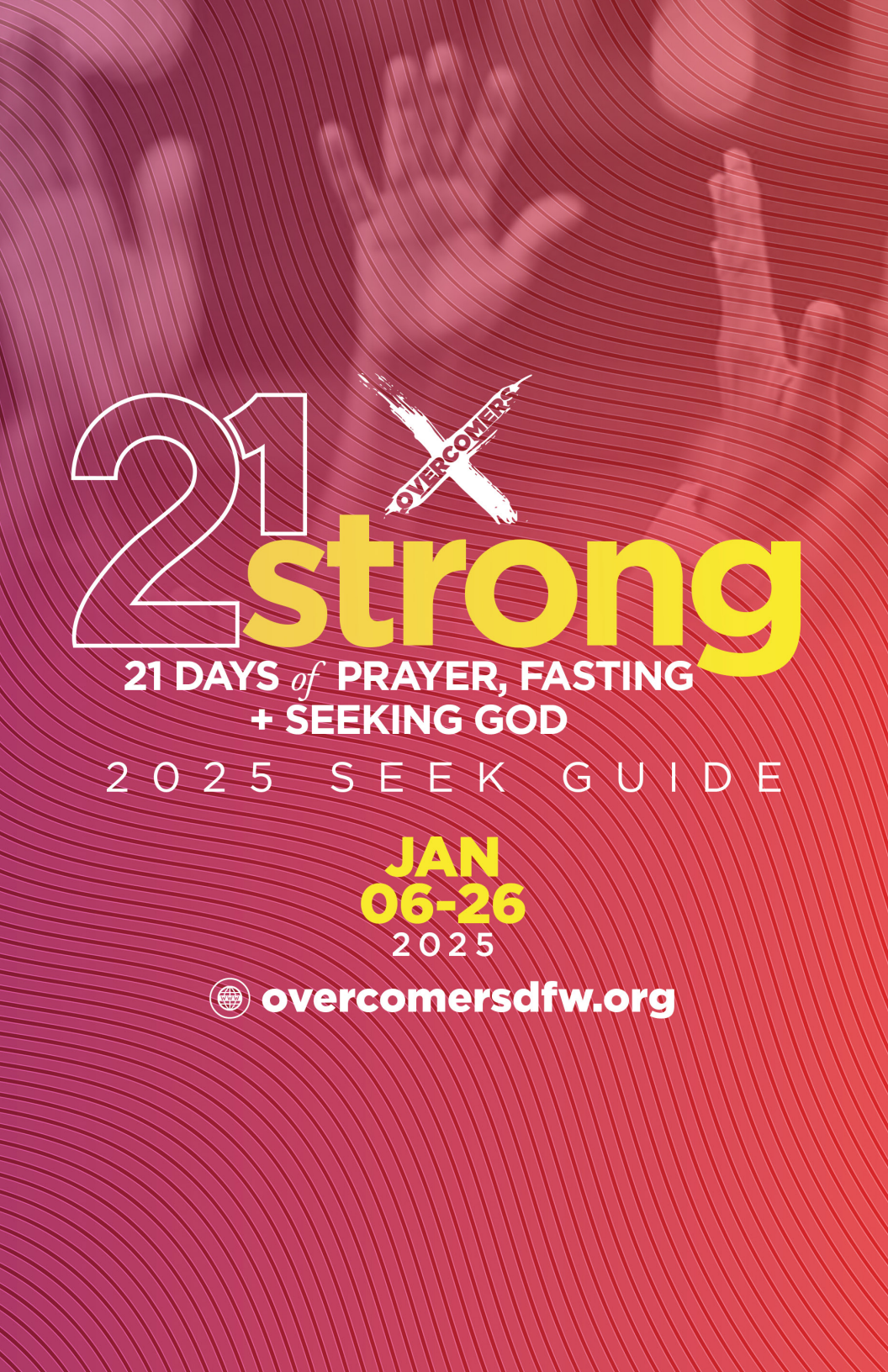




# 21<sup>X</sup>strong

21 DAYS *of* PRAYER, FASTING  
+ SEEKING GOD

2025 SEEK GUIDE

**JAN**  
**06-26**  
2025



**overcomersdfw.org**

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21-Day “STRONG” Devo

# 21 Days of Praying, Fasting + Seeking God

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Happy New Year! Welcome to 2025, a year brimming with breakthroughs, challenges, and incredible opportunities for growth as we journey **BEYOND**. Our first step towards harnessing the full potential of this season is to put God at the forefront of our lives by seeking Him fervently through prayer, fasting, and other spiritual disciplines.

As we embark on this journey, it's essential to remember that fasting is not just a diet—it's a profound spiritual practice. The primary purpose of fasting is to seek God with all our hearts and draw closer to Him. It serves as a catalyst, awakening a deep spiritual hunger within us and helping us prioritize our love and desire for God above all else. Through fasting, we declare our spiritual strength against the enemy's attacks.

This Seek Guide is designed to foster spiritual renewal in your life through daily engagement with prayer, scripture, and growth activities. If you find yourself too comfortable, it may be a sign that it's time to stretch beyond your usual limits. Allow God to challenge you beyond convenience, and you will discover great strength, breakthrough, and growth on the other side.

For the next 21 days, we will focus on key areas: faith, family, finances, and focus. All scripture readings and activities will be aligned with these priorities.

We believe in you and eagerly anticipate witnessing the amazing things God will do in 2025!

*Pastor Dre*

# Four Types of Fasts

## **COMPLETE FAST**

This fast calls for drinking 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, processed sweets, and bread from your diet. You consume water and natural juice for fluids, with fruits and vegetables for food.

## **PARTIAL FAST**

This fast is sometimes called the Jewish Fast or Intermittent Fasting 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 6:00 pm, or from sunup to sundown.

## **SOUL FAST**

This fast is common for those who do not have much experience fasting from food, who have health issues that prevent them from fasting food, or who wish to refocus certain areas of their life that are out of balance. For instance, someone might choose to abstain from using social media or watching television for the duration of the fast, and then carefully reintroduce that element back into their life in an orderly fashion at the conclusion of the fast.

**REMEMBER:**

**If it doesn't challenge you,  
it won't grow you.**



# 7 Basic Steps to Successful Fasting & Prayer

## **STEP 1: Set Your Objective**

Why are you fasting?

## **STEP 2: Make Your Commitment**

Pray about the kind of fast you should undertake.

## **STEP 3: Prepare Yourself Spiritually**

The very foundation of fasting and prayer is repentance, forgiveness, and meditation on God's word.

## **STEP 4: Prepare Yourself Physically**

Fasting requires reasonable precautions. Consult your physician first, especially if you take prescription medication or have any medical issues or concerns.

## **STEP 5: Put Yourself on a Schedule**

For maximum spiritual benefit, set aside ample time to be alone with the Lord. Listen for His leading. The more time you spend with Him, the more meaningful your fast will be. Remember, fasting without prayer is just a diet.

## **STEP 6: End Your Fast Gradually**

Particularly, if doing a complete fast, begin eating gradually. Do not eat solid foods immediately after your fast. Try several smaller meals or snacks each day.

## **STEP 7: Expect Results**

If you sincerely humble yourself before the Lord, repent, pray, and seek God's face; if you consistently meditate on His Word, you will experience fresh, new spiritual insights and answers to your prayers.

*Source: Bill Bright*

# 4 Ways To Engage During Seek

## 1

### CHOOSE A FAST

Fasting is an invitation from the Lord for us to engage with Him in a heightened way. There are different kinds of fasts to choose from. Here are some ways you can participate:

- Complete Fast (Water or Liquids Only)
- Selective Fast or Daniel Fast (No meat, caffeine, sugars, fried foods or bread)
- Partial Fast from 6AM - 6PM (Water Only)
- 1 Meal Per Day

## 2

### REMOVE COMFORT

We encourage you to set aside some of the comforts that consume your time and spend extra time seeking God's face. Here are a few comforts that you can abstain from:

- Social media (Instagram, Facebook, Twitter, TikTok)
- Entertainment (movies, TV, YouTube)
- Buying material items (instead, donate and give to the poor)
- \_\_\_\_\_ (fill in the blank)

## 3

### PRAY & INTERCEDE

Scripture teaches us that something unique and powerful happens when believers gather together in faith to seek God and cry out to Him with one voice. Here are some ways to engage through prayer and worship:

- Sacrifice to attend scheduled In-Person Seek Gatherings
- Set morning alarm 30 minutes early to pray

## 4

### READ THE BIBLE

During these 21 days, carve out significant time to spend reading the Bible. Here are a few suggestions:

- Follow the 21-Day Seek Bible Reading Plan
- Start and complete a 21-Day YouVersion Reading Plan
- Start 1-Year YouVersion Full Bible Reading Plan

# MY 21-DAY SEEK

Make your vision known and write down what  
God is asking of you during these 21 days:

**1**

CHOOSE A FAST:

---

**2**

REMOVE A COMFORT:

---

**3**

SCHEDULE A TIME TO PRAY & INTERCEDE:

---

**4**

PICK A BIBLE READING PLAN:

---

# NO ONE WALKS ALONE

We all thrive in community! Take your 21-Day journey to the next level by participating in these empowerment opportunities.

## FIRST SUNDAY OF 2025

SUNDAY, JANUARY 5, 2025

In-Person Experience: 10:00AM

Virtual Experience: 6:00PM (FB Live)

Mary Orr Intermediate School

2900 E. Broad Street | Mansfield, TX 76063

## TOUCHPOINT WEDNESDAYS

VIRTUAL BIBLE STUDY & PRAYER

EVERY WEDNESDAY IN JANUARY

(JAN. 8, 15, 22 & 29)

7:15PM |   OvercomersDFW

## FIRESTARTERS PRAYER TIME

SUNDAYS IN JANUARY (JAN. 12, 19 & 26)

9:30AM - 10:00AM

*(before Weekend Worship Celebration)*

Mary Orr Intermediate School

2900 E. Broad Street | Mansfield, TX 76063

## WEEKEND WORSHIP CELEBRATION

EVERY SUNDAY

In-Person Experience: 10:00AM

Virtual Experience: 6:00PM (FB Live)

Mary Orr Intermediate School

2900 E. Broad Street | Mansfield, TX 76063



# 21 DAYS OF PRAYER + FASTING

## WEEK 1 | JAN 6 – 12

Focus: Faith - Strengthening Your Spiritual Foundation

|                                                                              |                                        |                                                                              |                                                                                                 |
|------------------------------------------------------------------------------|----------------------------------------|------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|
| <b>DAY 1</b><br>Monday, Jan. 6<br><i>"Seeking First The Kingdom"</i>         | <b>Scripture:</b><br>Matthew 6:33      | <b>Prayer:</b><br>Commit to putting God first in all areas of life.          | <b>Application:</b><br>Dedicate a specific time daily for uninterrupted prayer and Bible study. |
| <b>DAY 2</b><br>Tuesday, Jan. 7<br><i>"Faith That Moves Mountains"</i>       | <b>Scripture:</b><br>Matthew 17:20     | <b>Prayer:</b><br>Ask God to increase your faith and remove doubts.          | <b>Application:</b><br>Write down a "faith challenge" and trust God for breakthrough.           |
| <b>DAY 3</b><br>Wednesday, Jan. 8<br><i>"Walking by Faith, Not by Sight"</i> | <b>Scripture:</b><br>2 Corinthians 5:7 | <b>Prayer:</b><br>Declare trust in God's unseen plans for your life.         | <b>Application:</b><br>Reflect on a past situation where God showed His faithfulness.           |
| <b>DAY 4</b><br>Thursday, Jan. 9<br><i>"Renewing Your Mind"</i>              | <b>Scripture:</b><br>Romans 12:2       | <b>Prayer:</b><br>Ask God to transform your thinking to align with His Word. | <b>Application:</b><br>Identify and replace a negative thought pattern with God's truth.        |
| <b>DAY 5</b><br>Friday, Jan. 10<br><i>"The Power of Prayer"</i>              | <b>Scripture:</b><br>James 5:16        | <b>Prayer:</b><br>Pray fervently for specific areas in your life.            | <b>Application:</b><br>Create a personal or family prayer list for the year.                    |
| <b>DAY 6</b><br>Saturday, Jan. 11<br><i>"Hearing God's Voice"</i>            | <b>Scripture:</b><br>John 10:27        | <b>Prayer:</b><br>Ask God to sharpen your ability to hear and obey Him.      | <b>Application:</b><br>Spend 10 minutes in silence, listening for God's direction.              |
| <b>DAY 7</b><br>Sunday, Jan. 12<br><i>"Strength in the Lord"</i>             | <b>Scripture:</b><br>Isaiah 40:31      | <b>Prayer:</b><br>Ask God for renewed strength as you trust in Him.          | <b>Application:</b><br>Reflect on how God has carried you through tough seasons.                |

# 21 DAYS OF PRAYER + FASTING

## WEEK 2 | JAN 13 – 19

Focus: Family - Building Stronger Relationships

|                                                                                 |                                           |                                                                                       |                                                                                                      |
|---------------------------------------------------------------------------------|-------------------------------------------|---------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|
| <b>DAY 8</b><br>Monday, Jan. 13<br><i>"God's Design for Family"</i>             | <b>Scripture:</b><br>Joshua 24:15         | <b>Prayer:</b><br>Commit your family to serve the Lord together.                      | <b>Application:</b><br>Pray as a family and discuss shared spiritual goals.                          |
| <b>DAY 9</b><br>Tuesday, Jan. 14<br><i>"Loving One Another"</i>                 | <b>Scripture:</b><br>1 Corinthians 13:4-7 | <b>Prayer:</b><br>Ask God to help you love your family selflessly and patiently.      | <b>Application:</b><br>Perform a simple act of kindness for a family member.                         |
| <b>DAY 10</b><br>Wednesday, Jan. 15<br><i>"Speak Life Over Your Loved Ones"</i> | <b>Scripture:</b><br>Proverbs 18:20-21    | <b>Prayer:</b><br>Ask God to use you to encourage your loved ones.                    | <b>Application:</b><br>Encourage your loved one by telling them 3 things they do well.               |
| <b>DAY 11</b><br>Thursday, Jan. 16<br><i>"Forgiveness in the Family"</i>        | <b>Scripture:</b><br>Colossians 3:13      | <b>Prayer:</b><br>Ask God to heal wounds and restore broken relationships.            | <b>Application:</b><br>Write a note or have a conversation with someone in your family to reconcile. |
| <b>DAY 12</b><br>Friday, Jan. 17<br><i>"The Power of Unity"</i>                 | <b>Scripture:</b><br>1 Corinthians 1:10   | <b>Prayer:</b><br>Pray for harmony and understanding in your family.                  | <b>Application:</b><br>Plan a family devotional or fun bonding activity.                             |
| <b>DAY 13</b><br>Saturday, Jan. 18<br><i>"Serving Together"</i>                 | <b>Scripture:</b><br>Galatians 6:10       | <b>Prayer:</b><br>Ask God to show ways your family can serve others.                  | <b>Application:</b><br>Plan a service project or outreach as a family.                               |
| <b>DAY 14</b><br>Sunday, Jan. 19<br><i>"Honor Above All"</i>                    | <b>Scripture:</b><br>Ephesians 6:1-4      | <b>Prayer:</b><br>Ask God to help you cultivate a culture of honor in your household. | <b>Application:</b><br>Have a family meeting where you discuss ways you can honor one another.       |

# 21 DAYS OF PRAYER + FASTING

## WEEK 3 | JAN 20 – 26

Focus: Finance and Focus – Stewardship and Vision

|                                                                             |                                         |                                                                                            |                                                                                                                 |
|-----------------------------------------------------------------------------|-----------------------------------------|--------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|
| <b>DAY 15</b><br>Monday, Jan. 20<br><i>“God as Provider”</i>                | <b>Scripture:</b><br>Philippians 4:19   | <b>Prayer:</b><br>Thank God for His provision and trust Him for the future.                | <b>Application:</b><br>Write down financial blessings you’ve experienced in 2024.                               |
| <b>DAY 16</b><br>Tuesday, Jan. 21<br><i>“Financial Wisdom”</i>              | <b>Scripture:</b><br>Proverbs 3:9-10    | <b>Prayer:</b><br>Ask God for wisdom to manage finances according to His principles.       | <b>Application:</b><br>Create a budget or review your giving for the year.                                      |
| <b>DAY 17</b><br>Wednesday, Jan. 22<br><i>“Stewardship is Worship”</i>      | <b>Scripture:</b><br>Luke 16:11-12      | <b>Prayer:</b><br>Ask God to help you honor Him with your finances in 2025.                | <b>Application:</b><br>Challenge yourself to commit to consistent tithing and seed offerings as worship to God. |
| <b>DAY 18</b><br>Thursday, Jan. 23<br><i>“Vision for the Future”</i>        | <b>Scripture:</b><br>Habakkuk 2:2-3     | <b>Prayer:</b><br>Ask God to clarify His vision for your life.                             | <b>Application:</b><br>Write down 3 God-given goals for 2025.                                                   |
| <b>DAY 19</b><br>Friday, Jan. 24<br><i>“Setting Priorities for Purpose”</i> | <b>Scripture:</b><br>Proverbs 4:25-26   | <b>Prayer:</b><br>Ask God to help you stay focused on your assignment.                     | <b>Application:</b><br>Remove a major distraction (e.g., excess social media use).                              |
| <b>DAY 20</b><br>Saturday, Jan. 25<br><i>“Work with Excellence”</i>         | <b>Scripture:</b><br>Colossians 3:23-24 | <b>Prayer:</b><br>Commit to working diligently and for God’s glory.                        | <b>Application:</b><br>Identify one area to improve in your career or business.                                 |
| <b>DAY 21</b><br>Sunday, Jan. 26<br><i>“Live in the Spirit”</i>             | <b>Scripture:</b><br>Romans 8:5-9       | <b>Prayer:</b><br>Affirm your dependence on Holy Spirit to help you succeed in all you do. | <b>Application:</b><br>End the consecration with worship and sharing testimonies of what God has done.          |



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