



21 Days of Prayer & Fasting 2025

Devotionals (Days 15-21)

FASTING GUIDE

Types of Fasts

- **Total Fast**

Abstain from solid foods and beverages for 24 hours. Take only water.

- **Partial Fast**

Abstain from solid foods and beverages for part of the day. Perhaps from breakfast to lunch.

- **One Meal Fast**

Sacrifice one full meal a day.

- **Solid Foods Fast**

Abstain from solid food. Take only water or other liquids, such as juices, milk, or other beverages.

- **Daniel Fast**

Abstain from meat and other favourite delicacies. Take only small portions of fresh vegetables, fruit and juices. (Daniel 1:12).

Note:

1. *Please observe your health and well-being during the period of fasting. If unwell when fasting from food, do pause the fast and consult a doctor.*
2. *In place of food, you may fast from other things that play a significant role in your life (e.g. activities or hobbies such as watching shows, browsing social media, playing video games, etc).*

How to enjoy fasting?

- Set aside time each day to seek God in prayer with fasting. We recommend at least 15 minutes. If you are able to go longer, please do so.
- Adopt an attitude of prayer as you go about your daily duties at home, at work or at school.
- If fasting from food, consider scaling down your normal activities. Ensure you have enough rest and reduce rigorous activities such as cycling or jogging.

Day 15: Doing Good On The Sabbath

Matthew 12:11-12 (NIV) "He said to them, "If any of you has a sheep and it falls into a pit on the Sabbath, will you not take hold of it and lift it out? How much more valuable is a person than a sheep! Therefore it is lawful to do good on the Sabbath."

Is it wrong to do good on the Sabbath? What Jesus is questioning here isn't the priority of Sabbath or doing good, but the legalistic mindset of the Pharisees.

Here, Jesus is showing us that love fulfills the law. It is not enough for us to hide behind the rules and do what is merely required of us.

We are to catch God's compassion and heart for His people — and act accordingly in love!

This week, who is someone you can love and bless as God desires?

Taken from Thirst.sg

Day 16: Jesus Calms The Storm

Luke 8:24-25 (NIV) "The disciples went and woke him, saying, "Master, Master, we're going to drown!" He got up and rebuked the wind and the raging waters; the storm subsided, and all was calm. "Where is your faith?" he asked his disciples. In fear and amazement they asked one another, "Who is this? He commands even the winds and the water, and they obey him."

With Christ in the vessel we can smile at the storm. This was likely the last thing on the disciples' minds, with their boat being violently tossed about on the Sea of Galilee and taking on water.

Woken up by His disciples, Jesus then rebuked the storm before also rebuking them: "Where is your faith?" After all, they had been seeing Jesus perform miracles and listening to His teaching for some time already.

When you don't have faith — fear is what drives you. Fear only causes complaining and produces panic. But faith in God lets you sleep in a storm, knowing that He has got you.

Are you living in fear or facing a storm today? Remember the work Jesus has done in your life, remember how you have listened and learned from Him.

Where is your faith?

Taken from Thirst.sg

Day 17: You Give Them Something To Eat

Matthew 14:16 (NIV) "Jesus replied, "They do not need to go away. You give them something to eat."

Have you ever felt limited when you want to help someone, whether by time, energy or resources? Often, we too easily and quickly say "no" because our lack discourages us from doing what is good.

Yet, God is challenging us to not be paralysed by what we perceive to be lacking. Even though we have natural limitations, we can step out in faith knowing that we serve a supernatural God.

"You give them something to eat" shows that God wants to partner us in faith-filled ministry. And if He multiplied even the five loaves and two fishes, then don't despise what's in your hand.

Knowing this is the God you serve, how can you practise radical compassion and obedience today?

Taken from Thirst.sg

Day 18: Walking On Water

Matthew 14:28-30 (NIV) "Lord, if it's you," Peter replied, "tell me to come to you on the water." "Come," he said. Then Peter got down out of the boat, walked on the water and came toward Jesus. But when he saw the wind, he was afraid and, beginning to sink, cried out, "Lord, save me!"

Exhausted, afraid and adrift upon a turbulent sea, the most challenging words somehow fall out of Peter's mouth: "Tell me to come to you on the water." Jesus obliged, and Peter simply obeyed in response. Thus, the impossible happened — until Peter saw the wind and became afraid.

There is much to learn from Peter's step of faith and obedience to act upon what he had heard, as there is in his faltering. Peter began to sink because he took his eyes off Jesus, and looked instead at the troubles around him. It was not water that swamped Peter, but doubt and fear.

Have you asked the Lord to give you a command? Are you walking by faith and in obedience, or looking at the storm? Turn your eyes upon Jesus.

Taken from Thirst.sg

Day 19: By His Wounds

Isaiah 53:5 (NIV) "But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed."

Pierced. Crushed. Chastised. This is violence of the highest level, but Jesus endured it on the cross so that we could be reconciled to God.

Our sins have a price, and Jesus paid it in full. Jesus took on our rightful punishment as sinners, so we could have peace with God. Jesus was brutalised by the very ones He came to save, so that through Him we might receive spiritual healing — the gift of eternal life.

"Thank you, Jesus, for dying for me." As you declare aloud these words of thanksgiving and faith, how will you let them affect your thoughts, words and deeds today?

Taken from Thirst.sg

Day 20: Eagerly Waiting

Hebrews 9:28 (ESV) "So Christ, having been offered once to bear the sins of many, will appear a second time, not to deal with sin but to save those who are eagerly waiting for him."

Christ dealt with sin the first time He came, and will deliver the saved from the distress of those days when He returns.

But Jesus will not be saving everyone — only those who are eagerly waiting for Him will be saved.

When you "eagerly wait" for someone, it means you are expecting Him to come. You've put your full trust in Him knowing He does what He says, and so you stand at the door and look out for His arrival.

Eagerly waiting for Jesus doesn't mean being passive. Rather, you get ready what you can for His arrival — whether that's your house, cell group, church conference or country.

The Lord is returning. Let us eagerly anticipate Him and earnestly work to accomplish what He has told us to so that we may be found faithful!

Taken from Thirst.sg

Day 21: He Has Risen

Matthew 28:6 (NIV) "He is not here; he has risen, just as he said. Come and see the place where he lay."

These words of the angel of the Lord form the greatest news in the history of all creation, in which we also find four remarkable statements for reflection.

He is not here. Jesus was not in the tomb. Nothing, not even the grave, could contain Him. The resurrected Saviour can be wherever and whenever He wants because He is omnipresent.

He has risen. Jesus rose from the dead, defeating death. Having power even over death, Jesus can do all things because He is omnipotent.

Just as he said. Jesus predicted He would do the impossible, and then He actually went and fulfilled the impossible. Who then could possibly have greater authority with his words and knowledge? No one but Jesus because He is omniscient.

Come and see. Three simple words that clarify evangelism. Sharing the gospel isn't that deep — it's about a humble invitation to come and see what Jesus has done. To whom can you make this invitation?

As we look towards Resurrection Sunday, give praise to our all-powerful Saviour, Jesus Christ. Give glory to the risen King as we spread His renown and fame, far and wide.

Jesus saves!

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