



21 Days of
KINHOUSE CHURCH
Prayer & Fasting

4TH JANUARY - 24TH JANUARY

KINHOUSE CHURCH

21 Days of Prayer & Fasting Guide

SEEKING GOD TOGETHER

2026

Prayer and fasting has a way of turning the volume up on God's voice and turning the volume down on every other distraction in our lives. The goal of our prayer and fasting isn't just 'abstaining from things' it's 'focusing on Jesus'.

"Draw near to God, and He will draw near to you."

James 4:8

How to Fast (Choose What's Best for You)

Fasting is a **spiritual discipline** that helps reset our soul and renew our dependence on God.

Selective Fast – Give up specific foods (e.g., sweets, snacks) or habits to redirect focus to God.

Partial Fast – Fast for part of the day (e.g., skip a meal or fast from sunrise to mid-afternoon).

Complete Fast – Only liquids (water, light juices) for a set period (seek medical advice if needed).

Soul Fast – Fast from things like social media, streaming, or entertainment — especially if food fasting isn't appropriate.

Key idea: The length or type of fast is less important than a sincere focus on God. The primary goal is to dedicate the first 21 days of this year to God and see what He will do with the rest.

A Simple Rhythm for Your Day

Here's a gentle daily rhythm:

Pause & Surrender

Quiet your heart and invite Jesus into your day.

Read Scripture

Choose a short passage and ask God to speak to you.

Pray Honestly

Speak to God about what's on your heart — praise, confession, needs, or gratitude.

Listen in Silence

Sit with God without rushing to talk.

Journal a Word

Write one sentence about what you sensed from God.

Scriptures About Fasting & Prayer

Here are some key verses you might meditate on during this season:

Matthew 6:16-18

16 “When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. 17 But when you fast, put oil on your head and wash your face, 18 so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.

Matthew 9:14-15

14 Then John’s disciples came and asked him, “How is it that we and the Pharisees fast often, but your disciples do not fast?” 15 Jesus answered, “How can the guests of the bridegroom mourn while he is with them? The time will come when the bridegroom will be taken from them; then they will fast.

Acts 27:33-37

33 Just before dawn Paul urged them all to eat. “For the last fourteen days,” he said, “you have been in constant suspense and have gone without food—you haven’t eaten anything. 34 Now I urge you to take some food. You need it to survive. Not one of you will lose a single hair from his head.” 35 After he said this, he took some bread and gave thanks to God in front of them all. Then he broke it and began to eat. 36 They were all encouraged and ate some food themselves. 37 Altogether there were 276 of us on board.

Nehemiah 9:1-3

9 On the twenty-fourth day of the same month, the Israelites gathered together, fasting and wearing sackcloth and putting dust on their heads. 2 Those of Israelite descent had separated themselves from all foreigners. They stood in their places and confessed their sins and the sins of their ancestors. 3 They stood where they were and read from the Book of the Law of the Lord their God for a quarter of the day, and spent another quarter in confession and in worshiping the Lord their God.

A Short Prayer Before Fasting

Jesus,

I pray that these moments I set aside honour you. I ask you to take the small sacrifice I make and to breathe on it. As I seek you for these 21 Days my desire is to know you, to be formed by you and to reflect your image more.

Draw close to me as I draw close to you and as I set aside these moments I pray that you would be with me and those around me in a new way this year.

Amen.

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2026

Dear Kinhouse Family,

Happy New Year!

As we start this new year together, we want to begin the way Scripture so often invites us to begin, **by seeking God first.**

From January 4th to January 24th, we're inviting you and the whole church on a shared journey called **The First 21.**

21 Days of Prayer & Fasting.

Here's the intention and heart behind it:

If we give God the first 21 days of the year, imagine what He could do with the rest.

Throughout Scripture, we see moments where God's people intentionally paused, prayed, and fasted at the start of a season. In the book of Daniel, Daniel fasted to position his heart for what God wanted to do. He fasted to remain faithful (Daniel 1), to intercede and repent (Daniel 9), and to seek understanding and breakthrough (Daniel 10).

Each time, God met him with clarity, strength, and His presence.

That's what we're believing for as a church.

This isn't just about empty ritual. It is about turning the volume down on the distractions of this world and turning the volume up on God's voice and mostly, His presence.

It's about creating space.

Space to listen.

Space to refocus.

Space to let God transform us, through moments in His presence.

Everyone can take part. Some will fast food. Others may fast social media, entertainment, or distractions. Whatever is wise and led by God. The goal is simply to focus more on God and whatever helps you **see Jesus more this year**, we're asking you to prayerfully consider doing that.

We've put together a short 21 Days of Prayer & Fasting Guide to help you get started, with simple rhythms and encouragement for the journey. Even 10 minutes a day can become significant, especially when it's consistent over this 21 Days.

Our prayer is that these first 21 days would mark us, individually and together. That this will set the tone for the rest of 2026 as a year with more of God.

We can't wait to seek Him with you.

With love and expectation,
Pastor Tom & Katrin

Week 1: RE-ALIGN

The practice that changes our focus.

MAKING ROOM FOR GOD'S VOICE

Weekly Prayer.

God, quiet every competing voice in our lives and teach us to recognise and trust Your voice.

Weekly Action.

Each day this week, create 10 minutes of intentional silence, simply being in the presence of God. No agenda. No asking. Just attention.

Week 1: RE-ALIGN

The practice that changes our focus.

MAKING ROOM FOR GOD'S VOICE

Day 1

SCRIPTURE

“My sheep listen to my voice; I know them, and they follow me.”
— John 10:27

QUESTION

What voices usually speak the loudest in my life?

Week 1: RE-ALIGN

The practice that changes our focus.

MAKING ROOM FOR GOD'S VOICE

Day 2

SCRIPTURE

“Be still, and know that I am God.”
— Psalm 46:10

QUESTION

What voices do I usually listen to the most?

Week 1: RE-ALIGN

The practice that changes our focus.

MAKING ROOM FOR GOD'S VOICE

Day 3

SCRIPTURE

“Speak, Lord, for your servant is listening.”
— 1 Samuel 3:10

QUESTION

What keeps me from listening fully to God?

Week 1: RE-ALIGN

The practice that changes our focus.

MAKING ROOM FOR GOD'S VOICE

Day 4

SCRIPTURE

“One thing I ask from the Lord... to dwell in the house of the Lord.”
— Psalm 27:4

QUESTION

What does my attention reveal about what I value most?

Week 1: RE-ALIGN

The practice that changes our focus.

MAKING ROOM FOR GOD'S VOICE

Day 5

SCRIPTURE

“The Lord is near to all who call on him.”
— Psalm 145:18

QUESTION

When do I feel most aware of God's nearness?

Week 1: RE-ALIGN

The practice that changes our focus.

MAKING ROOM FOR GOD'S VOICE

Day 6

SCRIPTURE

“Jesus often withdrew to lonely places and prayed.”
— Luke 5:16

QUESTION

What might I need to step away from to re-align my focus?

Week 1: RE-ALIGN

The practice that changes our focus.

MAKING ROOM FOR GOD'S VOICE

Day 7

SCRIPTURE

“In quietness and trust is your strength.”
— Isaiah 30:15

QUESTION

What has shifted in my awareness this week?

Week 2: RE-SHAPE

The posture that changes our approach

LEARNING HOW TO COME BEFORE GOD

Weekly Prayer.

God, as we stay with You in prayer, shape our hearts, our desires, and our inner lives.

Weekly Action.

Each day, begin prayer with adoration before asking. Spend at least 5 minutes acknowledging who God is.

Week 2: RE-SHAPE

The posture that changes our approach

LEARNING HOW TO COME BEFORE GOD

Day 8

SCRIPTURE

“Lord, teach us to pray.”
— Luke 11:1

QUESTION

What assumptions do I bring into prayer?

Week 2: RE-SHAPE

The posture that changes our approach

LEARNING HOW TO COME BEFORE GOD

Day 9

SCRIPTURE

“Trust in the Lord with all your heart.”
— Proverbs 3:5

QUESTION

What am I holding tightly instead of surrendering?

Week 2: RE-SHAPE

The posture that changes our approach

LEARNING HOW TO COME BEFORE GOD

Day 10

SCRIPTURE

“Bless the Lord, O my soul.”
— Psalm 103:1

QUESTION

How does gratitude change the way I pray?

Week 2: RE-SHAPE

The posture that changes our approach

LEARNING HOW TO COME BEFORE GOD

Day 11

SCRIPTURE

“Mary sat at the Lord’s feet listening.”
— Luke 10:39

QUESTION

Do I approach prayer rushed, or receptive?

Week 2: RE-SHAPE

The posture that changes our approach

LEARNING HOW TO COME BEFORE GOD

Day 12

SCRIPTURE

“Be transformed by the renewing of your mind.”
— Romans 12:2

QUESTION

What inner patterns might God be reshaping?

Week 2: RE-SHAPE

The posture that changes our approach

LEARNING HOW TO COME BEFORE GOD

Day 13

SCRIPTURE

“There is now no condemnation for those who are in Christ Jesus.”
— Romans 8:1

QUESTION

How does grace affect my posture before God?

Week 2: RE-SHAPE

The posture that changes our approach

LEARNING HOW TO COME BEFORE GOD

Day 14

SCRIPTURE

“Like a weaned child with its mother.”
— Psalm 131:2

QUESTION

What does a posture of trust look like for me?

Week 3: RE-FORM

The fruit that changes us

PRAYER BECOMING A WAY OF LIFE

Weekly Prayer.

God, let the fruit of these days be seen in how we live, love, and serve others.

Weekly Action.

Each day, practice one small act of intentional obedience or love, allowing prayer to shape how you live.

Week 3: RE-FORM

The fruit that changes us

PRAYER BECOMING A WAY OF LIFE

Day 15

SCRIPTURE

“Remain in me, and I will remain in you.”
— John 15:4

QUESTION

What does remaining in Christ look like today?

Week 3: RE-FORM

The fruit that changes us

PRAYER BECOMING A WAY OF LIFE

Day 16

SCRIPTURE

“I urge that prayers be made for all people.”
— 1 Timothy 2:1

QUESTION

Who is God inviting me to carry in prayer?

Week 3: RE-FORM

The fruit that changes us

PRAYER BECOMING A WAY OF LIFE

Day 17

SCRIPTURE

“Forgive as the Lord forgave you.”
— Colossians 3:13

QUESTION

Where might prayer be softening my heart?

Week 3: RE-FORM

The fruit that changes us

PRAYER BECOMING A WAY OF LIFE

Day 18

SCRIPTURE

“What does the Lord require of you?
Act justly, love mercy, walk humbly.”
— Micah 6:8

QUESTION

How is prayer shaping the way I respond to others?

Week 3: RE-FORM

The fruit that changes us

PRAYER BECOMING A WAY OF LIFE

Day 19

SCRIPTURE

“Let your light shine before others.”
— Matthew 5:16

QUESTION

What fruit of prayer might others notice in me?

Week 3: RE-FORM

The fruit that changes us

PRAYER BECOMING A WAY OF LIFE

Day 20

SCRIPTURE

“Let us consider how we may spur one another on.”
— Hebrews 10:24

QUESTION

How can I encourage someone else today?

Week 3: RE-FORM

The fruit that changes us

PRAYER BECOMING A WAY OF LIFE

Day 21

SCRIPTURE

“They devoted themselves to prayer.”
— Acts 2:42

QUESTION

What prayer rhythm do I want to carry beyond these 21 days?



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