



21 DAYS OF PRAYER & FASTING

THIS IS WORSHIP

More Than a Song

GUIDE & DEVOTIONAL

INTRODUCTION

Welcome to 21 Days of Prayer and Fasting. During our series, **THIS IS WORSHIP: More Than a Song, a Life Surrendered**, we are asking God to move worship from our lips into every part of our lives.

Fasting is not merely giving something up. It is intentionally making room to seek God, draw near to Him, listen to Him, surrender to Him, and worship Him. We are not trying to earn God's favor or manipulate Him into answering us. Through Jesus, the way to the Father is already open. We fast as a response to grace, admitting our need, and turning our attention toward the One who alone satisfies.

During this time, some days may feel spiritually powerful; others may feel ordinary. Our encouragement is to keep showing up. If you miss a reading or break your fast, do not quit or hide in shame. Receive God's grace, learn from the moment, and continue. The goal is not a perfect record. The goal is a heart that keeps returning to God.

The fast will be from Sunday, August 16 through Saturday, September 5. We will walk through three movements:

- HUNGER FOR GOD
- SURRENDER TO GOD
- WORSHIP AND LIVE FOR GOD

Then on Sunday, September 6, we will end our fast as a church community and come together to celebrate, give thanks, and worship God together on Family Worship Sunday.

Our prayer is that the Holy Spirit will renew our hunger, deepen our obedience, and make us a people whose whole lives declare that Jesus is worthy.

KidSpring Corner!

These 21 days are a special time to get closer to Jesus. You can do this too!

Try this: Pick one time each day (breakfast, bedtime, or in the car) and say:
"Jesus, help me love You and love others today." (1 Corinthians 16:14)

Why We Fast and Pray

Prayer is not a performance—it is a relationship. Through Jesus, we have been invited to draw near to our heavenly Father with confidence. We can speak honestly with Him, listen as He speaks through His Word, and depend on the Holy Spirit to help us pray and live in obedience (Hebrews 4:14–16; Romans 8:26–27).

Biblical fasting is voluntarily setting aside food for a spiritual purpose. Throughout Scripture, God’s people fasted during times of grief and repentance, when seeking God’s direction, while praying for others, and as they worshiped and prepared for ministry. Jesus fasted and taught His followers to fast with humility—not to impress people, but to seek God sincerely. He expected fasting to be a normal part of following Him (Matthew 4:1–4; 6:16–18; 9:14–15; Acts 13:1–3).

Fasting does not force God to do what we want. It cannot earn His favor, make us more spiritual, or give us power apart from Him. We are accepted by God because of what Jesus has done—not because of anything we do. Fasting simply helps us turn down the distractions and turn our attention toward God. It humbles us, reveals the things competing for our hearts, and creates intentional space for prayer, Scripture, repentance, and obedience. Every feeling of hunger becomes a reminder: we need God more than we need the comforts we normally depend on.

A Simple Daily Rhythm

- **READ** - Read the day’s primary passage in context. Notice what it reveals about God, the gospel, and faithful response. Commit to 20 minutes a day in your Bible.
- **REFLECT** - Read the devotional slowly. Ask the Holy Spirit to search, encourage, correct, and guide you through Scripture.
- **PRAY** - Use the daily focus, then speak honestly with God and leave room to listen.
- **RESPOND** - Complete the suggested action—or another clear act of obedience God brings to mind.
- **JOURNAL** - Record one truth, one prayer, and one next step. Keep it honest and simple.

REMEMBER

***Abstaining without seeking God misses the purpose.
Replace what you remove with prayer, Scripture, worship,
silence, generosity, or service.***

Choosing Your Fast

Choose prayerfully, plan clearly, and avoid comparison. A meaningful fast should create space for God and fit your season of life. You may use one approach for all 21 days or combine approaches.

- **Partial or Daniel-style food fast**
 - Eat simple foods or abstain from selected foods such as sweets, meat, soda, or other favorites. This can be sustained for a longer period and adapted to dietary needs.
- **Meal, daylight, or 24-hour fast**
 - Skip one or more meals, fast from morning to evening, or fast from one meal to the same meal the next day. Use normal mealtimes for prayer and Scripture.
- **Full food fast**
 - Abstain from solid food for a defined period while taking appropriate fluids. This is physically demanding and is not appropriate for everyone.
- **Non-food fast**
 - Set aside social media, streaming, gaming, shopping, news, or another regular source of distraction. Give the recovered time and attention to God.

HEALTH AND SAFETY If you are pregnant or nursing, take medication, have diabetes or another medical condition, perform strenuous work, are a minor, or have a current or past eating disorder, do not feel pressured into a food fast. Seek guidance from a qualified medical professional and choose a safe non-food or appropriately modified fast. Do not stop medication or ignore symptoms. Wisdom is not a lack of faith.

Make Your Plan

- What will I fast from? _____
- When and for how long? _____
- What prayer and Scripture rhythm will replace it? _____
- Who will support or pray with me? _____

FASTING IS DESIGNED TO INTENSIFY OUR DEPENDENCE ON GOD BY
**WEAKENING OUR DEPENDENCE ON FOOD AND
OTHER THINGS.**

WEEKLY FOCUS

WEEK 1 • HUNGRY FOR GOD

*“You will seek me and find me when you seek me with all your heart.” **Jeremiah 29:13 (NIV)***

We begin by turning our attention toward God and awakening a fresh hunger for His presence. Through prayer, fasting, Scripture, repentance, and listening, we will intentionally make room to draw near to Him. **This week is an invitation to quiet distractions, depend on the Holy Spirit, and seek God—not only for what He can do, but because He alone is worthy.**

TOGETHER: As a church family, we are praying for personal spiritual renewal and a deeper desire for God. We are also lifting up families, marriages, children, and youth, asking God to strengthen homes, restore relationships, and help every generation know and follow Jesus.

WEEK 2 • YET I WILL PRAISE YOU

*“Yet I will rejoice in the Lord, I will be joyful in God my Savior.” **Habakkuk 3:18 (NIV)***

*Worship is not limited to easy or comfortable seasons. Scripture teaches us to bring God our pain, questions, disappointment, and uncertainty while continuing to trust His unchanging character. **This week is an invitation to worship God in every season—to praise Him while we wait, trust Him through trials, and stand firm in the spiritual battles we face.***

TOGETHER: As a church family, we are praying for those walking through grief, sickness, uncertainty, disappointment, or spiritual opposition. We are asking God to bring healing and restoration, strengthen weary hearts, renew hope, and help us become a people who worship faithfully in every season.

WEEK 3 • THE HEART OF WORSHIP

*“My sacrifice, O God, is a broken spirit; a broken and contrite heart you, God, will not despise.” **Psalms 51:17 (NIV)***

*God is not looking only for songs, outward expressions, or religious activity. He desires humble hearts and lives that are fully surrendered to Him. **This week is an invitation to offer our whole lives to God through repentance, obedience, generosity, service, and the removal of anything competing with Jesus for first place in our hearts.***

TOGETHER: As a church family, we are praying for wholehearted surrender throughout The Springs Church. We are also praying for our pastors, leaders, volunteers, and ministries—that they would serve with humility, integrity, unity, strength, and fresh dependence on the Holy Spirit.

DAILY DEVOTION • HUNGRY FOR GOD

SEEKING GOD AND MAKING ROOM FOR HIM

DAY 1 • AWAKEN MY HUNGER

- **READ** - Psalm 63:1–8
- **FOCUS** - God Himself is the deepest need of our soul and will draw near if we seek Him.
- **PRAY** - Lord, awaken a deeper hunger for You in me.

DAY 2 • THIRSTING FOR HIS PRESENCE

- **READ** - Psalm 42:1–5
- **FOCUS** - Bring your spiritual hunger, discouragement, and need honestly before God.
- **PRAY** - Lord, replace spiritual dryness with a renewed desire for Your presence.

DAY 3 • SEEK HIM WHOLEHEARTEDLY

- **READ** - Jeremiah 29:12–14
- **FOCUS** - God invites us to seek Him with our whole hearts, even in seasons of waiting and uncertainty.
- **PRAY** - Holy Spirit, reveal what has divided my attention and help me seek God wholeheartedly.

DAY 4 • DRAW NEAR THROUGH GRACE

- **READ** - Hebrews 4:14–16
- **FOCUS** - We do not approach God because of our spiritual performance. We draw near because Jesus has opened the way.
- **PRAY** - Father, help me receive Your mercy and depend on Your grace today.

DAY 5 • MAKE ROOM FOR GOD

- **READ** - Matthew 6:5–18
- **FOCUS** - Prayer and fasting help us turn down distractions and give our focused attention to God.
- **PRAY** - Lord, remove distractions and deepen my private relationship with You.

DAY 6 • SEARCH MY HEART

- **READ** - Psalm 139:23–24; 1 John 1:9
- **FOCUS** - Seeking God includes allowing Him to reveal sin, unhealthy attitudes, and hidden motives.
- **PRAY** - Holy Spirit, search my heart, lead me to repentance, and help me receive the forgiveness Jesus provides.

DAY 7 • REMAIN IN JESUS

- **READ** - John 15:1–11
- **FOCUS** - Spiritual fruit does not come from striving harder. It grows as we remain connected to Jesus.
- **PRAY** - Jesus, teach me to remain in You and depend on Your life within me.

KidSpring Corner

HUNGRY FOR GOD

Your body lets you know when you are hungry or thirsty. Your heart can be hungry too—hungry to know God, hear His Word, and spend time with Him. God loves when children seek Him, and He promises to be near when you call on Him. This week, make room for God by spending a few quiet minutes with Him each day.

Try this simple daily rhythm:

- **READ:** Read a short Bible passage from this week's guide with a parent or trusted adult.
- **THINK:** Ask, "What does this teach me about God?"
- **PRAY:** Tell God one thing you are thankful for and one thing you need His help with.
- **LISTEN:** Sit quietly for a few minutes and remember that God is with you.
- **FAST:** Give up a small comfort—such as a game, show, treat, or screen time—and use those minutes to spend time with God.

Weekly Challenge: Choose one time each day when you will put distractions away and seek God.

WEEK 2 DEVOTION • YET I WILL PRAISE YOU

WORSHIPING GOD IN EVERY SEASON

DAY 8 • PRAISE IN EVERY SEASON

- **READ - Psalm 34:1–8**
- **FOCUS** - Worship is not limited to comfortable circumstances. We can bless the Lord at all times because His character does not change.
- **PRAY** - Lord, teach me to praise You in every season of my life.

DAY 9 • YET I WILL REJOICE

- **READ - Habakkuk 3:17–19**
- **FOCUS** - Faith does not ignore loss or disappointment. It chooses to rejoice in God when circumstances give us no obvious reason to celebrate.
- **PRAY** - God, even when I do not understand what You are doing, help me find my joy and strength in You.

DAY 10 • HONEST WORSHIP

- **READ - Psalm 13**
- **FOCUS** - Biblical worship gives us permission to bring our questions, pain, and disappointment honestly before God while continuing to trust Him.
- **PRAY** - Father, help me speak honestly with You and continue trusting Your unfailing love.

DAY 11 • WORSHIP WHILE YOU WAIT

- **READ - Psalm 27:13–14**
- **FOCUS** - Waiting on God is not passive. It is an active choice to remain faithful, courageous, and expectant.
- **PRAY** - Lord, strengthen my heart and help me worship You while I wait.

DAY 12 • PRAISE IN THE MIDNIGHT HOUR

- **READ - Acts 16:22–26**
- **FOCUS** - Paul and Silas prayed and worshiped before their circumstances changed. Their praise was rooted in God, not their comfort.
- **PRAY** - God, help me worship You in the middle of the situation.

DAY 13 • STAND FIRM IN THE BATTLE

- **READ - Ephesians 6:10–18**
- **FOCUS** - Spiritual battles are faced through God's strength, God's truth, persistent prayer, and the finished work of Christ.
- **PRAY** - Lord, help me put on Your armor and stand firm in truth, faith and prayer.

DAY 14 • A SACRIFICE OF PRAISE

- **READ - Hebrews 13:15–16**
- **FOCUS** - Praise becomes a sacrifice when worship costs us something. We continue declaring God's goodness even when praise does not come easily.
- **PRAY** - Jesus, receive my praise today—not because everything is easy, but because You are always worthy.

KidSpring Corner

PRAISE GOD IN EVERY SEASON

Some days are exciting and fun. Other days may feel difficult, disappointing, or sad. God wants us to talk honestly with Him about how we feel. We can trust and praise Him in every season because He is always good, always with us, and always faithful.

Try this simple rhythm:

- **READ:** Read Habakkuk 3:17–19 with a parent or another trusted adult. What did Habakkuk choose to do when life was difficult?
- **PRAY:** Tell God about one thing that feels hard. Then thank Him for being with you and caring for you.
- **PRAISE:** Sing a worship song, draw a picture, or write three things you know are true about God.
- **FAST:** Give up one small comfort—such as a game, show, treat, or screen time—and use those minutes to praise God.

Prayer: “God, help me trust and praise You on good days and difficult days. Thank You for always being with me.”

WEEK 3 DEVOTION • THE HEART OF WORSHIP

A LIFE OF OBEDIENCE AND SURRENDER

DAY 15 • OFFER YOUR WHOLE LIFE

- **READ** - Romans 12:1–2
- **FOCUS** - True worship means offering every part of our lives to God in response to His mercy.
- **PRAY** - Lord, I surrender my plans, relationships, habits, finances, body, and future to You.

DAY 16 • TAKE UP YOUR CROSS

- **READ** - Luke 9:23–25
- **FOCUS** - Following Jesus means surrendering the right to be our own lord and choosing His way daily.
- **PRAY** - Jesus, give me courage to follow You when obedience is uncomfortable or costly.

DAY 17 • OBEDIENCE IS WORSHIP

- **READ** - 1 Samuel 15:22–23; John 14:15–17
- **FOCUS** - Songs and religious activity cannot replace obedience. A heart of worship listens to God and responds.
- **PRAY** - Holy Spirit, show me one clear step of obedience I need to take.

DAY 18 • REMOVE THE IDOLS

- **READ** - Exodus 20:1–6; 1 John 5:21
- **FOCUS** - Anything receiving the trust, devotion, identity, or obedience that belongs to God can become an idol.
- **PRAY** - Lord, reveal anything competing with Jesus for first place in my heart.

DAY 19 • WORSHIP THROUGH GENEROSITY

- **READ** - 2 Corinthians 9:6–8; Hebrews 13:16
- **FOCUS** - Worship includes freely sharing what God has entrusted to us and meeting the needs of others.
- **PRAY** - Father, give me a generous heart and show me someone I can bless today.

DAY 20 • WORSHIP THROUGH SERVICE

- **READ** - **Philippians 2:3–8**
- **FOCUS** - Jesus demonstrated humble, self-giving love. We worship Him when we follow His example and serve others.
- **PRAY** - Jesus, free me from self-centeredness and show me how to serve someone today.

DAY 21 • A LIFE OF WORSHIP

- **READ** - **Colossians 3:16–17**
- **FOCUS** - Worship is more than a song, a service, or a 21-day fast. Every word, decision, relationship, and act of obedience can honor Jesus.
- **PRAY** - Father, I offer my life to You again. Let everything I do become an expression of worship.

KidSpring Corner

GIVE GOD YOUR WHOLE HEART

Worship is more than singing songs at church. We worship God when we listen to Him, obey His Word, love others, share what we have, and choose what is right. God does not expect us to be perfect, but He wants hearts that are honest, humble, and willing to follow Him.

Try this simple rhythm:

- **READ:** Read Romans 12:1–2 with a parent or another trusted adult. Talk about what it means to give your life to God.
- **PRAY:** Ask God to show you one attitude, habit, or choice that needs to change.
- **OBEY:** Choose one practical way to worship God today—tell the truth, forgive someone, help without being asked, or share with another person.
- **FAST:** Set aside one favorite activity for a short time and use that time to serve someone in your family.

Prayer: “Jesus, I give You my whole heart. Help me listen, obey, love others, and worship You with the way I live.”

Beyond the 21 Days

CELEBRATE • GIVE THANKS • CONTINUE

When we gather at the conclusion of the sermon series and the 21-day journey. Do not make the end of the fast only about returning to food, media, or entertainment. Mark it as a moment of worship. Remember what God has shown you, thank Him for His grace, and offer your life to Him again.

If you completed a food fast, resume normal eating gradually and wisely. The spiritual fruit of these days is not measured by how dramatically you ended, but by how faithfully you continue with Jesus.

Look Back

The clearest truth God showed me:

Something God asked me to surrender or obey:

A prayer God answered—or taught me to keep praying:

A person I will continue praying for:

The rhythm I will carry forward:

What is one area I can step out in faith and serve others?

What is one act of surrender or obedience you need to complete?

Who will you ask to pray with you and help you follow through?

Moving Forward

A sustainable life of worship is built through discipline and consistent rhythms, not short bursts of pressure. Choose a few practices that will help you remain attentive to Jesus.

- **Remain in the Word** - Continue a realistic daily Scripture rhythm. Read passages in context and respond in faith and obedience.
- **Pray and listen** - Talk honestly with God, pray Scripture, make room for silence, and test every thought by God's Word.
- **Fast regularly** - Consider a meal, day, or distraction fast at a consistent interval. Keep Jesus—not the discipline—at the center.
- **Worship with the church** - Gather faithfully, participate rather than observe, receive the Word, serve, give, and encourage others.
- **Live on mission** - Pray for people by name, listen well, serve practically, and speak freely about what Jesus has done.
- **Depend on the Holy Spirit** - Ask daily for His filling, fruit, gifts, guidance, and power to make Jesus known.

KidSpring Corner

BEYOND THE FAST

The fast may be ending, but your friendship with Jesus does not have to stop growing. These 21 days were not only about giving something up. They were about making room for God, learning to trust Him, and worshiping Him with your whole life. Think about what God has taught you. Maybe you learned to pray more honestly, spend time in the Bible, praise God on difficult days, or serve others. Ask God which of these habits He wants you to continue.

Keep growing:

- **READ:** Continue reading a short Bible passage each day.
- **PRAY:** Talk honestly with God about your day, your feelings, and the people you care about.
- **WORSHIP:** Praise God at church, at home, and even when life is difficult.
- **OBEY:** When you learn what God wants you to do, ask Him to help you do it.
- **SERVE:** Look for simple ways to help, encourage, share, and show kindness.
- **GATHER:** Keep coming to church, worshiping with others, and learning about Jesus.

My Next Step: Choose one habit from this list that you want to continue for the next 30 days.

A FINAL ENCOURAGEMENT

As these 21 days come to an end, remember that the goal was never simply to complete a fast. The goal was to draw near to God, hear His voice through His Word, trust Him in every season, and offer Him your whole life.

Take time to thank God for what He has shown you. Celebrate every step of growth, even if it feels small. If some prayers remain unanswered, continue bringing them to Him with faith. If God revealed an area that needs to change, keep responding in obedience. If He awakened a new hunger in you, protect it.

Do not rush back into every habit or distraction you set aside. Ask the Holy Spirit what should remain different. Carry forward the rhythms that helped you seek God, and continue walking closely with Jesus alongside His Church.

The fast may be ending, but the life of worship continues. Keep seeking God. Keep trusting Him. Keep surrendering. Keep praising Him in every season.

He alone is worthy.

FURTHER STUDY

Use these passages to continue seeking God, worshiping Him in every season, and offering Him your whole life.

- **Seeking God:** Psalm 27:4–8; Psalm 63:1–8; Jeremiah 29:12–13; Matthew 6:31–33
- **Drawing Near to God:** Hebrews 4:14–16; Hebrews 10:19–23; James 4:7–10
- **Prayer and Fasting:** Isaiah 58:6–11; Matthew 6:5–18; Acts 13:1–3
- **Worship in Every Season:** Psalm 34:1–8; Psalm 42:5–11; Habakkuk 3:17–19; Acts 16:22–26
- **Trusting God Through Trials:** Isaiah 40:28–31; Rom 5:1–5; James 1:2–5; 1 Peter 1:6–9
- **The Heart of Worship:** Psalm 51:10–17; 1 Samuel 15:22; Romans 12:1–2
- **Obedience and Surrender:** Luke 9:23–25; John 14:15–17; Galatians 2:20
- **Life in the Holy Spirit:** John 14:25–27; Acts 1:8; Romans 8:5–14; Galatians 5:16–25
- **Worshipping Together:** Psalm 95:1–7; Acts 2:42–47; Col 3:12–17; Heb 10:23–25
- **Living on Mission:** Matt 5:13–16; Matt 28:18–20; 2 Cor 5:17–20; 1 Peter 3:15
- **A Life of Worship:** Micah 6:8; Colossians 3:16–17; Hebrews 13:15–16; 1 Corinthians 10:31

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