

21-days of Prayer & Fasting



for breakthrough

A focused **21-day journey of prayer and fasting** for personal and church breakthroughs. We invite you into this time of intentional prayer, fasting, and renewed devotion to Jesus.

Focus during the 21 days

- 15-minutes of prayer and reading God's Word daily. Consider Luke's Gospel as a choice.
- Fast for a meal or for a day - as God leads; or abstain from social media, gossip, worry, etc.
- Explore simple ways to carry prayer into the rest of your day. Pray with your family or find a prayer partner to build community around prayer.

Prayer Targets

Know: Deepen your walk with Jesus daily through prayer & reading God's Word. Abide → **John 15:7**

Grow: What are areas in your life where you feel "stuck?" Pray for breakthroughs. Pray and fast for a breakthrough as we seek our future home for MOHC. Speak to the mountains in your life → **Matthew 21:22**

Go: As you pray and fast, watch for opportunities to share Jesus through your words and actions. Explore ways to give your life away → **Isaiah 58:10**

Resources

All resources including "Fasting for Breakthrough: 10-part series" can be found at **momentsofhopechurch.org/prayer**

Upcoming Event:

Night of Worship, Prayer, and Breakthrough

January 19 | 6:00p - 8:00p | Moments of Hope Church

You'll hear testimonies about breakthroughs from Hopesters and City of Hope Partners!



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Prayer Tips:

1. Be Alert: **1 Peter 4:7**
2. Be Specific when you Ask: **Psalms 5:3**
3. Pray With Authority: **Matthew 6:10**
4. Agree With Others in Prayer: **Matthew 8:19**
5. Don't Forget your Armor: **Ephesians 6:11**
6. Answer God's Call: **Ephesians 2:10**

Fasting Tips:

1. Choose a Fast That Fits Your Capacity

Not everyone can do a full food fast: If you're nursing, pregnant, on medication, or have health concerns:

- Do a Daniel-style fast (fruits, veggies, whole foods)
- Or fast from sweets, snacks, soda, or processed foods
- Or choose a non-food fast (social media, TV, distractions)
- Stay nourished and hydrated
- Listen to your body
- You can fully participate in a safe way

2. Keep Your Focus Simple

- When you feel hunger or the urge to check your phone, pray:
"Lord, I give this moment to You. Make me more like You."
- Write down one thing you're believing God for during the fast.

3. Prepare + Stay Consistent

- Decide your fast
- Clear out distractions
- Keep a simple daily rhythm (worship + scripture + prayer)

4. Grace Over Perfection

- If you mess up, don't quit. Just continue.
- **God sees the sacrifice, not the size!**



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