



21 Days of Prayer & Fasting 2025

Devotionals (Days 8-14)

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 8: Everything We Need

2 Peter 1:3 (NIV) His divine power has given us everything we need for a godly life through our knowledge of him who called us by his own glory and goodness.

The phrase “godly life” in today’s passage is translated from the Greek word *eusebeia* which means “good worship”.

Here, we are told that God has given us everything we need to have “good worship” — which is to live a life that is holy and pleasing to God.

Are there dark areas in your life that you feel powerless to change? Turn to God in repentance; He is more than enough and has divine power to transform us into Christlikeness.

Taken from Thirst.sg

Day 9: Peace In One Body

Ephesians 2:14-16 (NIV) For he himself is our peace, who has made the two groups one and has destroyed the barrier, the dividing wall of hostility, by setting aside in his flesh the law with its commands and regulations. His purpose was to create in himself one new humanity out of the two, thus making peace, and in one body to reconcile both of them to God through the cross, by which he put to death their hostility.

In a world filled with division and conflict, we look to Christ's promise of a "new humanity" where there will be unity and lasting peace.

Through the redemptive work of Christ on the cross, not only have we been reconciled to God the Father — we have also been reconciled to one another. Christ Himself has become the reason for our peace with one another.

As the people of God, are we modelling such peace in the Body as the Word of God has instructed? We are called to make every effort to protect our unity.

Where possible, seek reconciliation today. Remember that we can forgive because we have first been forgiven.

Taken from Thirst.sg

Day 10: The Bread of Life

John 6:35 (NIV) Then Jesus declared, "I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty."

We consume all kinds of things in this world, thinking that will satisfy us. But we're never quite satisfied, and sometimes we leave feeling even more empty.

If that's been your experience, it's time to look at the ingredients that make up your food. What's baked into your bread? Temporary pleasure? False promises? Dreams that are actually empty? Dining on deception, is it any wonder we still feel hungry, thirsty, empty?

But Jesus says: "Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty."

The bread of life is special because unlike physical food and drink, it is infinite and it fully satisfies. It is the real thing, and you can never run out of it.

If you want to be satisfied — truly satisfied — there are two things you have to do: you have to come to Jesus, and you have to believe in Him.

Taken from Thirst.sg

Day 11: My Hour Has Not Yet Come

John 2:4 (NIV) "Woman, why do you involve me?" Jesus replied. "My hour has not yet come."

Jesus was not unwilling to provide miraculously for the bride and bridegroom. After all, despite having just entered into public ministry, He made time for their wedding in the countryside.

Rather, Jesus did not take this decision lightly. The word "hour" from this passage is the same Greek word used in John 13:1 to refer to Jesus' crucifixion on the cross. Jesus' response here was as if to say: "Once I begin performing signs, I start toward the cross."

Nevertheless, Jesus would go on to turn water into wine despite knowing where taking this step would bring Him.

Are there things in your life that you're struggling to surrender to God? Is there a step you are struggling to take? Take it to Him in prayer.

Taken from Thirst.sg

Day 12: At His Word

John 4:50 (NIV) "Go," Jesus replied, "your son will live." The man took Jesus at his word and departed.

The royal official's son was dying. Though he could have sent someone else, this nobleman humbled himself and personally travelled to beg Jesus to come and heal his son.

But, having finally arrived, the answer he got from Jesus was to go back the way he came, along with an assurance that the boy would live.

That must not have been what he expected — but he took Jesus at His word and departed. No buts, no bargaining, no complaining... just simple obedience.

In desperation, the royal official faced a choice between despair and a decision to trust what God said, but he chose well and his son was healed.

Is there something you're desperate about in life? Would you humbly seek God and trust Him obediently — even when His answer's not what you expect?

Taken from Thirst.sg

Day 13: Fishers of Men

Luke 5:10 (NIV) ...Then Jesus said to Simon, "Don't be afraid; from now on you will fish for people."

Simon Peter had fished all night with nothing to show for it, but when Jesus told him to do it all over again, he obeyed — and so much fish was caught that their nets began to break.

Simon Peter's immediate response was to fall at Jesus' knees, recognising the greatness of the One who had performed the miracle and, in contrast, his own unworthiness.

Jesus then commissioned Simon Peter, who upon reaching the shore, left everything — including the rewards he had been working for — to follow Jesus.

Christ is the real reward, and He looks for simple obedience in those who would follow Him. Be encouraged that Jesus can take the life you have, whatever it has looked like, and weave it into His calling for you.

Taken from Thirst.sg

Day 14: Whatever It Takes

Luke 5:18-20 (NIV) Some men came carrying a paralyzed man on a mat and tried to take him into the house to lay him before Jesus. When they could not find a way to do this because of the crowd, they went up on the roof and lowered him on his mat through the tiles into the middle of the crowd, right in front of Jesus. When Jesus saw their faith, he said, "Friend, your sins are forgiven."

It's worth noting that Jesus first responded to the faith not of the paralysed man, but his friends. There is much to learn from their remarkable display of friendship and faith.

For starters, they took initiative and made real effort to get their paralysed friend help. When you're suffering, it can be hard to ask for help — friends who compassionately act on your behalf can be such a blessing.

They also humbled themselves and brought their friend to Jesus, instead of asking Him to come to them. They were undeterred by inconvenience and setbacks, and creatively navigated past obstacles to get their friend to Jesus.

They gave their time, effort and did whatever it took so a paralysed man could lean on them for hope — and go on to take a step of faith. Who can you be a friend to in this way?

Taken from Thirst.sg