

# ONE MORE TIME

A 21-DAY PRAYER AND FASTING GUIDE

## Introduction

Welcome to our 21-Day Prayer and Fasting Guide; a guide we hope helps our church see God move ONE MORE TIME! This guide is designed to unite our church family in focused prayer and fasting for one person in your life who doesn't yet know Jesus Christ.

## Goal

To soften our hearts with God's love for someone far from Him and to empower us to share the Gospel boldly.

## What Is Fasting?

Biblical fasting is simply choosing to go without food (or sometimes other things like media) for a set time so you can focus more on God through prayer and seeking Him. In the Bible, people fasted when they were desperate for God's help, direction, or presence—like when Jesus fasted 40 days before starting His ministry, or when the early church fasted before sending out missionaries.

It's not about earning God's favor or twisting His arm; it's about telling your body, "*Food isn't my greatest need right now—God is*," and using the hunger pains as reminders to pray. Think of it as hitting the pause button on normal life to say, "*Lord, I want You more than anything else*," and trusting that as you draw near to Him, He draws near to you (James 4:8). Start small, stay hydrated, and remember: the goal is a full heart turned toward Jesus.

## What Fasting Teaches Us

The New Testament gives us deeper insight into the purpose of fasting. When Jesus fasted in the wilderness, He reminded us that "*Man shall not live on bread alone, but on every word that comes from the mouth of God*." Fasting teaches us that food alone cannot sustain us, because God made us for Himself and we are nourished by God's Word more than anything else..

Jesus also taught that doing the will of God sustains us. After His encounter with the Samaritan woman, Jesus told His disciples, "*My food is to do the will of Him who sent me and to finish His work*." Again, we see that obedience to God is more sustaining than physical food.

Finally, Jesus declared Himself to be the Bread of Life. While Israel ate manna in the wilderness and still died, Jesus offers eternal life to all who come to Him. Fasting points us to this truth: Jesus Himself is our ultimate source of life and strength. Jesus assumed fasting would be part of His followers' spiritual lives. In Matthew 6, He says, "**When** you fast," not "**if** you fast!" Jesus also warns us not to fast for attention or approval from others, but to draw near to God. So while we are all doing this together, as a general rule we keep the devotion of it to the Lord and the difficulty of it between you and the Holy Spirit.

## The Purpose of Fasting

Fasting is designed to intensify our dependence on God by weakening our dependence on food and other comforts. It exposes the ways we often turn to food, entertainment, or busyness to cope with stress, disappointment, or pain. As these distractions are removed, what is inside us is revealed—both the areas God wants to heal and the places where we need to grow.

Fasting also teaches us that we can go without getting what we want and still survive. It cultivates self-control, contentment, and humility. More than anything, fasting expresses and deepens our hunger for God. It reminds us that we are sustained not by food, but by God Himself.

## Preparing for a Fast

Fasting should be prayerfully planned, not rushed. Begin by asking God to clarify the purpose of your fast. As a church, we are seeking God through prayer and fasting to save the lost. We want to see those far from Christ come to know him personally.

Before you begin, however, we need to prayerfully decide:

- How long will I fast?
- What kind of fast will I undertake?
- What activities or distractions will I limit?
- How will I intentionally spend time in prayer and God's Word?

Preparing your heart is just as important as preparing your body. Confess sin, seek forgiveness where needed, surrender your heart fully to the Lord, and begin with an expectant faith. Jesus also instructs us to fast privately, keeping the focus between us and God.

## Different Ways to Fast

There is no single "right" way to fast. Below are a few common and approachable options:

- **Selective Fast:** Eliminating certain things from your diet like sweets or caffeine. Another example is eating only fruits and vegetables, or what some might call a "Daniel fast."
- **Partial Fast:** Refraining from eating for a set period of time each day. You could choose to fast from a single meal or from sunup to sundown.
- **Complete Fast:** Refraining from eating and only drinking liquids for particular days or even an extended period of time. For extended fasts it may be wise to consult a doctor.
- **Media/Activity Fast:** If, for some reason, fasting from food is not possible for you, you may want to consider other ways to capture time in this season to focus and pray. While abstaining from things like social media and television are not the same as fasting from food, they might allow space for the Holy Spirit to have your attention and you will have dedicated time to pray.

## What Matters Most

The most important part of fasting is not what you give up, but the thing to which you are giving the most of your focused attention. Fasting is simply a tool to help us make room for intentional time with God through prayer, Scripture, and reflection. Whether your fast feels big or small, what matters is that it leads you to seek Him more consistently and more deeply. As you move through these 21 days, choose a fast that is realistic, meaningful, and prayerfully considered. Our prayer is that this season would draw you closer to God and prepare your heart for all He wants to do.

## Additional Resource

For a deeper dive into fasting, please check out this video content on RightNow Media: [What Does it Mean to Fast?](#)

Cru.org provides a helpful article on [Seven Basic Steps to Successful Fasting and Prayer](#)

## How to Use This Guide:

- Choose Your One More: Before Day 1, prayerfully identify one person (friend, family, coworker, neighbor) who is far from God. Write their name in the blanks provided. Choose to believe we will see God move One More Time and this person's heart will be changed!
- Fasting: Choose the type of fast that will be best for you. Start small and build from there.
- Daily Rhythm: Spend 15-20 minutes each day with the three sections: **READ** (Scripture), **REFLECT** (meditation to stir your heart), and **PRAY** (specific intercession). **\*\*You can also use your time of prayer to not only pray for your "One More" but to pray for other's "One More!"**
- Community: Share updates in your Connect Group and/or prayer meetings. Let's celebrate stories of God moving!
- **ONE MORE TIME Sunday:** On January 25, our church is promising you that on January 25th we will preach the gospel clearly and invite God to move ONE MORE TIME in our midst to draw people to Himself and change people's eternity!

**IMPORTANT:** Dates run from January 4-24, 2026 (21 days), with January 25 as a day of action and celebration. In addition, during the 21 days, the church building will be open M-F from 12 - 1 PM for those that would like to come pray at the church. We will have worship music playing and some additional prayer prompts available.

## Day 1: January 4, 2026 – The Only Way

**Read:** John 14:6 (CSB) – "Jesus told him, 'I am the way, the truth, and the life. No one comes to the Father except through me.'"

**Reflect:** Jesus isn't "a" way—He's "the" way. In a world of endless options, your one needs this exclusive hope. Reflect on how God's singular path through Christ stirs your heart to love them enough to point them there.

**Pray:** God, I lift up \_\_\_\_\_. Open their eyes to see Jesus as the only way to You. Soften my heart to love them fiercely and share this truth with courage. Amen.

**Notes:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Day 2: January 5, 2026 – The Universal Need

**Read:** Romans 3:23 (CSB) – "For all have sinned and fall short of the glory of God."

**Reflect:** No one escapes sin's grip—neither you nor even your one – before Christ. This levels the field, reminding us we're all in need of grace. As we pray for our "one," let this truth fuel compassion over judgment.

**Pray:** Lord, reveal to \_\_\_\_\_ their need for You amid their daily struggles. Help me remember my own story of sin and rescue, stirring empathy to draw closer to them. Amen.

**Notes:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Day 3: January 6, 2026 – Rest in Jesus

**Read:** Matthew 11:28 (CSB) – "Come to me, all of you who are weary and burdened, and I will give you rest."

**Reflect:** Life's burdens weigh heavy on your one. Jesus offers true rest, not temporary relief. Consider how sharing this invitation could lighten their load—and how God's rest renews your love for them.

**Pray:** Jesus, invite \_\_\_\_\_ into Your rest today. Amid their weariness, use me as a vessel of Your peace, deepening my care to walk alongside them. Amen.

**Notes:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Day 4: January 7, 2026 – The Cost of Sin

**Read:** Romans 6:23 (CSB) – "For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord."

**Reflect:** Sin pays a deadly wage, but God's gift flips the script. This contrast breaks our hearts for the lost, and motivates us to pray against eternal separation.

**Pray:** Father, convict \_\_\_\_\_ of sin's true cost without overwhelming them. Ignite my heart with gratitude for Your gift, compelling me to offer it freely to them. Amen.

**Notes:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Day 5: January 8, 2026 – God's Lavish Love

**Read:** John 3:16 (CSB) – "For God loved the world in this way: He gave his one and only Son, so that everyone who believes in him will not perish but have eternal life."

**Reflect:** God's love isn't earned—it's extravagant. Imagine \_\_\_\_\_ wrapped in it. Pray by name, love by action. Let this verse melt any indifference.

**Pray:** God of love, pour Your affection on \_\_\_\_\_ through circumstances that whisper Your care. Stir my soul to mirror that love, sharing the Son who saves. Amen.

**Notes:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Day 6: January 9, 2026 – Belief That Saves

**Read:** Acts 16:31 (CSB) – "Believe in the Lord Jesus, and you will be saved—you and your household."

**Reflect:** Simple belief unlocks salvation—for \_\_\_\_\_ and those they influence. Reflect on how one YES could ripple through generations, motivating your faithful prayers.

**Pray:** Holy Spirit, foster belief in \_\_\_\_\_'s heart. Use my words and life to echo this promise, fueling my passion to see their household transformed. Amen.

**Notes:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Day 7: January 10, 2026 – New Creation

**Read:** 2 Corinthians 5:17 (CSB) – "Therefore, if anyone is in Christ, he is a new creation; the old has passed away, and see, the new has come!"

**Reflect:** Salvation isn't renovation—it's re-creation. Envision \_\_\_\_\_'s "new" self. Pray for this breakthrough; let it inspire fresh love in your outreach.

**Pray:** Father, make \_\_\_\_\_ new in Christ. Renew my commitment to them, replacing old fears with bold steps toward sharing Your renewing power. Amen.

**Notes:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Day 8: January 11, 2026 – Power of the Gospel

**Read:** Romans 1:16 (CSB) – "For I am not ashamed of the gospel, because it is the power of God for salvation to everyone who believes, first to the Jew, and also to the Gentile."

**Reflect:** The Gospel isn't weak words—it's God's dynamite for change. Don't hide this power from your one. Reflect on its transforming force in your life.

**Pray:** Lord, unleash the Gospel's power over \_\_\_\_\_. Banish my shame; fill me with unashamed love to proclaim it clearly and compassionately. Amen.

**Notes:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Day 9: January 12, 2026 – Sent as Ambassadors

**Read:** 2 Corinthians 5:20 (CSB) – "Therefore, we are ambassadors for Christ; certain that God is appealing through us. We plead on Christ's behalf: 'Be reconciled to God.'"

**Reflect:** You're Christ's representative to \_\_\_\_\_. Pray as if their reconciliation depends on your plea. Let it stir "diplomatic love."

**Pray:** King Jesus, commission me as Your ambassador to [\_\_\_\_\_. Heighten my love through Your appeal, urging reconciliation with tender persistence. Amen.

**Notes:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Day 10: January 13, 2026 – Drawn by the Father

**Read:** John 6:44 (CSB) – "No one can come to me unless the Father who sent me draws him, and I will raise him up on the last day."

**Reflect:** Salvation starts with God's draw, not our drag. Trust His pull on \_\_\_\_\_. This frees you to love without pressure.

**Pray:** Father, draw \_\_\_\_\_ irresistibly to Your Son. As You draw them, draw my heart closer in empathetic prayer and purposeful pursuit. Amen.

**Notes:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Day 11: January 14, 2026 – Conviction by the Spirit

**Read:** John 16:8 (CSB) – "When he comes, he will convict the world about sin, righteousness, and judgment."

**Reflect:** The Spirit does the heavy convicting. Pray for His work in \_\_\_\_\_, and may your fasting cause you to yield to His leading in evangelism.

**Pray:** Spirit of Truth, convict \_\_\_\_\_ gently and powerfully of sin, righteousness, and judgment. Empower me to cooperate with Your work through loving, Spirit-led conversations. Amen.

**Notes:** \_\_\_\_\_

---

---

---

---

## Day 12: January 15, 2026 – Sealed by the Spirit

**Read:** Ephesians 1:13 (CSB) – "In him you also were sealed with the promised Holy Spirit when you heard the word of truth, the gospel of your salvation, and when you believed."

**Reflect:** Belief seals us eternally. Long for this security for \_\_\_\_\_. Keep their name before God daily.

**Pray:** God, let \_\_\_\_\_ hear and believe Your truth today. Seal them with Your Spirit, and seal my resolve to love them into eternity. Amen.

**Notes:** \_\_\_\_\_

---

---

---

---

## Day 13: January 16, 2026 – Adoption into Family

**Read:** Ephesians 1:5 (CSB) – "He predestined us to be adopted as sons through Jesus Christ for himself, according to the good pleasure of his will."

**Reflect:** God adopts the unworthy into intimacy. Imagine \_\_\_\_\_ as family. This adoption stirs us to invite others home.

**Pray:** Father, welcome \_\_\_\_\_ into Your family with joy. Expand my heart's capacity to love them as siblings in Christ. Amen.

**Notes:** \_\_\_\_\_

---

---

---

---

## Day 14: January 17, 2026 – Forgiven Fully

**Read:** Ephesians 1:7 (CSB) – "In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace."

**Reflect:** Forgiveness flows from grace's riches. Extend this hope to \_\_\_\_\_'s regrets. Prayer often precedes such breakthroughs.

**Pray:** Father, forgive \_\_\_\_\_'s trespasses through Christ's blood. Teach me to forgive freely, loving them past their past. Amen.

**Notes:** \_\_\_\_\_

---

---

---

---

## Day 15: January 18, 2026 – United in Christ

**Read:** Ephesians 2:14 (CSB) – "For he is our peace, who made both groups one and tore down the dividing wall of hostility."

**Reflect:** Christ demolishes barriers. Pray for unity with \_\_\_\_\_ across divides. Love bridges whatever walls have been built.

**Pray:** Prince of Peace, unite \_\_\_\_\_ to You and tear down walls between us. Unite my heart in selfless love to pursue reconciliation. Amen.

**Notes:** \_\_\_\_\_

---

---

---

---

---

## Day 16: January 19, 2026 – Saved by Grace

**Read:** Ephesians 2:8-9 (CSB) – "For you are saved by grace through faith, and this is not from yourselves; it is God's gift—not from works, so that no one can boast."

**Reflect:** Grace humbles and exalts. No boasting—just gratitude. What does it look like to give the gospel as a gift to \_\_\_\_\_?

**Pray:** Father, save \_\_\_\_\_ through faith alone. Humble me to share this gift without pride, only with profound love. Amen.

**Notes:** \_\_\_\_\_

---

---

---

---

---

## Day 17: January 20, 2026 – God's Workmanship

**Read:** Ephesians 2:10 (CSB) – "For we are his workmanship, created in Christ Jesus for good works, which God prepared ahead of time for us to do."

**Reflect:** You're God's masterpiece for mission. See \_\_\_\_\_ as someone that was created by God. Pray for their purpose in Christ.

**Pray:** Father, craft \_\_\_\_\_ for Your good works. Shape my life to display Your artistry, loving them toward their calling. Amen.

**Notes:** \_\_\_\_\_

---

---

---

---

---

## Day 18: January 21, 2026 – Access to the Father

**Read:** Ephesians 3:12 (CSB) – "In him we have boldness and access through faith in him."

**Reflect:** Faith grants VIP access to God. Long for \_\_\_\_\_ to approach boldly.

**Pray:** Father, grant \_\_\_\_\_ bold access through faith. Build my boldness to guide them there with encouraging love. Amen.

**Notes:** \_\_\_\_\_

---

---

---

---

---

## Day 19: January 22, 2026 – Strengthened with Power

**Read:** Ephesians 3:16 (CSB) – "I pray that he may grant you, according to the riches of his glory, to be strengthened with power in your inner being through his Spirit."

**Reflect:** Inner power fuels outer witness. Pray this for \_\_\_\_\_—and yourself. Saved people seek the lost!

**Pray:** Father, strengthen \_\_\_\_\_'s inner being with Your Spirit. Fortify my love to endure and engage with resilient compassion. Amen.

**Notes:** \_\_\_\_\_

---

---

---

---

## Day 20: January 23, 2026 – Rooted in Love

**Read:** Ephesians 3:17 (CSB) – "And that you... may be rooted and grounded in love."

**Reflect:** Love anchors us. This 21-day journey roots you deeper in love for God, and has led you to pray for \_\_\_\_\_.

**Pray:** Father, root \_\_\_\_\_ in Your unfailing love. Root me securely, so my love for them grows unshakeable and Gospel-ready. Amen.

**Notes:** \_\_\_\_\_

---

---

---

---

## **Day 21: January 24, 2026 – Filled with God**

**Read:** Ephesians 3:19 (CSB) – "...and to know Christ's love that surpasses knowledge, so that you may be filled with all the fullness of God."

**Reflect:** Ultimate fullness: God's presence. Envision \_\_\_\_\_ overflowing. As our guide closes, commit to ongoing prayer.

**Pray:** Fill \_\_\_\_\_ with Your fullness through Christ's love. Overflow my life with it, propelling me to share eternally. Amen.

**Notes:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## **January 25, 2026: Day of Action**

Gather EXPECTANTLY! We have prayed and prayed. We have shared the gospel. We will share the gospel. We will be expectant that God will move **ONE MORE TIME!**