



PNM- 21 Days of Prayer & Fasting Devotional – Week One

Day One – Seeking God First

Verse: *“But seek first the kingdom of God and His righteousness, and all these things will be added to you.”* – Matthew 6:33

Devotional:

Every great move of God begins when His people choose to put Him first. Fasting is not just about denying yourself food—it is about making space for God to sit on the throne of your heart. When you choose to seek Him first, you’re declaring that nothing else in life matters more than His presence and His will.

As you begin this 21-day journey, let your heart be set on Him. The very act of fasting is a declaration: *“Lord, You are my source. You are my priority. I hunger more for You than anything else.”* As you give Him first place, watch how “all these things” will begin to align in your life.

Prayer Points:

1. Lord, I dedicate this fast to You completely.
2. Let my heart hunger more for You than for food.
3. Re-order my life to seek You above all else.
4. Deliver me from distractions that steal my focus.
5. Draw me closer into Your presence.
6. Let my relationship with You deepen during this fast.
7. Fill me with spiritual hunger and thirst.
8. Reveal Yourself to me in new dimensions.
9. Establish me in Your righteousness.
10. Let this fast bring glory to Your name.

Day Two – Hearing God’s Voice

Verse: “*My sheep hear my voice, and I know them, and they follow me.*” – John 10:27

Devotional:

One of the greatest blessings of fasting is clarity. When we silence the voice of the flesh, the voice of the Spirit becomes clearer. God is always speaking, but fasting helps us tune in like a radio dial that suddenly finds the right frequency.

As you fast, expect God to whisper direction, correction, and encouragement to your heart. You are His sheep—you have the ability to hear His voice. Today, ask the Lord to silence every other voice: the voice of fear, doubt, and confusion—so that His word will be the loudest in your spirit.

Prayer Points:

1. Lord, open my spiritual ears to hear You clearly.
2. Silence every voice of fear and confusion.
3. Help me discern between Your voice and the enemy’s lies.
4. Reveal Your will and plan for my life.
5. Guide me in decisions I must make.
6. Remove every blockage to spiritual hearing.
7. Let me follow You without hesitation.
8. Speak peace into my heart where there is worry.
9. Teach me to recognize Your whispers.
10. Make me sensitive to the leading of Your Spirit.

Day Three – Divine Guidance

Verse: “*Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge Him, and He shall direct your paths.*” – Proverbs 3:5–6

Devotional:

Life is filled with choices, and often we rely on our own wisdom to make them. But fasting reminds us that our own understanding is limited. When we lean fully on God, He promises to direct our paths with precision.

During this fast, lay your decisions before the Lord—big or small. Whether it's family, career, business, or ministry, acknowledge Him in everything. As you yield to His direction, you will find Him closing wrong doors and opening the right ones, guiding you into purpose and peace.

Prayer Points:

1. Lord, I trust You with all my heart.
2. Direct my steps according to Your will.
3. Close every door that is not from You.
4. Lead me away from wrong decisions.
5. Guide me into destiny opportunities.
6. Help me lean on Your wisdom, not my own.
7. Show me Your pathway for this season.
8. Remove confusion from my life.
9. Confirm Your word with peace.
10. Keep me in the center of Your will.

Day Four – Repentance and Cleansing

Verse: *“If we confess our sins, He is faithful and just to forgive us and to cleanse us from all unrighteousness.”* – 1 John 1:9

Devotional:

Fasting is a time of self-examination. It's not just about asking God for things—it's about asking Him to search us. True revival begins with repentance. When we confess our sins, God not only forgives, but He also cleanses us, removing guilt and restoring fellowship with Him.

Today, come before Him with honesty. Allow the Holy Spirit to shine His light on areas that need repentance. Don't carry guilt—Jesus has already paid the price. Receive His cleansing and walk in the freedom of forgiveness.

Prayer Points:

1. Lord, shine Your light on my heart.
2. Forgive me of every sin I've committed knowingly or unknowingly.
3. Wash me with the blood of Jesus.
4. Cleanse my thoughts and motives.
5. Break every guilt and condemnation.
6. Renew my mind with Your word.
7. Purge me from secret sins.
8. Restore the joy of my salvation.
9. Make me a vessel of holiness.
10. Thank You for Your mercy and forgiveness.

Day Five – Humility Before God

Verse: “*Humble yourselves before the Lord, and He will lift you up.*” – James 4:10

Devotional:

Fasting humbles us. It strips us of pride and reminds us of our dependence on God. Pride says, “I can do it on my own,” but humility says, “Without You, Lord, I am nothing.” The pathway to greatness in the Kingdom is always through humility.

As you fast today, humble yourself under God’s mighty hand. Admit your need for Him in every area. When you humble yourself, He promises to lift you higher than you could ever lift yourself.

Prayer Points:

1. Lord, I humble myself before You.
2. Break every pride in my life.
3. Help me to depend completely on You.
4. Teach me to serve others with humility.
5. Expose any hidden arrogance.
6. Clothe me with a meek and gentle spirit.
7. Let humility be my strength.
8. Deliver me from self-promotion.
9. Teach me to honor others above myself.
10. Lift me up in due season.

Day Six – Breaking Strongholds

Verse: *“Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke?”* – Isaiah 58:6

Devotional:

Fasting is not only personal—it is a spiritual weapon. It destroys chains and shatters strongholds. Every yoke of addiction, oppression, or generational bondage must bow in the place of prayer and fasting.

Today, rise with authority in prayer. Declare freedom over your life, your family, and your destiny. The fast God has chosen is one that brings deliverance. Every yoke must break in Jesus’ name.

Prayer Points:

1. Lord, break every chain in my life.
2. Release me from generational bondage.
3. Destroy every hidden yoke.
4. Break the grip of addiction.
5. Set me free from fear and oppression.
6. Break the cycle of failure.
7. Release my family into freedom.
8. Destroy every satanic assignment.
9. Release my destiny from captivity.
10. Establish me in liberty.

Day Seven – Overcoming Temptation

Verse: “*Man shall not live by bread alone, but by every word that proceeds from the mouth of God.*” – Matthew 4:4

Devotional:

Jesus Himself fasted 40 days before His ministry, and in that time He overcame the devil’s temptations. Fasting makes us strong in spirit, enabling us to resist temptation and stand firm on God’s Word.

When temptation comes, don’t fight in your own strength—use the Word of God. Fasting prepares you for victory. The same Spirit that sustained Jesus is sustaining you in this season.

Prayer Points:

1. Lord, strengthen me against temptation.
2. Fill me with Your Word for victory.
3. Guard my eyes, ears, and heart.
4. Deliver me from hidden traps.
5. Empower me to say no to sin.
6. Let me walk in holiness daily.
7. Give me wisdom in moments of trial.
8. Protect me from spiritual weakness.
9. Strengthen me by Your Spirit.
10. Let my life glorify You in purity.