



21 DAYS OF PRAYER & FASTING

YOUTH EDITION

THEME

LINE UP

Set Apart to Seek God

Key Scripture: Galatians 5:25 (NKJV)

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



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INTRODUCTION

WHAT IS FASTING?

Fasting is choosing to give something up for a period of time so you can focus more on God.

It's not about punishment or being extreme—it's about creating space for God.

When you fast, you are saying:

- “God, You matter more than distractions.”
- “God, I want to hear You clearly.”
- “God, I want to grow spiritually.”

Matthew 6:16–18

Isaiah 58:6

Joel 2:12

PURPOSE

WHY SHOULD STUDENTS FAST?

Fasting helps students:

- Grow closer to God
- Hear God's voice more clearly
- Learn self-control
- Break unhealthy habits
- Strengthen faith

James 4:8

Jeremiah 29:13



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TYPES OF FASTS FOR STUDENTS

(Choose a fast that is safe and approved by parents.)



SOCIAL MEDIA/ SCREEN FAST

Fast from TikTok, Instagram,
YouTube, gaming, or TV.

Psalms 46:10



SWEETS / SNACKS FAST

Give up candy, desserts, or
junk food.

1 Corinthians 10:23



ONE-MEAL FAST

Skip one meal and use that
time to pray.

Matthew 4:4



MUSIC / ENTERTAINMENT FAST

Replace secular music or
shows with worship or quiet
time.

Colossians 3:16



ATTITUDE FAST

Fast from complaining,
negativity, or arguing.

Philippians 2:14



REMINDER: FASTING WITHOUT PRAYER IS JUST SELF-CONTROL. FASTING WITH PRAYER LEADS TO SPIRITUAL GROWTH.

WEEK ONE

LINE UP MY MIND

God cares about how you think.

DAY 1

LORD, RENEW MY THOUGHTS

Romans 12:2

Key Points

- God wants to change unhealthy thinking.
- Not every thought you have is true.
- God's Word resets your mindset.

Prayer:

"God, help me think the way You want me to."

Action:

Write down one negative thought. Cross it out and replace it with God's truth.

DAY 2

PEACE BEGINS IN MY MIND

Isaiah 26:3

Key Points

- Peace comes from focusing on God.
- Worry grows when trust is missing.
- Trust brings calm.

Prayer:

"God, help me focus on You."

Action:

Sit quietly for 2 minutes and say, "God, I trust You."

DAY 3

HELP ME THINK HIGHER

Philippians 4:8

Key Points

- What you focus on affects how you feel.
- God wants you to feed your mind truth.
- Healthy thoughts lead to healthy choices.

Prayer:

“God, help me think on what is good.”

Action:

Choose one positive Scripture or phrase and repeat it today.

DAY 4

QUIET THE NOISE

Psalms 46:10

Key Points

- Life is loud, but God speaks quietly.
- Stillness helps you hear God.
- Silence creates clarity.

Prayer:

“God, help me slow down and listen.”

Action:

Turn off your phone for 10 minutes and sit with God.

DAY 5

I RELEASE WHAT I CAN'T CONTROL

1 Peter 5:7

Key Points

- God doesn't expect you to carry everything.
- Worry shows where trust is needed.
- Giving worries to God brings relief.

Prayer:

"God, I give You my worries."

Action:

Write one worry down, pray over it, then throw the paper away.

DAY 6

STRENGTHEN MY MIND

Isaiah 40:31

Key Points

- God gives strength when you're tired.
- Waiting on God renews you.
- You don't have to quit.

Prayer:

"God, renew my strength."

Action:

Say out loud today: "God is giving me strength."

DAY 7

MY MIND RESTS IN GOD

Psalm 62:5

Key Points

- Rest is trusting God.
- You don't have to rush your future.
- God is in control.

Prayer:

"God, I trust You."

Action:

Take a rest break today—no rushing, just trust.

WEEK TWO

LINE UP MY SPIRIT

Growing closer to God on the inside.

DAY 8

DRAW ME CLOSER

James 4:8

Key Points

- God wants relationship, not perfection.
- Closeness grows with time and attention.
- God responds when you draw near.

Prayer:

“God, help me feel closer to You.”

Action:

Spend at least 5 intentional minutes with God today.

DAY 9

CALM MY SPIRIT

Psalm 131:2

Key Points

- God brings calm to emotional stress.
- Busyness doesn't equal closeness.
- Peace is learned through trust.

Prayer:

“God, calm my heart.”

Action:

Breathe in for 4 seconds, out for 4 seconds while praying.

DAY 10

FILL ME, GOD

Psalm 42:2

Key Points

- Only God can truly satisfy.
- Feeling empty invites God to fill you.
- God fills open hearts.

Prayer:

“God, fill me with Your presence.”

Action:

Lift your hands and say, “God, I’m open to You.”

DAY 11

HELP ME HEAR YOU

John 10:27

Key Points

- God speaks to His people.
- Hearing God requires attention.
- God’s voice brings peace.

Prayer:

“God, help me hear You clearly.”

Action:

Sit quietly for 5 minutes and listen.

DAY 12

GIVE ME DISCERNMENT

Hebrews 5:14

Key Points

- Discernment helps you choose wisely.
- Not everything good is God.
- God gives clarity when you ask.

Prayer:

“Holy Spirit, guide me.”

Action:

Pause and pray before making decisions today.

DAY 13

RESTORE MY SPIRIT

Psalms 23:3

Key Points

- God restores tired hearts.
- Spiritual rest is necessary.
- God rebuilds what feels worn.

Prayer:

“God, refresh my spirit.”

Action:

Worship, journal, or pray intentionally today.

DAY 14

ALIGN ME WITH YOUR WILL

Psalms 143:10

Key Points

- God's plan is better than ours.
- Alignment brings peace.
- Obedience protects your future.

Prayer:

"God, align me with Your will."

Action:

Say out loud: "God, I say yes to You."

WEEK THREE

LINE UP MY LIFE

Living out what God has done in you.

DAY 15

ORDER MY STEPS

Psalm 37:23

Key Points

- God leads one step at a time.
- You don't need the full plan.
- Obedience brings direction.

Prayer:

"God, show me my next step."

Action:

Take one small step of obedience today.

DAY 16

ALIGN MY DECISIONS

Proverbs 3:6

Key Points

- God cares about your choices.
- Prayer brings wisdom.
- God directs surrendered hearts.

Prayer:

"God, help me choose wisely."

Action:

Whisper before choices: "Lord, lead me."

DAY 17

HELP ME OBEY

Isaiah 1:19

Key Points

- Obedience leads to blessing.
- God gives grace to obey.
- Willing hearts please God.

Prayer:

“God, help me obey.”

Action:

Obey God in one area you’ve been avoiding.

DAY 18

SHAPE MY HABITS

Psalms 90:12

Key Points

- Habits shape your future.
- Small changes matter.
- God helps build healthy rhythms.

Prayer:

“God, help me build good habits.”

Action:

Start or strengthen one healthy habit today.

DAY 19

LEAD MY RELATIONSHIPS

Amos 3:3

Key Points

- Friends influence direction.
- God cares who walks with you.
- Healthy boundaries honor God.

Prayer:

“God, guide my relationships.”

Action:

Encourage someone with your words today.

DAY 20

SHAPE MY CHARACTER

Galatians 5:22–23

Key Points

- God grows character over time.
- Fruit comes from staying connected.
- God wants you to reflect Jesus.

Prayer:

“God, shape my heart to be like Yours.”

Action:

Practice one fruit of the Spirit today.

DAY 21

I WALK FORWARD IN FAITH

Hebrews 11:1

Key Points

- Faith trusts God with the unknown.
- God has prepared your future.
- Alignment brings confidence.

Prayer:

“God, I choose to walk by faith.”

Action:

Write a declaration:

“This year, I trust God with ____.”