

Victory Community Church - 21 Days of Prayer & Fasting

A simple guide to help you connect with God in a deeper way, for individuals and families who want to grow together in love and faith.

Why 21 Days of Prayer & Fasting?

We want to start the new year by intentionally seeking God. Fasting helps remove distractions, sharpen our awareness of God's voice, and prepare our hearts for revival, guidance, and transformation.

Five Scriptural Motives for Fasting

1. To Hear from God — Acts 13:2

Fasting creates space for God to speak. Just as the early church heard God's direction, you can hear His guidance more clearly when you humble yourself and seek Him.

2. To Intercede for Others — Psalm 35:13

Fasting intensifies your prayers for others and invites God's wisdom, grace, and intervention into their lives.

3. As an Act of Repentance — Joel 1:13–14

Fasting expresses humility and repentance. It helps us acknowledge sin, turn back to God, and receive His mercy and restoration.

4. For Strength & Direction — Acts 14:23

Fasting equips you with God's strength and wisdom. When facing decisions or challenges, fasting opens your spirit to His guidance.

5. As an Act of Worship — Luke 2:37

Fasting demonstrates devotion and helps refocus your heart on God above all else.

Types of Biblical Fasts

Choose the fast that fits your spiritual journey and health needs. *If you have medical conditions, are pregnant, nursing, take medication, or have health concerns, please consult your doctor before fasting.*

❖ Normal Fast (No food, water only)

- Purpose: Deepen dependence on God; heighten spiritual focus.
- Example: Matthew 4:2

❖ Partial Fast / Daniel Fast (Selective foods; avoid meat, sweets, bread, rich foods)

- Purpose: Sustainable surrender over 21 days.
- Example: Daniel 10:2–3

❖ **Complete Fast (Water or juice only)**

- Purpose: Simplify physical intake to devote more time to prayer.
- Example: Esther

❖ **Absolute Fast (No food, no water—very short periods only)**

This fast is for short, carefully planned periods only.

- Purpose: Deep consecration for breakthrough or repentance.
- Examples: Esther 4:16; Acts 9:9

❖ **Soul Fast (Media, entertainment, or digital distraction fast)**

- Purpose: Silence cultural noise and make room for Scripture, worship, and prayer.

Helpful Suggestions for Your Fast

Focus on Jesus

Think about His life, teachings, miracles, and sacrifice. Let your fast draw you closer to Him.

Avoid Legalism

Fasting is spiritual, not a checklist. Brushing your teeth, taking vitamins, or small practical actions do not “break” your fast. Don’t let rules distract from your purpose.

Expect Results

Transformation may not happen overnight, but fasting opens your heart to God’s lasting work. Trust that He is moving, even when you can’t see it yet.

Ready to Fast?

Pair your fast with:

- Daily prayer prompts from the 21 Day Prayer Guide
- Scripture reading
- Worship
- Expecting God to guide, heal, protect, and transform

Even a short daily fast can be powerful when paired with sincere prayer. God honors the heart—not the duration or strictness.

More Information

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