



21 Days of Prayer & Fasting 2025

Devotionals (Days 1-7)

FASTING GUIDE

Types of Fasts

- **Total Fast**

Abstain from solid foods and beverages for 24 hours. Take only water.

- **Partial Fast**

Abstain from solid foods and beverages for part of the day. Perhaps from breakfast to lunch.

- **One Meal Fast**

Sacrifice one full meal a day.

- **Solid Foods Fast**

Abstain from solid food. Take only water or other liquids, such as juices, milk, or other beverages.

- **Daniel Fast**

Abstain from meat and other favourite delicacies. Take only small portions of fresh vegetables, fruit and juices. (Daniel 1:12).

Note:

1. *Please observe your health and well-being during the period of fasting. If unwell when fasting from food, do pause the fast and consult a doctor.*
2. *In place of food, you may fast from other things that play a significant role in your life (e.g. activities or hobbies such as watching shows, browsing social media, playing video games, etc).*

How to enjoy fasting?

- Set aside time each day to seek God in prayer with fasting. We recommend at least 15 minutes. If you are able to go longer, please do so.
- Adopt an attitude of prayer as you go about your daily duties at home, at work or at school.
- If fasting from food, consider scaling down your normal activities. Ensure you have enough rest and reduce rigorous activities such as cycling or jogging.

Day 1: Wake Up

Revelation 3:3 (NIV) Remember, therefore, what you have received and heard; hold it fast, and repent. But if you do not wake up, I will come like a thief, and you will not know at what time I will come to you.

The timing of Jesus' return will be completely unexpected. That is why we need to be watchful as believers.

We need to hold fast to what we have heard and received from the Word of God, and we need to be quick to repent and turn away from our sins.

Wake up. Take stock of your life and come clean before God today: in what areas of your life must you turn to God and turn away from sin?

Be assured that God will not despise a broken and contrite heart.

Taken from Thirst.sg

Day 2: The Time Has Come

Mark 1:15 (NIV) "The time has come," he said. "The kingdom of God has come near. Repent and believe the good news!"

The word for "repent" in Greek is *metanoēō*. It means to change one's mind for the better and to feel compunction for one's past sins. The word for "believe" in Greek is *pisteuō*, which means to be persuaded and to have confidence.

"Repent" and "believe" work hand in hand. It is impossible to believe in Jesus and yet refuse to turn away from sin. God's kindness is meant to lead us to repentance; our lives must respond by thanking God for His love and choosing to turn away from sin.

Are there areas in our lives where we're still not walking in obedience and holiness? Now is the time to respond and repent.

Taken from Thirst.sg

Day 3: Perfect Peace

Isaiah 26:3 (ESV) "You keep him in perfect peace whose mind is stayed on you, because he trusts in you."

Some of us might know that peace in Hebrew is called *shalom*, but "perfect peace" here is actually translated from *shalom shalom*.

Repetition is often seen in Hebrew literature when authors are emphasising importance or describing intensity. Hence, this perfect peace is not just any peace that we can find or receive from this world – it transcends all understanding and brings true rest to the soul.

The key to this perfect peace is ensuring that our focus stays on Jesus. If your heart is troubled today, turn your eyes from the storms of life to fix your eyes on Christ who is in the boat with us and is to be trusted. He promises to keep you in perfect peace.

Taken from Thirst.sg

Day 4: As Far As The East Is From The West

Psalm 103:11-12 (NIV) For as high as the heavens are above the earth, so great is his love for those who fear him; as far as the east is from the west, so far has he removed our transgressions from us.

Twice, David uses metaphors to express the greatness of God's love and mercy.

The first metaphor, highlighting the distance between heaven and earth, tells us of the astounding, infinite magnitude of God's love for us.

The second metaphor plays on the fact that the east and the west are two points that never converge. Like parallel lines, they are eternally apart. In the same way, our sins have been forgiven and infinitely removed from us, for all of eternity, because of Jesus.

We will never be able to fully grasp the depth of God's love, but whether we are dancing on mountaintops or deep in the storms of life – remember that He does!

Taken from Thirst.sg

Day 5: Remain In Me

John 15:5 (NIV) "I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing."

Jesus likens His relationship with us to a vine and a branch. Just like how a branch cannot bear fruit if it isn't connected to a vine, we are spiritually dead when we do not abide in God.

But we abide in Christ when we believe and accept Him as our Lord and Saviour, and follow Him obediently.

It is Jesus who causes us to "bear much fruit", guiding us to live out our purpose in God's kingdom.

Are you a true believer who abides in Christ? Do you know the real Jesus? Are you obediently following Him?

Taken from Thirst.sg

Day 6: No Longer Slaves

Romans 6:6-7 (NIV) "For we know that our old self was crucified with him so that the body ruled by sin might be done away with, that we should no longer be slaves to sin— because anyone who has died has been set free from sin."

I know what's the right thing to do, but I can't. I just can't.

Have you ever felt powerless to change something in your life? Paul describes such helplessness in Romans 7:18 where he writes: "For I have the desire to do what is good, but I cannot carry it out".

But note that Romans 7 is about our old self — when we were still utterly ruled by sin. That completely changes when Jesus comes into our lives. Our old, sinful self was put to a spiritual death; in Jesus we are now set free from the power of sin that once controlled us.

What is your "I just can't"? Today, let's turn to God in repentance and surrender that to Him.

Taken from Thirst.sg

Day 7: His Grace Is Sufficient

2 Corinthians 12:9 (NIV) But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me.

Boasting about weaknesses. Does that sound strange to you? Most people only boast about their achievements, possessions or personal qualities. Who boasts about the things that they're not proud of?

Here, the apostle Paul teaches that disciples of Christ can boast about our weaknesses because they point us to God who strengthens us. Christians are never on our own; Christ's grace is sufficient for us.

Today, take some time to ask God for grace.

Taken from Thirst.sg