



M⁶³³

21 DAYS

PRAYER
And
FASTING

JANUARY 5TH - 25TH

THEME:

BREAKING CYCLES

PRAYER JOURNAL

FUNDAMENTALS OF PRAYER

CREATE A LIFESTYLE OF PRAYER

Prayer is most effective when it isn't something we do every now and then, but when it's a lifestyle we cultivate. To understand how to have a lifestyle of prayer, we can look at the example Jesus gave during His life on earth. "And in the morning, rising up a great while before day, he went out, and departed into a solitary place, and there prayed" - Mark 1:35 KJV

HAVE A CERTAIN TIME

Jesus got up early in the morning to spend time with His Heavenly Father. Make a daily appointment with God, whether it's first thing in the morning, at lunch, or in the evening, and faithfully keep it.

HAVE A CERTAIN PLACE

Jesus had a specific place He went to pray. Having a designated place to pray helps us remove distractions and frees us to worship and pray out loud.

HAVE A CERTAIN PLAN

When Jesus taught His disciples how to pray, He gave them a prayer outline. As we pray every day, our plans for our prayer time can vary, but it helps when we have a plan for connecting regularly with God.

FASTING GUIDELINES

1. Prepare mind and body for this fast at least one week ahead of schedule by shutting out all distractions. (Clean entire house/pantry of junk food. Avoid carbs, sugar, caffeine & meats and much entertainment, and drink plenty of water with fresh lemon)
2. Start reading books on Prayer and Fasting beginning today. (Read our books: The Prayer Collective, The Greatest Investment, & The Salt Factor)
3. Participate in as many of the daily online prayer watches during the fast. (We shall be observing several prayer watches during the fast)
4. Build continuous moments in prayer throughout the day by praying frequently. (Make up your mind to set specific frequent times for prayer)
5. Those on medications should should consult with their healthcare provider before beginning the fast. Proceed with caution and be sure to include fresh vegetables or salads each day to help maintain physical strength.

MY 21-DAYS FASTING COMMITMENT

This year, I commit to participate in the M633 Movement 21 Day Fast.

My purpose for fasting is:

Specific things I am praying and believing God for during this fast:

Remember to journal the scriptures you read each day and include any revelations you receive during your study and meditation time.

MY SUCCESS PLAN:

1. I will find an accountability partner; someone who will encourage me when the temptation to quit arises. **Note: This person should be in agreement with your desire to complete the fast and should be a spiritually mature individual who can encourage you with the word. Ecclesiastes 4:12, "A threefold cord is not quickly broken."**
2. My accountability partner for this fast is:

3. I will set aside time every morning from ____ am to ____ am to praise God, read my Word and spend time in prayer.
4. I will set aside time every evening from ____ pm to ____ pm to praise God, read my Word and spend time in prayer.
5. I will NOT allow the enemy to accuse or shame me should I fall short. I am determined to use this time to draw closer to the Lord.

MY 21-DAYS FASTING COMMITMENT

“So we fasted and petitioned our God about this, and he answered our prayers.” (Ezra 8:23).

I believe God is the only one who can answer my prayer, and that fasting will draw me closer to Him. Therefore, everyday God will freely give me the strength and grace I need to commit myself to the above fast.

Signed: _____ Date: _____

Answered prayers in 2025

Thank God for His faithfulness, provision, and grace this past year!

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In 2026, I am believing God for...

Personal Faith Goals

Spiritual Revival, Physical Healing, Generosity, Spiritual Growth

Family

Restoration of Relationships, Salvation of loved ones

In 2026, I am believing God for...

School/Carrer

Excellence, Advancement

Ministry

Small Group accountability and growth, Salvation of friends & neighbors

In 2026, I am believing God for...

Prayer Partner

What things does your prayer partner want you to join him/her in for prayer?

7 Personal Relationships

Identify 7 people who need to know Jesus personally. As you pray for these people, invite God to give you opportunities to minister to them and share God's love with them.

My 7 include:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

SCRIPTURES TO START YOUR DAY

FOUNDATIONAL SCRIPTURE: *MATTHEW 6:33 KJV*

But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.

KEY SCRIPTURES:

MATTHEW 6:5-6 KJV

And when thou prayest, thou shalt not be as the hypocrites are: for they love to pray standing in the synagogues and in the corners of the streets, that they may be seen of men. Verily I say unto you, They have their reward.

But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly.

MATTHEW 6:17-18 KJV

But thou, when thou fastest, anoint thine head, and wash thy face;

That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly.

DAY 1

[illegible]

[illegible]

DAY 2

[illegible]

[illegible]

DAY 3

[illegible]

[illegible]

DAY 4

[illegible]

[illegible]

DAY 5

[illegible]

[illegible]

DAY 6

[illegible]

[illegible]

DAY 7

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[illegible]

DAY 8

[illegible]

[illegible]

DAY 9

[illegible]

[illegible]

DAY 10

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DAY 11

[illegible]

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DAY 12

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DAY 13

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DAY 14

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DAY 15

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DAY 16

[illegible]

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DAY 17

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DAY 18

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DAY 19

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DAY 20

[illegible]

[illegible]

DAY 21

[illegible]

[illegible]

REFLECTION

As you complete this 21-day journey, take a moment to pause, breathe, and acknowledge what God has been doing in you. Fasting doesn't just change circumstances, it changes patterns, perspectives, and the posture of your heart. This is your space to reflect on the cycles that have been confronted, broken, or revealed during this time.

What cycles did God reveal to you during this fast?

Write honestly about the patterns, habits, or mindsets that surfaced.
What did you notice? What surprised you?

[illegible]

[illegible]

What cycles have been broken?

Consider the shifts that happened internally, your desires, discipline, clarity, or spiritual sensitivity.

Where do you feel freedom? Where do you feel lighter?

[illegible]

[illegible]

What new rhythms is God inviting you into?

Breaking cycles is only the beginning.

What new habits, disciplines, or spiritual practices do you sense God calling you to establish?

[illegible]

[illegible]

What did you learn about God during these 21 days?

Reflect on His voice, His presence, His correction, His comfort. How did He meet you? What did He show you?

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