




God's Harbor For All Souls

21

DAYS  
OF  
PRAYER  
AND  
FASTING



*Is not this the fast  
that I have chosen?  
to loose the bands of  
wickedness, to undo  
the heavy burdens,  
and to let the  
oppressed go free,  
and that ye break  
every yoke?*

**JANUARY 1-21, 2026**

Godsharbor.org • 4100 Maple Ave, Richton Park, IL

# Purpose of Prayer & Fasting

---

Fasting is a powerful spiritual discipline that aligns our hearts more closely with the heart of God and also empowers us to see breakthroughs in specific areas. When people think of fasting they may focus too heavily on the giving up of food but it is much more than pushing back our plates. Fasting is when we go without food (or specific types of food) for a period of time and instead direct our attention more fully to God. It helps us as believers to not be ruled by our physical desires but to grow in spiritual power and authority over the desires of our flesh.

Fasting is more about gaining than giving up. Fasting is about gaining more of God and growing closer to Him. Fasting allows us to remove some of the things we spend most of our time and energy on and gives us room to focus on God. Fasting humbles our flesh, causing it to decrease and allowing our spirit man to increase. Fasting isn't something that we do to try to manipulate God, but it is a spiritual discipline that can help us to align our lives with Heaven and develop a deeper intimacy with God. Even Jesus Himself fasted ([Luke 4:2](#))

God wants us to communicate with Him and this is done through prayer. There are many benefits of praying. Prayer changes our focus, ushers us into God's presence, brings us closer to Him, helps calm us and brings about change. Prayer is one of your most powerful weapons against the enemy, your adversary the devil ([1 Peter 5:8](#)). For prayer activates the full armor of God ([Ephesians 6:10-18](#)).

# 21 Days of Prayer & Fasting

## Alignment, Restoration, and Kingdom Advancement

---

This 21-day fast is designed to lead us into deeper spiritual alignment with God, bringing healing to individuals, strength to families and the Church, and transformation to our city, nation, and beyond. Each week builds upon the last, guiding us from personal restoration into corporate intercession and concluding with thanksgiving, praise, and worship.

We acknowledge that for some of you, you might be new to fasting or haven't fasted in a while. With that said we will be doing a Daniel Fast. We are providing guidelines for doing 21 days of fasting and prayer in this guide.

Try not to get too hung up on the food portion of the fast. The guidelines are given to help you form boundaries, not to push you into legalism. Your fast may look a little different than someone else's, and that's fine. God may be calling you to do a stricter fast than others so that your fast is a sacrifice for you.

If you are already vegan or vegetarian, you can do liquid from 6 AM - 5 PM or you can fast from your favorite foods. Just make sure it is a sacrifice. The most important part of the Daniel Fast is that you deny yourself physically so that you may seek the Lord in prayer and grow closer to Him.

## **Details:**

- Thursday, January 1, 2026 to Wednesday 21, 2026
- Daniel Fast, NO MEAT
- Think would Adam and Eve recognize what is on my plate?

## **How to Prepare for a Fast:**

- Seek the Lord for specific areas you want to pray into.
- Ask the Lord to highlight anything that may prevent you from completing the fast.
- Seek any medical advice if you have health concerns.
- Prepare your mind to finish.
- Grab some friends and family to participate for accountability.
- Get all the food you are not supposed to eat out and buy the food necessary for the fast.

## **What to Do During the Fast:**

- Get up and pray daily, use prayer points as a guide.
- Read your Word daily, at least a chapter a day.
- Have a journal to write down what God may be speaking to you, either through His Word or through your dreams.
- Listen to worship/gospel music
- If you mess up, start over immediately.
- Drink plenty of water.
- Sleep well.
- Pray in the Spirit daily.
- Be mindful of what you are feeding your spirit (eye gates and ear gates).

## **What to Do After the Fast:**

- Do listen to the Holy Spirit, He may want you to fast longer than planned.
- Do pray out of your fast before eating.
- Do give thanks for the fast.
- If you decided to do a liquid fast, come off the fast slowly; do not eat a bunch of food at once. Start off with soup.

## **Week 1: Personal Healing & Spiritual Alignment**

This week centers on allowing God to heal, restore, and realign us personally. We will seek freedom from past wounds, clarity of vision, and renewed purpose so we can walk fully in what God has called us to do.

## **Week 2: Family, Church, Growth, Destiny, Finances & Kingdom Advancement**

Week 2 shifts from the individual to the collective. As we are healed and aligned, we intercede for our families, our church, and our God-given assignments. We will pray for growth, provision, and the advancement of God's Kingdom through our lives.

## **Week 3: Regional & National Intercession**

This final week is devoted to intercession beyond ourselves. We stand in the gap for our city and nation, confronting spiritual strongholds while declaring God's redemption, justice, and peace. We conclude the fast with thanksgiving and worship, honoring God for what He has done and what He will do.

# Week 1:

## Personal Healing & Spiritual Alignment

---

### Inner Healing, Vision, and Gifting Breakthroughs

#### Day 1: Repentance and Heart Alignment

Scripture: Psalm 51:10

Focus: Ask God to cleanse your heart and realign your life with His will.

#### Day 2: Healing from Past Wounds and Trauma

Scripture: Psalm 147:3

Focus: Pray for emotional, spiritual, and mental healing from past pain.

#### Day 3: Breaking Cycles and Strongholds

Scripture: 2 Corinthians 10:4–5

Focus: Tear down unhealthy patterns, mindsets, and spiritual bondage.

#### Day 4: Renewed Mind and Spiritual Clarity

Scripture: Romans 12:1–2

Focus: Allow God to renew your thinking and sharpen your discernment.

#### Day 5: Vision and Purpose Alignment

Scripture: Proverbs 29:18

Focus: Seek clarity for God's vision and direction for your life.

#### Day 6: Activation of Spiritual Gifts

Scripture: 2 Timothy 1:6

Focus: Ask God to activate/cultivate your gifts and wisdom in their use.

#### Day 7: Rest, Wholeness, and Trust

Scripture: Matthew 11:28–30

Focus: Receive God's rest and trust Him fully with your life.

# Week 1 Declarations: Personal Healing & Spiritual Alignment

---

According to Psalm 51:10, I declare that God is creating in me a clean heart and renewing a right spirit within me. Thank You, Lord, for cleansing me and aligning my heart with Your will.

According to Psalm 147:3, I declare that the Lord is healing my broken heart and binding up my wounds. Thank You, Lord, for restoring every wounded place in my life.

According to 2 Corinthians 10:4–5, I declare that every stronghold, cycle, and thought that exalts itself against the knowledge of God has been torn down. Thank You, Father God, for giving me victory and freedom.

According to Romans 12:1–2, I declare that my mind is renewed, my life is transformed surrendered fully to God. Thank You, God, for helping me discern Your good, acceptable, and perfect will.

According to Proverbs 29:18, I declare that I walk with clear vision and divine direction for my life. Thank You, God, for revealing Your purpose and plan for me.

According to 2 Timothy 1:6, I declare that the gifts of God within me are stirred, activated, and strengthened. Thank You, Lord, for empowering me to walk boldly in my calling.

According to Matthew 11:28–30, I declare that I receive the rest, peace, and wholeness that only Christ can give. Thank You, Lord, for carrying my burdens and refreshing my soul.



# **Week 2: Family, Church, Growth, Destiny, Finances & Kingdom Advancement**

---

## **Strengthening What God Has Entrusted To Us**

### **Day 8: Family Healing and Unity**

Scripture: Joshua 24:15

Focus: Pray for salvation, restoration, and unity in families.

### **Day 9: Church Strength and Leadership**

Scripture: Ephesians 4:11–13

Focus: Pray for growth, vision, and protection over the Church.

### **Day 10: Growth and Destiny Alignment**

Scripture: Jeremiah 29:11

Focus: Align your life with God's plans and purpose.

### **Day 11: Financial Healing and Provision**

Scripture: Malachi 3:10

Focus: Break cycles of lack and walk in faithful stewardship.

### **Day 12: Favor and Open Doors**

Scripture: Revelation 3:8

Focus: Pray for divine opportunities and favor.

### **Day 13: Kingdom Advancement**

Scripture: Matthew 6:33

Focus: Commit to advancing God's Kingdom in every area of life.

### **Day 14: Generational Blessing and Legacy**

Scripture: Psalm 112:1–2

Focus: Declare blessings over future generations.



## **Week 2 Declarations: Family, Church, Growth, Destiny, Finances & Kingdom Advancement**

---

According to Joshua 24:15, I declare that as for me and my house, we will serve the Lord. Thank You, Lord, for salvation, unity, and restoration within my family.

According to Ephesians 4:11–13, I declare that the Church is equipped, strengthened, and unified in the faith. Thank You, Lord, for guiding and empowering Your leaders and Your people.

According to Jeremiah 29:11, I declare that God's plans for my life are filled with hope, purpose, and a future. Thank You, Lord, for ordering my steps according to Your will.

According to Malachi 3:10, I declare that as I honor God in my giving and stewardship, He opens the windows of heaven and pours out blessing. Thank You, Lord, for Your faithful provision.

According to Revelation 3:8, I declare that God has set before me open doors that no one can shut. Thank You, Lord, for divine favor and opportunity.

According to Matthew 6:33, I declare that as I seek first the Kingdom of God and His righteousness, all that I need is added unto me. Thank You, Lord, for aligning my priorities with Your Kingdom.

According to Psalm 112:1–2, I declare that my family line is blessed and established in righteousness. Thank You, Lord, for generational favor and legacy.



# **Week 3:**

## **Regional & National Intercession, Thanksgiving, Praise & Worship**

---

### **Chicagoland/NW Indiana, America, and Concluding With Thanksgiving, Praise, and Worship**

#### **Day 15: Violence and Murder Cycles**

Scripture: Isaiah 60:18

Focus: Pray for peace, safety, and an end to violence.

#### **Day 16: Depression and Mental Health**

Scripture: Isaiah 61:3

Focus: Pray for hope, healing, and restored joy.

#### **Day 17: Oppression and Poverty**

Scripture: Isaiah 58:6–7

Focus: Pray for justice, freedom, and economic restoration.

#### **Day 18: Corruption and Strongholds**

Scripture: 2 Chronicles 7:14

Focus: Pray for repentance and righteous leadership.

#### **Day 19: National Repentance and Revival**

Scripture: 1 Timothy 2:1–2

Focus: Pray for healing, unity, and revival in the nation.

#### **Day 20: Thanksgiving**

Scripture: Psalm 100

Focus: Thank God for breakthrough and faithfulness.

#### **Day 21: Praise, Worship, and Rededication**

Scripture: Romans 12:1

Focus: Worship and commit your life fully to God.

## **Week 3 Declarations: Regional & National Intercession, Thanksgiving, Praise & Worship**

According to Isaiah 60:18, I declare that violence shall no longer be heard in Chicago and that peace and safety will rise in our city. Thank You, Lord, for establishing Your peace in our communities.

According to Isaiah 61:3, I declare that joy replaces mourning and hope replaces despair in the lives of those struggling with depression and heaviness. Thank You, Abba, for healing minds and restoring joy.

According to Isaiah 58:6–7, I declare that systems of oppression and poverty are broken and that freedom and justice are released. Thank You, God, for Your heart for restoration and equity.

According to 2 Chronicles 7:14, I declare that as we humble ourselves, pray, and seek God's face, He hears from heaven and heals our land. Thank You, Father, for bringing repentance and righteousness.

According to 1 Timothy 2:1–2, I declare that as we pray for leaders and those in authority, our nation will experience peace and godliness. Thank Father God, for Your guidance over America.

According to Psalm 100:4, I declare that thanksgiving and praise continually rise from my heart. Thank You, Lord, for Your faithfulness throughout this fast.

According to Romans 12:1, I declare that my life is a living sacrifice, holy and acceptable unto God. Thank You, Lord, for receiving my worship and surrender.





God's Harbor For All Souls



# Thursday Night Prayer @ 7:30 pm

Dial 312-626-6799

Meeting ID: 813 7883 6976

Passcode: 563224

Watch Us On  
**You**Tube

Your Generosity  
Makes A **Difference**

*It's easy to give...*

► **ONLINE:**

[Godsharbor.org/give](https://Godsharbor.org/give)

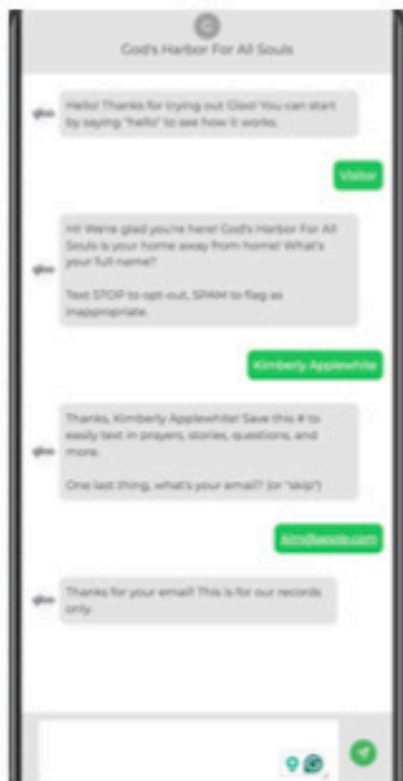
► **BY MAIL:**

P.O. Box 307, Matteson, IL 60443



# GET CONNECTED

TEXT "VISITOR" TO  
833-399-9422  
OR SCAN QR CODE



# WE WANT TO HEAR FROM YOU!



Please text or send in your video  
testimony to 833-399-9422



God's Harbor For All Souls



DAYS  
OF  
PRAYER  
AND  
FASTING

Godsharbor.org • 4100 Maple Ave, Richton Park, IL