

21 DAYS OF FASTING & PRAYER

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FEBRUARY 1



VALOROUS
CHURCH

21 Days of Fasting & Prayer Guide

January 12 - February 1, 2026

A Message From Pastors Clay & Kim NeSmith on the Importance of Fasting & Prayer

Church Family,

We are stepping into a sacred season, a season where heaven leans in and God invites us to partner with Him in bold, expectant faith.

Fasting is a Kingdom weapon. It is a declaration that we are not driven by culture, comfort, or convenience. We are driven by a deep desire to know Jesus more and to walk in the purpose He created us for.

When we fast, we are making a bold statement: "God, You are our source. You are our strength. You are our first priority."

Throughout Scripture, God moves powerfully when His people fast and pray. Walls fall. Chains break. Vision is restored. Courage rises. Direction becomes clear. Fasting aligns us with what God has already prepared for us.

Make no mistake - God has more for your life:

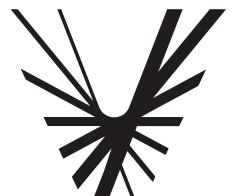
- More purpose.
- More freedom.
- More clarity.
- More boldness.
- More breakthroughs.

As you step into these 21 days, expect God to speak, to reveal, to renew, and to restore. The focus isn't on what you're giving up, but on the space God now has to work in you.

With love and expectation,

A handwritten signature in black ink that reads "Clay & Kim". The "Clay" is on the left, "and" is a small dot, and "Kim" is on the right. The signature is fluid and cursive.

Clay & Kim NeSmith



Valorous Church Vision & Mission

Vision:

We are a city on a hill where the light of Jesus shines into the hearts of people.

Mission:

To bring people into a relationship with Jesus, help them discover who God says they are, and equip them to live victorious lives that bring others to Jesus.

Introduction

Why We Fast

Fasting is a biblical discipline that repositions our hearts toward God. Throughout Scripture, people fast when they need breakthrough, clarity, protection, direction, or deeper intimacy with the Father.

Fasting weakens the flesh so the spirit can rise.

It silences noise so we can hear God's voice more clearly.

It humbles our hearts so God can work in greater ways through our lives.

We do not fast to earn God's love. We fast because we already have it.

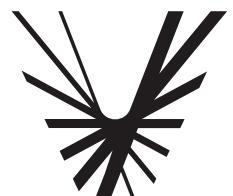
We do not fast to move God. We fast so God can move us.

Why 21 Days

In Scripture, Daniel entered a focused 21-day period of prayer and fasting (Daniel 10:2-3). Throughout church history, believers have embraced 21 days as a meaningful length of time to reset spiritual rhythms, quiet distractions, and pursue God with sustained devotion. A 21-day fast is long enough for real transformation, yet accessible for individuals and families of all ages.

Types of Fasts

- **Full Fast:** Water or liquids only (seek medical guidance before this type of fast).
- **Daniel Fast:** Fruits, vegetables, whole grains, nuts; no meat or sweets.
- **Partial Fast:** Skipping meals or fasting sunrise to sunset.
- **Soul Fast:** Fasting from social media, entertainment, news, etc.
- **Combination Fast:** Any mix of the above.



Safety & Health Disclaimer

Before beginning your fast, consider your health needs and seek medical guidance if necessary - especially if you are pregnant or nursing, have dietary restrictions, take medication, or manage ongoing medical conditions. Fasting looks different for each person. Choose an approach that challenges you spiritually, honors God, and is safe for your body.

Fast at the level that challenges you, but listen to the Holy Spirit. God honors sacrifice, not difficulty.

Upper Room Prayer, Unity and Fasting Celebration

As we walk through this season of fasting and prayer, the Upper Room will be open for focused prayer on the following evenings:

Tuesdays, Wednesdays, and Thursdays from 5:30 - 6:30 PM

Dates:

- January 13, 14, 15
- January 20, 21, 22
- January 27, 28, 29

These gatherings are an opportunity to come together in unity and support, seek the Lord, and remain spiritually aligned as we move forward beyond the fast.

We Fast Together

You are not walking through these 21 days alone. All throughout Valorous Church, individuals and families are seeking God alongside you. As we fast together, we join our faith, our prayers, and our hunger for God's presence. There is strength in unity. Your pursuit strengthens our church, and our church strengthens you. God often moves powerfully when His people seek Him with one heart.

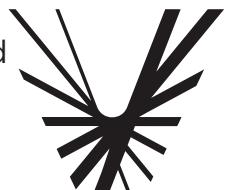
If You Slip During the Fast

If you miss a day, break your fast unintentionally, or lose focus - don't quit. Simply start again at the next opportunity. Fasting is not about perfection; it's about pursuit. God is honored by your desire to seek Him, even through imperfect steps. Extend grace to yourself just as God extends grace to you.

Celebration Gathering

We will conclude this season of fasting with a Celebration Service in the arena on Thursday, February 5th, at 6 PM

Join us as we celebrate what God has done, give thanks for His faithfulness, and move forward together with courage, faith, and obedience.



How to Use This Guide

Each day includes:

- Scripture (New Living Translation)
- Prayer Focus
- Devotional lesson
- Prayer prompt
- Space for reflection.

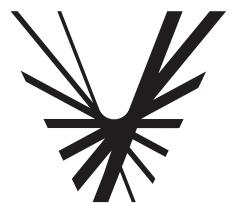
How to Use the Reflection Space

Each day includes space for you to write what God is revealing. Use these lines to record:

- A verse or phrase that stood out
- A prompting, insight, or conviction
- A prayer or declaration
- A moment of clarity, correction, or encouragement
- Anything God brings to mind as you listen

These written reflections help you look back and see God's faithfulness throughout the fast.

Take time daily to pause, breathe, pray, and listen.



Day 1. January 12 - A Holy Beginning

Scripture

“Come close to God, and God will come close to you. Wash your hands, you sinners; purify your hearts, for your loyalty is divided between God and the world.” James 4:8

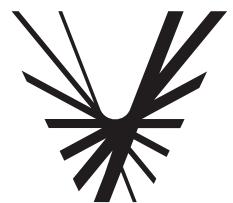
Lesson

Every move of God begins with a decision to draw near. Fasting draws us into closer proximity with God. He is not standing far off waiting for perfection; He is already leaning toward you. This first day sets the tone for the journey ahead. Fasting reorders desire and attention, and reminds us that spiritual hunger matters more than physical comfort. Whether you are new to faith or have walked with God for many years, today is an invitation to reset your heart, quiet distractions, and intentionally come close to the Father.

Prayer Prompt

“Lord, today I choose to draw near to You. Awaken spiritual hunger in me. Remove anything that divides my loyalty or dulls my desire for You. I want You more than comfort, routine, or familiarity.”

What God Is Revealing to Me



Day 2. January 13 - The Searchlight of God

Scripture

“Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends you, and lead me along the path of everlasting life.”
Psalm 139:23-24

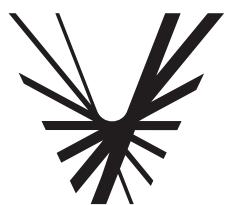
Lesson

Fasting slows life enough for God to lovingly search our hearts. This is an examination for healing. God reveals attitudes, habits, wounds, and motivations not to shame or condemn us, but to free us. A heart that is willing to be searched becomes a heart that can be trusted with greater influence and intimacy. Today is about honesty before God.

Prayer Prompt

“Father, search my heart completely. Show me anything that offends You or hinders my growth. Give me courage to surrender what You reveal and grace to walk in freedom.”

What God Is Revealing to Me



Day 3. January 14 - Chains Must Break

Scripture

“No, this is the kind of fasting I want: Free those who are wrongly imprisoned; lighten the burden of those who work for you. Let the oppressed go free, and remove the chains that bind people.” Isaiah 58:6

Lesson

Some chains are not broken by prayer alone. Fasting adds spiritual authority to our prayers. Patterns of fear, addiction, anger, pride, or discouragement lose their grip when surrendered to God through fasting. Today is a declaration day. Freedom is God's will for His people.

Prayer Prompt

“Lord, I declare freedom in my life today. Break every chain - spiritual, emotional, mental, and physical. I receive Your deliverance and walk in victory.”

What God Is Revealing to Me



Day 4. January 15 - God First

Scripture

“Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.” Matthew 6:33

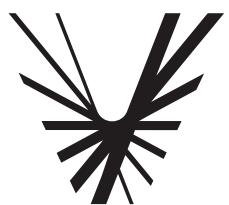
Lesson

Over time, even good things can quietly replace first things. Fasting realigns priorities and restores proper order. When God is first, peace replaces pressure and clarity replaces confusion. Today is about re-centering life around God's Kingdom.

Prayer Prompt

“God, be first in my heart again, guiding my schedule, my decisions, and my desires. Align my life with Your Kingdom.”

What God Is Revealing to Me



Day 5. January 16 - Quiet Strength

Scripture

“Be still, and know that I am God! I will be honored by every nation. I will be honored throughout the world.” Psalm 46:10

Lesson

Stillness is spiritual strength. In silence, God speaks clearly. Fasting creates space for reflection and listening. Today invites you to slow down, breathe deeply, and trust God's presence more than constant activity.

Prayer Prompt

“Lord, quiet my mind and spirit. Teach me to be still and help me recognize Your voice above all others.”

What God Is Revealing to Me



Day 6. January 17 - The Great Exchange

Scripture

“Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.”

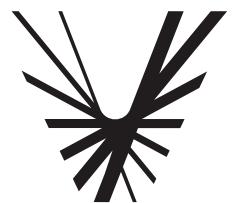
Lesson

Anxiety often rises when we try to control things God never meant for us to carry. Fasting helps us recognize where control has shifted and reminds us that God is still in charge. As we release worry, God invites us to receive His peace; not temporary relief, but lasting calm rooted in trust. Use this day as a moment of surrender. Lay down the need to control, and receive the peace that only God can give.

Prayer Prompt

“Jesus, I release my worries to You. I choose trust over fear and receive Your peace that guards my heart and mind.”

What God Is Revealing to Me



Day 7. January 18 - Speak, Lord

Scripture

“And the Lord came and called as before, ‘Samuel! Samuel!’ And Samuel replied, ‘Speak, your servant is listening.’” 1 Samuel 3:10

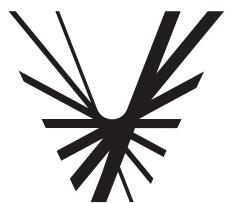
Lesson

God still speaks today, and fasting sharpens our spiritual hearing. As distractions fade, our hearts become more attentive to His voice. In the quiet, God brings direction, gentle correction, and deep encouragement. Fasting helps us slow down long enough to listen not just with our ears, but with willing hearts. Today calls you to hear God clearly and follow Him willingly.

Prayer Prompt

“Speak, Lord. I am listening. Help me recognize Your voice and obey Your leading.”

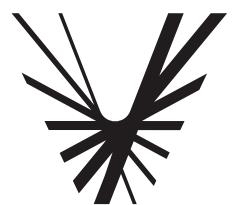
What God Is Revealing to Me



Week 1 Summary

What God has shown me this week:

What I am surrendering:



Day 8. January 19 - Fruit That Remains

Scripture

“But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things!”
Galatians 5:22-23

Lesson

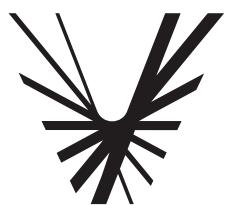
The deeper work of fasting happens within us, shaping our character. As we surrender comforts and distractions, we make room for the Holy Spirit to work deeply within us. During a fast, God often focuses less on what is happening around us and more on what is growing inside us.

The fruit of the Spirit - love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control - develop in hearts that are yielded and willing. This kind of transformation may feel slow and quiet, but it is powerful and lasting. Fasting forms Christlike character that lasts well beyond these 21 days.

Prayer Prompt

“Holy Spirit, grow Your fruit in my life. Shape my character to reflect Jesus.”

What God Is Revealing to Me



Day 9. January 20 - Run Free

Scripture

“Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us.” Hebrews 12:1

Lesson

Not every weight we carry is sinful, but that doesn't mean it is helpful. Distractions, habits, attitudes, busyness, and even good things can quietly hinder our spiritual growth and endurance.

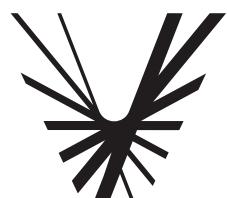
Fasting creates space for God to reveal what is weighing us down. As we step away from comforts and routines, the Holy Spirit gently highlights what needs to be released. The work God does here leads us into freedom, not guilt or pressure. God calls us to run unhindered, with focus and endurance.

As you fast, ask God to show you what no longer belongs in this season. When we lay down unnecessary weights, we find renewed strength to run freely into the calling God has placed before us.

Prayer Prompt

“Lord, show me what I need to lay aside. I release every weight that slows my walk with You.”

What God Is Revealing to Me



Day 10. January 21 - God's Plan

Scripture

“For I know the plans I have for you,” says the Lord. “They are plans for good and not for disaster, to give you a future and a hope.” Jeremiah 29:11

Lesson

God's plans are filled with hope, purpose, and promise. While we often feel pressure to figure everything out, fasting invites us to stop striving and start trusting. It reminds us that we do not need to force outcomes or rush God's timing.

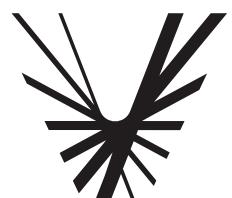
As we fast, our hearts become more sensitive to God's direction. Distractions quiet, impatience is exposed, and we learn to wait with faith instead of anxiety. Fasting realigns our desires with God's plans and helps us trust that He is working, even when we cannot yet see the results.

In this season, let go of the need to control what comes next. God is faithful, His timing is perfect, and His plans for you are good. When we trust Him fully, striving is replaced with peace and confidence in His leading.

Prayer Prompt

“God, align my plans with Yours. Guide my steps and strengthen my trust.”

What God Is Revealing to Me



Day 11. January 22 - He Restores My Soul

Scripture

“The Lord is my shepherd; I have all that I need. He lets me rest in green meadows; he leads me beside peaceful streams. He renews my strength. He guides me along right paths, bringing honor to his name. Even when I walk through the darkest valley, I will not be afraid, for you are close beside me. Your rod and your staff protect and comfort me. You prepare a feast for me in the presence of my enemies. You honor me by anointing my head with oil. My cup overflows with blessings. Surely your goodness and unfailing love will pursue me all the days of my life, and I will live in the house of the Lord forever.” Psalm 23

Lesson

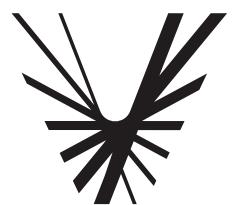
God is our Shepherd, the One who leads, provides, and restores. During fasting, weariness can surface as our bodies and minds slow down and our dependence on God increases. This weariness is not a sign of weakness; it is often an invitation to rest more deeply in the care of our Shepherd.

As we fast, God meets us in our tired places. He restores our souls, renews our strength, and leads us beside quiet waters where peace replaces exhaustion. Fasting shifts our focus from self-sufficiency to trust, reminding us that God is the source of true rest and renewal. When we allow Him to lead, restoration always follows.

Prayer Prompt

“Lord, restore my soul. Renew my strength, joy, and peace.”

What God Is Revealing to Me



Day 12. January 23 - Armed and Ready

Scripture

“A final word: Be strong in the Lord and in his mighty power. Put on all of God’s armor so that you will be able to stand firm against all strategies of the devil.” Ephesians 6:10-11

Lesson

Fasting heightens our spiritual awareness by quieting distractions and sharpening our focus on what truly matters. As physical comforts are set aside, our dependence on God's strength increases.

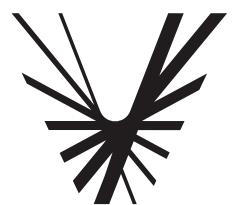
During a fast, we become more aware of spiritual battles that are often overlooked in daily routines. God uses this heightened awareness to strengthen us, not in our own ability, but in His power. Fasting helps us stand firm, clothed in truth, faith, and righteousness, rather than reacting out of fear or frustration.

This season is about standing firm in God's strength rather than striving in your own. Be grounded in God's Word, confident in His protection, and secure in His strength. As we fast, God equips us to remain steady, alert, and faithful in every situation.

Prayer Prompt

“Lord, strengthen me and help me stand firm in Your truth.”

What God Is Revealing to Me



Day 13. January 24 - New Thinking

Scripture

“Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God’s will for you, which is good and pleasing and perfect.” Romans 12:2

Lesson

Fasting creates space for God to reshape the way we think, respond, and see the world around us. As we step away from distractions, comforts, and patterns that pull our attention in many directions, the Holy Spirit begins to replace old thinking with God's truth.

During a fast, we often become aware of thought patterns that do not align with God's will, such as fear, negativity, impatience, or self-reliance. Fasting helps us slow down long enough for God to transform our minds through truth rather than pressure. As our thinking changes, our actions follow.

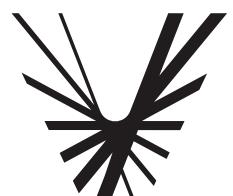
This renewal leads to clarity, discernment, and confidence in God's direction. Instead of being shaped by culture, habits, traditions, or emotions, we are shaped by God's Word and Spirit. Fasting positions us to understand God's will more clearly and live it out with obedience and faith.

Through fasting, be open to time of transformation where old ways of thinking are replaced with God's perspective, and your life is continually renewed from the inside out.

Prayer Prompt

“God, renew my mind. Replace false thinking with Your truth.”

What God Is Revealing to Me



Day 14. January 25 - Stay Connected

Scripture

“Yes, I am the vine; you are the branches. Those who remain in me, and I in them, will produce much fruit. For apart from me you can do nothing.” John 15:5

Lesson

Everything in our spiritual life flows from abiding: remaining connected to Christ. Fasting helps strip away distractions that compete for our attention and draws us back into intentional, daily connection with Jesus.

When we abide in Christ, strength replaces striving. We stop relying on our own effort and begin drawing life from the true source. This connection produces natural, godly fruit. Love, peace, patience, and obedience begin to grow as a result of staying close to Him.

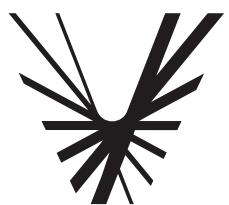
Fasting deepens this abiding relationship by slowing us down and re-centering our hearts on Jesus. As we remain connected, peace settles in, clarity increases, and fruitfulness follows. The goal of this fast is not activity, but intimacy - learning to live from a place of continual connection with Christ.

This season is a purposeful time to remain with Him, knowing that everything you need flows from abiding in His presence.

Prayer Prompt

“Jesus, help me remain connected to You in every moment.”

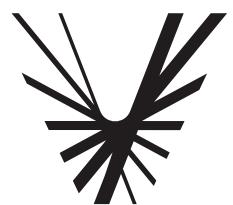
What God Is Revealing to Me



Week 2 Summary

What God has shown me this week:

What I am surrendering:



Day 15. January 26 - Release

Scripture

“Give all your worries and cares to God, for he cares about you.” 1 Peter 5:7

Lesson

Many of the burdens we carry were never meant to be held by us alone. Stress, fear, pressure, and the weight of responsibility often accumulate quietly over time. Fasting creates space for these burdens to surface so they can be surrendered.

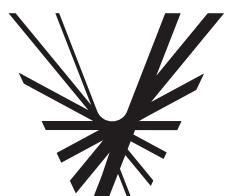
As we fast, God gently reveals what we have been carrying in our own strength. Fasting encourages us to loosen our grip and place our concerns back into God's hands, where they belong. Surrender is not weakness; it is an act of faith.

When we release our burdens to God, we make room for peace, clarity, and renewed strength. Let this fast be a daily practice of casting every care on Him, trusting that He is faithful to carry what we cannot.

Prayer Prompt

“Lord, I release every burden to You and trust You completely.”

What God Is Revealing to Me



Day 16. January 27 - Covered

Scripture

“Those who live in the shelter of the Most High will find rest in the shadow of the Almighty. This I declare about the Lord: He alone is my refuge, my place of safety; he is my God, and I trust him. For he will rescue you from every trap and protect you from deadly disease. He will cover you with his feathers. He will shelter you with his wings. His faithful promises are your armor and protection. Do not be afraid of the terrors of the night, nor the arrow that flies in the day. Do not dread the disease that stalks in darkness, nor the disaster that strikes at midday. Though a thousand fall at your side, though ten thousand are dying around you, these evils will not touch you. Just open your eyes, and see how the wicked are punished. If you make the Lord your refuge, if you make the Most High your shelter, no evil will conquer you; no plague will come near your home. For he will order his angels to protect you wherever you go. They will hold you up with their hands so you won’t even hurt your foot on a stone. You will trample upon lions and cobras; you will crush fierce lions and serpents under your feet! The Lord says, ‘I will rescue those who love me. I will protect those who trust in my name. When they call on me, I will answer; I will be with them in trouble. I will rescue and honor them. I will reward them with a long life and give them my salvation.’” Psalm 91

Lesson

In times of uncertainty or vulnerability, especially during a fast, we are invited to dwell in His presence and rest under His protection. Fasting heightens our awareness of our need for God and draws us into deeper dependence on Him as our covering.

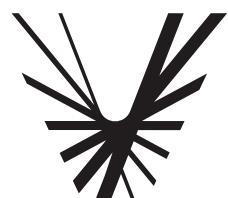
As we fast, declaring God’s protection becomes an act of faith. We speak His promises over our homes, our families, and our daily lives, trusting that He watches over us with care and faithfulness. This is not about living in fear, but about living in confidence, knowing that God is near and actively guarding those who trust in Him.

Use the fast as an intentional time to place your family and home under God’s care. Rest in His presence, stand on His promises, and trust that the One who shelters you is faithful to protect and sustain you.

Prayer Prompt

“God, I declare Your protection over my family and my future.”

What God Is Revealing to Me



Day 17. January 28 - Power From On High

Scripture

“But you will receive power when the Holy Spirit comes upon you. And you will be my witnesses, telling people about me everywhere--in Jerusalem, throughout Judea, in Samaria, and to the ends of the earth.” Acts 1:8

Lesson

God's people are to live and serve with boldness. This power is not something we generate on our own, it is a gift given to those who seek God wholeheartedly. Fasting positions our hearts to receive this empowerment by removing distractions and increasing our dependence on the Holy Spirit.

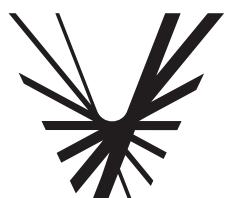
As we fast, we become more aware of God's presence and His leading. Fear begins to lose its grip, and courage rises in its place. God's authority flows through surrendered lives, enabling us to speak truth, walk in obedience, and live out our faith with confidence.

This is not power for personal recognition, but power for Kingdom purpose. Fasting aligns us with God's mission and strengthens us to boldly represent Jesus in our words, actions, and daily lives.

Prayer Prompt

“Holy Spirit, fill me with Your power and boldness.”

What God Is Revealing to Me



Day 18. January 29 - Grace Is Enough

Scripture

“Each time he said, ‘My grace is all you need. My power works best in weakness.’ So now I am glad to boast about my weaknesses, so that the power of Christ can work through me.”

Lesson

God's grace is sufficient and His power is made perfect in our weakness. During fasting, our limitations often become more noticeable. Physical weakness, emotional vulnerability, or mental fatigue may surface, but these moments are not setbacks. They are invitations.

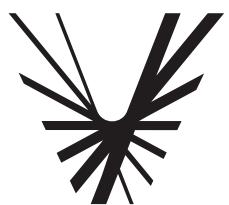
Fasting humbles us by reminding us that we are not self-sufficient. It creates space for God's grace to meet us right where we are. When we acknowledge our weakness instead of resisting it, we make room for God's strength to carry us. His power is not displayed through our ability to endure, but through our willingness to depend on Him.

Fasting is not about proving strength - it's about surrender. As we lay down pride and self-reliance, God fills us with grace that sustains, strengthens, and transforms. In weakness, we discover that God truly is enough.

Prayer Prompt

“Jesus, be strong where I am weak. I rely on Your grace.”

What God Is Revealing to Me



Day 19. January 30 - A City on a Hill

Scripture

“You are the light of the world - like a city on a hilltop that cannot be hidden. No one lights a lamp and then puts it under a basket. Instead, a lamp is placed on a stand, where it gives light to everyone in the house. In the same way, let your good deeds shine out for all to see, so that everyone will praise your heavenly Father.” Matthew 5:14-16

Lesson

We are called to be a city on a hill where the light of Jesus shines into the hearts of people. This calling is not limited to a building; it is lived out daily through our words, attitudes, and actions. Fasting strengthens this calling by refining our hearts and sharpening our witness.

As we are nearing the end of our fast, distractions have faded and our lives have become more aligned with Christ. Our motives are purified, our compassion deepens, and our dependence on God increases. This inner work produces an outer impact. When our hearts are surrendered, the light of Jesus shines more clearly through us.

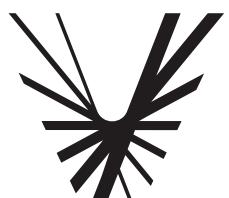
Fasting clarifies our witness so the light of Jesus shines more clearly. It strengthens our influence not through striving on our own, but through authenticity and obedience. As we grow closer to Jesus, others are drawn not to us, but to the hope, peace, and truth they see reflected in our lives.

In these final days of the fast, allow the light of Jesus to shine boldly through you, into your home, your workplace, your relationships, and your community, so that hearts may be awakened and lives may be transformed.

Prayer Prompt

“Lord, let my life shine Your light wherever I go.”

What God Is Revealing to Me



Day 20. January 31 - Redeemed Seasons

Scripture

“The Lord says, ‘I will give you back what you lost to the swarming locusts, the hopping locusts, the stripping locusts, and the cutting locusts. It was I who sent this great destroying army against you.” Joel 2:25

Lesson

As we near the end of this fast, you may be reflecting on the journey: what you have surrendered, what God has revealed, and what He has begun to restore in you.

Fasting often exposes areas of loss, missed seasons, delayed dreams, broken rhythms, or spiritual dryness. Yet God's promise is clear: nothing surrendered to Him is ever wasted. Restoration may not always look the way we expect, but God is faithful to redeem every season placed in His hands.

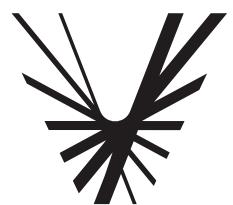
In these final days, resist the urge to rush ahead or disengage. Instead, lean in with expectancy. God restores not only what was lost outwardly, but what may have been worn down inwardly - hope, joy, strength, clarity, and faith.

As the fast comes to a close, trust that God is still working. What He has begun, He will complete. Fill these final days with gratitude, anticipation, and confidence in the God who restores and renews all things.

Prayer Prompt

“God, restore what was lost and redeem every season of my life.”

What God Is Revealing to Me



Day 21. February 1 - The Final Day of the Fast

Scripture

“This is my command - be strong and courageous! Do not be afraid or discouraged. For the Lord your God is with you wherever you go.” Joshua 1:9

Lesson

The fast may be ending, but your calling continues. What began in surrender now moves forward in obedience. During this fast, God has strengthened your faith, sharpened your focus, and reminded you that you never walk alone.

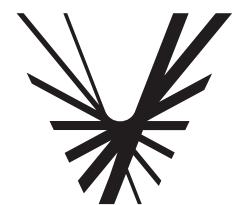
As you step out of this fast, do so with courage, not fear; with faith, not hesitation; and with obedience, not delay. The same God who met you in the quiet moments of sacrifice goes with you into every next step. His presence is your confidence, and His promise is your assurance.

Today, celebrate what God has done and look forward to what He will continue to do. Move forward renewed, aligned, and bold, trusting that the Lord is with you wherever I go.

Prayer Prompt

“Lord, make me strong and courageous as I step forward in faith.”

What God Is Revealing to Me



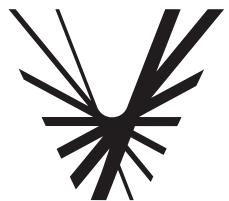
Final Reflection, Prayer & Celebration

We will celebrate the completion of this fast on February 1 at 6pm in the Arena at our Celebration Service.

Final Fasting Prayer

Lord, as we conclude this fast, strengthen our steps and steady our hearts.
Where You lead, give us courage to follow.
What You speak, give us boldness to obey.
Let the work You began in these 21 days continue to grow in us long after this season ends.
Fill us with Your Spirit, guide us with Your wisdom, and surround us with Your peace.
We step forward with confidence, knowing that You go before us, You walk beside us, and
You strengthen us in every good work.
In Jesus Name, Amen.

How God has moved in my life during this fast:



Step Forward

Whether you completed all 21 days of fasting and prayer, started and restarted along the way, or found fasting difficult, we want you to know this: you showed up, and that worth celebrating.

Fasting shifts our focus from performance and perfection to pursuit of our Creator. God honors every sincere step toward Him. Some of you finished strong. Some of you stumbled and restarted. Some of you wrestled through the process. All of it counts, because your heart was turned toward the Lord.

As we move forward, here are some next steps to carry what God has begun into everyday life:

1. Keep the rhythm.

Hold on to one habit you developed during the fast: prayer time, Bible reading, worship, or quiet reflection. Small, consistent practices keep us aligned with God.

2. Walk in obedience.

If God spoke to you during the fast, don't delay. Take one clear step of obedience, even if it feels small. Obedience keeps momentum alive.

3. Choose courage over comfort.

You strengthened spiritual muscles during this fast. Use them. Step into conversations, decisions, or changes God has been prompting you toward.

4. Stay connected.

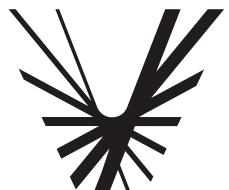
Don't walk alone. Share what God did in you with someone at Valorous Church. Community helps sustain what fasting awakens.

5. Give yourself grace.

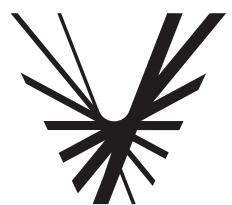
Spiritual growth is a journey. Celebrate progress, not comparison. God is far more interested in your heart than your performance.

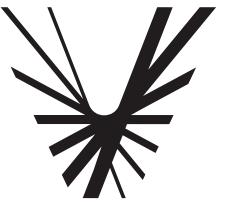
The fast may be over, but what God has started is not. Move forward with courage, faith, and obedience, trusting that the Lord is with you every step of the way.

“And I am certain that God, who began the good work within you, will continue his work until it is finally finished on the day when Christ Jesus returns.” Philippians 1:6



Use this space for notes, prayers, praises, and reflections:





Let us know that you are joining
us on this fasting journey at
Valorous.Church/Fasting

