

January 11 – January 31

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DEVOTION GUIDE

"Be constant in prayer." – Romans 12:12



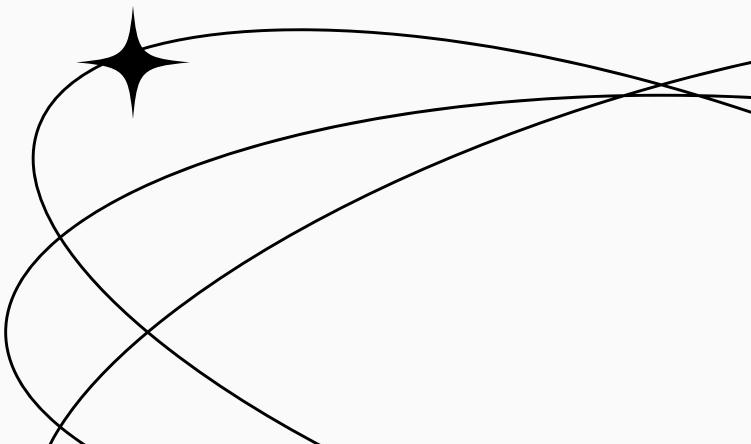
RHYTHMS OF RENEWAL

21 DAYS
of Prayer & Fasting



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INTRODUCTION

The start of a new year often brings a lot of pressure. New goals. New habits. New expectations. But what if renewal didn't begin with striving harder? What if it began with slowing down?

Prayer and fasting are two of the most meaningful practices God gives us to experience renewal—not by doing more, but by creating space for Him to work in us.

I want to be honest with you: fasting has been one of the most challenging—and rewarding—spiritual practices in my own life. During seasons of fasting, God has revealed things in me that I didn't always want to see. I've learned how easily food can become an idol. I've also learned that my spiritual growth sometimes needs a deeper level of intentionality.

Some of the most powerful moments I've experienced with the Lord have come during times of fasting. God has used those seasons to refine my heart, realign my priorities, and draw me closer to Him.

I've also learned some practical lessons along the way—like the fact that Michelle and I should never fast food at the same time. We learned that one out of love for one another. (She truly is the best wife.)

I believe fasting is a calling—but not a constant one. Scripture shows us that fasting is meant for specific times and seasons, when God invites us to seek Him more intentionally. That's why I'm especially excited about this season. I believe God wants to do something meaningful in us—both as individuals and as a church.

My prayer is that, during these 21 days, we would fast from distraction and feast on God's Word—learning to pray, listen, and depend on Him in deeper ways.

The pages that follow are meant to guide—not rush—you through these 21 days.

I hope you'll join me on this journey.

I would also love to pray for you personally during this time of prayer and fasting. If you're willing, I invite you to share what kind of fast you'll be participating in so I can pray specifically for the strength and grace you need.

You can text me at 256.364.1311 or email me at josh@courageouschurch.tv.

Let's seek God together and trust Him to bring renewal as we make space for Him.

— Josh Britt

Pastor, Courageous Church

WHY 21 DAYS?

Lasting renewal is rarely instant. It grows through repeated, faithful practices.

Over the course of 21 days, prayer begins to feel less like a task and more like a rhythm—a natural part of everyday life.

Our hope is that these practices don't end when the 21 days do, but become part of how we continue walking with God throughout the year.

Why We Fast

The ultimate goal of fasting is to grow closer to God. Biblical fasting is about intentionally saying “no” to distractions for a spiritual purpose. It’s a way to reset our hearts and souls, renew our spirits, and make room for God to work.

Fasting enables us to celebrate God’s kindness and goodness while positioning our hearts to receive the blessings He desires to bring into our lives. It’s important to remember that your fast should be both meaningful and personal. It should challenge you, but it should also be appropriate for your body, your circumstances, and how the Holy Spirit leads you.

There are many types of fasts—some may involve food, while others focus on eliminating other distractions. How you choose to fast is between you and the Lord. The key is to seek Him in prayer, listen for His guidance, and commit to a fast that helps you draw near to Him.

As we begin this 21-day journey, I encourage you to think not only about what you will fast from but also about what you will feast on. Let’s commit to feasting on God’s Word, His presence, and His promises as we pray and seek His will together.

TYPES OF FASTING

Fasting is intentionally setting something aside to create space for God.

For some, that may mean fasting a meal. For others, it may mean fasting social media, entertainment, or a daily habit that often distracts the heart. If fasting food isn't wise for you, we encourage you to choose another form of fasting. This journey is about dependence, not deprivation.

There is no one-size-fits-all approach. What matters is intentionality, not intensity.

Types of Fasting

Complete Fast

This fast calls for drinking only liquids, typically water with light juices as an option.

Selective Fast

This type of fast involves removing certain elements from a diet. One example of a selective fast is the Daniel Fast, during which you remove meat, sweets, or 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 types 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.

Media Fast

This fast is common for those who do not have much experience fasting foods, who have health issues that prevent the fasting of food, or who wish to refocus certain areas of their life that are out of balance. For instance, someone might select to abstain from using social media or watching television for the duration of the fast—and then choosing how to carefully bring that element back into their life in an orderly fashion.





WHAT THE BIBLE SAYS

BIBLICAL CONTEXT AND EXAMPLES FOR PRAYER AND FASTING

SCRIPTURE ABOUT FASTING:

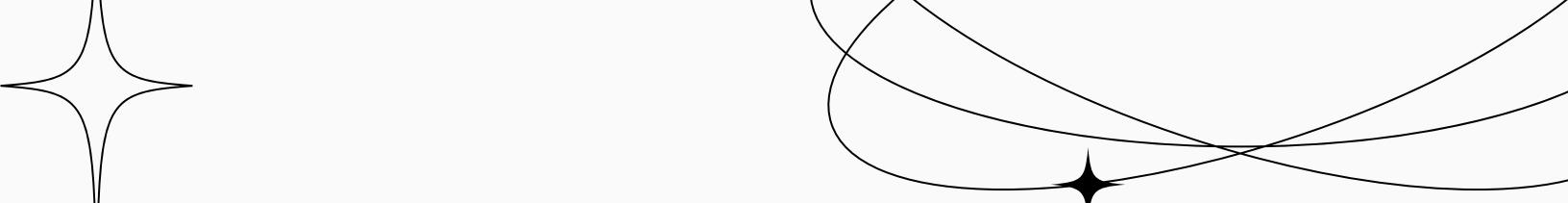
Matthew 6:16-18, Matthew 9:14-15, Luke 18:9-14,
Isaiah 58:6-11, Acts 13:2-3, Joel 2:12-13

PRAYER AND READING THE WORD:

1 Samuel 1:6-8, 17-18, Nehemiah 1:4, Daniel 9:3, 20, Joel
2:12, Luke 2:37, Luke 5:16, Acts 10:30, Acts 13:2, Psalm
62:1, Acts 13:2, 1 Thessalonians 5:17, Joshua 1:8, Psalm
1:1-3, Psalm 119:105, Matthew 4:4, James 1:22

CORPORATE FASTING:

1 Samuel 7:5-6, Ezra 8:21-23, Nehemiah 9:1-3, Joel
2:15-16, Jonah 3:5-10, Acts 27:33-37, 2 Chronicles
20:3-4, Esther 4:15-17, Acts 13:1-3, Isaiah 58:6-9



21 DAYS OF PRAYER & FASTING GUIDE

Each day follows the same rhythm:

- Scripture Focus (Biblical Passage)
- Prayer Prompt (Guided Prayer)
- Reflect & Respond (2-3 questions)

Read slowly, not rush.

DAY 1 – AN OPEN INVITATION

Scripture: Psalm 46:1–11

Prayer Prompt:

God, You are our refuge and strength, an ever-present help in trouble. As I begin these 21 days, I come honestly—without pretending or performing. I invite You into my thoughts, my emotions, my schedule, and my desires. Help me slow down long enough to notice that You are already here. Teach me to be still—not just physically, but spiritually.

Reflect & Respond:

- What does “being still” feel like for you right now?
- What noise or distraction makes it hardest to slow down?
- What would it look like to begin this journey with openness instead of pressure?

DAY 2 – LEARNING DEPENDENCE

Scripture: Proverbs 3:1–12

Prayer Prompt:

God, I confess that I often trust myself more than I trust You. I lean on my understanding, my planning, my control. Today, I choose to acknowledge You in all my ways. Teach me to trust You—not only with big decisions, but with ordinary moments. Help me believe that Your direction leads to life.

Reflect & Respond:

1. Where do you feel the strongest pull to stay in control?
2. What fears surface when you consider trusting God more fully?
3. How might God be inviting you to rely on Him today?

DAY 3 – GRATITUDE THAT GROUNDS US

Scripture: Psalm 103:1–18

Prayer Prompt:

God, I praise You for Your goodness and mercy. Thank You for forgiveness, healing, patience, and steadfast love. Help me remember—not just what You've done, but who You are. Let gratitude reshape my perspective today, even in difficult circumstances.

Reflect & Respond:

1. What gifts from God do you most easily overlook?
2. How does gratitude change your emotional posture?
3. How might gratitude prepare your heart for renewal?

DAY 4 – PRACTICING SURRENDER

Luke 22:39–46

Prayer Prompt:

Jesus, You understand what it means to surrender. You offered Your will to the Father even when it was costly. I bring You my plans, expectations, and fears. Help me trust that Your will is good—even when it's unclear.

Reflect & Respond:

1. What desires feel hardest to surrender right now?
2. Where are you resisting God's leading?
3. What might obedience look like in this season?

DAY 5 – LEARNING TO LISTEN

1 Samuel 3:1–10

Prayer Prompt:

God, speak—Your servant is listening. Quiet the noise within me so I can hear You more clearly. Help me discern Your voice amid distraction, opinion, and fear. Teach me patience as I learn to listen.

Reflect & Respond:

1. What usually drowns out God's voice for you?
2. When have you sensed God speaking in the past?
3. What would help you listen more attentively today?

DAY 6 – RENEWED STRENGTH

Scripture: Isaiah 40:27–31

Prayer Prompt:

God, You see my weariness even when others don't. I bring You my exhaustion—physical, emotional, spiritual. Teach me to wait on You instead of pushing through on my own. Renew my strength as only You can.

Reflect & Respond:

1. Where are you most tired right now?
2. How do you usually respond to exhaustion?
3. What would waiting on the Lord look like for you today?

DAY 7 – ENTERING REST

Scripture: Matthew 11:25–30

Prayer Prompt:

Jesus, I bring You my burdens. Help me release the weight I've been carrying. Teach me to live from rest, not for rest. Let Your gentleness reshape my pace.

Reflect & Respond:

1. What burdens feel heaviest right now?
2. How does your current pace affect your soul?
3. What would it mean to trust Jesus with your rest?

DAY 8 – CONFESSION & FREEDOM

Scripture: Psalm 32:1–7; 1 John 1:5–9

Prayer Prompt:

God, You are gracious and compassionate, slow to anger and abounding in love. I come to You honestly today—not hiding, not pretending. You already know my sin, my struggle, my shame, and my weakness. I confess what I've been holding onto—what I've tried to manage on my own. Thank You that confession doesn't lead to condemnation, but to freedom. Wash me, restore me, and help me walk forward unburdened.

Reflect & Respond:

1. Is there anything you've been avoiding bringing before God?
2. How does knowing God is gracious change the way you confess?
3. What freedom might God be offering you today?

DAY 9 – RENEWING THE MIND

Scripture: Romans 12:1–2; Colossians 3:1–10

Prayer Prompt: G

od, I offer myself to You today—my thoughts, habits, and desires. Where my mind has been shaped by fear, comparison, or distraction, renew me. Help me recognize patterns that don't lead to life. Teach me to think differently—to see myself and the world through Your truth.

Reflect & Respond:

1. What thoughts most often shape your emotions or decisions?
2. Where do you sense God inviting transformation rather than conformity?
3. What would it look like to intentionally set your mind on Christ today?

DAY 10 – PEACE THAT GUARDS US

Scripture: Philippians 4:4–9; Isaiah 26:3

Prayer Prompt:

God, You know the worries I carry—even the ones I don't say out loud. I bring my anxiety, stress, and uncertainty before You. Teach me to pray instead of panic, to trust instead of control. Guard my heart and mind with Your peace—a peace that doesn't depend on circumstances.

Reflect & Respond:

1. What anxieties feel most present in your life right now?
2. How do you usually respond when stress rises?
3. What would it mean to trust God with today's concerns

DAY 11 – GUIDANCE & DIRECTION

Scripture: Psalm 25:1–12; James 1:5

Prayer Prompt:

God, I lift my soul to You and ask for Your guidance. Where I feel unsure, give me wisdom. Where I feel rushed, teach me patience. Help me trust that You lead with love and faithfulness, even when the path isn't clear.

Reflect & Respond:

1. What decision or season feels uncertain right now?
2. How do you typically seek guidance—quick answers or quiet discernment?
3. What might it look like to wait on God's wisdom today?

DAY 12 – COURAGE TO OBEY

Scripture: Joshua 1:1–9

Prayer Prompt:

God, You promise to be with Your people wherever they go. Give me courage—not rooted in confidence, but in trust. Help me obey You even when I feel unsure or afraid. Remind me that Your presence goes before me.

Reflect & Respond:

1. Where do you feel fear holding you back?
2. What step of obedience might God be inviting you to take?
3. How does God's promise of presence reshape your fear?

DAY 13 – LOVING OTHERS WELL

Scripture: Romans 12:9–13; John 13:34–35

Prayer Prompt:

God, shape my heart to love genuinely—not selectively or conveniently. Teach me to honor others and serve without expecting anything in return. Let my love reflect the love You have shown me in Christ.

Reflect & Respond:

1. Who do you find hardest to love right now?
2. How does Jesus' love challenge your comfort?
3. What intentional act of love could you practice today?

DAY 14 – COMPASSION & KINDNESS

Scripture: Colossians 3:12–17; Micah 6:8

Prayer Prompt:

God, clothe me with compassion, kindness, humility, and patience. Soften my heart toward others—especially when I feel irritated or defensive. Help me reflect Your mercy in the way I speak and act.

Reflect & Respond:

1. Where do you feel tempted toward impatience or judgment?
2. How has God shown you compassion?
3. Where can you practice kindness today?



DAY 15 – TRUSTING GOD’S FAITHFULNESS

Scripture: Lamentations 3:19–26; Psalm 36:5–9

Prayer Prompt:

God, thank You that Your mercies are new every morning. Even when life feels uncertain, You remain faithful. Help me trust You—not just in good seasons, but in difficult ones.

Reflect & Respond:

1. When have you seen God’s faithfulness in the past?
2. Where do you struggle to trust God right now?
3. How does remembering God’s character strengthen your faith?

DAY 16 – WALKING IN HUMILITY

Scripture: Micah 6:6–8; Philippians 2:1–11

Prayer Prompt:

God, help me walk humbly with You today. Free me from pride, comparison, and self-focus. Teach me to serve quietly and love sacrificially, following the example of Christ.

Reflect & Respond:

1. Where does pride subtly show up in your life?
2. What does humility look like in your current relationships?
3. How can you serve others without recognition today?



DAY 17 – HOPE FOR THE FUTURE

Scripture: Romans 15:13; Jeremiah 29:11–13

Prayer Prompt:

God, You are the source of true hope. Fill me with joy and peace as I trust in You. Help me look toward the future with confidence—not because life will be easy, but because You are faithful.

Reflect & Respond:

1. What worries you most about the future?
2. How does God's promise of hope speak into that fear?
3. What would it look like to trust God with what's ahead?

DAY 18 – PERSEVERANCE IN THE PROCESS

Scripture: Hebrews 12:1–11; James 1:2–4

Prayer Prompt:

God, help me persevere when growth feels slow or uncomfortable. Teach me to trust the work You are doing beneath the surface. Strengthen my faith as I continue walking with You.

Reflect & Respond:

1. Where do you feel tempted to give up or disengage?
2. How might God be shaping you through difficulty?
3. What helps you stay faithful in the long process?



DAY 19 – A GENEROUS HEART

Scripture: 2 Corinthians 9:6–11; Acts 20:35

Prayer Prompt:

God, You are generous beyond measure. Teach me to live open-handed—with my time, resources, and attention. Free me from scarcity thinking and help me trust You as my provider.

Reflect & Respond:

1. Where do you struggle to be generous?
2. What fears surface when you think about giving?
3. How might generosity shape your faith and relationships?

DAY 20 – COMMUNITY & CONNECTION

Scripture: Hebrews 10:19–25; Acts 2:42–47

Prayer Prompt:

God, thank You for the gift of community. Help me encourage others and allow myself to be encouraged. Teach me to pursue connection even when it feels inconvenient or vulnerable.

Reflect & Respond:

1. How connected do you currently feel to others?
2. What makes community challenging for you?
3. Who might God be inviting you to reach out to today?



DAY 21 – CARRYING THE RHYTHM FORWARD

Scripture: Psalm 126; Philippians 1:3–6

Prayer Prompt:

God, thank You for the work You've done during these 21 days. Help me recognize the ways You've been shaping my heart. Teach me how to carry these rhythms into everyday life.

Reflect & Respond:

1. What has God revealed to you during this journey?
2. Which rhythms do you want to continue practicing?
3. How can prayer remain part of your daily life?





**Renewal doesn't come From
trying harder. It comes From
walking closer.**