



21 DAYS OF PRAYER

JANUARY 1 – 21, 2026



VISION

Why We're Praying Together

Throughout Scripture, God's people pause to pray before stepping into something new—before decisions are made, before courage is required, before God moves in powerful ways.

Prayer isn't a last resort—it's how we align our hearts with God's heart. Jesus modeled this rhythm in His own life, often withdrawing to pray before moments of calling, challenge, and obedience (Luke 6:12). The early church devoted themselves to prayer, and God responded by moving with power and unity (Acts 2:42).

As a church, we want to be people who listen before we act and depend on God rather than our own strength.

The Rhythm of These 21 Days

These 21 days are designed to help us slow down and remember our need for God. Prayer creates space to hear His voice, so each day will have a specific prompt you're invited to pray over.

In addition to praying, we invite you to participate in fasting. This can be from anything you choose, though a fast from food is most commonly practiced. Fasting sharpens our awareness of our dependence on Him.

If you've never fasted before, you can learn more with our Fasting Guide in the back of this booklet.

How This Guide Is Structured

Each week focuses on one story from Scripture, explored over seven days:

- Seek the Kingdom — Jesus' teaching in the Sermon on the Mount
- Pray First — Nehemiah's prayerful leadership
- Worship — Paul and Silas choosing praise in prison

By staying with one story each week, we allow God's Word to shape us more deeply, revealing new truths as we return to it day after day.

Our Heart for This Season

As God leads Southall into a season of big vision, our desire is simple: that we would be spiritually awake, deeply rooted, and fully dependent on Him.

These 21 days aren't about striving—they're about preparation. We're asking God to raise the spiritual temperature of our church so we're ready to follow wherever He leads.

"Unless the Lord builds the house, those who build it labor in vain." — Psalm 127:1

May this be a season where God shapes us before He sends us—and draws us closer to Himself above all else.

SEEK THE KINGDOM

The Sermon on the Mount (Matthew 5–7)

DAY 1 — Seek First the Kingdom

Prayer Prompt:

Pray that God would reorder the desires of your heart—and the collective heart of Southall Church—so His kingdom becomes our primary pursuit. Ask Him to expose what is competing for first place and to give us the courage to surrender it. Pray for a church that discerns His kingdom over convenience, comfort, or personal preference.

Scripture: Matthew 6:33

Why This Matters:

If our hearts are centered on lesser things, we will miss the fullness of what God is inviting us into. Seeking His kingdom first creates the kind of community that can hear His voice clearly and respond boldly when He calls us into greater vision. This prayer is about becoming a people God can trust with His purposes.

Fasting Focus:

As you fast today, let every moment remind you how desperately you need God to reorder your priorities and teach you to want His kingdom above everything else.

DAY 2 — A People Formed by the Beatitudes

Prayer Prompt:

Invite the Holy Spirit to transform your inner life toward humility, mercy, purity, and peacemaking. Ask Him to form these qualities in you and throughout Southall Church so that our city can see the life of Jesus embodied in us.

Scripture: Matthew 5:3–10

Why This Matters:

Vision without character is fragile and dangerous. When God shapes us into Beatitude people—poor in spirit, meek, merciful, pure in heart—He creates a church that can carry His presence well. We’re asking Him to do a deep work in us, so what He does through us rests on a holy foundation.

Fasting Focus:

As you fast today, let that time remind you how much you need the Holy Spirit to form Christlike character in you. You cannot manufacture these qualities on your own.

DAY 3 — Salt & Light

Prayer Prompt:

Ask God to help you carry His presence into every space you enter today. Pray that Southall would be a community whose everyday lives shine His light with clarity, kindness, and courage in every space we touch.

Scripture: Matthew 5:13–16

Why This Matters:

Our city doesn’t just need more Christian activity; it needs the presence of Jesus shining through His people. When we live as salt and light, God uses ordinary moments as holy appointments. We’re praying that our church would become a visible, tangible expression of His goodness wherever we go.

Fasting Focus:

As you fast today, let this time remind you of your spiritual need to be filled with God’s presence so that you can be “salt and light” in every environment you step into.

DAY 4 — A Heart Free of Distraction

Prayer Prompt:

Ask God to reveal the distractions that pull your attention away from Him — anxiety, comparison, hidden sin, or busyness. Pray for a pure heart that sees God clearly and for a church unified in devotion as we prepare for what God is calling us into.

Scripture: Matthew 5:27–30; Psalm 51:10

Why This Matters:

Distraction slowly dulls our hunger for God and our awareness of His presence. As we ask Him to purify and focus our hearts, we're making room for His voice to be louder than all the noise. This prepares us, as a church, to follow Him with clarity instead of confusion.

Fasting Focus:

As you fast today, let every tug toward comfort or distraction remind you how much you need God to cleanse and focus your heart so you can see Him clearly.

DAY 5 — Reconciliation & Unity

Prayer Prompt:

Pray for the Holy Spirit to soften your heart toward anyone you may need to forgive or reconcile with. Pray for Southall Church to be marked by unity, humility, and restored relationships so that nothing hinders the work God wants to do through us.

Scripture: Matthew 5:23–24; John 17:21

Why This Matters:

Division drains spiritual power and undermines credibility as Christ followers. When we walk in reconciliation and unity, we become a living testimony of the gospel we proclaim. We pray this because Jesus says it's through our unity that the world will know that the Son was sent into the world. A unified, grace-filled church is one of the primary ways the world will be drawn to the Son of God.

Fasting Focus:

As you fast today, let it remind you that you rely on God's grace just as much as anyone else, and allow that awareness to soften your heart.

DAY 6 — Freedom from Fear

Prayer Prompt:

Lay your worries before God today—name them honestly. Pray for yourself and our church family to trust God with the future. Ask Him to replace fear with faith, scarcity with abundance, and anxiety with His peace.

Scripture: Matthew 6:25–34

Why This Matters:

Anxiety shrinks our willingness to follow God into the unknown. When we learn to trust Him with our needs, we become free to say “yes” to big, risky obedience. We’re asking God to form a church that rests in His care so we can courageously step into whatever He calls us to next.

Fasting Focus:

As you fast today, let your sense of need remind you that, more than food or security, you need God’s presence and provision—and that He cares for you more than you can imagine.

DAY 7 — Build on the Rock

Prayer Prompt:

Pray for God to deepen your obedience. Ask Him to root every ministry and future initiative of Southall Church in wholehearted surrender to Jesus. Pray for a church founded on the Rock, not shifting sand.

Scripture: Matthew 7:24–27

Why This Matters:

What we build in the next season will only stand if it rests on obedience to Jesus. A church rooted in His Word and ways is not easily shaken by pressure, change, or opposition. We’re praying this so whatever God entrusts to Southall will be strong, stable, and long-lasting.

Fasting Focus:

As you fast today, let your need remind you that you cannot sustain your life—or your obedience—on willpower alone; you need the firm foundation of Jesus and His Word.

PRAY FIRST

Story: Nehemiah Rebuilding the Wall (Nehemiah 1–6)

DAY 8 — A Burden From God

Prayer Prompt:

Ask God to let you see what He sees—brokenness, need, hidden pain, and untapped potential in our city and church. Pray for compassion that leads to action and for Southall Church to receive a burden for the people around us that reflects how Jesus sees people.

Scripture: Nehemiah 1:3–4

Why This Matters:

A God-given burden is often the starting point of a move of God. Without His compassion, we drift toward comfort and self-preservation. We're asking Him to stir our hearts so deeply that we cannot ignore the people and places He's calling us to serve.

Fasting Focus:

As you fast today, let your sense of need remind you of your need for God to awaken your heart—not just to your own needs, but to the needs of others He loves.

DAY 9 — Confession & Dependence

Prayer Prompt:

Come before God with honesty and humility. Confess the places where you need forgiveness and renewal. Pray for our church to walk in dependence on the Holy Spirit, with nothing blocking the flow of His presence.

Scripture: Nehemiah 1:5–11; 2 Chronicles 7:14

Why This Matters:

Confession keeps our hearts soft and our reliance on God strong. When we humble ourselves, He heals, restores, and moves with power. We're praying this because a repentant, dependent church is ready to experience real renewal and not just cosmetic change that doesn't last.

Fasting Focus:

As you fast today, let it remind you how deeply you need God's mercy, cleansing, and strength.

DAY 10 — Favor for the Vision

Prayer Prompt:

Ask boldly for God's favor over Southall as we step into 2026—favor with people, partners, finances, relationships, and open doors we could never create ourselves. Pray for faith big enough to match God's calling.

Scripture: Nehemiah 2:4–8

Why This Matters:

God-sized vision cannot be accomplished with human-sized resources. We need His favor—on conversations, opportunities, and partnerships—to walk into everything He's prepared. We're praying this because we want to live in a story where only God can get the credit.

Fasting Focus:

As you fast today, be reminded of your greater need for God's favor and guidance—He can do more in a moment than we can in a lifetime of effort.

DAY 11 — Courage to Begin

Prayer Prompt:

Pray for courage to act when God speaks. Ask Him to remove hesitation, fear, and self-doubt. Pray that our church becomes a community ready to take bold steps in obedience, just as Nehemiah rallied the people to build.

Scripture: Nehemiah 2:17–18

Why This Matters:

So often, the barrier isn't a lack of opportunity but a lack of courage. We're asking God to make us a people who respond quickly and boldly when He calls. A courageous church is one that doesn't just dream about God's will but actually walks it out.

Fasting Focus:

As you fast today, let every moment remind you of your need for God's courage; you cannot step into His calling in your own strength or confidence.

DAY 12 — Strength for the Work

Prayer Prompt:

Pray for supernatural strength—physical, mental, emotional, and spiritual—for everyone serving, leading, and pouring out at Southall Church. Pray for joy in the work and for endurance that comes from the Holy Spirit.

Scripture: Nehemiah 4:10; Isaiah 40:29–31

Why This Matters:

The work of ministry and mission can be exhausting without God's renewing power. We're praying this because we don't just want to start strong—we want to finish well. A church fueled by God's strength can endure long enough to see His promises fulfilled.

Fasting Focus:

As you fast today, let it remind you that you desperately need God's strength to keep going in the work He's given you.

DAY 13 — Protection From Opposition

Prayer Prompt:

Pray for God to shield our church from spiritual attack, division, distraction, discouragement, and confusion. Pray for unity among leaders, purity in relationships, and clarity in vision.

Scripture: Nehemiah 4:7–9

Why This Matters:

Every advance of God's kingdom is met with resistance. We're praying this because we recognize we are in a spiritual battle, not just a strategic one. A protected, prayed-for church can keep building even when opposition rises.

Fasting Focus:

As you fast today, let every moment of need remind you how dependent we are on God's protection; we cannot guard ourselves against every scheme of the enemy without Him.

DAY 14 — Celebrate What God Has Done

Prayer Prompt:

Practice gratitude today. Name every evidence of God's goodness you can think of—answered prayers, salvations, baptisms, provision, unity, transformation. Thank Him for the story He is already writing in your life and our church.

Scripture: Nehemiah 6:15–16; Psalm 126:3

Why This Matters:

Gratitude tunes our hearts to recognize the hand of God. When we remember what He has already done, our faith grows for what He has yet to do. We're praying this because a thankful church is a hopeful church, ready to trust God for more.

Fasting Focus:

As you fast today, let it remind you of how empty life would be without God's goodness, and let gratitude rise up to fill that space.



WORSHIP

Story: Paul & Silas in Prison (Acts 16:16–34)

DAY 15 — Worship in the Midnight Hour

Prayer Prompt

Ask God to return your heart to your first love, making you a worshiper who praises Him in darkness, uncertainty, and waiting. Pray that Southall becomes a church whose worship flows from deep love for Jesus, not from circumstances.

Scripture: Acts 16:25

Why This Matters

Worship in the dark reveals whether our first love is still burning. A church that can sing in every season becomes a powerful witness to a watching world. We want to be people whose faith—and worship—endure even when life shakes.

Fasting Focus

Let hunger today draw you back to Jesus—the only One who truly satisfies. In your “midnight moments,” let fasting become a reminder that His presence is your strength.

DAY 16 — Worship That Sets People Free

Prayer Prompt:

Pray for God's Spirit to bring freedom into every corner of our church—freedom from addiction, shame, bitterness, fear, cynicism, and spiritual oppression. Pray that our worship would shake loose what needs to fall.

Scripture: Acts 16:25–26

Why This Matters:

We cannot free ourselves, but God can. When His people worship, spiritual strongholds begin to crumble. We're praying this because we want Southall to be a place where people don't just attend a service—they encounter the freedom of Jesus.

Fasting Focus:

As you fast today, let every moment remind you how deeply you and those around you need God's power to break chains that you cannot break on your own.

DAY 17 — Worship as Witness

Prayer Prompt:

Pray that the authenticity of our worship would draw those far from God into an encounter with Him. Pray for softened hearts, awakened hunger, and supernatural openness as our church worships.

Scripture: Acts 16:26–30

Why This Matters:

The jailer didn't respond to a sermon; he responded to the way Paul and Silas worshiped. Our worship can become a living invitation to those who are watching. We're praying this because we want every gathering to be a place where people encounter the living God.

Fasting Focus:

As you fast today, let it remind you of the spiritual hunger in people who don't yet know Jesus—and how much they need to see real worship, not just hear about God.

DAY 18 — The Courage to Stay

Prayer Prompt:

Ask God for the strength to remain faithful when it would be easier to escape, ignore, or withdraw. Pray that Southall becomes a church that stays put in hard places so that others can encounter Jesus through our faithfulness.

Scripture: Acts 16:27–28

Why This Matters:

Paul and Silas stayed when they could have run—and that choice led to a miracle of salvation. Faithfulness in hard places often becomes the doorway to someone else's breakthrough. We're praying this because a steadfast church can be trusted with people in crisis.

Fasting Focus:

As you fast today, let your urge to quit or give in remind you of your need for God's courage to stay where He has called you, even when it's uncomfortable.

DAY 19 — Households Transformed

Prayer Prompt:

Pray that Jesus would bring whole families to faith—parents, kids, siblings, spouses, and extended relatives. Pray that the ripple effect of transformed lives at Southall Church will spread into homes across Middle Tennessee, and that together, we would accomplish our mission to build strong families through Christ.

Scripture: Acts 16:31–34

Why This Matters:

God's heart is not just for individuals, but for households and generations. When a home is transformed by Jesus, neighborhoods and communities begin to change. We're praying this because we believe God wants to write new stories in families through the life of our church.

Fasting Focus:

As you fast today, let your longing for what you're missing now remind you of how deeply you long—and need God—to transform the hearts and homes of the people you love.

DAY 20 — Joy in the Presence of God

Prayer Prompt:

Pray for God to restore joy where you feel weary, defeated, or numb. Ask Him to make Southall a joy-filled church—delighting in His presence, grateful for His work, and confident in His promises.

Scripture: Acts 16:34; Psalm 16:11

Why This Matters:

Joy is not a spiritual luxury; it's a source of strength. A joyful church stands out in a weary world and points people to the goodness of God. We're praying this because we want our lives to be marked by genuine, resilient joy that comes from Him.

Fasting Focus:

As you fast today, let it remind you that true joy is not found in temporary comforts, but in God's presence and nearness.

DAY 21 — A Worshiping, Witnessing Church

Prayer Prompt:

Pray that these 21 days would mark our church for years ahead. Ask God to deepen devotion, expand our worship, strengthen unity, and ignite mission. Pray that we would carry the life of Jesus into every space He sends us as we step into a big season of vision.

Scripture: Romans 12:1; Acts 16:40

Why This Matters:

Seasons of focused prayer are meant to change us, not just fill a calendar. We're asking God to use these days to shape Southall into a church that lives a lifestyle of worship and witness.

Fasting Focus:

As you fast today, let your sense of need remind you that your whole life depends on God and offer yourself to Him again as a living sacrifice, fully His.

Night of Worship

To close these 21 days, we'll gather for a special Night of Worship on **January 21 from 6:30–8:00pm**. Come ready to lift Jesus high, celebrate what He's done, and seek fresh fire for the season ahead. Let's end this fast the way we want to live—as a worshiping, witnessing church.

FASTING FAQ

1. What is fasting?

Fasting is choosing to give up something good—like food—for a period of time in order to pursue something greater: closeness with God. It's a way to say with our bodies what our hearts long to declare: "God, I need You more than I need anything else."

2. Why are we fasting during 21 Days of Prayer?

- To create space in our lives for God to speak.
- To express dependence on Him for breakthrough.
- To align our hunger for food with a deeper hunger for His presence.
- To practice humility and repentance before God.

3. How are we fasting together?

We're encouraging everyone to fast from one meal a day during these 21 days. For example, you might choose to skip lunch each day and use that time to pray. (Note: Fasting is not about legalism or guilt. If you can't fast from food for medical reasons, consider fasting from something else—like social media, caffeine, or entertainment.)

4. What should I do instead of eating?

Use that time to:

- Read the daily prayer prompt.
- Journal what you sense God is saying.
- Pray for families, neighbors, and nations.
- Worship quietly or listen to a worship song.

5. What if I've never fasted before?

Start simple. Try one meal a day and see how God uses it. The goal is not to "do it perfectly" but to set your heart on Him. Remember: fasting without prayer is just dieting. The power comes when we replace food with focused prayer.

6. What if I mess up?

Grace! This isn't about performance—it's about pursuit. If you miss a day or meal, don't quit. Pick it back up the next day. God honors your desire to seek Him.

7. What should I expect?

- Hunger pangs—let those remind you to pray.
- Fresh dependence on God.
- Breakthrough in areas where you've been praying for change.
- A deeper sense of His presence.

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