

# JESUS *is...*

## 21 Day Prayer & Fasting

January 12 - February 1, 2026



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## WELCOME TO OUR PRAYING & FASTING

Our annual 21 days of prayer and fasting is with us again. This is the beginning of the year and it is a perfect opportunity for us to practice the art of waiting and engage with God spiritually before we take further steps into the year.

This prayer and fasting guide is to bring some order and structure in how we engage with God during this period. It will enrich your prayer and meditative periods with the Lord. You are at liberty to add other prayer topics that the Holy Spirit lays on your heart daily.

The practice of fasting is part of our lives as Christians. The Bible is filled with several instances where the people of God and the early church practiced fasting. Fasting has both physical, emotional, and spiritual benefits. In Matthew 6:16-18, Jesus gave us instructions on fasting.

Fasting must always be accompanied by prayer. The combination of prayer and fasting has the potential to unlock both physical and spiritual power for the believer to walk as a disciple of Christ (Matthew 17:21). Above all, prayer and fasting must be done with the underlining mindset and purpose of bringing glory to God and living as disciples of Jesus Christ.

The following guidelines are to ensure we receive the full physical, mental, and spiritual benefits of our prayer and fasting:

- Prepare yourself for the fast. Prepare your body by cutting back on food portions and eating smaller quantities prior to the fast. Prepare your mind and spirit by feeding them with Godly information prior to the fast.
- As much as possible, ensure your schedule for the fasting period is free from distractions, temptations, or energy draining activities.
- During the fast, drink lots of water and abstain from stimulants such as sugary and caffeinated drinks.

*“When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.*

*Matthew 6:16-18*

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- Break your fast daily fruits and veggies. Go light on or abstain from food with carbs.
- If you have any health conditions that might be adversely impacted by the fast, speak with your doctor first. Pregnant and nursing mothers should also speak with their doctor first before they fast. If such people cannot abstain from food, they should engage in the habit and character expected of anyone that is fasting.
- Fasting is to give up something to get closer to God. Reduce the distractions and time spent doing things that don't get you closer to God. Eg. You might need to stay away from certain friendships, conversations and places during this period.
- Any free time should be filled with God, so the devil doesn't bring in distractions.
- Majority of your time should be spent in prayer, reading, and meditating on the word of God.
- Fill up your time with short consistent prayer in 5-10mins periods, listen to worship music, read the word, watch sermon replays on the Church's YouTube (@CrossPointeCalgary) channel or on Facebook (@CrossPointe), etc.
- Be humble about fasting. It is not a competition to determine spiritual rank or maturity.
- Prepare for opposition through forgetfulness, spiritual and physical attacks, etc.
- If you make an error or fall into sin, don't condemn yourself because God doesn't condemn you. Go back to God, ask for grace, and resume your fast.

This is our year of JESUS.

I believe strongly in my spirit that as you engage in the 21 days of prayer and fasting, you will set the stage for the Holy Spirit to reveal Jesus to you in a deeper level.

Remember, we are of the Jesus Generation!

God bless you,

*Emmanuel Owusu*  
Lead Pastor

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## *Week 1*

### **Day 1 – Jan 12**

Topic: God's Promise of a Greater Prophet

Scripture: Deuteronomy 18:15–19

Prayer Focus: Thank God for fulfilling His promise through Jesus; ask for a heart that listens and obeys Him.

### **Day 2 – Jan 13**

Topic: Chosen and Sent by God

Scripture: Matthew 3:16–17

Prayer Focus: Acknowledge Jesus as God's chosen Son and submit fully to His authority.

### **Day 3 – Jan 14**

Topic: A Deliverer Like Moses

Scripture: Exodus 3:7–10; Luke 4:18

Prayer Focus: Pray for deliverance from every form of bondage—sin, fear, habits, and oppression.

### **Day 4 – Jan 15**

Topic: The True Lawgiver

Scripture: Exodus 20:1–17; Matthew 5:17

Prayer Focus: Pray for grace to live out God's commands through love, not legalism.

### **Day 5 – Jan 16**

Topic: The Mediator Between God and People

Scripture: Exodus 19:3–6; 1 Timothy 2:5

Prayer Focus: Thank Jesus for standing between humanity and God, bringing reconciliation.

### **Day 6 – Jan 17**

Topic: The New Covenant

Scripture: Jeremiah 31:31–34; Luke 22:20

Prayer Focus: Ask God to write His law on your heart and renew your commitment to Him.

### **Day 7 - Jan 18**

In person Sunday service

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## Week 2

### Day 8 – Jan 19

Topic: The Bread from Heaven

Scripture: Exodus 16:4; John 6:35

Prayer Focus: Ask Jesus to satisfy your spiritual hunger and deepen your dependence on Him.

### Day 9 – Jan 20

Topic: Living Water in the Wilderness

Scripture: Exodus 17:1–7; John 7:37–38

Prayer Focus: Pray for spiritual refreshment and renewal by the Holy Spirit.

### Day 10 – Jan 21

Topic: God's Presence with His People

Scripture: Exodus 33:14; Matthew 28:20

Prayer Focus: Ask for awareness of God's presence in every area of your life.

### Day 11 – Jan 22

Topic: God's glory Revealed

Scripture: Exodus 34:29–35; John 1:14

Prayer Focus: Pray to reflect God's glory through your character and actions.

### Day 12 – Jan 23

Topic: Compassionate Leader

Scripture: Numbers 12:3; Matthew 11:28–30

Prayer Focus: Ask God to shape your heart with humility, patience, and compassion.

### Day 13 – Jan 24

Topic: Authority Confirmed by God

Scripture: Numbers 16:28–30; Hebrews 1:1–3

Prayer Focus: Pray for faith to trust God's authority revealed in Jesus.

### Day 14 - Jan 25

In person Sunday Service

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## *Week 3*

### **Day 15 – Jan 26**

Topic: Victory Over the Enemy

Scripture: Exodus 17:8–13; Colossians 2:15

Prayer Focus: Pray for victory over spiritual battles through Christ.

### **Day 16 – Jan 29**

Topic: Intercession for the People

Scripture: Exodus 32:11–14; Hebrews 7:25

Prayer Focus: Thank Jesus for continually interceding for you and pray for others.

### **Day 17 – Jan 27**

Topic: Leading God's People Forward

Scripture: Joshua 1:1–5; John 10:27

Prayer Focus: Ask for sensitivity to hear Jesus' voice and courage to follow.

### **Day 18 – Jan 28**

Topic: A Faithful High Priest

Scripture: Hebrews 3:1–6

Prayer Focus: Pray for faithfulness and perseverance in your walk with God.

### **Day 19 – Jan 30**

Topic: Transformation, Not Tradition

Scripture: Ezekiel 36:26–27; Matthew 15:8–9

Prayer Focus: Pray for genuine spiritual transformation.

### **Day 20 – Jan 31**

Topic: Hope of Eternal Rest

Scripture: Deuteronomy 34:4; Hebrews 4:8–11

Prayer Focus: Thank God for the promise of eternal rest in Christ.

### **Day 21 – Feb 1**

In person Sunday service

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## Prayer Meetings Schedule

Monday	Zoom   7pm
Tuesday	Zoom   7pm
Wednesday	Zoom   7pm
Thursday	Zoom   7pm
Friday	Jan - 16th & 23rd   Zoom 7pm Jan 30 <sup>th</sup>   at church 7pm (Frontline)
Saturday	Family Prayer Days
Sunday	At church   10am



[Meeting ID: 830 4383 5139](#)