

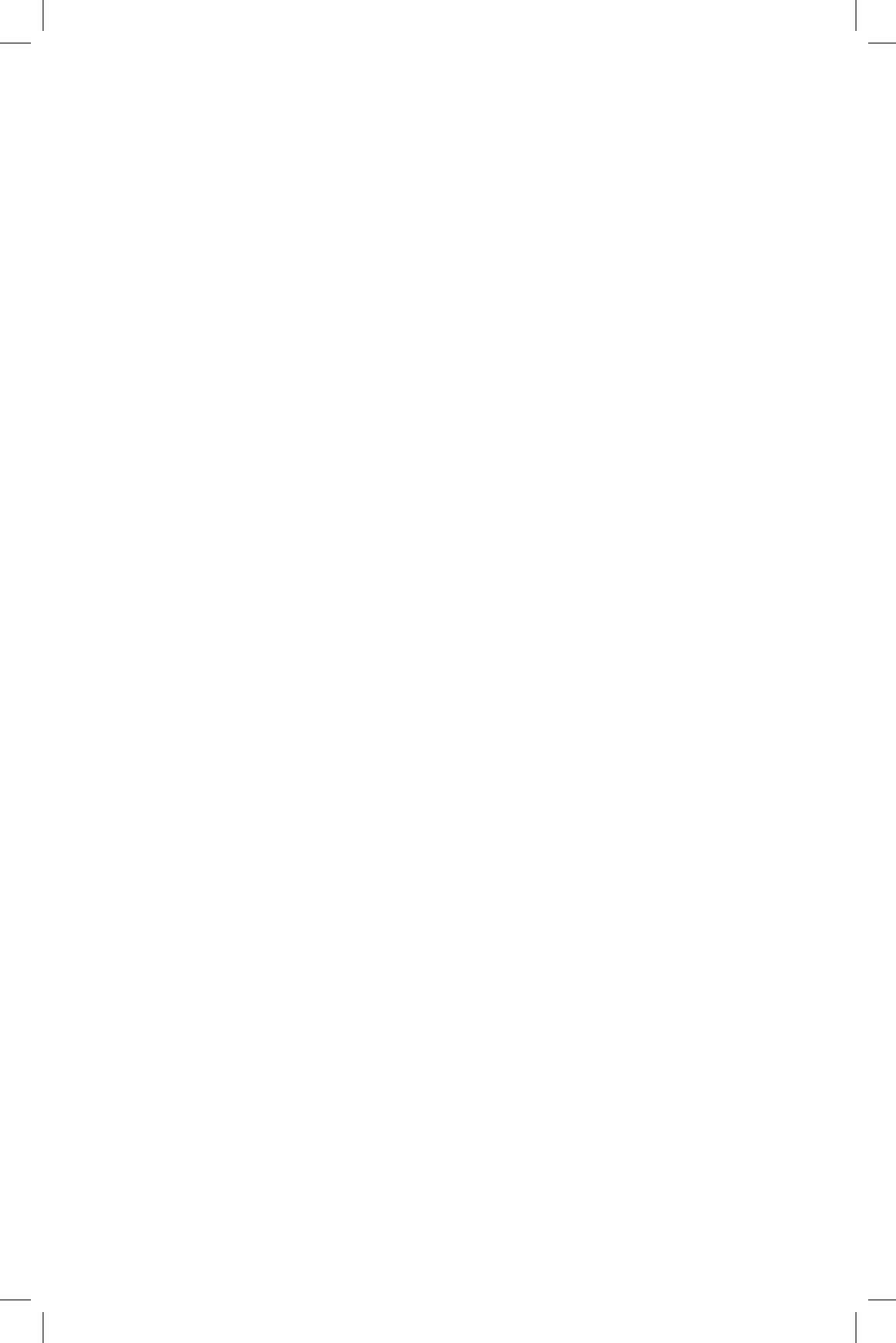
# 21 DAYS

Of Prayer And Fasting

*“Whoever believes in me will do the works I have been doing,  
and they will do even greater things than these.”*

**John 14:12**

*Bayside*



**Thank you for joining us for our “21 Days of Prayer and Fasting”!** We’re praying the next three weeks become the best season of your life yet. By putting God first and seeking His Presence intentionally through prayer and fasting, you’re starting this year off the best way you possibly could. Well done! Our Pastors and staff are praying for you as we journey through this season together, fully expecting God to move in mighty ways. God is always speaking. Now is the time for us to draw near to Him with full and sincere hearts, and listen. We’re here with you and grateful for the chance to do this *together.*

We’re excited to hear the amazing stories that come out of this for you and your family!

*Your Bayside Pastors*

## 21 Days of Prayer and Fasting

"If My people, who are called by My name, will humble themselves and pray and seek My face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land."

**-2 Chronicles 7:14**

### What Is It?

**"21 Days of Prayer and Fasting"** is a time when we intentionally seek God every day in prayer as we believe for Him to move in powerful ways. It is our privilege at Bayside during this season to pause every morning and engage with us in prayer at a time that suits you. We are going to watch God change us and change our world through the power of prayer and fasting! Every day, we will worship and pray for ourselves, our church, our community, our nation, and our world. Use this resource to create space each day to pause and connect with God.

### How Do I Participate?

1. Text **REFUEL** to **56316** to receive an encouraging devotional to fuel your fast every day for the 3 weeks.
2. Daily Personal Time of Prayer
3. Choose your fast - (see pages 5-6)



## **Help For The Journey:**

1. Schedule a set a time to pray every day (do what works best for you)
2. Determine a specific place to pray every day
3. Create a growing list of things to pray for
4. Find specific Scriptures to pray along with (we provide daily Scripture readings from the Gospel of John)
5. Ask God to teach you how to pray and fast and to lead you in your prayer times
6. Be easy on yourself. Like any other habit or muscle, these take time to build
7. Be patient. You'll get some "spiritual muscle memory" and grow more and more confident as you pray and fast
8. Order or Download 'How to Pray - a Simple Guide for Normal People' by Pete Greig

## **Fasting:**

The goal of fasting is to draw nearer to God. Biblical fasting always has to do with eliminating distractions for a spiritual purpose; it hits the reset button of our soul and renews us from the inside out. It also enables us to celebrate the goodness and mercy of God and prepares our hearts for all the good things God desires to bring into our lives. Remember, your personal fast should present a level of challenge, but it is very important to know your body, your options, and, most importantly, to seek God in prayer and follow what the Holy Spirit leads you to do.



## Types of Fasts:

### **COMPLETE FAST**

In this type of fast, you drink only liquids, typically water with light juices as an option.

### **SELECTIVE FAST**

This type of fast involves removing certain elements from your diet. One example of a selective fast is the Daniel Fast, during which you remove meat, sweets, and bread from your diet and consume water and juice for fluids and fruits and vegetables for food.

### **PARTIAL FAST**

The goal of your group experience is to develop relationships while also growing spiritually. This fast is sometimes called the “Jewish Fast” and involves abstaining from eating any type of food in the morning and afternoon. This can either correlate to specific times of the day, such as 6:00 am to 3:00 pm, or from sunup to sundown.

### **SOUL FAST**

This fast is a great option if you do not have much experience fasting food, have health issues that prevent you from fasting food, or if you wish to refocus certain areas of your life that are out of balance. For example, you might choose to stop using social media or watching television for the duration of the fast, and then carefully bring that element back into your life in healthy doses at the conclusion of the fast.

## 21-DAY SCHEDULE

### DAY 1: Jesus the MESSIAH

#### JANUARY 4

##### Read John 1

To all who did receive Him, to those who believed in His name, He gave the right to become children of God... (John 1:12)

- ▶ Take a minute to thank Jesus for the opportunity to draw closer to Him through our **“21 Days of Prayer and Fasting”**. He loves spending time with you. Ask Him to speak to you, and to hear Him when He does. Thank Him for His presence.
- ▶ Pray you will be graced to discover God’s power at work within you “who believed”
- ▶ Pray for revival in your family, community and nation, so others will come to receive Jesus as their Lord and Savior this year in 2026
- ▶ Pray for the Bible Conference January 2026

### DAY 2: Jesus the TRANSFORMER

#### JANUARY 5

##### Read John 2

...the master of the banquet tasted the water that had been turned into wine. (John 2:9)

- ▶ Pray for God to transform and purify you, so you can be holy and pleasing in His sight
- ▶ Pray for God to bring deep and lasting spiritual transformation to our government leaders who do not yet know Him
- ▶ Pray for marriages and families that are broken and fragmented. Pray for husbands and wives to rise up and take their leadership mantels in a spirit of love and humility.
- ▶ Pray for Unleashed Conference February 2026



## DAY 3: Jesus the GIVER of LIFE

### JANUARY 6

#### Read John 3

Jesus replied [to Nicodemus], “Very truly I tell you, no one can see the kingdom of God unless they are born again.” (John 3:3)

- ▶ Pray for God to breathe new life into you, to revive you in fresh ways
- ▶ Pray for others to be born again, and for spiritual revival in our land, that our nation will make Jesus the Lord of all things.
- ▶ Pray for a spirit of generosity with our time, talents, and treasures. God has given everything to us. Take time to thank Him for that. Ask Him how He would like to use you to reveal His love to a world in desperate need.
- ▶ Pray for Thrive Conference May 2026

## Day 4: Jesus the NEIGHBOR

### JANUARY 7

#### Read John 4

The Samaritan woman said to him, “You are a Jew and I am a Samaritan woman. How can you ask me for a drink?” (For Jews do not associate with Samaritans.) (John 4:9)

- ▶ Pray for God to reveal to you who your neighbor is, and to fashion your heart and mind accordingly. Ask Him to give you His heart to see people all around you the way He does, both locally and globally.
- ▶ Pray that you would receive, really receive, the limitless love of God for yourself, for that is where love of neighbor begins
- ▶ Pray for our cultural, political, racial and economic tensions to give way to godly listening, accepting, understanding, comforting, encouraging and blessing
- ▶ Pray for Bayside Global Outreach Ministries



## Day 5: Jesus the HEALER

**JANUARY 8**

### Read John 5

Then Jesus said to him, “Get up! Pick up your mat and walk.”  
(John 5:8)

- ▶ Pray for a fresh revelation of God's power to heal you today, in whatever way God desires for you (emotional, relational, physical, spiritual healing)
- ▶ Pray for the people around you who are sick; pray that God's glory would come forth and lives would be changed forever
- ▶ Pray for destructive addictions to be broken in the name of Jesus. Pray that God would break the chain of every hurt, bad habit, and hang up that have a grip on peoples' lives, outlooks and minds. Ask God for people to walk in FREEDOM.
- ▶ Pray for Mexicali Outreach March/April 2026

## Day 6: Jesus the MULTIPLIER

**JANUARY 9**

### Read John 6

When they had all had enough to eat, he said to his disciples, “Gather the pieces that are left over. Let nothing be wasted.”  
(John 6:12)

- ▶ Pray for provision and prosperity in your life, so you can be generous in every way
- ▶ Pray for those who need miraculous financial or relational provision from above
- ▶ Ask God to open your eyes to the miracles He's performing all around you, big and small.
- ▶ Pray for Bayside's Counseling Center



## Day 7: Jesus the TEACHER

**JANUARY 10**

### Read John 7

Not until halfway through the festival did Jesus go up to the temple courts and begin to teach. (John 7:14)

- ▶ Pray that your heart would grow even softer to God's Word, to hearing it, receiving it, and obeying it
- ▶ Pray that the teachings of the Bible would be held as the ultimate standards in our schools, businesses, courts, and government
- ▶ Pray for our families, our kids, our schools, our teachers, and our parents.
- ▶ Pray for Folsom Prison Campus

## Day 8: Jesus the SON of MAN

**JANUARY 11**

### Read John 8

The One who sent me is with me; He has not left me alone, for I always do what pleases him. (John 8:29)

- ▶ Thank God that He came to be with you, to show you mercy
- ▶ Pray that mercy and Godly values would prevail in your relationships and in our land
- ▶ Pray for Breakaway Camps June 2026

## Day 9: Jesus the LIGHT

**JANUARY 12**

### Read John 9

So the man went and washed, and came home seeing. (John 9:7)

- ▶ Pray for God's light to shine in and through you.
- ▶ Pray for Jesus, the Light of the World, to be received



into every life, into every community, and into our national places of power and influence

- ▶ Pray against distractions of everyday life that compete with what really matters. Ask God to shine His light on you and expose unhealthy or unnecessary things in your life so you can see Him clearly this year in 2026.
- ▶ Pray for Thrive College

## **Day 10: Jesus the GOOD SHEPHERD**

**JANUARY 13**

**Read John 10**

I am the good shepherd. The good shepherd lays down his life for the sheep. (John 10:11)

- ▶ Pray Psalm 23, as you thank God for His beautiful and peaceful presence and power in your life
- ▶ Ask God for people who have gone astray to come back to Him. Repent on behalf of our nation, and invite Him to shepherd your loved ones as well as our land
- ▶ Pray for Celebrate Recovery

## **Day 11: Jesus the RESURRECTION**

**JANUARY 14**

**Read John 11**

When He had said this, Jesus called in a loud voice, “Lazarus, come out!” (John 11:43)

- ▶ Pray for Jesus’ resurrection to flow through you, to bring back to life what has been damaged or dormant
- ▶ Pray for others who are far from God, dead in their sins, to come alive in and through Christ!
- ▶ Pray for Bayside’s Student Ministries



## Day 12: Jesus the ANOINTED ONE

**JANUARY 15**

**Read John 12**

Then Mary took about a pint of pure nard, an expensive perfume; she poured it on Jesus' feet and wiped his feet with her hair. (John 12:3)

- ▶ Worship our LORD like Mary did. Tell Him how wonderful He is as you bow before Him in awe and reverence
- ▶ Tell God your honest heart's desire for Him to be first, revered and honored in our nation
- ▶ Pray for Bayside's Children's Ministries

## Day 13: Jesus the SERVANT

**JANUARY 16**

**Read John 13**

After that, He poured water into a basin and began to wash his disciples' feet... (John 13:5)

- ▶ Ask God to show you opportunities to serve in simple and genuine ways to the people around you
- ▶ Ask God to renew the right spirit in all of us, so that as a nation, we would seek to serve rather than be served, in true humility and love
- ▶ Pray for compassion, that God would give you eyes to see what He sees, ears to hear what He hears, and surrender to obey at all costs
- ▶ Pray for Bayside's College Ministries



## Day 14: Jesus the WAY

**JANUARY 17**

**Read John 14**

Jesus answered, “I am the way and the truth and the life. No one comes to the Father except through Me. (John 14:6)

- ▶ Thank God for revealing who He is to you. Ask Him to reveal more and more of Himself to you during this season.
- ▶ Ask God to make His Church bold and confident in proclaiming the undiluted, beautiful, powerful truth of the Gospel of Jesus Christ
- ▶ Pray for Bayside's Campuses

## Day 15: Jesus the VINE

**JANUARY 18**

**Read John 15**

“I am the true vine, and My Father is the gardener. He cuts off every branch in me that bears no fruit, while every branch that does bear fruit, He prunes so that it will be even more fruitful.” (John 15:1-2)

- ▶ Ask God for less of you and more of Him as He shows you how to truly abide in Him this year, and that much fruit would be born to bless others
- ▶ Pray for a revival of godliness, humility and beauty to refocus our conversations
- ▶ Pray for Rooted Groups



## Day 16: Jesus the OVERCOMER

**JANUARY 19**

**Read John 16**

“I have told you these things, so that in Me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.” (John 16:33)

- ▶ Praise God that no one can change His mind, thwart His plans or take away any of the goodness He has for you
- ▶ Proclaim God's greatness over personal and national worry, concern and godlessness, and thank Him for His peace and joy, given in a manner that the world can't give
- ▶ Pray for UNITY - within the church, our nation, and the world
- ▶ Pray for Bayside Business Ministries

## Day 17: Jesus the INTERCESSOR

**JANUARY 20**

**Read John 17**

Holy Father, protect them by the power of Your name, the name You gave Me, so that they may be one as We are one. (John 17:11)

- ▶ Ask God that we, His Church, may be one. Ask Him to highlight any personal blind spots, and let Him graciously soften and change your heart, soul and mind in accordance with His will
- ▶ Pray for unity where there has been division, love where there has been strife, and understanding where there has been ignorance or indifference
- ▶ Pray for Bayside Local Outreach



## Day 18: Jesus the KING

**JANUARY 21**

**Read John 18**

Jesus said, “My kingdom is not of this world. If it were, my servants would fight to prevent my arrest by the Jewish leaders. But now my kingdom is from another place.” (John 18:36)

- ▶ Pray that you would align your values and priorities with the Kingdom of God, not your own kingdom
- ▶ Ask Him to give you a Kingdom mindset so you can be free to serve Him however He desires without reservation
- ▶ Pray that our nation would be grounded in Kingdom of God principles
- ▶ Pray for Bayside Men’s Ministries

## Day 19: Jesus the SACRIFICE

**JANUARY 22**

**Read John 19**

When He had received the drink, Jesus said, “It is finished.” With that, He bowed his head and gave up His spirit. (John 19:30)

- ▶ Thank Jesus for His amazing sacrifice for you on the Cross, and ask Him to refocus your scattered allegiances onto Him
- ▶ Ask God for our nation to be open and receptive to the Gospel
- ▶ Pray for Bayside Women’s Ministries



## Day 20: Jesus the RESURRECTED

**JANUARY 23**

**Read John 20**

Jesus came and stood among them and said, “Peace be with you!” (John 20:19)

- ▶ Thank God that the peace He gives is out of this world. Repeat these words a few times, slowly, as you picture Jesus saying them to you now: “Peace be with you!”
- ▶ Pray for the peace of God to invade all of our hearts and minds, and keep our nation focused on Christ Jesus above all else
- ▶ Pray for Highschool and Middle School Camps July 2026

## Day 21: Jesus the LEADER

**JANUARY 24**

**Read John 21**

Then [Jesus] said to [Peter], “Follow me!” (John 21:19)

- ▶ Ask God to remind you to consider who you follow, and allow the Holy Spirit to guide your steps, thoughts, and decisions every day
- ▶ Praise God as our forever King and Perfect Ruler, as you commit our nation and world to Him at this time, trusting Him to continue to accomplish His purposes
- ▶ Pray for Bayside’s Prayer Ministry

“Now to Him Who is able to do immeasurably more than all we ask or imagine, according to His mighty power at work within us, to Him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.”

**- Ephesians 3:20-21**

## notes

## notes





*Bayside*

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