



Our Vision

To grow followers of Christ in our homes, communities, and world, and to plant churches that do the same.

Our Mission

To connect and equip all people to love Christ and one another.

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21-Day Fasting and Prayer Guide

... "I am the WAY and the truth and the LIFE. No one comes to the Father except through me."

-John 14:6

Fall 2025 Discipleship Campaign

Fasting Guide

Why We Fast

Biblical fasting is a spiritual discipline of humbling ourselves before God by abstaining from food for a spiritual purpose. Fasting draws us closer to God, clears away distractions, and helps us align our hearts with His will. Jesus expected His followers to fast (Matthew 6:16–18) and demonstrated it Himself (Matthew 4:1–2).

Fasting is not about earning God's favor or manipulating Him for results—it's about spiritual intimacy. It's not a diet. It's a declaration that God is our greatest need.

Throughout the Bible, fasting is paired with repentance (Joel 2:12–13), seeking guidance (Acts 13:2–3), mourning (Nehemiah 1:4), spiritual breakthrough (Isaiah 58:6–11), and growing in hunger for God (Psalm 42:1–2).

Types of Fasts:

- Time-Restricted Fast (e.g., no food before or after certain hours)
- Daniel Fast (vegetables, fruit, water only – Daniel 1:12; 10:2–3)
- Partial Fast (e.g., no meat, sugar, caffeine)

Each person should ask God what kind of fast to practice. Be wise and consult a doctor if needed.

In Addition

In addition to fasting from food, we encourage limiting media or entertainment during this time—not as a fast, but as a helpful way to eliminate distractions and turn your attention more fully to God.

Prayer Guide

Day	Scripture	Prayer Focus
Day 1	Hebrews 10:22	Draw near to God with a sincere heart
Day 2	Genesis 3:8	God's original design: walking in fellowship
Day 3	Exodus 33:11	God speaks as to a friend—listen
Day 4	John 17:3	Eternal life is knowing God
Day 5	Revelation 3:20	Jesus invites us to communion
Day 6	Romans 8:26–27	Let the Spirit help you when you don't know what to pray
Day 7	Ephesians 6:18	Pray in the Spirit on all occasions
Day 8	Galatians 4:6	God sent His Spirit so we cry 'Abba, Father'
Day 9	Jude 20	Build yourself up by praying in the Holy Spirit
Day 10	Matthew 7:7–11	Ask, seek, knock—God gives what is good
Day 11	1 John 5:14–15	Pray confidently in line with His will
Day 12	John 14:13–14	Pray in Jesus' name for His glory
Day 13	Luke 18:1–8	Don't give up—keep praying persistently
Day 14	Psalms 27:13–14	Wait with hope—you will see His goodness
Day 15	Matthew 6:16–18	Fast not to be seen, but to seek God
Day 16	Joel 2:12–13	Return to God with fasting and repentance
Day 17	Isaiah 58:6–11	Let your fast result in righteousness and justice
Day 18	2 Corinthians 1:11	Help others by praying for them
Day 19	1 Timothy 2:1–4	Pray for all people—including leaders
Day 20	James 5:16	The prayers of the righteous are powerful
Day 21	Philippians 4:6–7	Pray with thanksgiving and receive peace