



Use Me,
Lord

Twenty Days

OF
PRAYER
AND
FASTING

2026 GUIDE BOOK



COMPEL
CHURCH

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WELCOME

21 DAYS OF PRAYER & FASTING

Welcome to 21 Days of Prayer and Fasting. Each year, we begin by intentionally putting God first—seeking His presence, listening for His voice, and aligning our lives with His will. This season creates space to humble ourselves before the Lord, examine our hearts, and respond to His direction.

Scripture reminds us of God’s promise when His people seek Him:

“If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land.”

2 Chronicles 7:14 (NIV)

This year’s theme is a simple but powerful prayer: **“Use me, Lord.”**

It is not a request for God to bless our plans, but an invitation for Him to direct our lives. It is a prayer of surrender and availability—placing everything we are and everything we have into His hands, so that our response echoes Isaiah’s when he heard the Lord say, “Whom shall I send? And who will go for us?” and answered, “Here am I. Send me.” (Isaiah 6:8)

As you walk through these pages, our prayer is that you would pursue the heart of God with openness and faith, surrendering your life to His purpose and design. It is through this posture of surrender that we discover our highest fulfillment and bring pleasure to the heart of God.

HOW TO USE THIS GUIDE

This devotional guide is designed to walk with you through each day of the 21 Days of Prayer and Fasting as we seek God together as a church. Each day corresponds with a brief devotional shared during our prayer gatherings and is meant to help you reflect and pray as you enter a personal time with God. Whether you join us in person or online, this guide is designed to help you engage fully in the day's devotional and personal prayer time.

EACH DAY INCLUDES

Each daily page in this guide is designed to help you reflect on what God is speaking and how He is shaping you. You'll find space to engage with the day's content in a simple, intentional way, including:

Speaker – A space to note who is leading that day's gathering.

Key Scripture – The primary passage for reflection.

Key Takeaways – The central devotional thought from the message.

Prayer Focus – A prompt to guide your time of prayer.

Reflection & Response – A space to write what God is revealing to you.

You will also notice a Spiritual Life Builder section each day. These are simple prompts designed to encourage daily practices you carry with you beyond the prayer gathering—helping form consistent rhythms of prayer, Scripture, fasting, gratitude, and obedience.

DAILY RHYTHM

A Guide for Your Personal Prayer Time

During each prayer gathering, you will be given an extended window of personal prayer. This time is unstructured by design, allowing you to slow down, listen, and respond to God in a meaningful way.

Use the rhythm below as a simple guide—not a checklist—to help you engage this time with intention and openness.

Read – Slowly read the day’s Scripture, paying attention to words or phrases that stand out.

Reflect – Consider the key devotional thought. Ask the Holy Spirit what He may be highlighting for you.

Write – Use the space provided to write what God is revealing, prompting, or reminding you.

Pray – Respond to God honestly. Let the prayer focus guide you, but allow room for personal conversation with Him.

Listen – Sit quietly before the Lord, creating space to hear His voice and sense His leading.

There is no pressure to move quickly or “get through” each step. The goal is not productivity, but presence.

SPIRITUAL LIFE BUILDER

Formation Beyond the Gathering

Each day also includes a Spiritual Life Builder—a simple prompt designed to help you carry what God is forming in you beyond the prayer gathering and into everyday life.

These practices are not about performance or completion. They are gentle invitations to engage in rhythms that shape who you are becoming in Christ. Some days you may engage deeply; other days more simply. Both are part of the journey.

As you move through the day, allow these prompts to remind you to:

- **Return to prayer**
- **Stay rooted in Scripture**
- **Practice fasting and dependence on God**
- **Express gratitude**
- **Walk in obedience to what God is prompting**

The Spiritual Life Builder is meant to support formation over time, helping you live out the prayer, “Use me, Lord,” not just during this season, but beyond it.

Day 1

Speaker: _____

Key Scripture: _____

Key Takeaways: _____

Spiritual Life Builder

- Engaged in Community
- Prayed
- Read Scripture
- Fasted
- Practiced Obedience

Grateful For:

Where is God asking you
to be obedient?

Frustrations:

Day 2

Speaker: _____

Key Scripture: _____

Key Takeaways: _____

Spiritual Life Builder

- Engaged in Community
- Prayed
- Read Scripture
- Fasted
- Practiced Obedience

Grateful For:

Where is God asking you
to be obedient?

Frustrations:

Day 3

Speaker: _____

Key Scripture: _____

Key Takeaways: _____

Spiritual Life Builder

- Engaged in Community
- Prayed
- Read Scripture
- Fasted
- Practiced Obedience

Grateful For:

Where is God asking you
to be obedient?

Frustrations:

Day 4

Speaker: _____

Key Scripture: _____

Key Takeaways: _____

Spiritual Life Builder

- Engaged in Community
- Prayed
- Read Scripture
- Fasted
- Practiced Obedience

Grateful For:

Where is God asking you
to be obedient?

Frustrations:

Day 5

Speaker: _____

Key Scripture: _____

Key Takeaways: _____

Spiritual Life Builder

- Engaged in Community
- Prayed
- Read Scripture
- Fasted
- Practiced Obedience

Grateful For:

Where is God asking you
to be obedient?

Frustrations:

Day 6

Speaker: _____

Key Scripture: _____

Key Takeaways: _____

Spiritual Life Builder

- Engaged in Community
- Prayed
- Read Scripture
- Fasted
- Practiced Obedience

Grateful For:

Where is God asking you
to be obedient?

Frustrations:

Day 7

Speaker: _____

Key Scripture: _____

Key Takeaways: _____

Spiritual Life Builder

- Engaged in Community
- Prayed
- Read Scripture
- Fasted
- Practiced Obedience

Grateful For:

Where is God asking you
to be obedient?

Frustrations:

Day 8

Speaker: _____

Key Scripture: _____

Key Takeaways: _____

Spiritual Life Builder

- Engaged in Community
- Prayed
- Read Scripture
- Fasted
- Practiced Obedience

Grateful For:

Where is God asking you
to be obedient?

Frustrations:

Day 9

Speaker: _____

Key Scripture: _____

Key Takeaways: _____

Spiritual Life Builder

- Engaged in Community
- Prayed
- Read Scripture
- Fasted
- Practiced Obedience

Grateful For:

Where is God asking you
to be obedient?

Frustrations:

Day 10

Speaker: _____

Key Scripture: _____

Key Takeaways: _____

Spiritual Life Builder

- Engaged in Community
- Prayed
- Read Scripture
- Fasted
- Practiced Obedience

Grateful For:

Where is God asking you
to be obedient?

Frustrations:

Day 11

Speaker: _____

Key Scripture: _____

Key Takeaways: _____

Spiritual Life Builder

- Engaged in Community
- Prayed
- Read Scripture
- Fasted
- Practiced Obedience

Grateful For:

Where is God asking you
to be obedient?

Frustrations:

Day 12

Speaker: _____

Key Scripture: _____

Key Takeaways: _____

Spiritual Life Builder

- Engaged in Community
- Prayed
- Read Scripture
- Fasted
- Practiced Obedience

Grateful For:

Where is God asking you
to be obedient?

Frustrations:

Day 13

Speaker: _____

Key Scripture: _____

Key Takeaways: _____

Spiritual Life Builder

- Engaged in Community
- Prayed
- Read Scripture
- Fasted
- Practiced Obedience

Grateful For:

Where is God asking you
to be obedient?

Frustrations:

Day 14

Speaker: _____

Key Scripture: _____

Key Takeaways: _____

Spiritual Life Builder

- Engaged in Community
- Prayed
- Read Scripture
- Fasted
- Practiced Obedience

Grateful For:

Where is God asking you
to be obedient?

Frustrations:

Day 15

Speaker: _____

Key Scripture: _____

Key Takeaways: _____

Spiritual Life Builder

- Engaged in Community
- Prayed
- Read Scripture
- Fasted
- Practiced Obedience

Grateful For:

Where is God asking you to be obedient?

Frustrations:

Day 16

Speaker: _____

Key Scripture: _____

Key Takeaways: _____

Spiritual Life Builder

- Engaged in Community
- Prayed
- Read Scripture
- Fasted
- Practiced Obedience

Grateful For:

Where is God asking you
to be obedient?

Frustrations:

Day 17

Speaker: _____

Key Scripture: _____

Key Takeaways: _____

Spiritual Life Builder

- Engaged in Community
- Prayed
- Read Scripture
- Fasted
- Practiced Obedience

Grateful For:

Where is God asking you
to be obedient?

Frustrations:

Day 18

Speaker: _____

Key Scripture: _____

Key Takeaways: _____

Spiritual Life Builder

- Engaged in Community
- Prayed
- Read Scripture
- Fasted
- Practiced Obedience

Grateful For:

Where is God asking you
to be obedient?

Frustrations:

Day 19

Speaker: _____

Key Scripture: _____

Key Takeaways: _____

Spiritual Life Builder

- Engaged in Community
- Prayed
- Read Scripture
- Fasted
- Practiced Obedience

Grateful For:

Where is God asking you
to be obedient?

Frustrations:

Day 20

Speaker: _____

Key Scripture: _____

Key Takeaways: _____

Spiritual Life Builder

- Engaged in Community
- Prayed
- Read Scripture
- Fasted
- Practiced Obedience

Grateful For:

Where is God asking you
to be obedient?

Frustrations:

Day 21

Speaker: _____

Key Scripture: _____

Key Takeaways: _____

Spiritual Life Builder

- Engaged in Community
- Prayed
- Read Scripture
- Fasted
- Practiced Obedience

Grateful For:

Where is God asking you
to be obedient?

Frustrations:

PRAYER RESOURCES

TOOLS TO HELP YOU CONTINUE GROWING IN PRAYER

Prayer is not meant to be confined to a moment or a season—it is meant to become a way of life. The resources on the following pages are designed to help you engage God in prayer when you don't know where to begin, when words are hard to find, or when you want to anchor your prayers in the truth of Scripture.

Use these tools during your personal prayer time throughout the 21 Days, and return to them often as you continue growing in a life of prayer.

CREATING A LIFESTYLE OF PRAYER

"Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where He prayed." Mark 1:35

Prayer is most effective when it is not something we do occasionally but a rhythm we intentionally cultivate. Jesus modeled a consistent, relational prayer life, and His example gives us a simple framework for building one of our own.

Have a Certain Time

Jesus prioritized time alone with the Father. Choose a daily time to pray—morning, midday, or evening—and treat it as an appointment with God.

Have a Certain Place

Jesus often withdrew to a specific place to pray. A designated place helps reduce distractions and creates space to focus, listen, and pray freely.

Have a Certain Plan

When Jesus taught His disciples to pray, He gave them a model. Having a simple plan—whether Scripture reading, worship, silence, or guided prayer—helps us stay engaged and intentional. Your plan may change from day to day, but consistency matters more than complexity.

PRAYER MODELS: THE LORD'S PRAYER

"One day Jesus was praying in a certain place. When He finished, one of His disciples said to Him, "Lord, teach us to pray..." Luke 11:1 (NIV)

Jesus responded by giving His disciples a prayer model—not a script to repeat, but an outline to guide their prayers. His prayer in Matthew 6:9-13 reminds us to:

Begin with relationship - "Our Father in Heaven..."

Prayer begins with intimacy, not distance. We approach God as a loving Father, not a reluctant deity—secure in His care and attentive presence.

Worship God for who He is - "...hallowed be Your name."

We pause to honor and revere God, praising Him for His character, holiness, power, and faithfulness before focusing on our needs.

Align our hearts with His will - "Your Kingdom come. Your will be done on earth as it is in Heaven."

Prayer reshapes our priorities. We submit our desires to God's purposes and ask that His plans—not ours—would take first place in our lives and in the world.

Depend on Him daily - "Give us this day our daily bread."

We bring our practical needs to God, trusting Him for provision, strength, wisdom, and grace for today—one day at a time.

Receive forgiveness and extend it to others - "Forgive us our debts, as we forgive our debtors."

Prayer includes honest confession and repentance. As we receive God's forgiveness, we also choose to release others, keeping our hearts open and free.

Trust Him for protection and deliverance - "Do not lead us into temptation, but deliver us from the evil one."

We acknowledge our spiritual vulnerability and ask God for strength, discernment, and victory—standing firm in His power against temptation and the work of the enemy.

Rest in God's authority and power - "For Yours is the Kingdom and the power and the glory forever. Amen."

We end with confidence, declaring that God reigns, His power is unmatched, and all glory belongs to Him—now and forever.

Prayer is not a formula—it is an invitation into relationship.

PRAYER MODELS: A.C.T.S.

The A.C.T.S. model is a helpful framework for guiding personal prayer. It reflects the patterns of prayer we see throughout Scripture and gives language and structure for communicating honestly with God. This model is not a formula to follow rigidly, but a guide to help you engage God relationally and intentionally.

ADORATION - Honoring God for who He is

Begin by turning your attention toward God and acknowledging His character. God has revealed Himself through Scripture and ultimately through Jesus. Use what you know about Him to offer praise—His holiness, love, power, wisdom, mercy, and faithfulness. As you grow in understanding who God is, you'll find that praise flows more naturally.

“O Lord, the God of our ancestor Israel, may you be praised forever and ever! Yours, O Lord, is the greatness and the power and the glory and the victory and the majesty. Everything in the heavens and on earth is yours, O Lord, and this is your kingdom. We adore you as the one who is over all things.” 1 Chronicles 29:10–11 (NLT)

CONFESSION - Receiving God's forgiveness and cleansing

Confession is the honest acknowledgment of sin and our need for God's grace. It is not about shame or self-condemnation, but about restoring intimacy with God. Scripture promises that when we confess, God is faithful to forgive and cleanse us.

Make confession a regular part of your prayer life, allowing the Holy Spirit to gently reveal anything that needs to be surrendered.

“If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.” 1 John 1:9 (NIV)

THANKSGIVING - Expressing gratitude for what God has done

Thanksgiving flows naturally from adoration. While praise focuses on who God is, thanksgiving responds to what He has done. Take time to reflect on God's provision, faithfulness, and kindness—both in big moments and daily details.

Gratitude reorients our hearts and reminds us of God's goodness.

“Give thanks to the Lord, for he is good; his love endures forever.” Psalm 136:1 (NIV)

SUPPLICATION - *Bringing requests to God*

Supplication is simply bringing our requests to God—for ourselves and for others. This includes asking for wisdom, provision, healing, guidance, strength, and God’s will to be done. It also includes praying for help in standing firm against temptation and resisting the work of the enemy. Scripture reminds us that we are not powerless in spiritual battles; God invites us to depend on Him for strength, protection, and victory.

God desires our dependence, not our self-reliance.

“Ask and it will be given to you; seek and you will find; knock and the door will be opened to you.”

Luke 11:9 (NIV)

A SIMPLE A.C.T.S. PRAYER EXAMPLE

This is one example of how these movements might sound in prayer. They do not need to occur in a fixed order.

“Father, You are holy and worthy of all praise. I thank You for Your goodness and faithfulness in my life. I confess the areas where I’ve trusted myself instead of You, and I receive Your forgiveness and grace. I ask for Your help today—guide my decisions, strengthen me to resist the enemy, and use my life for Your purposes. Thank You for hearing me and walking with me. Amen.”

Prayer is not about getting the words right—it’s about growing in relationship with God.

GETTING STARTED

- **Start small and be consistent.**
- **Focus on practice over perfection.**
- **Speak honestly, not performatively.**
- **Allow your posture and environment to support attentiveness and focus.**

Over time, prayer becomes less about structure and more about relationship—but structure can be a helpful starting point.

PRAYING SCRIPTURE

Prayers for Every Season of Life

ASSURANCE:

"The LORD is my Shepherd, I lack nothing. He makes me lie down in green pastures, He leads me beside quiet waters, He refreshes my soul. He guides me along the right paths for His name's sake. Even though I walk through the darkest valley, I will fear no evil, for You are with me; Your rod and Your staff, they comfort me. You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. Surely Your goodness and love will follow me all the days of my life, and I will dwell in the house of the LORD forever." PSALM 23 NIV

ANXIETY:

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." PHILIPPIANS 4:6-7 NIV

"Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own." MATTHEW 6:34 NIV

COMFORT:

"And we know that in all things God works for the good of those who love Him, who have been called according to His purpose." ROMANS 8:28 NIV

"Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God." 2 CORINTHIANS 1:3-4 NIV

FAITH:

"Now faith is confidence in what we hope for and assurance about what we do not see." HEBREWS 11:1 NIV

"Everything is possible for one who believes." MARK 9:23 NIV

FEAR:

"For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline." 2 TIMOTHY 1:7 NIV

"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand." ISAIAH 41:10 NIV

FORGIVENESS:

"Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you." EPHESIANS 4:32 NIV

"Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you." COLOSSIANS 3:13 NIV

FREEDOM:

"Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom." 2 CORINTHIANS 3:17 NIV

"It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery." GALATIANS 5:1 NIV

GUIDANCE:

"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to Him, and He will make your paths straight." PROVERBS 3:5-6 NIV

"Whether you turn to the right or to the left, your ears will hear a voice behind you, saying, 'This is the way; walk in it.'" ISAIAH 30:21 NIV

GUILT/SHAME:

"Therefore, there is now no condemnation for those who are in Christ Jesus," ROMANS 8:1 NIV

"Though your sins are like scarlet, they shall be as white as snow; though they are red as crimson, they shall be like wool." ISAIAH 1:18 NIV

HEALING:

"Praise the Lord, my soul, and forget not all His benefits— who forgives all your sins and heals all your diseases." PSALM 103:2-3 NIV

"But He was pierced for our transgressions, He was crushed for our iniquities; the punishment that brought us peace was on Him, and by His wounds we are healed." ISAIAH 53:5 NIV

LONELINESS:

"No one will be able to stand against you all the days of your life. As I was with Moses, so I will be with you; I will never leave you nor forsake you." JOSHUA 1:5 NIV

"God sets the lonely in families, He leads out the prisoners with singing; but the rebellious live in a sun-scorched land." PSALM 68:6 NIV

PRIDE:

"God opposes the proud but shows favor to the humble." JAMES 4:6 NIV

"Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves." PHILIPPIANS 2:3 NIV

PROTECTION:

"You will keep in perfect peace those whose minds are steadfast, because they trust in you. Trust in the Lord forever, for the Lord, the Lord Himself, is the Rock eternal." ISAIAH 26:3-4 NIV

"May the God of hope fill you with all joy and peace as you trust in Him, so that you may overflow with hope by the power of the Holy Spirit." ROMANS 15:13 NIV

PROVISION:

"And my God will meet all your needs according to the riches of His glory in Christ Jesus." PHILIPPIANS 4:19 NIV

"And God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work." 2 CORINTHIANS 9:8 NIV

PURITY:

"Create in me a pure heart, O God, and renew a steadfast spirit within me." PSALM 51:10 NIV

"Let us draw near to God with a sincere heart and with the full assurance that faith brings, having our hearts sprinkled to cleanse us from a guilty conscience and having our bodies washed with pure water." HEBREWS 10:22 NIV

PURPOSE:

"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future." JEREMIAH 29:11 NIV

"Being confident of this, that He who began a good work in you will carry it on to completion until the day of Christ Jesus." PHILIPPIANS 1:6 NIV

STRENGTH:

"But He said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me." 2 CORINTHIANS 12:9 NIV

"But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint." ISAIAH 40:31 NIV

THOUGHTS:

"Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you." PHILIPPIANS 4:8-9 NIV

"Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—His good, pleasing and perfect will." ROMANS 12:2 NIV

VICTORY:

"The Lord will fight for you; you need only to be still." EXODUS 14:14 NIV

"No, in all these things we are more than conquerors through Him who loved us." ROMANS 8:37 NIV

WORTH/IDENTITY:

"For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do." EPHESIANS 2:10 NIV

"I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well." PSALM 139:14 NIV

PRAYING FOR THOSE WHO NEED GOD

God has placed you where you are for a reason. Prayer is one of the primary ways we participate in what He is doing in the lives of others.

"I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people— for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. This is good, and pleases God our Savior, who wants all people to be saved and to come to a knowledge of the truth." 1 Timothy 2:1-4 NIV

Pray intentionally for:

- **Those in authority**
- **Your family**
- **Your church**
- **Your workplace and community**
- **Those who do not yet know Jesus**

Ask God to draw people to Himself, open hearts to truth, and use you as a witness of His grace.

FASTING RESOURCES

ON FASTING

Fasting is one of the most powerful—and often most neglected—spiritual practices in Scripture. While prayer aligns our hearts with God, fasting intensifies that alignment by helping us loosen our grip on lesser dependencies and deepen our dependence on Him.

Fasting is a tangible way of saying, “Lord, I want You more than comfort. More than convenience. More than what I normally depend on.”

Fasting does not earn God’s favor or force His hand. It is not about proving devotion or manipulating outcomes. Rather, fasting creates space for the Holy Spirit to strengthen our surrender, sharpen our spiritual attentiveness, and deepen our hunger for God.

Jesus spoke of fasting as a normal part of discipleship, saying, “When you fast,” not “if you fast.” (Matthew 6:16)

WHY WE FAST

Throughout Scripture, fasting is associated with humility, repentance, renewed prayer, and deeper intimacy with the Lord. As we deny the body something it desires, we learn to rely more fully on God. Fasting can help us:

- **Humble ourselves before God**
- **Heighten spiritual sensitivity and awareness**
- **Strengthen our prayer life through greater dependence**
- **Reveal what is happening beneath the surface of our hearts**
- **Create margin to seek God’s presence with focus and intention**

WHAT KIND OF FAST SHOULD I DO?

In Scripture, fasting is consistently associated with abstaining from food for a period of time in order to seek God with greater focus and humility. God’s people fasted from food as a tangible expression of dependence on Him and devotion to His purposes.

At the same time, fasting looks different for different people and seasons. The most important consideration is not the length or intensity of the fast, but the posture of the heart.

Here are several common ways people may participate:

Meal Fast: Skip one meal a day and use that time to pray.

Partial Fast (Daniel-style): Limit certain foods (such as sweets, meats, or rich foods) for a set period of time.

Sunup-to-Sundown Fast: Fast during the day and eat a simple meal in the evening.

Extended Food Fast (wisdom required): Consider a longer fast only if you are healthy, prepared, and have sought wise counsel.

For those who are unable to fast from food due to health or personal reasons, we encourage you to consider additional forms of intentional self-denial—such as stepping away from media, entertainment, or other comforts—as a way to support your prayer life during this season. These practices do not replace biblical fasting, but they can serve as helpful companions to prayer and spiritual attentiveness.

Choose a fast that genuinely costs you, draws your focus toward God, and can be sustained with faith and integrity. The goal is not intensity, but sincerity—to seek God’s face with a humble and willing heart.

FASTING WISELY AND SAFELY

We want this season to be spiritually meaningful and physically wise. If you have health concerns or if fasting from food is unsafe for you, there are other ways to participate fully through prayer and spiritual focus.

You should consult a medical professional before fasting from food if you are pregnant or nursing, have a history of disordered eating, diabetes or blood-sugar issues, anemia, heart, kidney, or liver conditions, or if you take prescription medication.

If you are unsure, choose a non-food fast and join fully in prayer during this season.

A WORD ON ATTENTION AND DISTRACTION

While Scripture presents fasting as abstaining from food, it is also important to consider what we allow to fill the space fasting creates. Going without food while continuing to fill our minds and hearts with constant media, entertainment, or distraction can dull the very spiritual attentiveness fasting is meant to sharpen.

As you fast from food, be mindful of what you consume in other ways. Reducing unnecessary noise—such as social media, entertainment, or digital distractions—can help guard the focus of your heart and create greater room for prayer, Scripture, and listening to God.

These practices do not replace biblical fasting, but they help ensure that the hunger created through fasting is directed toward the presence of God rather than quickly filled by other substitutes.

HOW TO PREPARE AND WHAT TO EXPECT

Prepare intentionally. In the days leading up to your fast, consider reducing portion sizes and cutting back on caffeine and sugar. Avoid a “last big meal” mindset. Enter this season calmly and prayerfully.

Especially in the first few days, you may experience hunger, fatigue, irritability, or heightened emotions. When this happens, allow the discomfort to become an invitation to prayer—a reminder to turn your attention toward God.

BREAKING YOUR FAST

How you end a fast matters. If you fast from food for more than a day or two, reintroduce food slowly and simply. Soups, fruits, and light meals are a wise place to start. A wise fast begins intentionally and ends intentionally.

A FINAL ENCOURAGEMENT

Prayer and fasting are not about willpower—they are about worship. If you struggle or miss a day, do not quit. Re-center your heart and continue. God honors humility, honesty, and perseverance.

As we pray and fast together, our desire is simple: to seek God’s face, to align our hearts with His, and to make room for Him to work in us and through us.

NEXT STEPS

RESPONDING TO WHAT GOD IS DOING

The purpose of prayer and fasting is not simply to mark a season, but to respond to what God is stirring in us. As you listen to His voice and offer yourself with the prayer, “Use me, Lord,” we want to help you take meaningful next steps toward growth, community, and purpose.

CONNECT GROUPS

Life change happens best in community. Connect Groups are where we grow together through relationships, prayer, and God’s Word.

Next Group Semester Begins:

February 11, 2026 (Signups begin January 25, 2026)

Scan the QR Code to find a group or learn more!



DISCOVER

Discover is the best way to learn more about our church, our mission, and how you can get connected.

Upcoming Discover Date:

Sunday, February 1, 2026

Scan the QR Code to Sign up!



SERVE ON THE DREAM TEAM

God has given you gifts, passions, and experiences that matter. Serving on the Dream Team is one of the primary ways we live out the prayer, “Use me, Lord,” by making a difference in the lives of others.

Scan the QR Code to learn more or get started!



CONTINUE THE JOURNEY

As these 21 Days come to a close, don’t let the rhythms you’ve built fade. Continue prioritizing prayer, Scripture, and community. Ask God daily how He wants to shape your life and use it for His glory. If you have questions, need prayer, or want help taking your next step, our team would love to connect with you at

info@compel.church

Use Me,
Lord

Twenty One Days

OF
PRAYER
AND
FASTING



COMPEL
CHURCH

Visit us: compel.church