

21 DAYS OF PRAYER & FASTING 2026

THEME: LINE UP (SET APART TO SEEK GOD)

DATES: JANUARY 12 – JANUARY 31, 2026

SCRIPTURE FOCUS: GALATIANS 5:25 (NKJV)



*“If we live in the Spirit, let us
also walk in the Spirit.”*





Theme Statement

This year, God is calling Antioch Christian Church to line up with the Holy Spirit—in our thoughts, in our worship, in our decisions, and in our daily lives.

We are **not** to rush ahead or lag behind.

We are to **walk in step with Him.**



Dear Antioch Family,

As we step into a new year, we once again set our hearts to begin with God first. These 21 days of prayer and fasting are more than a tradition — they are a sacred time of reset, refocus, and renewal.

This year, our theme is “Line Up.” When we set aside distractions and devote ourselves to His presence, we make room for divine direction, fresh vision, and supernatural strength.

We believe that 2026 will be a year of clarity and consecration — a time for God’s people to realign with His purpose and walk boldly in faith. These three weeks will help you tune your spirit to hear His voice and trust His plan. As a church, we are uniting to pray for revival, restoration, and revelation — in our families, our community, and our nation.

During this time, expect to see God move. Expect answers to prayer, healing in hearts, and clarity in decisions. Make time each day to read the Word, pray, and record what God shows you. This guide will walk with you day by day with Scripture, devotionals, reflection questions, and simple activations.

We encourage you to take this journey as a **family** — pray together, discuss each day’s devotional, and watch how God builds something beautiful in your home and heart.

Let’s believe for a **fresh move of God in 2026** as we seek Him first — fully and faithfully.

In His Service,
Senior Pastor Norris McGill
Executive Pastor Tonya McGill



Keys to Fasting and Prayer

Fasting is not about punishing the body — it is about positioning the heart. Prayer is not about perfect words — it is about intentional communion with God. When combined, prayer and fasting create a powerful spiritual environment where the Holy Spirit renews, restores, and reveals. There are four foundational keys that will help you experience the fullness of this sacred season.

FOUNDATIONAL
KEY
01

GRATITUDE — ENTER HIS PRESENCE WITH THANKSGIVING

Scripture: Psalm 100:4

“Enter His gates with thanksgiving, and His courts with praise; be thankful to Him, and bless His name.”

Gratitude is the doorway into God’s presence. Before you ask God for anything, pause and thank Him for who He is and what He has done. Thanksgiving shifts your perspective—pulling your attention away from pressure and placing it back on God’s faithfulness.

Gratitude breaks heaviness.

Gratitude softens the heart.

Gratitude aligns your thoughts with truth.

During the fast:

- Begin each prayer time with **three things you’re thankful for.**
- Thank God for **the prayers He has already answered.**
- Thank Him for what He is doing **even when you can’t see it yet.**

Thanksgiving prepares your heart for encounter.

FOUNDATIONAL
KEY

02

REMEMBRANCE — RECALL GOD'S FAITHFULNESS

Scripture: Psalm 143:5

"I remember the days of old; I meditate on all Your works; I muse on the work of Your hands."

Remembering what God has done builds faith for what God will do.

We often forget God's miracles when we face new mountains. But remembrance anchors your spirit and strengthens your confidence in God's character.

To "remember" in Scripture means:

- to rehearse God's goodness
- to reflect on His faithfulness
- to record what He has done
- to repeat His promises

During the fast:

- Write down past answered prayers.
- Recall seasons where God provided, protected, or guided.
- Meditate on the works of God in Scripture — Red Sea, Lazarus, the Cross, Pentecost.
- Reflect on testimonies from your own life.

Remembrance strengthens expectation and keeps your heart steady when you're believing God for new things.

FOUNDATIONAL KEY

03

REQUEST — MAKE YOUR NEEDS KNOWN WITH CONFIDENCE

Scripture: Philippians 4:6

“...in everything by prayer and supplication, with thanksgiving, let your requests be made known to God.”

God invites you to bring everything to Him — not just the spiritual things, but the personal, emotional, financial, relational, and practical needs of your life. Your request is not a burden to God — it is a bridge to God.

In fasting, requests become more focused. The noise clears, the urgency quiets, and your heart learns to pray in alignment with God’s will.

During the fast:

- Write down your top 3–5 prayer requests.
- Pray boldly, with expectation.
- Bring your needs before God daily.
- Surrender the outcome to His timing and wisdom.

Your request is your invitation for God to step in and reveal Himself.

**FOUNDATIONAL
KEY
04**

EXPECTATION — POSITION YOUR HEART TO RECEIVE

Scripture: Isaiah 58:9

"Then you shall call, and the Lord will answer; you shall cry, and He will say, 'Here I am.'"

Prayer without expectation becomes routine.

Fasting without expectation becomes hunger.

But prayer with expectation opens the door to encounter.

Expectation says:

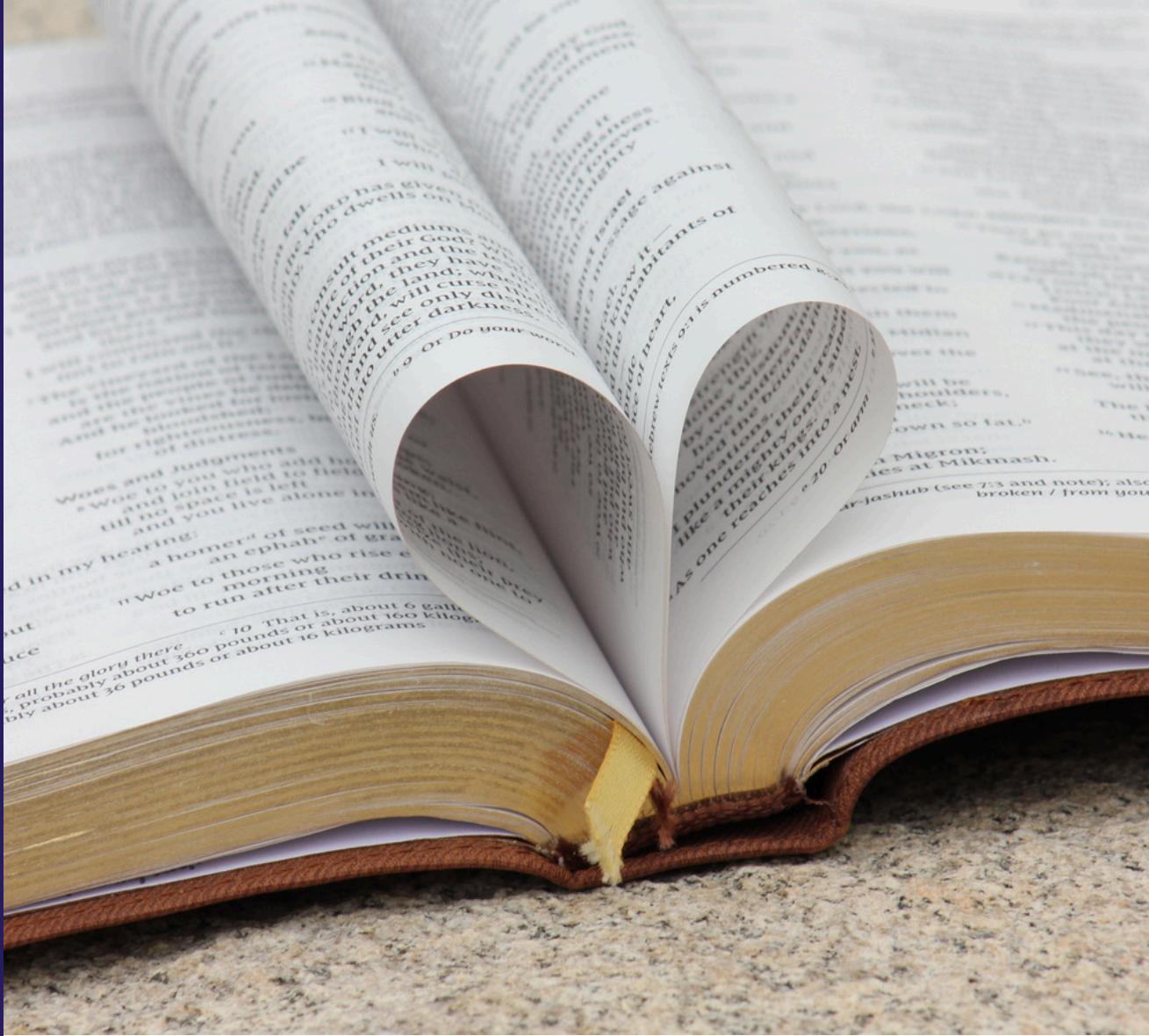
- "God hears me."
- "God will move."
- "God will answer."
- "God is near."
- "God is working even if I don't feel it yet."

This is the heart posture that activates the promises of Isaiah 58 — the chapter most connected to biblical fasting. God promises response, guidance, healing, strength, and breakthrough to those who fast with the right heart.

During the fast:

- Believe God will speak to you.
- Believe clarity will come.
- Believe healing will begin.
- Believe direction will unfold.
- Believe that by Day 21, you will not be the same.

Expectation prepares your heart to recognize God's movement and receive His answers.



Bringing the Four Keys Together

When you combine all four keys, your fasting becomes more than denial — it becomes divine alignment:

- **Gratitude** opens the door.
- **Remembrance** stabilizes your faith.
- **Request** draws you into God's presence.
- **Expectation** positions your heart to receive.

These four keys transform fasting from a ritual into a relationship-building encounter with God.

Purpose of the Fast

To strengthen you spiritually, mentally, and physically.

Fasting clears away noise and makes room for God's voice. It renews your spiritual sensitivity and re-centers your heart on Him.



Intent of the Fast

To build your ability to deny the flesh and live yielded to the Spirit.

As you fast, spend time each day in prayer and Scripture reading. Use the journaling spaces provided to write what God reveals about your mind, your spirit, and your daily life.

Why Pray and Fast?

- Prayer and fasting break the power of unbelief and strengthen faith.
- They demonstrate our dependence on God.
- They create space for the Holy Spirit to transform our lives.
- Fasting without prayer is merely a diet; prayer turns it into divine discipline.
- Prayer opens our hearts to hear from God and receive direction.
- Fasting sharpens focus and teaches endurance.



Key Scripture:
Jeremiah 33:3
"Call to Me, and I will answer you, and show you great and mighty things which you do not know."



Helpful Tips for Success

1. Begin each day with praise & worship.
2. Keep a prayer journal; write out prayers and Scriptures.
3. Read and meditate on the Word daily.
4. Limit social media and entertainment.
5. Drink plenty of water.
6. If you slip, repent and start again. Grace is greater.

Fasting Options

- Choose a level of fasting that is safe, sustainable, and Spirit-led for you:
- Spending Fast: Buy only necessities; give the savings to ministry.
- Sweets/Soda Fast: Abstain from pleasurable foods; eat for nourishment only.
- TV / Social Media Fast: Replace screen time with Scripture and prayer.
- Partial Fast: Fast from sunrise to sundown (6 a.m.–6 p.m.).
- Water Only Fast (Wednesdays 6 a.m.–6 p.m.): For those medically able and Spirit-led.
- Always use wisdom. If you have medical conditions, consult a physician before beginning a food fast.

Corporate Prayer Call Information

Wednesdays • 12:00 p.m. CST
Dates: January 14, January 21, January 28, 2026

Dial: (607) 374-1027
Access Code: 7560010

WEEK ONE

Line Up My Mind

Weekly Introduction

Your mind is one of God's most precious gifts to you. It shapes how you see yourself, how you see God, and how you see the future He has prepared. During this first week of fasting, the Holy Spirit gently invites you into mental renewal—quieting anxious thoughts, correcting old patterns, and restoring clarity.

This is not about perfection.

It is about **alignment**.

As we fast together, our minds become more sensitive to God's whispers and less reactive to life's pressures. Expect God to bring peace, fresh ideas, clarity, and new perspectives.

Your mind is lining up with His truth.

DAY
01

LORD, RENEW MY THOUGHTS

Scripture: Romans 12:2 (NKJV)

“And do not be conformed to this world, but be transformed by the renewing of your mind...”

Devotional Thought

As we begin these 21 days of prayer and fasting, God is not just asking you to change your schedule — He's inviting you to let Him **change your thinking**.

Every new year brings the temptation to focus on the outside: new goals, new routines, new plans. But true transformation doesn't begin with a new calendar. It begins with **a renewed mind**.

Paul tells us not to be conformed to this world — not to be squeezed into its patterns of fear, anxiety, comparison, and self-reliance. Instead, he calls us to be transformed by the renewing of our mind. That word “renewing” is ongoing. It's not a one-time event; it's a **daily work of the Holy Spirit**.

This fast is your intentional “yes” to that process.

Over the years, certain thought patterns may have settled in without you noticing:

- “I'll never change.”
- “Things will always be this way.”
- “I have to handle everything myself.”
- “God is silent. Maybe He forgot me.”

DAY
01

LORD, RENEW MY THOUGHTS

These are not just random thoughts — they are **agreements** you've been pressured to make with fear, worry, or disappointment. But as we **line up this year**, God is breaking those agreements and inviting you into new ones:

- "I am being transformed, day by day."
- "God is with me and working, even when I don't see it."
- "The Holy Spirit helps me think, choose, and respond differently."
- "My mind belongs to God — not to fear, not to my past, not to pressure."

Transformation begins when you stop treating every thought as truth and start weighing your thoughts against God's truth. As you fast, the Holy Spirit will gently put His finger on certain patterns: the way you talk to yourself, the way you rehearse old pain, the way you anticipate disappointment. Not to condemn you — but to **renew you**

Today, don't try to fix every thought.

Simply **surrender** them.

Tell God, "These are the places where my thinking has been shaped more by the world than by Your Word. Renew me. Re-teach me. Re-frame how I see myself, my future, and even You."

This first day sets the tone for your entire fast:

You are not conforming.

You are **transforming** — one thought at a time.

DAY
01

LORD, RENEW MY THOUGHTS

Reflection Questions

- What repeated thoughts have shaped the way you see yourself or your future?
- In what areas do you sense you've been conforming to the world's patterns instead of God's truth?
- What is one truth from God's Word that you want to hold onto as you begin these 21 days?

Prayer Focus

Ask God to shine His light on your thought patterns and begin a deep work of **renewal**. Pray: *"Lord, I give You my mind. Transform how I think so I can recognize Your will and walk in it."*

Daily Activation

Take a few minutes to write this sentence and complete it in your own words:

"Today, I choose to stop agreeing with the thought that _____.

Instead, I agree with God's truth that _____."

Keep this where you can see it throughout the day.

DAY
02

PEACE BEGINS IN MY MIND

Scripture: Isaiah 26:3 (NKJV)

“You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You.”

Devotional Thought

Peace is not a place you visit. It is a place God builds within you. And He builds it in your mind long before it reaches your emotions.

Many of us enter a new year carrying leftover concerns from the last one—unanswered prayers, unresolved situations, unspoken fears. These thoughts can swirl quietly beneath the surface, shaping how we feel and how we function. But hear this truth in the tenderness of God’s voice:

Your mind was not designed to carry everything.

Your mind was designed to trust.

When Isaiah says God keeps us in “perfect peace,” the phrase means “peace upon peace”—layered, steady, continuous peace. That kind of peace doesn’t come from changed circumstances. It comes from a mind turned toward God, moment by moment.

Today, God isn’t asking you to fix everything.

He’s inviting you to **focus**.

DAY
02

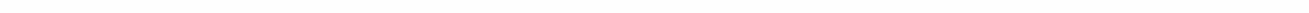
PEACE BEGINS IN MY MIND

Peace begins when the mind settles — when we breathe, when we pause long enough to remember who God is and what He has already done. As we fast together, let this be a week where you consistently redirect your thoughts:

- From anxiety... to assurance.
- From worry... to worship.
- From pressure... to presence.

Peace is coming.

Not because you figured things out, but because God is holding you close.



DAY
02

PEACE BEGINS IN MY MIND

Reflection Questions

- What thoughts disrupt your peace most often?
- How does focusing on God change the way you feel?
- Where do you sense God calming your mind today?

Prayer Focus

Ask God to steady your mind and cover you with **uninterrupted peace**.

Daily Activation

Set a 3-minute timer today. Sit quietly and slowly repeat:
“Lord, my mind rests in You.”

DAY
03

LORD, HELP ME THINK HIGHER

Scripture: Philippians 4:8 (NKJV)

“...whatever things are true... noble... just... pure... lovely... of good report... meditate on these things.”

Devotional Thought

There is a gentle invitation from God today: **Think higher.**

Not heavier. Not faster. Higher.

Our thoughts often sink to the lowest emotional point—worry, assumptions, comparisons, what-ifs. But God calls His people to live with **elevated thinking**: thoughts rooted in truth, goodness, and hope.

Elevated thinking is not denial. It is discipline.

It is choosing what to magnify.

Some thoughts don't deserve a full conversation. Some concerns don't need another hour of your attention. Not every fear needs to be fed. God is teaching you not just what to think, but where to place your mental energy.

Whatever you feed grows.

Whatever you starve dies.

This week, we are starving the thoughts that drain us and feeding the thoughts that lift us. This isn't “positive thinking” — it's biblical thinking. Paul is teaching us to protect our mental atmosphere so our spiritual life can breathe.

You may not control every thought that enters your mind, but you do control which ones you entertain.

And by God's grace this year, you will think higher.

DAY
03

LORD, HELP ME THINK HIGHER

Reflection Questions

- Which thoughts do you need to **starve**?
- Which thoughts do you need to **feed**?
- How does thinking higher shift your mood or decisions?

Prayer Focus

Ask God to elevate your thinking and help you meditate on what builds your faith.

Daily Activation

Choose **one phrase** from Philippians 4:8 and carry it with you today.

Example: "Today I will focus on what is lovely," or "I will look for what is of good report."

DAY
04

LORD, QUIET THE NOISE WITHIN ME

Scripture: Psalm 46:10 (NKJV)

“Be still, and know that I am God...”

Devotional Thought

There is a kind of noise that doesn't come from the outside world — it comes from inside the mind. The noise of overthinking. The noise of what-ifs. The noise of replaying conversations, imagining scenarios, or worrying about things that may never happen.

But God lovingly whispers today,
“Be still. Let Me quiet you.”

Stillness is not inactivity. It is intentional surrender.
It is choosing to silence what stresses you so you can hear what strengthens you.
As you fast, expect the Holy Spirit to highlight internal noise that has been competing with God's peace.

Some noise is emotional.
Some noise is mental.
Some noise is spiritual.
But all of it bows to the presence of God.

Being still helps you remember who is truly in control. It helps you breathe again. It helps your heart and mind settle into a deeper trust. When you quiet the noise, you create space to hear God's voice more clearly.

God is not in the chaos — He is in the calm.
He is with you, speaking peace over your inner world.

DAY
04

LORD, QUIET THE NOISE WITHIN ME

Reflection Questions

- What internal noise has been the loudest lately?
- What does stillness look like for you in this season?
- Where do you sense God bringing calm today?

Prayer Focus

Ask God to silence the noise inside you so you can hear His voice with clarity.

Daily Activation

Take **one 5-minute “stillness break”** today — no phone, no music, no multitasking — just quiet in God’s presence.

DAY
05

I RELEASE WHAT I CANNOT CONTROL

Scripture: 1 Peter 5:7 (NKJV)

“...casting all your care upon Him, for He cares for you.”

Devotional Thought

Your mind becomes most overwhelmed when you hold onto things you were never meant to carry. Control is exhausting. Fear is heavy. Responsibility becomes crushing when God is not invited into it.

But today, the Father gently asks you to place what worries you into His hands. Not because He is distant — but because He cares deeply for you.

Casting your cares is an act of trust.

It is saying, “Lord, You can handle this better than I can.”

There will always be areas of life beyond your reach—other people’s decisions, unexpected timing, situations that refuse to move as quickly as you hoped. Holding onto what you cannot control creates mental strain. Releasing it creates mental rest.

As a church family, we are learning to live lighter this year. Not careless — but cared for.

Your burden is not your identity.

Your challenges are not your destiny.

Your worries are not your assignment.

You can lay them down.

God can carry what overwhelms you.

Let Him.

DAY
05

I RELEASE WHAT I CANNOT CONTROL

Reflection Questions

- What are you trying to control that God is asking you to release?
- How does releasing change your emotional and mental posture?
- Where do you need God's comfort today?

Prayer Focus

Ask God to take what has been weighing on your mind and give you rest in return.

Daily Activation

Write down one specific care. Then say aloud:

"Lord, I give this to You. I trust You with it."

Tear up or fold that paper as a symbol of release.

DAY
06

LORD, STRENGTHEN MY MENTAL ENDURANCE

Scripture: Isaiah 40:31 (NKJV)

“...they shall run and not be weary...”

Devotional Thought

Mental exhaustion is real. Sometimes your mind grows tired long before your body does. The weight of decisions, responsibilities, and expectations can drain your strength silently.

But the Lord promises to renew your strength — not just physically, but mentally.

You don't have to begin this year mentally worn out.

You don't have to carry last year's fatigue into this year's calling.

God is strengthening your endurance.

Endurance doesn't mean the absence of challenges.

It means the presence of grace.

This is the quiet strength God is giving you:

- Strength to stay focused
- Strength to stay faithful
- Strength to keep believing
- Strength to keep showing up
- Strength to keep trusting
- Strength to keep your mind steady

Mental endurance is the ability to keep going without collapsing in discouragement or frustration. And God is building that inside you during this fast.

You are not weak.

You are being renewed.

DAY
06

LORD, STRENGTHEN MY MENTAL ENDURANCE

Reflection Questions

- Where have you felt mentally drained recently?
- How has God strengthened you in the past when you were tired?
- How can you practice mental rest this week?

Prayer Focus

Ask God for renewed mental endurance and clarity as you walk through this fast.

Daily Activation

Speak this aloud today:

“God is renewing my strength and steadyng my mind.”

Say it especially in the moments you feel tired or tempted to quit.

DAY
07

MY MIND RESTS IN GOD ALONE

Scripture: Psalm 62:5 (NKJV)

“My soul, wait silently for God alone, for my expectation is from Him.”

Devotional Thought

As Week 1 ends, let your heart exhale. You have spent seven days inviting God into your thoughts, your fears, your patterns, and your perspective. And He has been gently aligning your mind each day.

Rest is not a luxury.

Rest is a weapon.

Rest is worship.

Mental rest comes when your expectation shifts fully to God — when you stop trying to predict the outcome and simply trust His presence with you in the process.

God is not asking you to figure out what's next.

He's asking you to rest in Him right now.

As a church family, we begin this year choosing rest over rush, calm over chaos, and trust over tension. The same God who keeps the universe steady is the same God who keeps your mind steady.

He is holding you.

He is guiding you.

He is calming you.

He is faithful to you.

Let your mind breathe today.

Let your soul settle today.

Let your expectation rise today.

Your rest is in God alone.

DAY
07

MY MIND RESTS IN GOD ALONE

Reflection Questions

- What thoughts has God calmed in you this week?
- Where do you sense new clarity or peace in your mind?
- How can you practice mental rest going forward, even after the fast?

Prayer Focus

Thank God for renewing your mind this week and ask Him to carry you into Week 2 with fresh strength and stability.

Daily Activation

Finish this sentence in your journal:

“This week, God brought peace to my mind by...”

Write freely. Let it become your Week 1 testimony.

WEEK ONE

Reflection

Use this space (or a dedicated page in the workbook) to capture what God did in your mind this week:

- Thoughts God calmed
- Fears God softened
- Truths God highlighted
- Areas where you gained clarity
- Mental burdens lifted
- New thoughts or perspectives God planted
- A short testimony: "This is how God renewed my mind in Week 1..."



WEEK TWO

Line Up My Spirit

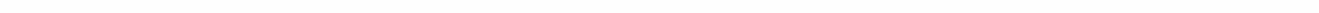
A renewed mind in Week 1 prepares you for something deeper in Week 2—a realigning of your spirit. When your spirit is aligned with God, you sense His presence more clearly, hear His voice more easily, and walk in His strength more confidently.

This week is about spiritual posture:

- tuning your spiritual ear
- softening your spiritual heart
- strengthening your spiritual life
- returning to practices that anchor your soul
- allowing the Holy Spirit to lead, settle, correct, and fill you

As we fast and pray together, expect a deep quietness in your spirit... a tenderness... and a renewed sensitivity to God's voice.

Your spirit is coming into alignment with the Spirit of God.



DAY
08

LORD, DRAW MY SPIRIT CLOSER

Scripture: James 4:8 (NKJV)

"Draw near to God and He will draw near to you..."

Devotional Thought

Your spirit desires closeness with God in a way your flesh never will. There is a pull inside you—a longing, a gentle ache—to be near the One who created and carries you. This week, God invites you into a deeper nearness. Not striving. Not performing. Simply drawing near.

Nearness is not measured by activity but by affection.

It is possible to be busy for God but not close to God.

It is possible to do church work and still have a weary spirit.

But this fast is softening you. It is slowing you down. It is reminding you that God doesn't need your performance—He wants your presence.

When you draw near, God does not hesitate.

He leans in.

He receives you.

He meets you with love, not judgment.

As a church family, we draw near together believing that God will speak, strengthen, and settle our spirits in fresh ways. Your spirit is awakening. Your sensitivity is returning. Your nearness is deepening.

DAY
08

LORD, DRAW MY SPIRIT CLOSER

Reflection Questions

- What keeps your spirit from feeling close to God?
- What moments in your week help your spirit feel most connected to Him?
- What would “drawing near” look like today?

Prayer Focus

Ask God to pull your spirit closer and help you feel His nearness throughout the day.

Daily Activation

Whisper throughout the day:
“Lord, I draw near to You.”

DAY
09

LORD, CALM MY SPIRIT

Scripture: Psalm 131:2 (NKJV)

“Surely I have calmed and quieted my soul...”

Devotional Thought

Your spirit cannot thrive in agitation. When your inner world is unsettled, everything around you feels heavier. But God is teaching you the sacred discipline of calming your spirit.

David said, “I have calmed and quieted my soul.”

This means there were moments when his soul was not calm... not quiet... not at rest. Just like you. Just like all of us.

A restless spirit is often tired... not of life, but of carrying too much of it.

A restless spirit may be overwhelmed by:

- too many responsibilities
- too many voices
- too much noise
- too many expectations
- too little spiritual rest

When God calms your spirit, He doesn't remove your responsibilities—He removes the restlessness around them. He places a steady hand over your soul and says, “I am here... be still.”

As we fast, expect the Holy Spirit to bring a gentle settling into your inner world. A deep breath. A sigh of relief. A peace that washes over you.

Your spirit is safe in God.

Your emotions are safe in God.

Your soul will quiet under His care.

DAY
09

LORD, CALM MY SPIRIT

Reflection Questions

- What has been stirring or unsettling your spirit recently?
- What helps your spirit feel calm and centered?
- How can you invite God's peace into your emotions today?

Prayer Focus

Ask God to quiet the places inside you that feel restless.

Daily Activation

Find a quiet moment today and simply breathe slowly as you say:
"God, calm my spirit."

DAY
10

FILL ME LORD, I AM OPEN

Scripture: Psalm 42:2 (NKJV)

“My soul thirsts for God, for the living God...”

Devotional Thought

A thirsty spirit is a good sign—it means you are alive. It means you can feel again. It means your soul is reaching for something deeper than this world can provide.

Spiritual thirst is a gift.

It means God is awakening desire inside you.

Sometimes we feel empty because God is preparing us to be filled in new ways.

Sometimes He allows a holy dissatisfaction to rise—not to discourage you, but to draw you toward Him.

As you fast, the Spirit is making space within you.

Space for:

- fresh anointing
- deeper worship
- clearer hearing
- gentler obedience
- stronger faith

You don't have to pretend to be full.

You don't have to hide your thirst.

Bring it to God. Tell Him, “Lord, I am open.”

As a church family, we are being filled again—slowly, gently, deeply. This week, expect God to pour into you: peace, presence, wisdom, and warmth.

Your spirit is thirsty.

And God will satisfy.

DAY
10

FILL ME LORD, I AM OPEN

Reflection Questions

- What spiritual hunger or thirst do you feel right now?
- What do you want God to fill you with during this fast?
- Where do you sense God awakening new desire?

Prayer Focus

Ask God to fill your spirit with His presence, peace, and strength.

Daily Activation

Lift your hands for one minute today and simply whisper:
"Lord, fill me again."

DAY
11

LORD, LET ME HEAR YOU CLEARLY

Scripture: John 10:27 (NKJV)

“My sheep hear My voice...”

Devotional Thought

Hearing God’s voice is not reserved for the deeply spiritual or the exceptionally strong. It is the normal, everyday inheritance of every believer. God speaks because you belong to Him. You hear because your spirit recognizes Him.

But hearing God clearly requires a quiet spirit, not a perfect spirit.

And it requires attention more than ability.

During this fast, God is sharpening your spiritual hearing. Conversations may feel different. Quiet moments may feel louder with God’s whispers. Your spirit may pick up on things you once overlooked.

God’s voice may come as:

- a calm inner knowing
- a Scripture rising at the right moment
- a gentle prompting
- a conviction
- a sense of direction
- a deep peace
- a holy pause

You don’t have to strain to hear God.

Just be still enough to notice Him.

As we fast collectively, God is speaking to Antioch as a church and to you as His daughter, His son. Expect clarity. Expect confirmation. Expect the gentle shepherding of His voice guiding your path.

DAY
11

LORD, LET ME HEAR YOU CLEARLY

Reflection Questions

- When do you hear God's voice most clearly?
- What distractions make hearing difficult?
- What is one thing you believe God is whispering to you now?

Prayer Focus

Ask God to make His voice unmistakable in your life.

Daily Activation

Spend five minutes listening—no requests, no words. Just listen.

DAY
12

LORD, STRENGTHEN MY SPIRITUAL DISCERNMENT

Scripture: Hebrews 5:14 (NKJV)

“...senses exercised to discern both good and evil.”

Devotional Thought

Spiritual discernment is not suspicion. It is not fear. It is not guessing. Discernment is the Spirit giving you clarity—showing you what is God, what is not, and what simply needs patience.

Discernment helps you:

- choose wisely
- see beneath the surface
- sense God’s leading
- avoid unnecessary battles
- stay aligned
- move in peace

As your spirit lines up with God, your ability to discern becomes sharper, calmer, more accurate. You no longer react to everything—you respond in wisdom. You no longer panic at uncertainty—you pause and wait for clarity. You no longer rush—you stay in rhythm with God’s timing.

Discernment is a sign of spiritual maturity. And God is growing you beautifully.

As a church family in this fast, we are asking God to help us see what He sees—about ourselves, our situations, our decisions, and our direction.

You don’t have to figure everything out.

God will show you what you need to know, when you need to know it.

DAY
12

LORD, STRENGTHEN MY SPIRITUAL DISCERNMENT

Reflection Questions

- Where do you need spiritual discernment right now?
- What areas of confusion do you want God to clarify?
- How can you slow down to listen before making decisions?

Prayer Focus

Ask God to sharpen your spiritual discernment and give you clarity in unclear areas.

Daily Activation

Pray this simple phrase before every decision today:
"Holy Spirit, guide me."

DAY
13

LORD, RESTORE MY SPIRITUAL STRENGTH

Scripture: Psalm 23:3 (NKJV)

“He restores my soul...”

Devotional Thought

There are seasons when your spirit feels tired—but not because something is wrong. Sometimes spiritual tiredness simply means you've been pouring, praying, serving, carrying, loving, showing up, and giving your best.

And God sees it.

He honors it.

He restores you.

Restoration is not instant—it is gentle.

God doesn't rush healing.

He nurtures you back to strength.

Restoration looks like:

- your joy returning
- your hope rising
- your passion rekindling
- your prayer life awakening
- your strength deepening
- your tears drying
- your spirit breathing again

Restoration is God placing His hands on your soul and saying,

“You don't have to push today. Let Me refill you.”

As a church, we are receiving restoration this week—spirit, mind, heart, and strength.

You are not behind. You are rebuilding. And God is walking with you every step.

DAY
13

LORD, RESTORE MY SPIRITUAL STRENGTH

Reflection Questions

- What part of your spirit feels tired?
- Where do you need God's restoration?
- What practices help restore your soul?

Prayer Focus

Ask God to restore the areas of your spirit that feel weary.

Daily Activation

Take one action today that restores you spiritually—worship, prayer, journaling, or simply resting in God.

DAY
14

LORD, REALIGN MY SPIRIT WITH YOUR WILL

Scripture: Psalm 143:10 (NKJV)

“Teach me to do Your will...”

Devotional Thought

As we complete Week 2, God invites you into a deeper surrender—a realignment of your spirit with His will. Realignment is not punishment; it is protection. It is God lovingly steering you back to the path of peace and purpose.

Your spirit thrives when it is aligned with Him.

Realignment may look like:

- letting go of an old pattern
- stepping back from something
- stepping forward into something
- releasing a mindset
- embracing obedience
- surrendering your timeline
- trusting God’s redirection

Sometimes God doesn’t say “no”—He says “not yet.”

Sometimes He doesn’t say “go”—He says “grow.”

Realignment helps you move—not ahead of God and not behind Him, but with Him.

Today, let your prayer be gentle and honest:

“Lord, align my spirit with Your will. Where I’ve drifted, bring me back. Where I’ve resisted, soften me. Where I’ve hurried, slow me. Where I’ve hesitated, strengthen me.”

He will meet you with grace.

He will guide you with love.

He will realign you with wisdom.

DAY
14

LORD, REALIGN MY SPIRIT WITH YOUR WILL

Reflection Questions

- Where has your spirit drifted from God's will?
- What is God asking you to surrender or realign?
- Where do you sense God steering you gently?

Prayer Focus

Ask God to bring your spirit into full alignment with His will and timing.

Daily Activation

Speak this aloud:

"Lord, my spirit says yes to You."

WEEK TWO

Reflection

What God Realigned in My Spirit

Use this page to write what the Lord showed, changed, clarified, or strengthened spiritually during this second week. Include:

- spiritual clarity
- deeper peace
- areas of surrender
- moments of hearing God
- direction received
- realignments or corrections
- new desires awakened

WEEK THREE

Line Up My Life

You have renewed your mind.

You have realigned your spirit.

Now God invites you into the final movement of this 21-day journey—**lining up your life.**

This is where alignment becomes lifestyle.

It is where faith becomes follow-through.

It is where prayer becomes pattern.

It is where the internal shifts of the past two weeks show up in how you live, love, lead, and walk out your days.

This week, God will speak to you about your steps, your habits, your decisions, your rhythms, and your daily walk. Not with pressure—but with gentle guidance. You are not being pushed into alignment; you are being invited.

As a church family, we're stepping into a year where our lives reflect His heart. This week is about living what God has renewed and revealed.

DAY
15

LORD, ORDER MY STEPS

Scripture: Psalm 37:23 (NKJV)

“The steps of a good man are ordered by the Lord, and He delights in his way.”

Devotional Thought

Your life moves in steps, not leaps. God guides you one decision, one day, one act of obedience at a time. You don't have to know the whole plan to walk confidently into the next step.

Sometimes the most spiritual thing you can do is take the next small step God shows you—not the biggest, not the boldest, but the **next** one.

Your steps are not random.

Your progress is not accidental.

Your journey is not directionless.

God is ordering your movement.

There is a beauty in the pace God chooses for you. He leads gently—never dragging, never rushing—always guiding. This verse reminds you that God takes **delight** in your way. He is not scowling at your pace or disappointed with your development. He is delighted that you're walking with Him.

As you fast, ask God to highlight the next step in your life. Not ten steps. Just the next one. He will make it clear. And as you obey today, He will reveal tomorrow.

DAY
15

LORD, ORDER MY STEPS

Reflection Questions

- What “next step” has God been nudging you to take?
- What keeps you from trusting God’s pace?
- How does knowing God delights in your steps encourage you?

Prayer Focus

Ask God to order your steps and guide you with clarity and peace.

Daily Activation

Write down one practical step you can take today toward what God is calling you into.

DAY
16

LORD, ALIGN MY DECISIONS WITH YOUR WISDOM

Scripture: Proverbs 3:6 (NKJV)

“In all your ways acknowledge Him, and He shall direct your paths.”

Devotional Thought

Your life is shaped by thousands of decisions—big ones, small ones, daily ones, quiet ones. God is concerned with all of them. Not to control you, but to guide you into what is best.

Acknowledging God doesn't mean pausing for a long prayer every time you choose something. It means inviting Him into the center of your decision-making.

It is whispering:

“Lord, lead me.”

“Lord, show me.”

“Lord, help me choose well.”

Wisdom is not built overnight. It grows slowly as you practice listening to God more than your impulses, your emotions, or your fears.

During this fast, God is softening your heart to His wisdom. You will begin to sense when a path feels unsettled, when a choice feels rushed, or when something simply doesn't carry peace. That awareness is the Holy Spirit shepherding you.

Your decisions this year will not be driven by pressure, fear, or old patterns.

They will be shaped by God's peace, God's timing, and God's wisdom.

DAY
16

LORD, ALIGN MY DECISIONS WITH YOUR WISDOM

Reflection Questions

- What decision are you currently facing that you need God's wisdom on?
- When have you felt God steer your choices in the past?
- What does it look like to "acknowledge God" in your decisions today?

Prayer Focus

Ask God to flood your decision-making with peace, clarity, and wisdom.

Daily Activation

Before each major choice today, pause and whisper:

"Lord, what would You have me do?"

DAY
17

LORD, HELP ME WALK IN OBEDIENCE

Scripture: Isaiah 1:19 (NKJV)

“If you are willing and obedient, you shall eat the good of the land.”

Devotional Thought

Obedience is not always easy, but it is always blessed.

And obedience is not about fear—it's about trust.

Sometimes obedience feels simple:

- forgive
- pray
- encourage
- give
- rest
- show up

Sometimes obedience feels stretching:

- release something familiar
- step into something new
- wait when you want to run
- move when you'd rather stay still
- say yes when you feel nervous

DAY
17

LORD, HELP ME WALK IN OBEDIENCE

Scripture: Isaiah 1:19 (NKJV)

“If you are willing and obedient, you shall eat the good of the land.”

But God never asks you to obey without giving you grace to do it. Obedience is not a test you pass—it is a path you walk. It is learning to trust that God sees further than you do and knows better than you do.

As you fast, God may highlight an area of obedience: a relationship, a habit, a conversation, a calling, a boundary, a commitment. Don’t fear it. Don’t fight it. Let your heart whisper, “Lord, I’m willing.”

Your willingness is worship.

Your obedience is alignment.

Your life will flourish as you yield to His leading.

DAY
17

LORD, HELP ME WALK IN OBEDIENCE

Reflection Questions

- What is one area where God may be asking you to obey?
- What feelings arise when you think about obeying?
- How has obedience led to blessing in your past?

Prayer Focus

Ask God to give you a surrendered, willing, obedient heart.

Daily Activation

Write this short prayer:

“Lord, I am willing. Help me obey.”

DAY
18

LORD, SHAPE MY DAILY HABITS

Scripture: Psalm 90:12 (NKJV)

“So teach us to number our days, that we may gain a heart of wisdom.”

Devotional Thought

Your habits shape your life far more than your intentions do. You may have big dreams, bold faith, and sincere desire—but your daily patterns determine your long-term direction.

This Scripture isn't asking you to count your days—it's asking you to value them. When your days matter, your habits matter.

This fast is helping you examine the rhythms that build you up and the ones that wear you down. Not with shame—but with clarity. God wants your days to hold peace, purpose, and rest—not pressure, chaos, and exhaustion.

Some habits God strengthens:

- prayer
- consistent worship
- daily scripture
- eating well
- rest
- speaking life



DAY
18

LORD, SHAPE MY DAILY HABITS

Scripture: Psalm 90:12 (NKJV)

“So teach us to number our days, that we may gain a heart of wisdom.”

Some habits God softens and shifts:

- overthinking
- overworking
- procrastinating
- people-pleasing
- emotional reacting
- spiritual inconsistency

As you line up your life with God, He will show you small adjustments that bring big change. He will guide you gently into habits that support your growth, protect your peace, and strengthen your walk.

You don't need a complete overhaul.

You just need alignment.



DAY
18

LORD, SHAPE MY DAILY HABITS

Reflection Questions

- Which habits support the life God wants you to live?
- Which habits drain your peace or purpose?
- What one small habit could you begin today?

Prayer Focus

Ask God to help you form habits that honor Him and nurture your spiritual life.

Daily Activation

Choose ONE habit to begin, strengthen, or restore today.

DAY
19

LORD, LEAD MY RELATIONSHIPS

Scripture: Amos 3:3 (NKJV)

“Can two walk together, unless they are agreed?”

Devotional Thought

Relationships shape your life more than you realize. The people who surround you influence your choices, your emotions, your energy, and your direction. That is why God cares deeply about who walks closely with you.

Alignment in relationships does not mean perfection—it means agreement in spirit and purpose. It means surrounding yourself with people who strengthen your faith, honor your growth, and encourage your walk with God.

During this fast, God may highlight:

- who draws you closer to Him
- who pulls you away from Him
- who speaks life
- who drains your peace
- who needs forgiveness
- who needs healthy boundaries
- who belongs in your future
- who belongs in your prayers

This is not about cutting people off—it's about stewarding your inner circle. Love everyone but be intentional about who has access to your heart.

You are stepping into a year where relationships reflect God's purpose for your life. And He will guide you with gentleness and clarity.

DAY
19

LORD, LEAD MY RELATIONSHIPS

Reflection Questions

- Who strengthens your walk with God?
- Who challenges your peace or alignment?
- Where might God be inviting forgiveness or boundaries?

Prayer Focus

Ask God to align your relationships with His purpose and give you wisdom and grace in every connection.

Daily Activation

Send a message of encouragement to someone God places on your heart today.

DAY
20

LORD, ALIGN MY CHARACTER WITH YOUR HEART

Scripture: Galatians 5:22–23 (NKJV)

“The fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control...”

Devotional Thought

Your life is shaped not just by what you believe—but by who you are becoming. God cares deeply about your character because it reflects His presence within you. The fruit of the Spirit is not achieved—it is grown.

Not produced by effort—but nurtured by presence.

You do not grow spiritual fruit by trying harder.

You grow it by staying connected to God.

This week, God is gently cultivating something beautiful inside you:

- Patience where there has been pressure
- Joy where there has been heaviness
- Peace where there has been anxiety
- Faithfulness where there has been weariness
- Gentleness where there has been frustration
- Self-control where there has been battle

Your character is aligning with His nature.

And as your life aligns, people around you will see the change. Not because you forced it, but because God formed it.

DAY
20

LORD, ALIGN MY CHARACTER WITH YOUR HEART

Reflection Questions

- Which fruit of the Spirit is God growing in you right now?
- How does living aligned change how you respond to others?
- What part of your character do you want God to strengthen this year?

Prayer Focus

Ask God to shape your heart and character to reflect Jesus more clearly.

Daily Activation

Choose one fruit of the Spirit to focus on demonstrating today.

DAY
21

LORD, LET MY LIFE WALK FORWARD IN FAITH

Scripture: Hebrews 11:1 (NKJV)

“Now faith is the substance of things hoped for...”

Devotional Thought

You made it. Twenty-one days of fasting. Twenty-one days of seeking. Twenty-one days of surrender, reflection, renewal, and alignment.

And now God calls you into the last step—faith.

Faith for the year ahead.

Faith for the next chapter.

Faith for the unknown.

Faith for the promises spoken.

Faith for the things you have prayed for quietly.

Faith for the things only God can do.

Faith is not loud; it is steady.

Faith is not perfect; it is persistent.

Faith is not about seeing clearly; it is about trusting confidently.

Your life is aligning with your faith. You are stepping into a year where you walk differently, think differently, listen differently, pray differently, and live differently. Not because you tried harder—but because God drew you closer.

DAY
21

LORD, LET MY LIFE WALK FORWARD IN FAITH

Scripture: Hebrews 11:1 (NKJV)

“Now faith is the substance of things hoped for...”

This fast has positioned you for the supernatural.

Your mind is renewed.

Your spirit is realigned.

Your life is ready.

Walk forward gently, confidently, courageously.

You are aligned.

You are strengthened.

You are covered.

And God is with you—in every step, every decision, and every moment ahead.

DAY
21

LORD, LET MY LIFE WALK FORWARD IN FAITH

Reflection Questions

- What has God revealed to you during these 21 days?
- What step of faith will you carry into this year?
- What promise from God will anchor your heart going forward?

Prayer Focus

Thank God for every renewal, realignment, whisper, healing, and victory from these 21 days.

Daily Activation

Write your personal declaration beginning with:
“This year, I walk forward in faith by...”

WEEK THREE

Reflection

What God Lined Up in My Life

Use this page to record:

- habits aligned
- decisions clarified
- steps of obedience
- relational insight
- areas of surrender
- direction from God
- your personal “Forward in Faith” declaration





Continuing the Journey Aligned With God

Scripture Foundation:

"The Lord will guide you continually, and satisfy your soul in drought, and strengthen your bones; you shall be like a watered garden, and like a spring of water, whose waters do not fail."

— Isaiah 58:11 (NKJV)

Prayer for Continuing the Journey

Father, thank You for meeting me so faithfully during these 21 days of prayer and fasting. Thank You for renewing my mind, realigning my spirit, and bringing my life into alignment with Your will.

As I move forward, help me walk in the same peace, clarity, and surrender You have cultivated in my heart. Order my steps. Steady my thoughts. Strengthen my spirit. Align my decisions with Your wisdom.

I choose to walk forward in obedience and faith—

not rushed, but led...

not overwhelmed, but aligned...

not in my own strength, but wholly dependent on You.

Let Your presence go with me, and let Your Word continue to light my path.

This year, I declare that my life will line up with Your heart and Your purpose—in my home, in my ministry, in my work, and in my worship.

Shape my habits. Guide my relationships. Guard my peace.

Let everything in me reflect Jesus—His character, His compassion, His courage, and His consistency.

Thank You for being my guide, my strength, and my source.

I am aligned, surrendered, and ready for what You have prepared.

In the holy name of Jesus—Amen.

Forward in Faith *My Aligned Life Declaration*

Scripture Foundation:

"The just shall live by faith." — Romans 1:17

My Declaration

Today, I stand in faith, believing that God has done a deep and lasting work in me during these 21 days of prayer and fasting.

- **My mind is renewed.**
- The Lord has calmed my thoughts, quieted the noise, and given me a new mindset rooted in truth and peace.
- **My spirit is realigned.**
- I am sensitive to God's leading. I hear His voice. I walk in His presence. I am strengthened, restored, and spiritually awakened.
- **My life is in alignment.**
- My steps are ordered. My decisions are guided. My habits reflect His wisdom. My relationships honor His purpose.

I declare that:

- **I will walk forward in faith, not fear.**
- **I will trust God's timing, not my own.**
- **I will pursue God's will with joy and surrender.**
- **I will live aligned, obedient, and at peace.**
- **I will finish the year strong, because God is with me.**

This year, I choose to live fully surrendered, fully aligned, and fully His.

In Jesus' name — Amen.

“Line Up – Set Your Atmosphere”

*21 Days of
Prayer &
Fasting Worship
Playlist*

01:10

04:10



Use this playlist throughout the fast (and beyond) to build an atmosphere of worship, stillness, and spiritual alignment.

WEEK 1 — Renewal (Line Up My Mind)

A week of mental peace, stillness, and renewal.

1. Good Good Father — Tim Bowman, Jr.
2. Rest on Us — Maverick City Music x UPPERROOM
3. Jireh — Elevation Worship x Maverick City Music
4. I'm Yours — Casey J
5. Fill Me Up — Tasha Cobbs Leonard
6. Firm Foundation — Maverick City Music
7. Holy Ground — Passion

WEEK 2 — Realignment (Line Up My Spirit)

A week of spiritual sensitivity, clarity, and surrender.

1. Trust In God — Elevation Worship x Maverick City Music
2. Here I Am to Worship — William McDowell
3. Make Room — Jonathan McReynolds
4. Access — Aware Worship (featuring Nicole Binion & Calvin Nowell)
5. Redeemer — Nicole C. Mullen
6. O My Soul Loves Jesus — Kurt Carr & The Kurt Carr Singers
7. Psalm 23 (I Am Not Alone) — People & Songs

WEEK 3 — Revelation (Line Up My Life)

A week of hearing God's voice, stepping forward, and finishing strong.

1. Goodness of God — CeCe Winans
2. You Know My Name — Tasha Cobbs Leonard
3. Holy Forever — CeCe Winans
4. More Than Able — Elevation Worship
5. Just the Beginning — Kurt Carr & The Kurt Carr Singers
6. Jireh — Elevation Worship x Maverick City Music
7. Shepherd — CeCe Winans



Final Encouragement

“Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us, to Him be glory in the church by Christ Jesus to all generations, forever and ever. Amen.”

— Ephesians 3:20-21 NKJV

Thank you for joining the Antioch Christian Church family for
21 Days of Prayer & Fasting 2026.

May the seeds planted in this season continue to grow
fruitfully throughout the year — in your life, in your family, and
in our church.