

# NTCG SHEFFIELD DISTRICT 21 DAYS UNITED FASTING & PRAYER 2026



## WELCOME TO OUR 21 DAYS OF PRAYER AND FASTING GUIDE

We thank God continually for each of you and hope that you will see this time of prayer and fasting as a great time to reflect, revive and refocus. In order to live successfully as believers, we must be strategic and consistent in our prayer life. Even though we cannot meet physically as we would like, we can still connect through prayer and fasting together.

We advise that you prepare for this time of prayer and fasting by praying. You may decide to fast every day throughout the 21-day period. If you do this, we suggest that you plan the type of fast you will complete such as a partial fast from 6am until 6pm. If you are unable to fast for any reason, we ask that you still pray and dedicate specific times during the day or night to spend time away from normal activities, reading the word and be ready to hear what the Lord has to say. During this time of prayer and fasting expect that God will speak to you through the word, in your quiet times of meditation and prayer. You may find it useful to keep a pen and paper nearby to write down anything that you feel is impressed on you.

Remember that when we fast and pray the focus is that we change. Be assured God is at work in you, your family and your situations. His Word says in Hebrews 11:6 that 'He IS a rewarder of those who diligently seek him.' So, let the seeking begin!

Each day contains a prayer focus. This includes one or two Scriptures to meditate on and prayer points. Please note that the prayer points are only suggestions so feel free to pray into each area in the way the Holy Spirit leads. All we ask is that you take some time to pray each day for the theme that is given. This way there will be lots of focussed prayer about each area, bringing breakthrough both personally and corporately. Our desire as a DISTRICT, is to create a culture of prayer where we see lives being transformed and God answering prayer continually.

### **WHAT IS A SPIRITUAL FAST**

A spiritual fast is where you alter your diet for a spiritual reason accompanied with prayer to God. Fasting is not to be confused with a physical diet. It is a spiritual discipline with motives focused upon the will of God.

Both the Old and New Testament confirm the importance of fasting and prayer in the spiritual life and growth of the believer. Jewish believers were required to fast once a year under the law on the Day of Atonement when everyone went without eating. (Leviticus 16:29-30, Matthew 6:16-18, Matthew 4:2, 1 Corinthians 7:1-6, 2 Corinthians 6:4-6)

Christian believers who are under grace are not required to fast in any act of obedience to Christ but are encouraged to fast as fasting is a spiritual discipline to build our character and faith.

### **TYPES OF FAST**

- PARTIAL: eliminating selective items from the diet or selected meals
- NORMAL: eliminating solid food but drinking liquids
- ABSOLUTE: eliminating both food and liquids

A full day fast will typically be from Midnight throughout the whole day to 6.00pm in the evening. If a half day fast is being considered, then it could end at 12.00pm or lunch time. Due to various working shift patterns and daily commitments, fasting could take place from 6.00pm till the usual breakfast time or maybe mid-morning or lunchtime for people who have to go to work or study. People who are working or studying possibly will require their faculties to be at their sharpest to fulfill their duties.

A fast can be for a short period of time as unto the LORD or a long period and you may decide not to fast for a long period of time if you are: -

- Pregnant
- A small child
- Sick
- Elderly
- Disabled

You should not put your health at serious risk. But the holy Scripture says:

'Even now,' declared the Lord, 'return to me with all your heart, with fasting and weeping and mourning.' Rend your heart and not your garments. Return to the Lord your God, for He is gracious and compassionate, slow to anger and abounding in love and he relents from sending calamity (Joel 2:12-13).

However, if someone is considering fasting throughout the 21 days period, they could decide upon their own personal fasting routine. Some may prefer a phased fasting schedule going from light to intense. Or a steady daily approach with one or two specific deep fasts per week or fortnight. Create a schedule that is best suited for you and your circumstances and offer your sacrifice to the glory of God in faith! The Lord gave me personally the Grace or favour to do forty days and forty nights prayer and fasting without food and only periodically a little water, thanks be God, but this period is definitely not for everyone.

## **A Sample Personal Schedule**

### **Week 1**

A Partial Fast - Eliminating selective items from the diet or leaving out selected meals.

### **Week 2**

A Liquid Fast - Eliminating solid foods but taking liquids only throughout the fasting period, i.e. herbal tea, water, fruit juice, clear soup.

### **Week 3**

A Water only Fast (The general efficiency of faculties will be affected)

### **Week 4**

An Absolute Fast (Normal daily duties should be rescheduled)

### **Week 5**

A Partial Fast - Eliminating selective items from the diet or leaving out selected meals.

### **Week 6**

Absolute fast (Normal daily duties should be rescheduled)



## NTCG SHEFFIELD DISTRICT 21 DAYS UNITED FASTING & PRAYER SCHEDULE

	Date	Prayer Theme	Scripture Reference
Day 1 - Monday	5th January	<p><b>Call to Prayer &amp; Spiritual Awakening</b></p> <p><b>Devotional Thought:</b> God calls His people to be awake, alert, and prayerful. Revival begins when the church humbles itself and seeks His face earnestly.</p> <p><b>Prayer Prompt:</b> Lord, awaken our hearts. Stir in us a passion for prayer and sensitivity to Your voice. Revive us again.</p>	Joel 1:13–15 1 Thess. 5:17–18 Ephesians 6:18 Matthew 21:22 Ephesians 5:14–15 Luke 21:34–36 Revelation 3:3; 1 Thess. 5:5–8
<b>MONDAY EVENING 7.30PM</b>		<b>ZOOM PRAYER HOSTED BY NTCG SHEFFIELD</b>	
Day 2 - Tuesday	6th January	<p><b>Hunger and Thirst for God</b></p> <p><b>Devotional Thought:</b> Just as our bodies crave water, our souls long for God, true joy is found in His presence.</p> <p><b>Prayer Prompt:</b> Father, deepen our hunger for You. Let nothing satisfy us more than knowing and worshipping You.</p>	Psalm 42:1; Psalm 42:4 1 Thess. 5:18
Day 3 - Wednesday	7th January	<p><b>Growth in Christ &amp; Spiritual Maturity</b></p> <p><b>Devotional Thought:</b> Spiritual growth is intentional. As we fix our hearts on Christ, our lives begin to reflect His character.</p> <p><b>Prayer Prompt:</b> Lord, help us grow in wisdom, faith, and spiritual fruit so our lives may please You.</p>	Colossians 1:9–10 2 Peter 1:5–8 Colossians 3:1–2
Day 4 - Thursday	8th January	<p><b>Holiness, Obedience &amp; Spiritual Power</b></p> <p><b>Devotional Thought:</b> God empowers holy lives. Obedience positions us to walk in His authority and power.</p> <p><b>Prayer Prompt:</b> Holy Spirit, strengthen us to live holy and obedient lives. Fill us afresh with Your power.</p>	Ephesians 3:16 Mark 16:15–18
<b>THURSDAY EVENING 7.30PM</b>		<b>ZOOM PRAYER HOSTED BY NTCG HUDDERSFIELD</b>	
Day 5 - Friday	9th January	<p><b>Firm Faith &amp; Commitment to God's Work</b></p> <p><b>Devotional Thought:</b> Faithfulness in difficult seasons glorifies God. Standing firm protects us from spiritual compromise.</p> <p><b>Prayer Prompt:</b> Lord, help us remain steadfast, courageous, and fully committed to Your work.</p>	1 Corinthians 15:58 1 Corinthians 16:13 1 Peter 5:8–9

Day 6 - Saturday	10 <sup>th</sup> January	<p><b>Unity, Love &amp; Racial Reconciliation</b></p> <p><b>Devotional Thought:</b> Love is the mark of true discipleship. God's heart is unity across cultures and backgrounds.</p> <p><b>Prayer Prompt:</b> Father, heal divisions among us. Let Your love flow freely through Your church.</p>	John 13:34–35 Galatians 3:26–28 Acts 10:34–35
Day 7 - Sunday	11 <sup>th</sup> January	<p><b>The Church as an Effective Witness</b></p> <p><b>Devotional Thought:</b> The church is called to reflect Christ through word and action. Love opens doors for the gospel.</p> <p><b>Prayer Prompt:</b> Lord, make us bold witnesses. Help us demonstrate Your love to those in need.</p>	Acts 1:8 Hebrews 13:16 1 John 3:17
Day 8 - Monday	12 <sup>th</sup> January	<p><b>Church Leaders &amp; Pastoral Covering</b></p> <p><b>Devotional Thought:</b> God appoints leaders to shepherd His people. They need prayer, wisdom, and protection.</p> <p><b>Prayer Prompt:</b> Lord, cover our pastors and leaders. Grant them wisdom, strength, and discernment.</p>	Ephesians 4:11–13 1 Peter 5:5 Acts 20:28
<b>MONDAY EVENING 7.30PM</b>		<b>ZOOM PRAYER HOSTED BY NTCG CHESTERFIELD</b>	
Day 9 - Tuesday	13 <sup>th</sup> January	<p><b>Youths &amp; Young People</b></p> <p><b>Devotional Thought:</b> Young people flourish when rooted in God's truth and guided by His wisdom.</p> <p><b>Prayer Prompt:</b> Father, draw our young people closer to You. Guide their decisions and shape their future.</p>	Ephesians 1:17–19
Day 10 - Wednesday	14 <sup>th</sup> January	<p><b>Marriages, Families &amp; Children</b></p> <p><b>Devotional Thought:</b> God designed families to be places of love, nurture, and spiritual growth.</p> <p><b>Prayer Prompt:</b> Lord, heal and strengthen marriages and families. Let our homes reflect Your peace and love.</p>	Ephesians 5:33 Ephesians 6:1–4 Proverbs 22:6
Day 11 – Thursday	15 <sup>th</sup> January	<p><b>Mental Health &amp; Emotional Healing</b></p> <p><b>Devotional Thought:</b> God cares deeply for our emotional and mental well-being. His peace restores weary hearts.</p> <p><b>Prayer Prompt:</b> Lord, bring comfort, healing, and peace to all who are struggling emotionally or mentally.</p>	1 Peter 5:7 Isaiah 41:10 John 14:27 Psalm 30:11–12 Isaiah 26:3–4

Day 12 - Friday	16 <sup>th</sup> January	<p><b>Peace in Homes, Workplaces &amp; Communities</b></p> <p><b>Devotional Thought:</b> Christ's peace rules where He is welcomed. His grace meets us in times of pain and conflict.</p> <p><b>Prayer Prompt:</b> Father, let Your peace reign in our homes, workplaces, and communities.</p>	Hebrews 4:15–16 Colossians 3:15
Day 13 - Saturday	17 <sup>th</sup> January	<p><b>God's Provision in Difficult Times</b></p> <p><b>Devotional Thought:</b> God is our provider, even in seasons of lack. He remains faithful to His promises.</p> <p><b>Prayer Prompt:</b> Lord, meet every need according to Your riches. Help us trust You fully.</p>	Philippians 4:19 Psalm 23:1–2
Day 14 - Sunday	18 <sup>th</sup> January	<p><b>Social Media &amp; Godly Influence</b></p> <p><b>Devotional Thought:</b> What we consume shapes our thinking. God calls us to dwell on what is pure and uplifting.</p> <p><b>Prayer Prompt:</b> Father, help us use media wisely and in ways that honor You.</p>	Romans 12:2 1 Corinthians 10:23 Philippians 4:8
Day 15 - Monday	19 <sup>th</sup> January	<p><b>Government, Justice &amp; Integrity</b></p> <p><b>Devotional Thought:</b> God desires justice, righteousness, and protection for the vulnerable. Prayer shapes nations.</p> <p><b>Prayer Prompt:</b> Lord, guide our leaders with wisdom and integrity. Let justice prevail.</p>	Psalms 82:1–4 1 Timothy 2:1–4 Romans 13:1–4 Ephesians 6:11–12
Day 16 - Tuesday	20 <sup>th</sup> January	<p><b>Divine Direction &amp; Wisdom</b></p> <p><b>Devotional Thought:</b> God delights in guiding His people. Trust opens the way for clear direction.</p> <p><b>Prayer Prompt:</b> Father, lead us in Your ways. Help us trust You in every decision.</p>	Proverbs 3:5–6 Isaiah 30:21
Day 17 - Wednesday	21 <sup>st</sup> January	<p><b>Deliverance &amp; New Identity in Christ</b></p> <p><b>Devotional Thought:</b> In Christ, we are redeemed and made new. The past no longer defines us.</p> <p><b>Prayer Prompt:</b> Lord, thank You for freedom and new life. Help us walk in our identity in Christ.</p>	Galatians 3:13; 2 Corinthians 5:17

WEDNESDAY EVENING 7.30PM		ZOOM PRAYER HOSTED BY NTCG WORKSOP	
Day 18 - Thursday	22 <sup>nd</sup> January	<b>Revival &amp; Renewed Commitment</b>  <b>Devotional Thought:</b> Revival begins with renewed commitment. God awakens hearts that are willing. <b>Prayer Prompt:</b> Lord, renew our commitment to You. Revive our passion and devotion.	1 Thess 5:5–8 Ephesians 5:14
Day 19 - Friday	23 <sup>rd</sup> January	<b>Church Growth: Spiritual &amp; Numerical</b>  <b>Devotional Thought:</b> God's blessing brings growth that strengthens His church and glorifies His name. <b>Prayer Prompt:</b> Father, bless and grow Your church spiritually and numerically.	Numbers 6:24–26 Ephesians 1:3–14 Philippians 4:19 Isaiah 41:10
Day 20 - Saturday	24 <sup>th</sup> January	<b>Prayer for the 'Open Doors' organisation - Persecuted Christians -</b> <a href="https://www.opendoorsuk.org/">https://www.opendoorsuk.org/</a>  <b>Devotional Thought:</b> Many believers suffer for their faith. We stand with them through prayer and love. <b>Prayer Prompt:</b> Lord, strengthen persecuted believers. Grant them courage, protection, and peace.	Matthew 5:10–12 2 Timothy 3:12 John 15:20 1 Peter 4:12
Day 21 - Sunday	25 <sup>th</sup> January	<b>Gratitude &amp; Thanksgiving</b>  <b>Devotional Thought:</b> Gratitude shifts our focus from what we lack to God's faithfulness. Praise completes our fast. <b>Prayer Prompt:</b> Father, we thank You for all You have done. We offer You praise and thanksgiving.	1 Thess. 5:16–18 Psalm 107:1 Colossians 3:17 Psalm 100:4
		<b>Joint End-of-fasting District Service at NTCG Sheffield</b>	

As we bring this season of corporate prayer and fasting to a close, we invite you to pause and consider all that the Lord has been doing over these past 21 days. We are confident that this intentional time of seeking God will bear fruit, and we eagerly anticipate hearing testimonies of His grace, provision, and triumph.

Let us remain steadfast in prayer, anchored in faith, and devoted in worship, trusting in our faithful God who sustains us in every aspect of life. May the Lord continue to surround you with His presence, uphold you by His hand, and grant you abiding peace as your heart and mind stay fixed on Him.

