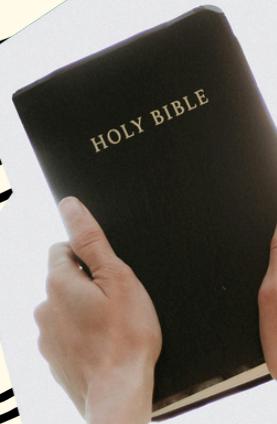
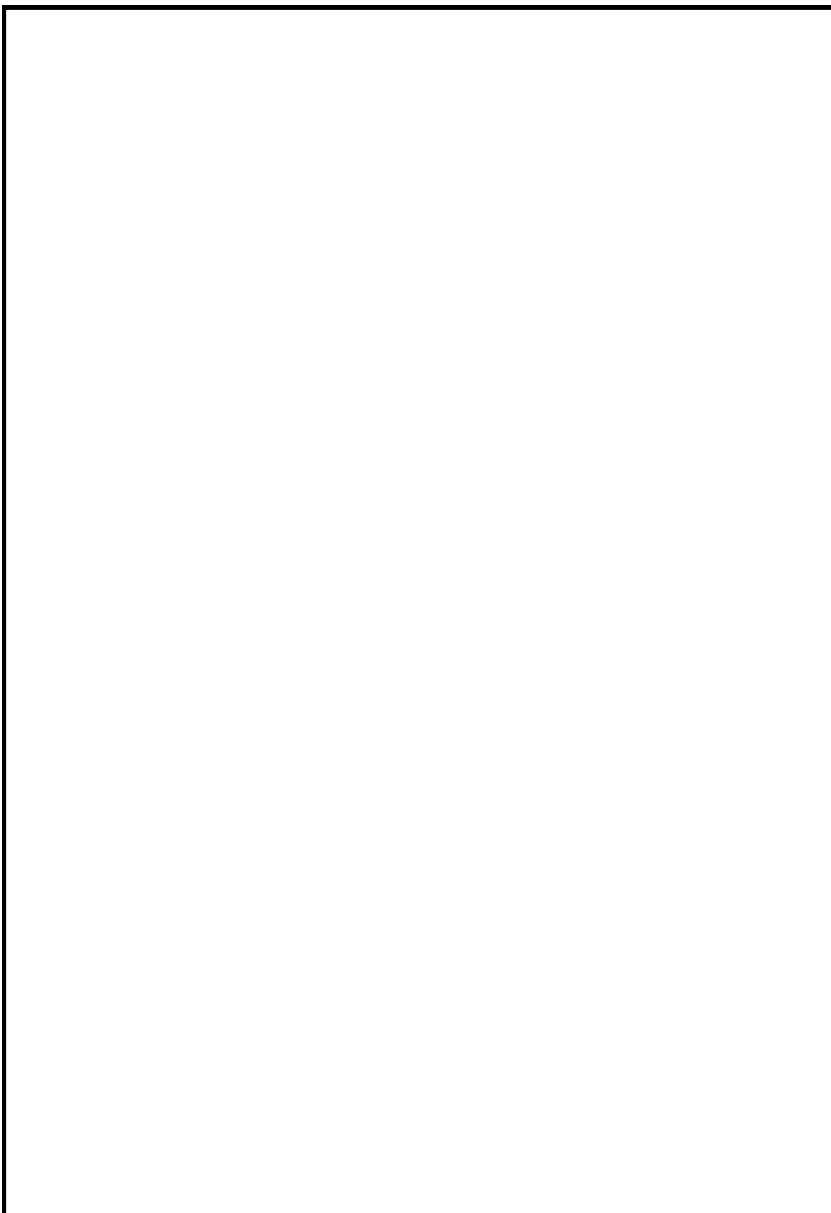


# 21 DAYS OF PRAYER AND FASTING

JAN. 2026



# NOTES & PRAYER REQUESTS:

A large, empty rectangular box with a black border, intended for the user to write their notes and prayer requests.

# A NOTE FROM YOUR PASTORS:

Dear Hope Church Family,

We are so excited to kick off another 21 Days of Prayer & Fasting together. Prayer is a powerful tool that we as Christians use to speak to our Heavenly Father. The power of prayer isn't in the person praying. It's not a magic formula. It isn't keywords. It is an open heart, humble and filled with awe of who our mighty God is. The power is in WHO we are praying to.

During these 21 Days of Prayer, we want to pray *for* each other and *with* each other. If you have something specific you'd like us to pray for during this time, email

**21Days@HopeWinterGarden.com** with your request.

We will be LIVE on Facebook each weekday at 6:30am to pray together and be encouraged by God's Word. We will also be meeting in person each Saturday morning at 8:30am at the Hope Church offices.

We can't wait to see how God will work in the life of our church during this season. We believe families will be made stronger, relationships will be fortified, dreams will be renewed, vision will be clarified, and so much more. Let's press in, Church!

Living with HOPE,  
Pastor Wes & Diana

# CREATING A LIFESTYLE OF PRAYER

*"Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where He prayed."*

- Mark 1:35

Prayer is most effective not when it is something we do every now and then, but when it is a **lifestyle** that we cultivate.

To understand how to have a lifestyle of prayer, we can look at the example Jesus gave during His life on earth.

## **HAVE A CERTAIN TIME**

Jesus got up early in the morning to spend time with His Heavenly Father. Make a daily appointment with God - whether it's first thing in the morning, at lunch, or in the evening - and faithfully keep it.

## **HAVE A CERTAIN PLACE**

Jesus had a specific place He went to pray. Having a designated place to pray helps us remove distractions and frees us to worship and pray out loud.

## **HAVE A CERTAIN PLAN**

When Jesus taught His disciples how to pray, He gave them a prayer outline. We call it "The Lord's Prayer." This outline is available in this guide. As we pray every day, our plans for our prayer time can vary, maybe including worship music, Bible reading, and quiet time to listen to God. It doesn't always have to look the same; it just helps when we have a plan for connecting regularly with God.

# PRAYER IS HOW WE CONNECT WITH GOD

The Lord's Prayer is often recited in churches or at religious events, but it is far more than just a rote chant or a simple expression of faith. Jesus provided this model of prayer as an outline to teach us how to connect with God, align our priorities with His, and help us live dependently on Him. This model takes us through each part of The Lord's Prayer, showing us how to pray the way Jesus instructed.

## USE THE MODEL JESUS GAVE US: "THE LORD'S PRAYER"

*Our Father in heaven, may your name be kept holy. May your Kingdom come soon. May your will be done on earth, as it is in heaven. Give us today the food we need, and forgive us our sins, as we have forgiven those who sin against us. And don't let us yield to temptation, but rescue us from the evil one. For yours is the kingdom and the power and the glory forever, Amen.*

-MATTHEW 6:9-13 NKJV

Connect with God relationally. "Our Father in Heaven"

Pray His will first. "May your Kingdom come soon. May your will be done on earth, as it is in Heaven"

Depend on Him for everything. "Give us today the food we need"

Keep your heart right with God and people. "Forgive us our sins, as we forgive those who sin against us"

Have faith in God's ability "For yours is the kingdom and the power and the glory forever"

# WHY DO WE PRACTICE FASTING?

*"When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting...But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you."*

Matthew 6:16-18

## WHAT IS FASTING?

Fasting is voluntarily going without food — or any other regularly enjoyed, good gift from God — for the sake of a spiritual purpose; something that is definitely counter-cultural in today's consumerist society.

## WHAT DOES THE BIBLE SAY ABOUT FASTING?

When Jesus talks about fasting He assumes His followers will fast. He doesn't say "if," but "when you fast" (Matthew 6:16). And He doesn't say His followers *might* fast, but "*they will*" (Matthew 9:15). We fast in this life because we believe in the life to come. Because we have tasted and seen the goodness of the infinite God — and are desperately hungry for more of Him.

## HOW DO WE FAST?

Pick something to set aside in this season. Some examples are food, electronics, social media, caffeine, or anything that you may rely upon daily. Instead of turning to those things where you usually would, spend time with God instead. Ask Him for a dependence and hunger for His ways, His Will, and His Heart.

# TYPES OF FASTS

## COMPLETE FAST

In this type of fast, you drink only liquids, typically water with light juices as an option.

## SELECTIVE FAST

This type of fast involves removing certain elements from your diet. One example of a selective fast is the Daniel Fast, during which you remove meat, sweets, and bread from your diet and consume water and juice for fluids and fruits and vegetables for food.

## PARTIAL FAST

This fast is sometimes called the “Jewish Fast” and involves abstaining from eating any type of food in the morning and afternoon. This can either correlate to specific times of the day, such as 6:00 am to 3:00 pm, or from sunup to sundown.

## SOUL FAST

This fast is a great option if you do not have much experience fasting food, have health issues that prevent you from fasting food, or if you wish to refocus certain areas of your life that are out of balance. For example, you might choose to stop using social media or watching television for the duration of the fast and then carefully bring that element back into your life in healthy doses at the conclusion of the fast.

## LEARN MORE ABOUT FASTING



GUIDE TO  
PRAYER & FASTING



7 STEPS TO  
PRAYER & FASTING

# S.O.A.P.

## SCRIPTURE | OBSERVATION | APPLICATION | PRAYER

Our desire is that every believer would learn to hear from God daily through His Word. We believe that being in the word consistently shapes the way we think, transforms our heart, and helps us become more like Jesus! One practical way to study the Bible is to use the SOAP Method:

### SCRIPTURE

Write down in your journal the verse or verses that stuck out to you of the day.

### OBSERVATION

Write down observations about the scripture you just read. What do you think God is saying through this scripture?

### APPLICATION

Personalize what you have read by asking yourself how it applies to your life right now.

### PRAYER

Write down a personal message from you to God based on what you just learned, and ask him to help you apply this truth in your life.

#### SOME HELPFUL TOOLS

Bible, Pen, Journal, 21 Days of Prayer Guide

## SUNDAY KICK-OFF

### SCRIPTURE: JOSHUA 1

PRAY THAT GOD WOULD MOVE IN YOUR LIFE & HOPE CHURCH AS WE ENTER INTO  
OUR 21 DAYS OF PRAYER FASTING THAT OFFICIALLY BEGINS TOMORROW!

**S**  
SCRIPTURE

**O**  
OBSERVATION

**A**  
APPLICATION

**P**  
PRAYER

DAY 1 | MONDAY | JAN 5

SCRIPTURE: JOSHUA 2

PRAYER FOCUS: SPIRITUAL GROWTH & DISCIPLESHIP

**S**

SCRIPTURE

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OBSERVATION

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APPLICATION

**P**

PRAYER

DAY 2 | TUESDAY | JAN 6

**SCRIPTURE: JOSHUA 3**

**PRAYER FOCUS: FAMILY MEMBERS**

**S**

SCRIPTURE

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OBSERVATION

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APPLICATION

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PRAYER

DAY 3 | WEDNESDAY | JAN 7

**SCRIPTURE: JOSHUA 4**

**PRAYER FOCUS: OUR CITY, COUNTRY, & WORLD**

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SCRIPTURE

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OBSERVATION

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APPLICATION

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PRAYER

DAY 4 | THURSDAY | JAN 8

**SCRIPTURE: JOSHUA 5**

**PRAYER FOCUS: HOPE KIDS (BABIES-5<sup>TH</sup> GRADE)**

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SCRIPTURE

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OBSERVATION

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APPLICATION

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PRAYER

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DAY 5 | FRIDAY | JAN 9

SCRIPTURE: JOSHUA 6

PRAYER FOCUS: EMOTIONAL HEALING & FREEDOM

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SCRIPTURE

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OBSERVATION

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APPLICATION

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PRAYER

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DAY 6 | SATURDAY | JAN 10

**SCRIPTURE: JOSHUA 7**

**PRAYER FOCUS: PASTOR WES & DIANA**

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SCRIPTURE

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OBSERVATION

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APPLICATION

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PRAYER

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DAY 7 | SUNDAY | JAN 11

**SCRIPTURE: JOSHUA 8**

**PRAYER FOCUS: YMCA IMPACT OF STAFF & MEMBERS**

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SCRIPTURE

**O**

OBSERVATION

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APPLICATION

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PRAYER

DAY 8 | MONDAY | JAN 12

**SCRIPTURE: JOSHUA 9**

**PRAYER FOCUS: SCHOOL ADMINISTRATORS, TEACHERS, & COACHES**

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SCRIPTURE

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OBSERVATION

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APPLICATION

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PRAYER

DAY 9 | TUESDAY | JAN 13

**SCRIPTURE: JOSHUA 10**

PRAYER FOCUS: HOPE YOUTH (MIDDLE & HIGH SCHOOL)

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SCRIPTURE

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OBSERVATION

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APPLICATION

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PRAYER

DAY 10 | WEDNESDAY | JAN 14

**SCRIPTURE: JOSHUA 11**

**PRAYER FOCUS: STRONG MARRIAGES**

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SCRIPTURE

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**O**

OBSERVATION

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**A**

APPLICATION

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**P**

PRAYER

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DAY 11 | THURSDAY | JAN 15

**SCRIPTURE: JOSHUA 12**

**PRAYER FOCUS: CHRIST CENTERED RELATIONSHIPS**

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SCRIPTURE

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**O**

OBSERVATION

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**A**

APPLICATION

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**P**

PRAYER

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DAY 12 | FRIDAY | JAN 16

**SCRIPTURE: JOSHUA 13**

**PRAYER FOCUS: HEALTH NEEDS & PHYSICAL HEALING**

**S**

SCRIPTURE

**O**

OBSERVATION

**A**

APPLICATION

**P**

PRAYER

DAY 13 | SATURDAY | JAN 17

**SCRIPTURE: JOSHUA 14**

**PRAYER FOCUS: FINANCIAL PROVISION & FREEDOM**

**S**

SCRIPTURE

**O**

OBSERVATION

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APPLICATION

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PRAYER

DAY 14 | SUNDAY | JAN 18

**SCRIPTURE: JOSHUA 15**

**PRAYER FOCUS: MENTAL HEALTH**

**S**  
SCRIPTURE

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**O**  
OBSERVATION

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APPLICATION

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PRAYER

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DAY 15 | MONDAY | JAN 19

SCRIPTURE: JOSHUA 16

PRAYER FOCUS: REPENTANCE & RESTORATION

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SCRIPTURE

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OBSERVATION

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APPLICATION

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PRAYER

DAY 16 | TUESDAY | JAN 20

SCRIPTURE: JOSHUA 17

PRAYER FOCUS: PERSISTENCE IN ADVERSITY

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SCRIPTURE

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OBSERVATION

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**A**

APPLICATION

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PRAYER

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DAY 17 | WEDNESDAY | JAN 21

**SCRIPTURE: JOSHUA 18**

**PRAYER FOCUS: BOLDNESS TO SHARE FAITH & EVANGELIZE**

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SCRIPTURE

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OBSERVATION

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APPLICATION

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PRAYER

DAY 18 | THURSDAY | JAN 22

**SCRIPTURE: JOSHUA 19**

**PRAYER FOCUS: CURRENT DREAM TEAM & EXPANSION**

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SCRIPTURE

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**O**

OBSERVATION

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**A**

APPLICATION

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**P**

PRAYER

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DAY 19 | FRIDAY | JAN 23

**SCRIPTURE: JOSHUA 20**

**PRAYER FOCUS: SALVATION OF FRIENDS & FAMILY**

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SCRIPTURE

**O**

OBSERVATION

**A**

APPLICATION

**P**

PRAYER

DAY 20 | SATURDAY | JAN 24

SCRIPTURE: JOSHUA 21

PRAYER FOCUS: HOPE CHURCH STAFF

**S**

SCRIPTURE

**O**

OBSERVATION

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APPLICATION

**P**

PRAYER

DAY 21 | SUNDAY | JAN 25

**SCRIPTURE: JOSHUA 22**

**PRAYER FOCUS: COMMUNITY GROUP GROWTH**

**S**

SCRIPTURE

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OBSERVATION

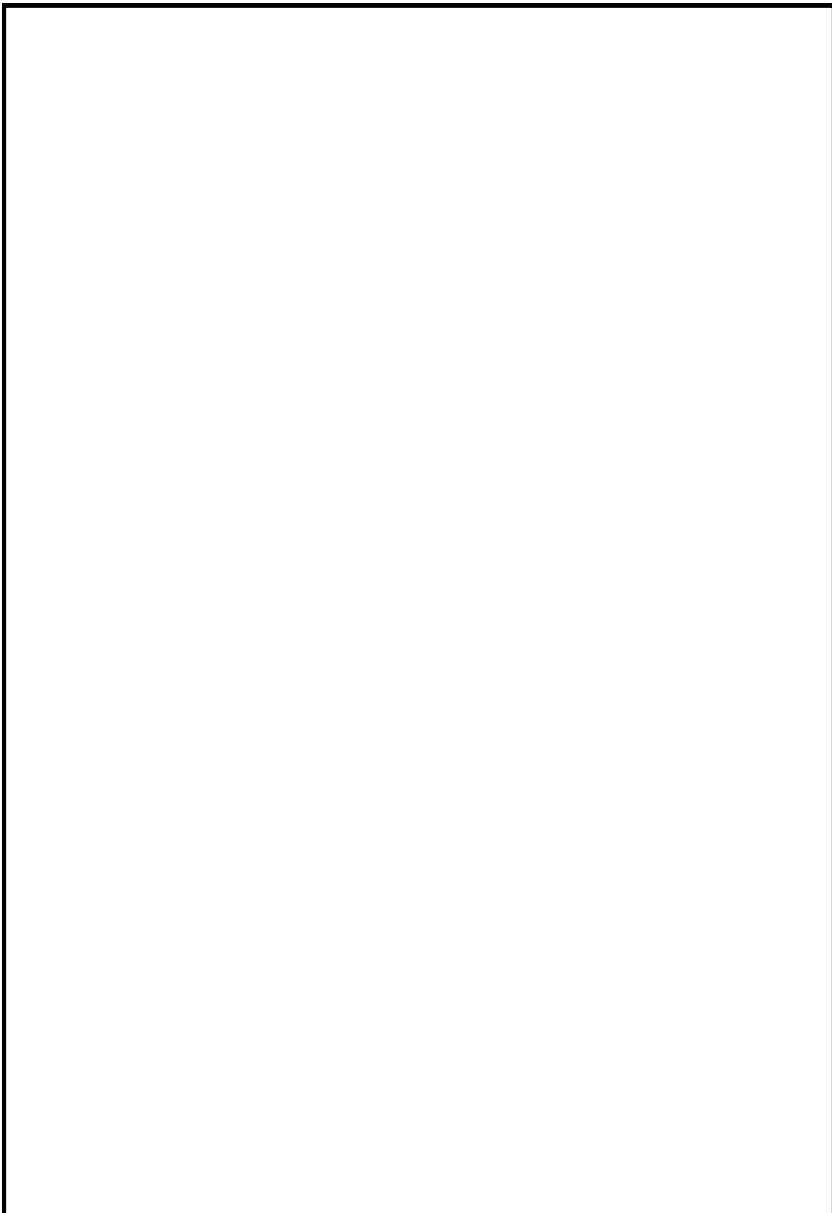
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APPLICATION

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PRAYER

# NOTES & PRAYER REQUESTS:

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# S.O.A.P.

SCRIPTURE | OBSERVATION | APPLICATION | PRAYER



Join us for Facebook LIVE by visiting @HopeWinterGarden every weekday at 6:30AM for a special time of prayer and encouragement during our 21 Days of Prayer & Fasting.



We will be meeting on Saturdays (January 10, 17 & 24) for group prayer in person at 8:30AM.



## CELEBRATION SERVICE

January 25 | 10AM

Make sure to be in the HOUSE as we celebrate and hear stories of ALL God did during our 21 Days together!



Email us your prayer request and share stories of how God is working over these 21 days at [21Days@HopeWinterGarden.com](mailto:21Days@HopeWinterGarden.com)

**WWW.HOPEWINTERGARDEN.COM**