



21 DAYS OF PRAYER & FASTING

SEEKING GOD
TOGETHER IN
THE NEW
YEAR

BG FIRST CHURCH

A LETTER FROM PASTOR MICAH

As we step into a new year, I believe the Holy Spirit is inviting us into a season of deepening — a season where we slow down, seek God intentionally, and make room for His renewing work.

Prayer and fasting are ancient rhythms that awaken the heart. They quiet the noise, clear the clutter, and help us re-center our lives around the presence of God.

These 21 days are not about perfection. They are about pursuit, a humble, daily turning toward Jesus.

My prayer is that as you set aside time, space, and comfort to seek the Lord, He will meet you with clarity, renewal, and strength.

Let's seek God together in the new year.



Pastor Micah Moreno

WHAT IS FASTING?

Fasting is the voluntary
surrender of something good
to pursue Someone greater –
God Himself.

Scripture connects fasting to:

- Spiritual clarity
- Repentance
- Devotion
- Breakthrough
- Humility
- Strength

Fasting is not deprivation.
Fasting is direction.

Fasting creates space.
Prayer fills it with God.



TYPES OF FASTS

Complete Fast

Liquids only – water, broths, juices.

Selective Fast (Daniel Fast)

Avoid meats, sweets, caffeine, dairy, processed foods.

Focus on whole, natural foods.

Partial Fast

Limited eating hours (e.g., sunrise to sunset), or one simple meal daily.

Non-Food Fast

Eliminate what distracts the heart:

- Social media
- Streaming
- Shopping
- Gaming
- Night-time phone use

Anything that claims your attention can be offered to God.

HOW TO USE THIS GUIDE

1. Set a daily time

Consistency shapes
formation.

2. Read Scripture slowly

Let God speak before you
speak.

3. Pray the daily prayer focus

Keep your prayers simple and
honest.

4. Reflect with the journaling
prompt

Reflection deepens
transformation.

5. Pray for BG First

Ask God to renew His people.

6. Expect God to move

Breakthrough rarely begins
loudly.



WEEK ONE PERSONAL RENEWAL

Lord, awaken my heart.”

WEEK ONE (DAYS 1-3)

DAY 1 – Hunger for God

Psalm 63:1

Prayer: Stir fresh desire in me.

Reflection: What competes with my hunger for God?

DAY 2 – Return to God

Joel 2:12-13

Prayer: Give me a soft, responsive heart.

Reflection: What is God calling me to release?

DAY 3 – Identity & Adoption

Romans 8:14-17

Prayer: Remind me who I am in Christ.

Reflection: Where am I living from fear instead of sonship?



WEEK ONE (DAYS 4-7)

DAY 4 – Confession & Cleansing

Psalm 51

Prayer: Purify my heart.

Reflection: What burden am I carrying that God wants to lift?

DAY 5 – Renewing the Mind

Romans 12:1-2

Prayer: Transform my thinking.

Reflection: What thought needs surrender?

DAY 6 – Strength for the Journey

Isaiah 40:28-31

Prayer: Renew my strength.

Reflection: Where am I weary?

DAY 7 – Stillness & Rest

Psalm 46:10

Prayer: Quiet my soul.

Reflection: What noise must be silenced?

WEEK TWO

FAMILY & RELATIONSHIPS

“Lord, restore and protect.”

WEEK TWO (DAYS 8-10)

DAY 8 – Marriage & Unity

Eccl. 4:9-12

Prayer: Strengthen unity in marriages.

Reflection: How can I serve my family today?

DAY 9 – Parenting & Legacy

Deut. 6:4-7

Prayer: Help us disciple our children.

Reflection: What legacy am I building?

DAY 10 – Forgiveness

Col. 3:12-14

Prayer: Heal what's broken.

Reflection: Who do I need to forgive?



WEEK TWO (DAYS 11–14)

DAY 11 – Peace at Home

Phil. 4:6–7

Prayer: Fill our home with peace.

Reflection: What anxieties am I holding?

DAY 12 – Protection

Psalm 91

Prayer: Cover our families.

Reflection: Where do I feel vulnerable?

DAY 13 – Reconciliation

2 Cor. 5:18

Prayer: Restore what is broken.

Reflection: Is God prompting me to reach out?

DAY 14 – Gratitude

1 Thess. 5:16–18

Prayer: Grow gratitude in me.

Reflection: What am I thankful for today?

WEEK THREE

CHURCH, COMMUNITY

& CALLING

“Lord, lead us forward.”

WEEK THREE (DAYS 15-17)

DAY 15 – Mission of BG

First

Matt. 5:13-16

Prayer: Make our church a light.

Reflection: Where can I contribute?

DAY 16 – Spiritual Gifts

1 Cor. 12

Prayer: Activate my gifts.

Reflection: How is God calling me to serve?

DAY 17 – Unity of Believers

John 17:20-23

Prayer: Unite our church.

Reflection: How can I foster unity?



WEEK THREE (DAYS 18-21)

DAY 18 – Community Impact

Matt. 25:35-40

Prayer: Break my heart for my neighbors.

Reflection: Where can I bring hope?

DAY 19 – Strength for Leaders

Heb. 13:7

Prayer: Strengthen our leaders.

Reflection: Who can I encourage today?

DAY 20 – Kingdom Vision

Acts 1:8

Prayer: Give boldness and vision.

Reflection: What step of faith is God asking?

DAY 21 – Celebration & Commitment

Phil. 1:6

Prayer: Complete the work You began.

Reflection: What has God shown me?

A PRAYER FOR THE JOURNEY AHEAD

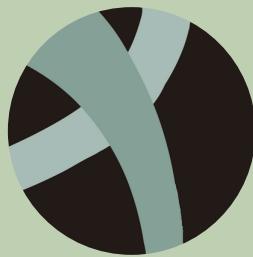
Lord,

Thank You for meeting me in this season of
prayer and fasting.

Renew my heart. Strengthen my faith.
Lead me in Your ways.

Use my life for Your glory
and our church for Your mission.

Make us a people hungry for Your presence.
Amen.



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