21 Days of Prayer & Fasting

sermonkeeper.app

My plan. Fill this in before day 1, and come back to it on day 21.

Start date

The kind of fast I'm doing (and what I'm setting aside)

Why I'm fasting: what I want to seek God about

People I'm praying for by name

When I'll pray each day, and where

What I'll do instead (with the time, the meal, the scrolling)

Talk to your doctor before fasting from food, especially if you have a health condition, are pregnant or take medication.

Extra services during the fast?

Sermon Keeper records each message while you tap short notes, then gives you a transcript and a summary with every verse named. Scan a Bible page to get a SOAP study card for today's reading.

Scan the code, or tap here: free 3-day trial on the App Store →

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Read the passage, pray about the focus, write a few lines. Five minutes is enough.

Day 1 **Surrender and a clean heart** · Read Psalm 51:10–12

Date _____

What stood out / what I sense God saying

My prayer

☐ Kept my fast today ☐ Adjusted it, and that's okay

Day 2 **Thanksgiving** · Read Psalm 100

Date _____

What stood out / what I sense God saying

My prayer

☐ Kept my fast today ☐ Adjusted it, and that's okay

Day 3 **Hunger for God's Word** · Read Psalm 119:97–105

Date _____

What stood out / what I sense God saying

My prayer

☐ Kept my fast today ☐ Adjusted it, and that's okay

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Read the passage, pray about the focus, write a few lines. Five minutes is enough.

Day 4 **Repentance** · Read 1 John 1:5–9

Date _____

What stood out / what I sense God saying

My prayer

☐ Kept my fast today ☐ Adjusted it, and that's okay

Day 5 **Your family** · Read Joshua 24:14–15

Date _____

What stood out / what I sense God saying

My prayer

☐ Kept my fast today ☐ Adjusted it, and that's okay

Day 6 **Marriage and close relationships** · Read Colossians 3:12–14

Date _____

What stood out / what I sense God saying

My prayer

☐ Kept my fast today ☐ Adjusted it, and that's okay

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Read the passage, pray about the focus, write a few lines. Five minutes is enough.

Day 7 **Your church and its leaders** · Read 1 Thessalonians 5:12–18

Date _____

What stood out / what I sense God saying

My prayer

☐ Kept my fast today ☐ Adjusted it, and that's okay

Day 8 **Wisdom for decisions** · Read James 1:5–6

Date _____

What stood out / what I sense God saying

My prayer

☐ Kept my fast today ☐ Adjusted it, and that's okay

Day 9 **Provision and finances** · Read Philippians 4:10–19

Date _____

What stood out / what I sense God saying

My prayer

☐ Kept my fast today ☐ Adjusted it, and that's okay

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Read the passage, pray about the focus, write a few lines. Five minutes is enough.

Day 10 **Health and healing** · Read James 5:13–16

Date _____

What stood out / what I sense God saying

My prayer

☐ Kept my fast today ☐ Adjusted it, and that's okay

Day 11 **Work and calling** · Read Colossians 3:23–24

Date _____

What stood out / what I sense God saying

My prayer

☐ Kept my fast today ☐ Adjusted it, and that's okay

Day 12 **Friends who don't know Jesus** · Read Romans 10:1–15

Date _____

What stood out / what I sense God saying

My prayer

☐ Kept my fast today ☐ Adjusted it, and that's okay

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Read the passage, pray about the focus, write a few lines. Five minutes is enough.

Day 13 **Forgiveness** · Read Matthew 6:9–15

Date _____

What stood out / what I sense God saying

My prayer

☐ Kept my fast today ☐ Adjusted it, and that's okay

Day 14 **Fear and anxiety** · Read Philippians 4:6–7

Date _____

What stood out / what I sense God saying

My prayer

☐ Kept my fast today ☐ Adjusted it, and that's okay

Day 15 **Your city** · Read Jeremiah 29:7

Date _____

What stood out / what I sense God saying

My prayer

☐ Kept my fast today ☐ Adjusted it, and that's okay

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Read the passage, pray about the focus, write a few lines. Five minutes is enough.

Day 16 **Your nation and its leaders** · Read 1 Timothy 2:1–4

Date _____

What stood out / what I sense God saying

My prayer

☐ Kept my fast today ☐ Adjusted it, and that's okay

Day 17 **The world and missions** · Read Matthew 28:18–20

Date _____

What stood out / what I sense God saying

My prayer

☐ Kept my fast today ☐ Adjusted it, and that's okay

Day 18 **The next generation** · Read Psalm 78:1–7

Date _____

What stood out / what I sense God saying

My prayer

☐ Kept my fast today ☐ Adjusted it, and that's okay

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Read the passage, pray about the focus, write a few lines. Five minutes is enough.

Day 19 **Using your gifts to serve** · Read 1 Peter 4:8–11

Date _____

What stood out / what I sense God saying

My prayer

☐ Kept my fast today ☐ Adjusted it, and that's okay

Day 20 **Unity in the church** · Read John 17:20–23

Date _____

What stood out / what I sense God saying

My prayer

☐ Kept my fast today ☐ Adjusted it, and that's okay

Day 21 **What God has done; the year ahead** · Read Psalm 126

Date _____

What stood out / what I sense God saying

My prayer

☐ Kept my fast today ☐ Adjusted it, and that's okay