



21 DAYS *of*
PRAYER
& FASTING

A GUIDE FOR SPIRITUAL RENEWAL

Welcome to 21 Days of Prayer and Fasting!

Dear New Horizon Church Family,

As we begin this 21-day journey of prayer and fasting, our focus will be on the purpose behind these spiritual disciplines. Prayer is our lifeline to God, a time to commune with Him, seek His guidance, and align our hearts with His will. Fasting, on the other hand, is a tangible way of expressing our dependence on God by setting aside something we desire to focus wholly on Him.

Fasting is not limited to abstaining from food. It can also involve giving up other things that occupy our time and attention—such as social media, entertainment, or even a favorite hobby. The goal is to replace those moments with intentional prayer and reflection, drawing closer to the Lord. Each time you feel the desire for what you've chosen to fast from, turn your heart and mind to God in prayer. Let this act of self-denial be a reminder of your reliance on Him and a step toward seeking His face.

The theme for this guide is the book of Nehemiah, a powerful narrative of restoration, leadership, and prayer. Nehemiah's story will guide our reflections and prayers over these 21 days. Each day, you will find a passage from Nehemiah to read, a brief commentary to provide insight, and a suggested prayer to help you focus your time with the Lord. Additionally, you will encounter practical applications and deeper reflections to enrich your spiritual journey.

The goal is simple: to seek God's face for the year ahead.

I can't wait to see what God does through this season in your lives, homes, and our church.

For the Kingdom,

Pastor Dwayne Sayre
Lead Pastor

A Quick Guide to Biblical Fasting

Fasting is a spiritual discipline that draws us closer to God by setting aside physical needs or distractions to focus on prayer, worship, and Scripture. Here's a concise guide to biblical fasting:

What is Biblical Fasting?

***Definition:** Biblical fasting involves voluntarily abstaining from food, drink, or other distractions for a set period of time to seek God's presence and guidance.

***Purpose:** It's not about earning favor with God but about humbling ourselves, aligning our hearts with His, and growing in dependence on Him.

Scriptures on Fasting?

***Fasting for Repentance: Joel 2:12-13**

***Fasting for Guidance: Acts 13:2-3**

***Fasting in Times of Crisis: Esther 4:16**

***Jesus on Fasting: Matthew 6:16-18**

Key Reminders

***Fast with humility and sincerity (Matthew 6:16-18).**

***Stay hydrated and consider your health. Consult a doctor if necessary.**

***Trust that God honors your efforts to draw closer to Him.**

“Draw near to God, and He will draw near to you.” (James 4:8)

A Quick Guide to Biblical Fasting

Steps to Biblical Fasting

1. Prepare Spiritually

*Reflect on your motives. Ensure your fast is about seeking God, not fulfilling a personal agenda (Isaiah 58:3-7).

*Confess and repent of sin, inviting God to cleanse your heart.

2. Decide the Type and Duration

*Complete Fast: No food, only liquids (e.g., water or juice).

*Partial Fast: Avoid certain foods or meals (e.g., Daniel Fast, abstaining from rich foods).

*Non-Food Fast: Give up distractions like social media or entertainment.

*Mixed Fast: Choose something different (food or non-food) each week, every few days, etc.

*Choose a duration (e.g., one day, three days, or longer) based on your health and circumstances. In this case, we are choosing a 21-Day Fast.

3. Focus on Prayer and Scripture

*Replace the time spent eating or engaging in distractions with prayer, Bible reading, and worship.

*Pray for specific needs or areas of spiritual growth, trusting God to guide you.

4. End the Fast Wisely

*Gradually reintroduce food if you've done a complete or partial fast.

*Reflect on what God revealed during the fast and commit to ongoing spiritual growth.

Week 1: Rebuilding Through Prayer & Fasting

A Guide For Spiritual Renewal



Day 1: January 20 - Nehemiah's Burden

Reading: *Nehemiah 1:1-4*

Commentary: *Nehemiah hears of Jerusalem's broken walls and is deeply burdened. Instead of rushing to action, he first begins with weeping, fasting, and prayer. This sets the tone for the entire book: before rebuilding physically, Nehemiah seeks God's direction spiritually. Nehemiah's response challenges us to bring our own burdens to God rather than attempting to handle them alone.*

Reflection: *Are there areas of brokenness in your life that you have not surrendered to God? Take time today to reflect on those areas and ask God to give you His perspective on how they might be rebuilt.*

Prayer: *Lord, give me a heart sensitive to the things that break Yours. Help me bring my burdens to You in prayer, trusting Your guidance as I seek to rebuild areas of my life that are broken. Show me Your vision for restoration.*

NOTES & REFLECTIONS:

Day 2: January 21 - A Prayer of Confession

Reading: *Nehemiah 1:5-11*

Commentary: *Nehemiah's prayer is a model of humility. He confesses not only his own sins but also the sins of his people. He acknowledges God's promises and requests His mercy and faithfulness. This prayer reminds us that confession is a vital step in rebuilding our relationship with God and others.*

Reflection: *Are there sins that you need to confess today? Consider how acknowledging these before God can lead to freedom and healing, and also prepare you for His next steps for your life.*

Prayer: *Father, I confess my sins and the ways I have fallen short of Your glory. Forgive me and help me to trust in Your faithfulness. Lead me as I seek to follow Your will in every area of my life. Help me also to intercede for my community, asking for Your mercy and restoration.*

NOTES & REFLECTIONS:

Day 3: January 22 - The King's Favor

Reading: *Nehemiah 2:1-8*

Commentary: *Nehemiah's boldness before King Artaxerxes demonstrates the power of prayerful preparation. Having fasted and prayed, Nehemiah asks for the king's favor and receives all that he requests. God's hand is clearly at work, reminding us that He can move hearts and circumstances to accomplish His purposes. He goes before us preparing the way.*

Reflection: *Are you facing a situation that requires boldness? How can prayer prepare your heart to approach it with confidence in God's provision?*

Prayer: *Lord, prepare my heart and give me boldness as I step out in faith. Help me to trust in Your provision and timing, knowing that You go before me. Open doors that align with Your will, and give me wisdom to walk through them.*

NOTES & REFLECTIONS:

Day 4: January 23 - Inspecting the Walls

Reading: Nehemiah 2:9-16

Commentary: *Before beginning the work, Nehemiah inspects the walls to understand the scope of the challenge. His quiet assessment shows wisdom and intentionality, emphasizing the importance of preparation before action.*

Reflection: *Are there areas in your life that require careful examination? Ask God for wisdom to see the challenges clearly and prepare for the work ahead.*

Prayer: *Lord, help me to approach the challenges in my life with wisdom and care. Grant me discernment as I assess what needs rebuilding, and guide my steps as I prepare to act according to Your will.*

NOTES & REFLECTIONS:

Day 5: January 24 - Rallying the People

Reading: *Nehemiah 2:17-20*

Commentary: *Nehemiah shares his vision with the people, inspiring them to join the work. His confidence in God's favor encourages them to rise and build, despite opposition.*

Reflection: *Are there others you need to invite into the work God has called you to? Consider how you can inspire and encourage them to join you in His mission.*

Prayer: *Father, give me the words to inspire others to join in the work You have called us to. Help us to stand together in faith, trusting in Your provision and protection as we work for Your glory. Help me to be a seed planter, trusting You to bring the harvest.*

NOTES & REFLECTIONS:

Day 6: January 25 - Facing Opposition

Reading: *Nehemiah 4:1-6*

Commentary: *Opposition arises as the work begins, but Nehemiah responds with prayer and perseverance. He reminds the people of God's power and keeps them focused on the task to rebuild the walls of Jerusalem.*

Reflection: *How do you respond when faced with opposition? Take time to examine your heart and bring your challenges to God in prayer and trust Him to strengthen you.*

Prayer: *Lord, when I face a challenge, remind me of Your strength and faithfulness and to let go of my need to control. Help me to persevere and remain focused on the work You have called me to do, trusting that You are with me.*

NOTES & REFLECTIONS:

Day 7: January 26 - Strengthening the Weak

Reading: *Nehemiah 4:7-14*

Commentary: *Nehemiah encourages the people to trust in God and take practical steps to protect themselves. By addressing both their fears and their needs, their resolve to finish the work is strengthened.*

Reflection: *Are there areas in your life where you need to address both spiritual and practical needs? Seek God's wisdom and courage as you face these challenges.*

Prayer: *Father, strengthen me and give me courage as I face the challenges in my life. Help me to trust in Your protection and take practical steps to follow Your guidance.*

NOTES & REFLECTIONS:

Week 2

Pressing On In Faith

A Guide For Spiritual Renewal



Day 8: January 27 - Unity in the Work

Reading: *Nehemiah 4:15-23*

Commentary: *The people work together, each doing their part to rebuild the wall while also protecting one another. This unity and shared purpose demonstrate the strength of community and reliance on God.*

Reflection: *Are you part of a circle of Christ followers that help spur you on in the mission? Consider joining a LIFE Group and building godly relationships around you that encourages your walk.*

Prayer: *Lord, help me to foster unity and partnership in the work You have called us to. May we stand together, encouraging and protecting one another as we seek to glorify You.*

NOTES & REFLECTIONS:

Day 9: January 28 - Addressing Injustice

Reading: *Nehemiah 5:1-13*

Commentary: *Nehemiah confronts the injustices among his people, calling for repentance and restoration. His leadership reminds us of the importance of addressing wrongs and promoting righteousness in our communities.*

Reflection: *Are there injustices in your life or community that God is calling you to address? Seek His guidance on how to respond with wisdom and courage.*

Prayer: *Father, give me the courage to confront injustice and the wisdom to promote peace and righteousness. Help me to be a voice for Your truth and love in my community.*

NOTES & REFLECTIONS:

Day 10: January 29 - The Power of Prayer & Perseverance

Reading: *Nehemiah 6:1-9*

Commentary: *As the wall nears completion, Nehemiah faces more opposition from his enemies. However, he remains steadfast in prayer and continues with determination. His commitment to God's calling in the face of threats shows the importance of perseverance and trusting in God's protection.*

Reflection: *Are there distractions or discouragements trying to derail your progress in following God's plan? Is it your own wants and desires? Could it be unwillingness to heal? How can you strengthen your resolve to stay focused on His will?*

Prayer: *Lord, help me to persevere in the work You have called me to, even when opposition arises. Strengthen my resolve and remind me that You are with me every step of the way. Help me to focus on Your purpose and not be distracted by threats or distractions.*

NOTES & REFLECTIONS:

Day 11: January 30 - Completion of the Work

Reading: Nehemiah 6:15-16

Commentary: *The wall is completed in just 52 days, a testament to God's faithfulness and Nehemiah's leadership. This miraculous achievement demonstrates that when God is at the center of our work, nothing is impossible. He provides the favor as we walk in His will.*

Reflection: *How can you recognize God's hand at work in your own life? Reflect on the areas where He has enabled you to complete tasks that seemed impossible.*

Prayer: *Thank You, Lord, for Your faithfulness in my life. Help me to recognize Your work in every accomplishment and give You the glory. May I continue to walk in Your guidance and complete the tasks You've set before me with Your strength.*

NOTES & REFLECTIONS:

Day 12: January 31 - Commitment to God's Word

Reading: *Nehemiah 8:1-8*

Commentary: *The people of Israel gather to hear the reading of God's Word. They are moved to repentance and commitment, demonstrating the power of Scripture to restore and transform. Nehemiah's example shows that true renewal begins with a return to God's Word.*

Reflection: *How can you make the Word of God a priority in your life? Consider how you can deepen your engagement with Scripture during this season of prayer and fasting.*

Prayer: *Lord, give me a deep hunger for Your Word. May it shape my heart and mind, leading me to live according to Your will. Open my eyes to the truths in Scripture and help me to apply them in my daily life.*

NOTES & REFLECTIONS:

Day 13: February 1 - Repentance & Renewal

Reading: *Nehemiah 9:1-3*

Commentary: *The people confess their sins and renew their covenant with God. Repentance is a key step in spiritual renewal, and this public acknowledgment of sin leads to a deeper commitment to follow God's ways.*

Reflection: *Are there areas of your life where you need to repent and renew your commitment to God? Spend time today confessing your sins and seeking His forgiveness.*

Prayer: *Father, I confess my sins and ask for Your forgiveness. Renew my heart and spirit, and help me to walk in obedience to Your commands. Lead me to a place of true repentance and restoration.*

NOTES & REFLECTIONS:

Day 14: February 2 - Rebuilding Relationships

Reading: *Nehemiah 10:28-39*

Commentary: *The people of Israel make a collective commitment to obey God's laws and live in covenant with Him. Their decision to rebuild not just the physical walls but also their spiritual lives demonstrates the importance of unity and commitment to God's commands.*

Reflection: *Are there relationships in your life that need to be rebuilt? Consider how you can restore broken relationships and work toward reconciliation.*

Prayer: *Lord, help me to rebuild relationships that have been damaged. Give me a heart of forgiveness and reconciliation, and help me to honor You in my interactions with others.*

NOTES & REFLECTIONS:

Week 3

Pressing On

A Guide For Spiritual Renewal



Day 15: February 3 - Trusting in God's Provision

Reading: *Nehemiah 11:1-2*

Commentary: *Nehemiah takes practical steps to repopulate the city of Jerusalem by inviting those who had settled in other areas to return and help restore the city. This shows the importance of trusting in God's provision as we rebuild and take action in His mission.*

Reflection: *In what areas of your life do you need to trust God's provision? Consider how you can step out in faith, trusting that He will provide everything you need to accomplish His purposes.*

Prayer: *Lord, I trust that You will provide for every need in my life. Help me to step out in faith, knowing that You are my source of strength, provision, and guidance. May I rely on Your faithfulness as I move forward in obedience to Your will.*

NOTES & REFLECTIONS:

Day 16: February 4 - The Importance of Worship

Reading: *Nehemiah 12:27-43*

Commentary: *As the wall is dedicated, the people gather to worship and give thanks to God. This celebration highlights the importance of worship in every stage of our spiritual journey. Worship reminds us of God's greatness and helps us to focus our hearts on Him.*

Reflection: *How can you make worship a daily part of your life? Reflect on the ways you can praise and thank God in every season, not just when things are going well.*

Prayer: *Lord, I thank You for Your greatness and faithfulness. Help me to worship You with a sincere heart every day, whether in times of joy or difficulty. May my life reflect Your glory and honor.*

NOTES & REFLECTIONS:

Day 17: February 5 - Dedication to God's Service

Reading: *Nehemiah 13:1-3*

Commentary: *The people renew their commitment to God's service by dedicating their lives to His purposes. Nehemiah's reforms demonstrate that dedication to God's service is not a one-time decision, but an ongoing commitment.*

Reflection: *How can you renew your commitment to serve God with your whole heart? Consider how you can offer your time, talents, and resources for His kingdom.*

Prayer: *Father, I dedicate my life to Your service. Help me to honor You with everything I do, and give me the strength and wisdom to serve You faithfully in every area of my life.*

NOTES & REFLECTIONS:

Day 18: February 6 - Standing Firm Against Temptation

Reading: *Nehemiah 13:4-9*

Commentary: *Nehemiah confronts the issue of compromise, as some of the people have fallen into sin by allowing foreign influences into their lives. He takes a strong stand to protect the purity of the people and the worship of God.*

Reflection: *Are there areas in your life where you have allowed compromise or temptation to take root? Ask God to help you stand firm in your faith and resist any influences that lead you away from Him.*

Prayer: *Lord, help me to stand firm in my faith and resist any temptation that threatens to pull me away from You. Strengthen my resolve to live according to Your Word and keep my heart pure before You.*

NOTES & REFLECTIONS:

Day 19: February 7 - Commitment to Holiness

Reading: *Nehemiah 13:10-22*

Commentary: *Nehemiah addresses the issue of neglecting the Sabbath and other areas of holiness, urging the people to return to God's commands. This passage reminds us of the importance of living lives that are set apart for God's purposes.*

Reflection: *How can you prioritize holiness in your daily life? Reflect on areas where you can commit to living more fully in line with God's will.*

Prayer: *Father, help me to live a life of holiness, set apart for You. Give me the strength to resist distractions and remain faithful to Your commands. May my life reflect Your purity and glory.*

NOTES & REFLECTIONS:

Day 20: February 8 - Giving God Our Best

Reading: *Nehemiah 13:23-31*

Commentary: *Nehemiah takes action to ensure that the people are giving God their best, especially in their offerings and worship. This teaches us the importance of giving God our best in every area of our lives, not just in our resources but also in our time and devotion.*

Reflection: *Are you giving God your best? Consider how you can prioritize Him above all else, offering your time, talents, and resources in worship and service.*

Prayer: *Lord, help me to give You my best in everything I do. May my life be a living offering of praise and service to You. Teach me to honor You with my time, resources, and heart.*

NOTES & REFLECTIONS:

Day 21: February 9 - Rejoicing in God's Faithfulness

Reading: *Nehemiah 12:43*

Commentary: *The people celebrate with joy and thanksgiving for all that God has done in rebuilding the walls and restoring the city. Their rejoicing serves as a reminder to us of God's faithfulness and the importance of celebrating His work in our lives.*

Reflection: *Take time today to reflect on all that God has done in your life during these 21 days of prayer and fasting. Rejoice in His faithfulness and thank Him for His work of restoration in you.*

Prayer: *Lord, I rejoice in Your faithfulness and goodness. Thank You for all that You have done in my life. May I continue to celebrate Your work and live in the joy of Your salvation, trusting that You are always with me.*

NOTES & REFLECTIONS:

Reflecting on Your 21-Day Journey

As you conclude these 21 days of prayer and fasting, take some time to reflect on how God has worked in your life. Use the space below to write down your thoughts, prayers, and insights from this spiritual journey.

REFLECTION QUESTIONS:

**What did you learn about God during this time?*

**How has your faith grown or been strengthened?*

**Were there specific prayers God answered or areas where you saw His hand at work?*

**What challenges did you face, and how did God help you overcome them?*

**How can you continue the practices of prayer, fasting, and Scripture study in your daily life?*



NEWHORIZONCHURCH.TV
New Horizon Church | 100 Horizon Place
Durham, NC 27705