



21 Days of Prayer & Fasting

January 12 – February 1, 2026

Week 1: Returning to First Love

Turning our hearts back to God with holy reverence, repentance, renewed hunger, and fresh encounters with His Spirit.

Day 1: Monday, January 12

The Fear of the Lord

Scripture: Proverbs 9:10

Declaration: Lord, we come before You with reverence and humility. Your Word says, "The fear of the LORD is the beginning of wisdom." Teach us to see You rightly. You are holy and worthy of our obedience. Forgive us where we have grown casual with Your presence. Restore the fear of the Lord that draws us near and leads us into wisdom.

Day 2: Tuesday, January 13

Awakened Hearts

Scripture: Ephesians 1:18

Declaration: God, awaken our hearts to truth. Your Word says, "The eyes of your heart may be enlightened so that you may know the hope to which He has called you." Open our eyes to see You clearly and expose where our hearts have drifted. Bring our hearts back into alignment.

Day 3: Wednesday, January 14

Conviction That Leads to Repentance

Scripture: 2 Corinthians 7:10

Declaration: Holy Spirit, search our hearts. Your Word says, "Godly sorrow brings repentance that leads to salvation." Bring conviction that leads to life. Where we have resisted obedience, trusted our own understanding, or tolerated sin, we repent. Teach us to fear the Lord in a way that turns us from evil and restores us to truth. Cleanse us, realign us, and lead us into freedom.

Day 4: Thursday, January 15

Hunger for God and Righteousness

Scripture: Matthew 5:6

Declaration: God, stir a deep hunger within us. Your Word says, "Blessed are those who hunger and thirst for righteousness." Teach us to desire righteousness over comfort or compromise. Free us from being wise in our own eyes. Satisfy us with Your presence.

Day 5: Friday, January 16

Prodigals Returning Home

Scripture: Luke 15:20

Declaration: Father, we declare prodigals are returning home. Your Word says, "While he was still a long way off, his father saw him and was filled with compassion; he ran to his son, embraced him, and kissed him." Meet them with mercy, restore their identity, and welcome them back into Your family.

Day 6: Saturday, January 17

Freedom from Spiritual Blindness

Scripture: 2 Corinthians 4:4

Declaration: In Jesus' name, we declare freedom from spiritual blindness. Your Word says, "The god of this age has blinded the minds of unbelievers, so that they cannot see the light of the gospel that displays the glory of Christ." We ask that every veil be lifted and the light of the gospel shine clearly.

Day 7: Sunday, January 18

Outpouring of the Holy Spirit

Scripture: Joel 2:28

Declaration: Lord, we ask for an outpouring of Your Spirit. Your Word says, "I will pour out My Spirit on all people." Pour out Your presence on a reverent and obedient people. Entrust Your power to hearts that fear Your name. Fill every generation and align us with Your will for faithful, holy living.



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Week 2: Filled and Sent

As hearts are renewed, we ask to be filled with the Holy Spirit and sent together as a bold, unified witness to Jesus.

Day 8: Monday, January 19

Signs and Wonders

Scripture: Mark 16:20

Declaration: Lord, move with power among us. Your Word says, "The Lord worked with them and confirmed His word by the signs that accompanied it." Let healings, miracles, and wonders point people to Jesus and confirm the truth of the gospel.

Day 9: Tuesday, January 20

Bold Witness

Scripture: Acts 4:31

Declaration: Holy Spirit, fill us with boldness. Your Word says, "After they prayed, the place where they were meeting was shaken. And they were all filled with the Holy Spirit and spoke the word of God boldly." Remove fear and empower us to share the gospel with courage and love.

Day 10: Wednesday, January 21

Open Doors for the Gospel

Scripture: Revelation 3:8

Declaration: God, open doors for the message of Christ. Your Word says, "See, I have placed before you an open door that no one can shut." We declare open hearts, open conversations, and open opportunities for salvation.

Day 11: Thursday, January 22

Freedom from Fear

Scripture: 2 Timothy 1:7

Declaration: We declare freedom from fear and compromise. Your Word says, "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline." Fill Your Church with courage and confidence rooted in Your truth.

Day 12: Friday, January 23

Unity in the Body of Christ

Scripture: John 17:21

Declaration: Jesus, make us one. Your Word says, "That all of them may be one, Father, just as You are in Me and I am in You... so that the world may believe that You have sent Me." Heal division and let unity be our witness.

Day 13: Saturday, January 24

Healing of Division

Scripture: Ephesians 4:3

Declaration: Lord, teach us to walk in humility and love. Your Word says, "Make every effort to keep the unity of the Spirit through the bond of peace." Heal wounds, restore relationships, and strengthen Your Church.

Day 14: Sunday, January 25

Revival Fire

Scripture: Luke 24:32

Declaration: God, ignite our hearts again. Your Word says, "Were not our hearts burning within us while He talked with us on the road and opened the Scriptures to us?" Rekindle first love, awaken passion for Jesus, and let revival fire burn in Your Church.



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Week 3: A Faith That Reproduces

The fruit of renewal and obedience is a faith that moves outward—loving deeply, serving the vulnerable, reaching the nations, and multiplying disciples.

Day 15: Monday, January 26

Known by Love

Scripture: John 13:35

Declaration: Lord, form us into a people marked by love. Your Word says, "By this everyone will know that you are My disciples, if you love one another." Teach us to love sincerely, sacrificially, and truthfully. Let our love reflect Your heart. May love be the witness that shapes our lives and sends us outward in humility and faith.

Day 16: Tuesday, January 27

Transformation of Families

Scripture: Malachi 4:6

Declaration: God, restore families. Your Word says, "He will turn the hearts of the parents to their children, and the hearts of the children to their parents." Heal homes, restore relationships, and release generational blessing.

Day 17: Wednesday, January 28

Healing for Our City

Scripture: 2 Chronicles 7:14

Declaration: Lord, we humble ourselves before You. Your Word says, "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." Heal our city and restore what is broken.

Day 18: Thursday, January 29

Justice and Mercy Flow

Scripture: Amos 5:24

Declaration: God, let justice and righteousness flow in our city and the nations. Your Word says, "Let justice roll on like a river." Defend the orphan, the fatherless, the widow, the poor, and the oppressed. Expose injustice. Teach us to love with action.

Day 19: Friday, January 30

Defend the Orphan

Scripture: Isaiah 1:17

Declaration: Lord, we lift up the work of defending the orphan. Your Word says, "Defend the cause of orphans." Strengthen leaders serving through Coreluv, provide for every need, and grant favor in every place. Let children encounter Jesus and be raised as future Christian leaders.

Day 20: Saturday, January 31

Disciples Made Among the Nations

Scripture: Matthew 28:19-20

Declaration: Jesus, we say yes to Your commission. Your Word says, "Go and make disciples of all nations." Align our hearts with Your mission to every nation, tribe, and tongue. Teach us to live as disciples who make disciples. Send us into our city and the nations as ambassadors of Your kingdom.

Day 21: Sunday, February 1

Multiplication for the Glory of God

Scripture: Acts 12:24

Declaration: Lord, we ask for multiplication that brings You glory. Your Word says, "The word of God continued to spread and flourish." Let the fruit of this fast endure, and send us out to faithfully advance Your work in our city and the nations.



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This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Share prayer requests, testimonies, and learn more about fasting at nationshouston.org/fast