

MT. CARMEL 21-DAY FASTING SCRIPTURES AND FOCUSED PRAYER

Day 1 – The Call to Fast

Scripture: James 4:8

“Lord, today we answer Your call. Prepare our hearts for these 21 days. We draw near to You, trusting You to draw near to us. Amen.”

Day 2 – Humility & Repentance

Scripture: 2 Chronicles 7:14

“Father, we humble ourselves before You. Search us, cleanse us, and forgive us. Create in us clean hearts. Amen.”

Day 3 – Cleansing & Deliverance

Scripture: Psalm 51:10

“God, remove anything in us that is not like You. Break habits and mindsets that hinder our walk with You. Amen.”

Day 4 – Strength in the Fast

Scripture: 2 Corinthians 12:9

“Lord, strengthen us today. When we feel weak, remind us that Your grace is sufficient. Amen.”

Day 5 – Hunger for God

Scripture: Matthew 5:6

“Father, increase our hunger and thirst for righteousness. Let our desire for You outweigh every distraction. Amen.”

Day 6 – Obedience

Scripture: 1 Samuel 15:22

“God, we choose obedience over comfort. Align our will with Yours and help us walk faithfully. Amen.”

Day 7 – Rest in God

Scripture: Psalm 46:10

“Lord, teach us to be still in Your presence. Restore our souls as we rest in You today. Amen.”

Day 8 – Renewing the Mind

Scripture: Romans 12:2

“Father, renew our minds. Transform our thinking so we may discern Your good and perfect will. Amen.”

Day 9 – Hearing God’s Voice

Scripture: John 10:27

“Lord, sharpen our spiritual ears. Help us hear Your voice clearly and follow You faithfully. Amen.”

Day 10 – Renewed Strength

Scripture: Isaiah 40:31

“God, we wait on You. Renew our strength so we can run and not grow weary. Amen.”

Day 11 – Breaking Strongholds

Scripture: 2 Corinthians 10:4

“Father, tear down every stronghold in our lives. We declare victory through prayer and fasting. Amen.”

Day 12 – Trusting God

Scripture: Proverbs 3:5–6

“Lord, we trust You with all our hearts. Direct our paths and guide our steps today. Amen.”

Day 13 – Healing & Restoration

Scripture: Jeremiah 30:17

“God, bring healing and restoration to our lives. You are the Lord who heals us. Amen.”

Day 14 – Joy in the Lord

Scripture: Nehemiah 8:10

“Father, fill us with joy. Let the joy of the Lord be our strength during this fast. Amen.”

Day 15 – Breakthrough Faith

Scripture: Mark 9:29

“Lord, we believe You for breakthrough. What was impossible, we now place in Your hands. Amen.”

Day 16 – Unity in the Body

Scripture: Psalm 133:1

“God, unite us as one body. Let love and peace flow through our church and homes. Amen.”

Day 17 – Divine Direction

Scripture: Psalm 32:8

“Father, give us clear direction. Teach us the way we should go and guide us with Your eye. Amen.”

Day 18 – God’s Provision

Scripture: Philippians 4:19

“Lord, we trust You as our provider. Supply every need according to Your riches in glory. Amen.”

Day 19 – Bold Faith

Scripture: Joshua 1:9

“God, make us bold and courageous. Help us stand strong and live unashamed of our faith. Amen.”

Day 20 – Thanksgiving & Praise

Scripture: 1 Thessalonians 5:18

“Father, we thank You for what You are doing. We praise You in advance for every victory. Amen.”

Day 21 – Completion & Commitment

Scripture: Psalm 126:3

“Lord, thank You for meeting us in this fast. Help us leave changed, committed, and closer to You. Amen.”