

HUNGRY: 21 DAYS OF PRAYER & FASTING

Turning down what never satisfies, so we can pursue the One who truly does.

A Hunger Only God Can Satisfy

We all hunger for something. Peace. Answers. Healing. Direction. A breakthrough. A fresh encounter with God. Yet we often try to satisfy a spiritual hunger with things that can never truly fill us.

For the next 21 days, we are creating room for God through prayer and fasting. This is not about earning His attention or proving how spiritual we are. It is about turning down the noise, surrendering our appetites, and becoming more aware of the One who has been near all along.

Our journey will move from honesty, to listening, to intercession. We will bring God our real hearts, learn to recognize His voice, and then lift our eyes to the people and places He has called us to love.

Our prayer: God, awaken a deeper hunger for You. Teach us to pray honestly, listen carefully, and stand faithfully in the gap for others.

- **Week 1: Honest To God** — Bringing our real needs, pain, fears, and desires to God in an honest way.
- **Week 2: Turn Down For Who!** — Removing distractions, listening for God, and developing an ongoing life of prayer.
- **Week 3: It's Bigger Than Me!** — Interceding for our families, church, community, and even the people we find difficult to love.

My Personal Focus

What am I asking God to do in me, through me, or around me during these 21 days?

A Simple Guide to Fasting

Fasting is voluntarily giving up something meaningful for a set time so we can give focused attention to God. Prayer is the purpose; fasting helps create space.

Choose Your Fast

- **Complete fast:** Liquids only for a defined period. Seek medical guidance when appropriate.
- **Selective fast:** Remove certain foods, such as sweets, meat, or processed foods.
- **Partial fast:** Fast during specific hours, then eat a simple meal.
- **Soul fast:** Step away from social media, entertainment, shopping, or another distraction.
- **IMPORTANT** If you are pregnant, nursing, managing a medical condition, taking medication, or have a history of disordered eating, consult a qualified healthcare professional. A non-food fast is a meaningful option.

A Healthy Daily Rhythm

- Begin with worship and surrender.
- Read the day's Scripture slowly.
- Reflect on the devotional thought and heart check.
- Replace the thing you are fasting with focused prayer.
- Listen quietly and write what God brings to mind.
- Respond with one practical act of obedience.

My Fast

For these 21 days, I will fast from:

I will use that time or desire to: _____

My daily prayer time will be: _____

WEEK 1: HONEST TO GOD

Psalm 143:1–2

WEEKLY FOCUS: Bringing our real needs, pain, fears, and desires to God in an honest way.

DAY 1: Come As You Are

Read Psalm 143:1–2

God does not require a polished performance before He listens. David comes needy, dependent, and honest. Prayer begins when we stop pretending and bring God what is happening inside us. He already knows the truth, but honesty opens our hearts to His grace.

- **Get Honest:** What have I been trying to hide, minimize, or handle without God?
- **Live it Out:** Tell God exactly where you are—without editing your words.
- **Pray:** Father, I come to You just as I am. Meet me with mercy and help me trust You with the truth.

What Is God Showing Me?

Today I'm praying for _____

DAY 2: God Can Handle Your Questions

Read Psalm 13:1–6

David asked hard questions, yet he kept talking to God. Questions are not the opposite of faith; sometimes they are the language of a faith that refuses to walk away. Bring God your confusion, then remember the ways He has already been faithful.

- **Get Honest:** What question have I been afraid to ask God?
- **Live it Out:** Write your honest question, followed by one truth you know about God.
- **Pray:** Lord, hold me steady while I wait for understanding. Help me remember Your faithful love.

What Is God Showing Me?

Today I'm praying for _____

DAY 3: Pour It Out

Read Psalm 62:5–8

God invites us to pour out our hearts before Him. A poured-out heart is not neat or controlled; it is emptied. We do not have to carry pain until it hardens into bitterness. God is our refuge—the safe place where every emotion can be named.

- **Get Honest:** What emotion needs to be poured out before God today?
- **Live it Out:** Name the emotion and describe what is underneath it.
- **Pray:** God, You are my refuge. I give You the weight I was never meant to carry alone.

What Is God Showing Me?

Today I'm praying for _____

DAY 4: When God Feels Silent

Read Psalm 42:5–11

Silence can feel like absence, but God's quietness is not proof that He has left. The psalmist speaks hope to his own soul while still feeling discouraged. Faith can grieve and hope at the same time.

- **Get Honest:** What truth does my soul need to hear today?
- **Live it Out:** Say aloud: "I will put my hope in God, even here."
- **Pray:** Father, when I cannot feel You, help me trust Your character and remain close.

What Is God Showing Me?

Today I'm praying for _____

DAY 5: Bring Him Your Fear

Read Psalm 56:3–4

Fear loses some of its power when it is named in God's presence. Courage is not pretending we are unafraid; it is choosing where to place our trust when fear arrives. God welcomes both our trembling and our trust.

- **Get Honest:** What fear has been shaping my decisions?
- **Live it Out:** Name your fear, then surrender the outcome to God.
- **Pray:** Lord, when I am afraid, I choose to trust You. Lead me with courage and wisdom.

What Is God Showing Me?

Today I'm praying for _____

DAY 6: Ask for What You Need

Read Matthew 7:7–11

Jesus teaches us to ask, seek, and knock. Honest prayer includes desire. We can ask boldly while surrendering the answer to a good Father who sees what we cannot see. Dependence is not weakness—it is the posture of a child who trusts the Father.

- **Get Honest:** What do I truly need from God in this season?
- **Live it Out:** Make one clear, specific request and keep bringing it to God.
- **Pray:** Good Father, I ask boldly and trust You completely. Give what is best and shape my desires.

What Is God Showing Me?

Today I'm praying for _____

DAY 7: Surrender the Outcome

Read Luke 22:39–46

Jesus expressed His desire and surrendered to the Father's will. Biblical surrender is not passive resignation; it is active trust. We can be honest about what we want while believing God's wisdom is greater than our own.

- **Get Honest:** Where am I demanding control instead of choosing trust?
- **Live it Out:** Open your hands as you pray and release one outcome to God.
- **Pray:** Father, this is what I desire—but more than anything, I desire Your will. I trust You.

What Is God Showing Me?

Today I'm praying for _____

WEEK 2 TURN DOWN FOR WHO!

1 Samuel 3:1-10

WEEKLY FOCUS: Removing distractions, listening for God, and developing an ongoing life of prayer.

DAY 8: Make Room to Hear

Read 1 Samuel 3:1-10

Samuel heard God because he was available and willing to respond. Our lives can become so loud that we miss the gentle ways God gets our attention. Fasting turns down competing voices so our hearts can say, "Speak, Lord. I am listening."

- **Get Honest:** What noise most often competes for my attention?
- **Live it Out:** Spend ten uninterrupted minutes in silence with God.
- **Pray:** Speak, Lord. Quiet my heart and make me attentive, willing, and ready to obey.

What Is God Showing Me?

Today I'm praying for _____

DAY 9: Be Still

Read Psalm 46:10

Stillness is more than the absence of sound; it is the surrender of striving. We stop trying to manage everything long enough to remember who God is. In stillness, our souls return to their proper position: God is God, and we are held by Him.

- **Get Honest:** Where am I striving instead of trusting?
- **Live it Out:** Pause three times today for one minute of stillness.
- **Pray:** God, settle my hurried soul. Teach me to rest in Your power and presence.

What Is God Showing Me?

Today I'm praying for _____

DAY 10: Turn Down the Noise

Read Mark 1:35

Jesus intentionally withdrew to pray. If He made room for solitude, we should not expect a strong prayer life to happen accidentally. We may need to turn down screens, schedules, opinions, and constant activity to give God our undivided attention.

- **Get Honest:** What distraction needs a boundary during this fast?
- **Live it Out:** Choose one daily distraction-free time and protect it.
- **Pray:** Jesus, help me choose Your presence over constant noise. Give me holy discipline.

What Is God Showing Me?

Today I'm praying for _____

DAY 11: Recognize His Voice

Read John 10:1–5, 27

We recognize God's voice by knowing His character and His Word. God will never lead us contrary to Scripture. His voice draws us toward truth, obedience, love, humility, and the likeness of Jesus.

- **Get Honest:** Does what I am hearing agree with Scripture and reflect Jesus?
- **Live it Out:** Read today's passage slowly twice; underline what reveals Jesus' character.
- **Pray:** Good Shepherd, train my heart to recognize Your voice and follow where You lead.

What Is God Showing Me?

Today I'm praying for _____

DAY 12: Listen Through the Word

Read Psalm 119:105

God's Word is a lamp, not always a floodlight. It often gives enough light for the next faithful step. Listening prayer is rooted in Scripture: we read, notice, reflect, respond, and obey.

- **Get Honest:** What next step is Scripture making clear?
- **Live it Out:** Choose one verse and turn each phrase into a personal prayer.
- **Pray:** Lord, illuminate my path through Your Word. Give me courage for the next step.

What Is God Showing Me?

Today I'm praying for _____

DAY 13: Pray Without Ceasing

Read 1 Thessalonians 5:16–18

An ongoing life of prayer is a continual awareness of God. We invite Him into ordinary moments—driving, working, serving, deciding, and resting. Prayer becomes a rhythm, not merely an appointment.

- **Get Honest:** What ordinary moment can become a prayer reminder?
- **Live it Out:** Use a recurring activity today as a cue to pray.
- **Pray:** God, make my whole day a conversation with You. Keep my heart aware of Your presence.

What Is God Showing Me?

Today I'm praying for _____

DAY 14: Hear and Obey

Read James 1:22–25

Listening is incomplete until it becomes obedience. God may speak comfort, correction, direction, or conviction. Our response is not merely, “That was meaningful,” but, “Yes, Lord.” Obedience sharpens our spiritual hearing.

- **Get Honest:** What has God already shown me that I need to do?
- **Live it Out:** Take one concrete step of obedience today.
- **Pray:** Lord, give me a responsive heart. Help me obey quickly, fully, and joyfully.

What Is God Showing Me?

Today I'm praying for _____

WEEK 3

IT'S BIGGER THAN ME!

Exodus 32:7–14

WEEKLY FOCUS: Interceding for our families, church, community, and even the people we find difficult to love.

DAY 15: Stand in the Gap

Read Exodus 32:7–14

Moses did not pray only for himself; he stood before God on behalf of a people in trouble. Intercession is love expressed through prayer. It carries someone else's need into God's presence and asks for mercy, help, and restoration.

- **Get Honest:** Who needs someone to stand in the gap today?
- **Live it Out:** Write three names and pray specifically for each person.
- **Pray:** Merciful God, move in the lives of those I bring before You. Let grace and restoration come.

What Is God Showing Me?

Today I'm praying for _____

DAY 16: Pray for Your Family

Read Joshua 24:15; Acts 16:31

Our families may be our greatest joy and our deepest burden. We cannot control another person's choices, but we can faithfully pray for salvation, healing, unity, wisdom, and a home marked by God's presence.

- **Get Honest:** What is my greatest prayer for my household?
- **Live it Out:** Pray by name for every person in your immediate family.
- **Pray:** Lord, draw my family to Jesus. Heal what is broken and establish Your peace in our home.

What Is God Showing Me?

Today I'm praying for _____

DAY 17: Pray for the Next Generation

Read Psalm 78:4–7

The next generation needs more than our opinions; they need our prayers and our example. We ask God to awaken faith in children, students, and young adults and to surround them with wise, godly voices.

- **Get Honest:** Which young person has God placed on my heart?
- **Live it Out:** Send encouragement to one young person after praying for them.
- **Pray:** God, reveal Yourself to the next generation. Guard them, guide them, and use their lives.

What Is God Showing Me?

Today I'm praying for _____

DAY 18: Pray for Your Church

Read Ephesians 3:14–21

The church is not simply a place we attend; it is a spiritual family with a mission. Pray for unity, wisdom, protection, spiritual growth, leaders, volunteers, and a fresh move of God that leads people into an encounter with Jesus Christ.

- **Get Honest:** Where does my church most need God's strength right now?
- **Live it Out:** Pray for Pastor Nate, church leaders, Serve Teams, and every campus.
- **Pray:** Jesus, strengthen Your church. Make us united, courageous, loving, and fruitful in our mission.

What Is God Showing Me?

Today I'm praying for _____

DAY 19: Pray for Your Community

Read Jeremiah 29:7; Matthew 5:14–16

God has placed us in communities where real people face real needs. Intercession helps us see our neighborhoods, schools, workplaces, and local leaders with compassion. We pray for peace and renewal, then remain available to be part of God's answer.

- **Get Honest:** What need in my community can I no longer overlook?
- **Live it Out:** Prayer-walk your street, workplace, or school area.
- **Pray:** God, bring peace, justice, hope, and salvation to our community. Show me how to serve.

What Is God Showing Me?

Today I'm praying for _____

DAY 20: Pray for Those Who Hurt You

Read Matthew 5:43–48

Jesus calls us to pray for our enemies. This does not excuse harm or eliminate wise boundaries. It releases vengeance, protects our hearts from bitterness, and entrusts justice and transformation to God.

- **Get Honest:** Whose name is difficult for me to bring before God?
- **Live it Out:** Pray for that person's salvation, healing, and surrender to God.
- **Pray:** Father, heal my heart and work in theirs. Help me forgive and love with wisdom and truth.

What Is God Showing Me?

Today I'm praying for _____

DAY 21: Ask for the Harvest

Read Matthew 9:35–38

Jesus saw people with compassion and told His followers to pray for workers. Our final day is not an ending; it is a commissioning. We ask God to save the lost, send laborers, and use us. A hungry heart becomes an available life.

- **Get Honest:** Who is far from God, and how might God use me to reach them?
- **Live it Out:** Pray for five people by name and choose one loving next step.
- **Pray:** Lord of the harvest, draw people to Jesus. Send workers—and begin with me. I am available.

Day 21 Reflection

The fast may be ending, but the hunger does not have to. Take time to remember what God has done and identify the rhythms you want to carry forward.

What did God reveal about my heart?

What distraction lost some of its power?

What did I hear or understand more clearly?

Who did God place on my heart to keep praying for?

What prayer rhythm will I continue after today?

Keep the Fire Burning

Spiritual hunger grows when we keep making room for God. Choose a sustainable next step—not a dramatic promise, but a faithful rhythm.

- ☐ Meet with God daily in Scripture and prayer.
- ☐ Practice a regular fast—weekly, monthly, or as God leads.
- ☐ Keep a written prayer list and record answers.
- ☐ Pray with another believer.
- ☐ Intercede consistently for your family, church, and community.
- ☐ Respond quickly when God prompts you to obey or serve.

CLOSING PRAYER: Father, thank You for meeting me during these 21 days. Keep my heart hungry for Your presence, sensitive to Your voice, and available for Your purposes. Teach me to live honestly before You, to listen with an obedient heart, and to stand in the gap for others. Let this not be the end of a season, but the beginning of a deeper life of prayer. In Jesus' name, amen.