zacchaeus didn’t find Jesus; Jesus found Zacchaeus. And He is still seeking the lost through the everyday lives of His followers.

Today, ask God to restore your burden for people far from Him. Not a heavy burden, but a hopeful one. A Spirit-filled expectancy that no one is too far gone for the grace of Jesus.

Prayer: “Jesus, give me Your heart for the lost. Open my eyes to people who need Your love.”

Spiritual Practice: Pray by name for three people you long to see come to Jesus.

Family Moment: Place an empty chair in the room and explain: “This chair represents someone Jesus wants to find.” Pray together that God would draw people to Himself.

January 20 — Jesus, give me compassion that moves me to action

“When he saw the crowds, he had compassion on them because they were confused and helpless, like sheep without a shepherd.” (Matthew 9:36, NLT)

Scripture Reading: Matthew 9:35–38

Devotional Thought:

When Jesus encountered crowds, He never looked upon them with annoyance or indifference. Instead, He saw them with a deep, gut-level compassion because they were like sheep without a shepherd.

Compassion is more than empathy. It is seeing a need and responding with action. It's love that moves. It is noticing the person others overlook. It is choosing kindness when irritation would be easier. It is carrying the heart of Jesus into every environment you enter.

When compassion grows cold, mission loses power. But when compassion burns bright, the gospel shines.

Today, slow down enough to notice the people around you. Ask God to soften your heart and to give you His eyes, His tenderness, that you may see people as He does.

Prayer: “Jesus, fill me with Your compassion. Break my heart for what breaks Yours. Help me love people the way You do.”

Spiritual Practice: Perform one quiet act of kindness for someone today with no recognition needed.

Family Moment: As a family, choose someone to bless anonymously this week.

January 21 — Jesus, send workers into Atlantic Canada

“The fields are already ripe for harvest.” (John 4:35, NLT)

Scripture Reading: John 4:1–42

Devotional Thought:

When Jesus looked at the spiritual landscape, He didn’t say the harvest was too small or too hard. Rather, He said the harvest was great! The challenge wasn’t the size of the harvest; it was the quantity of workers.

The fourth chapter of John’s gospel tells how one transformed woman brought an entire village to Jesus. The harvest was ripe and, even though this woman was far from perfect, God used her to bring hope to many of her friends and neighbours. God doesn’t need perfect people; He needs willing people.

In Matthew 9:37–38, in the passage we looked at yesterday, Jesus again declares how great the harvest is, then He instructs us to pray for more workers. And often, He answers that prayer by sending us.

You are not responsible to save Atlantic Canada. But you are responsible to say “yes” to the next person, the next prompting, the next invitation God puts in front of you. The harvest is ready. The question is whether we are.

Prayer: “Lord of the harvest, send workers into Atlantic Canada. Use me as an answer to this prayer.”

Spiritual Practice: Write down one person you feel prompted to reach out to, then take one step today by sending a message, extending an invite, offering a prayer, or giving some encouragement.

Family Moment: Talk about ways your family can bring the hope of Jesus to neighbours or classmates.

January 22 — Jesus, give us confidence in Your authority

“I have been given all authority in heaven and on earth.” (Matthew 28:18, NLT)

Scripture Reading: Matthew 28:16–20

Devotional Thought:

God has given us a mission, but it does not rest on our authority, skill, or strength. It rests on His authority... the authority of Jesus over darkness, over sin, over shame, over bondage, over lies, over fear, over spiritual strongholds, over regions, and over generations.

Before Jesus first sent His disciples with those famous words, “Go into all the world”, He first reminded them: “All authority is Mine.” It’s the same commission and the same authority for us today. We go in His name, under His command, with His power, and for His glory.

When we intercede for Atlantic Canada, we do so not as spectators, but as ambassadors. As we represent Him, we do not operate in our own authority but in His.

Every prayer you pray carries His authority. Every act of obedience carries His authority. Every time you speak the name of Jesus, you are invoking the highest authority in the universe.

Prayer: “Jesus, thank You for Your authority. Strengthen my confidence in Your power. Break every barrier that stands against the gospel.”

Spiritual Practice: Declare Matthew 28:18–20 out loud, slowly and prayerfully.

Family Moment: Explain how Jesus is stronger than anything we face. Pray together for His protection and leadership.

January 23 — Jesus, shine Your light through me

“You are the light of the world.” (Matthew 5:14, NIV)

Scripture Reading: Matthew 5:14–16

Devotional Thought:

Jesus calls His followers “the light of the world.” Not a small light. Not a hidden light. A “city on a hill” kind of light. This is the kind of light the world desperately needs.

Light doesn’t argue with darkness. It simply shows up and overcomes. And the darkness cannot defeat it.

Sometimes we wait for the perfect moment to share our faith or invite someone to church or offer to pray. But Jesus says: “Go. Shine. Be light.”

You shine when you show kindness.

You shine when you forgive quickly.

You shine when you live differently.

You shine when you pray boldly.

You shine when you carry hope into hard places.

You are not the source of the light; Jesus is. But you get to carry Him everywhere you go. How amazing is that?

Prayer: “Jesus, help me shine Your light today. Use my life to point someone toward You.”

Spiritual Practice: Do something loving today... something that reflects the light of Jesus to someone who needs it.

Family Moment: Light a candle and talk about how Jesus shines through us to the world.

January 24 — Jesus, break through every barrier

"O Sovereign Lord! You made the heavens and earth by your strong hand and powerful arm. Nothing is too hard for you!" (Jeremiah 32:17, NLT)

Scripture Reading: Acts 12:1–17

Devotional Thought:

Spiritual breakthrough is not something we engineer ourselves. It's something God does in response to faith-filled prayer and Spirit-empowered obedience. When all we can do is rely on Him, that's when He shines the brightest.

Like in Acts 12. At that time, the newly formed Church was backed against a wall. Persecution was rising, their leader was imprisoned, and there seemed to be no way out. But God.

The church prayed earnestly, and God moved supernaturally. Doors opened. Chains fell. Peter walked free.

There is no situation in Atlantic Canada (or in your own life) beyond God's reach. There is no hardened heart He cannot soften, no addiction He cannot break, no community He cannot revive. There's no spiritual stronghold He cannot tear down.

Fasting positions us to see with spiritual eyes again... to believe, to intercede, to expect again.

Today, ask God for breakthrough for yourself, for your family, for your church, and for this region.

Prayer: "God, nothing is too hard for You. Bring breakthrough where we have seen resistance. Move mountains in Atlantic Canada."

Spiritual Practice: Pray boldly for one impossible situation. And keep praying.

Family Moment: Ask, "What do we want to see God break through in our family? In our school? In our town?"

January 25 — Holy Spirit, awaken Atlantic Canada

“So the message about the Lord spread widely and had a powerful effect.” (Acts 19:20, NIV)

Scripture Reading: Acts 19:1–20

Devotional Thought:

Awakening is when God breathes on a region and spiritual life springs up in unexpected places and in unexpected ways. Hearts soften. People hunger for truth. Communities shift. Entire towns and provinces feel the ripple of the Holy Spirit’s presence.

Acts 19 describes an awakening in Ephesus when the whole city was shaken by the gospel. People repented publicly, spiritual oppression was broken, and Jesus’ name was honoured. The word of the Lord spread powerfully and widely.

Could God do that again? Could He do it in Atlantic Canada? The answer is a resounding, “yes,” and He is already stirring.

Awakening begins with a remnant who seek God with wholehearted abandon. It starts with a people who pray, fast, repent, worship, witness, and obey. It takes root in a church that carries Jesus into homes, schools, workplaces, neighbourhoods, campuses, and communities.

These 21 Days may be coming to an end, but your prayers do not need to end. This is not the finish line; it is the beginning. Continue calling on the name of the Lord, and see what He will do.

Prayer: “Holy Spirit, awaken Atlantic Canada. Pour out Your Spirit on our region. Let Jesus be seen, known, and loved.”

Spiritual Practice: Drive around your neighbourhood or town. Pray blessing, awakening, and spiritual openness over each street.

Family Moment: Pray together for Atlantic Canada... for the towns, cities, or schools of our region. Pray for them by name.

AS THE 21 DAYS WRAPS UP

As you complete these 21 Days of Prayer & Fasting, take a moment to recognize what God has been doing in you. Renewal rarely comes all at once; it comes through small steps of surrender, daily encounters with Jesus, quiet moments of conviction, simple acts of obedience, and the gentle leading of the Holy Spirit.

These three weeks were not meant to be a spiritual detour but a spiritual reset... a time to reorient your heart toward the presence, the voice, and the leadership of Jesus. The goal was never simply to finish a fast. The goal has always been more of Him.

And now that the 21 Days are ending, a new season is beginning. What He has done in you, let it renew our church. What He has done across our church, may it lead to an awakening across our region. Let each and every one of us continue to seek Jesus deeply, love others boldly, and live with a fresh awareness of the Holy Spirit.

A Final Prayer

Holy Spirit, thank You for meeting me in these days.

Thank You for stirring hunger, revealing truth, renewing my heart,
and drawing me closer to Jesus.

Continue the work You've begun.

Deepen my love for Your presence.

Strengthen my obedience.

Fill me anew with Your power and Your compassion.

Use my life to reveal Jesus in my home,
in my church, in my community,
and across Atlantic Canada.

Revive us, Lord. Awaken our region.

Let Jesus be seen, known, and loved.

Amen.

Reflection Questions: Use these questions to help solidify what God is doing in your heart. Write down what comes to mind. These insights will guide you as you move forward.

- What did God reveal to me about Himself over these 21 Days?
- Where did I experience conviction, healing, or breakthrough?
- What habits, practices, or rhythms do I want to continue?
- What step of obedience is the Holy Spirit asking me to take next?
- Who is God calling me to pray for, serve, or reach out to?
- How will I stay connected to the voice and presence of Jesus in this next season?