



21 Days of Prayer & Fasting

Jan. 12–Feb. 1, 2026

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At the beginning of 2026, we want to invite you to join us as we devote ourselves to prayer. These days of prayer and fasting have become among the most important and impactful for our church. We believe that prayer is the great privilege of those who by faith in Jesus have been reconciled to God. Prayer is not simply the means by which we receive something from Jesus. It is a glorious opportunity for us to approach the throne of grace and seek the face of our Redeemer. In prayer, we both seek and see him—gazing on his face, not just searching for his hand. With him clearly in view, our prayers become a response to his glory and goodness, not just a reaction to our need or want.

For the next 21 days we will follow the prayers of Paul in his letter to the Ephesians, letting them guide our prayers. Paul's great desire for the church was that they see and believe the greatness of God's love for them, revealed in Jesus. He wanted them to know Christ even as he sought to know him. He longed for them to experience the fullness of God, being daily renewed in their inner being. Paul wanted the church to be a living, growing testimony to the life-changing power of the gospel. And we want the same things for you and for The Summit Church.

Each day, we will focus on a few verses.¹ We'll provide some encouragement and a few prayer points from the passage. As you pray, ask the Holy Spirit to lead you. You might also make a list of needs and requests that you want to bring to the Lord during these 21 days. Keep that list handy as you pray, and be sure to note when and how you see God responding to your prayers.

We would love to encourage you to find a prayer partner for this journey. It might be your spouse, a close friend, or someone from your small group. Commit to praying and encouraging each other during these 21 days. Schedule times to pray together. Share your prayer lists and talk about how you see God answering prayers along the way.

Fasting is an integral part of this prayer journey that we don't want you to neglect. It is not a way to manipulate God or prove our sincerity. Think of it as a way to turn from what gives physical

¹ All verses are taken from the ESV (English Standard Version).

sustenance and focus on what feeds and nourishes your soul. One theologian says we starve the flesh to feed the spirit. We've set Mondays as the days we will all fast together, but we encourage you to fast on other days as well.

Paul's prayers, which have been recorded for us in Ephesians, are rich and sweet. Over the next 21 days, let these Holy Spirit-inspired prayers lead your praying. You might consider memorizing them or rewriting them in your own words. However you choose to engage, we hope you'll make the most of this opportunity to be renewed and refreshed by time spent seeking the face of God.



If your household includes children, we have provided a simple prayer model for each day and a question to prompt their own prayers. When praying with kids, you may choose to simply read the verses for the day and then move straight to this family-friendly prompt. Discuss the question and pray briefly based on kids' answers. The words provided can help guide young kids.

Day 1: Ephesians 1:3–4

“Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places, even as he chose us in him before the foundation of the world, that we should be holy and blameless before him.”

In Christ, we have been blessed with every spiritual blessing. Nothing is lacking. In his great grace, God chose us. In mercy, he has forgiven and cleansed us of all unrighteousness. Bless his holy name.

1. Bless God. Express your awe and wonder and gratitude for his indescribable gift of salvation.
2. Pray that knowing God’s grace would teach you, and your brothers and sisters at the Summit, to resist temptation and live godly lives.
3. Ask God to renew and strengthen you to share the good news of the gospel of Jesus with those around you today.



KIDS PROMPT: *What is the most amazing thing about God?*

PRAY WITH KIDS: God, you give good gifts. You are kind. Thank you for making a way for us to be saved through Jesus. Help us to live in a way that shows others your goodness.

Day 2: Ephesians 1:7–9

“In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace, which he lavished upon us, in all wisdom and insight making known to us the mystery of his will, according to his purpose, which he set forth in Christ.”

In his infinite wisdom, God made a plan for our redemption by the sacrifice of his Son. And he lavished his love on us, calling us to know and experience the riches of his grace in Jesus.

1. Oh, thank God today that you have been redeemed by the blood of Jesus! Confess any sin and receive God's promised forgiveness and cleansing.
2. Ask God to fill your heart with peace, joy, and gladness as you remember and repeat the gospel.
3. Pray that God would use you today to refresh the hearts of other believers by reminding them of the great grace that has been lavished on them.



KIDS PROMPT: *What do you think about the fact that Jesus died for you?*

PRAY WITH KIDS: God, only you can save me from my sins. Thank you for sending Jesus to die for me. Help me to trust in your promises.

Day 3: Ephesians 1:16

“I do not cease to give thanks for you, remembering you in my prayers.”

What a blessing it is to be a part of the family of God, connected to our brothers and sisters in Christ. Strength, courage, and blessing come to us as we see God at work in the lives of others.

1. Thank God for the body of Christ at the Summit. Think of specific people in whom you see the Holy Spirit at work, and thank God for their life of faith.
2. Give God thanks for our pastors and leaders, remembering how you've seen God at work in and through them.
3. Pray that God would continue to sanctify and renew us all by the power of his Holy Spirit.



KIDS PROMPT: *Who helps you know God better?*

PRAY WITH KIDS: Thank you, God, for the people who teach me about you, for the people who pray for me, and the people who help me follow you. Help me to always want to be a part of your church.

Day 4: Ephesians 1:17

“That the God of our Lord Jesus Christ, the Father of glory, may give you the Spirit of wisdom and of revelation in the knowledge of him.”

Jesus came in the power of the Spirit to open the eyes of the blind. He came to show us what the Father was like and to awaken us to the knowledge of God.

1. Praise God, the Father of glory, that he has chosen to make himself known to you.
2. Ask God to pour out his Spirit on you, giving you wisdom to discern his voice as you seek to know him better.
3. Pray for your brothers and sisters at the Summit, asking God to reveal himself to them.



KIDS PROMPT: *What do you know about God that makes you love him?*

PRAY WITH KIDS: God, you are a good God, and your word is true. Thank you for sending your Spirit to be with your children. Help me to hear your voice and trust your words.

Day 5: Ephesians 1:18

“Having the eyes of your hearts enlightened, that you may know what is the hope to which he has called you.”

Often, what we see with our eyes leaves our hearts discouraged. And we easily lose sight of the future hope we have in Jesus. As God's light shines in our hearts, our hope is restored and renewed.

1. Thank God that his plans for us are not to harm us but to do us good, and that he has secured an eternal hope for us in Jesus.
2. Confess those places where you have given in to discouragement and despair. Ask God to give you a heart that sees and believes the hope that is yours in Jesus.

3. Pray for those around you who are struggling. Ask God to refresh and revive their hearts with his mercies that are new every morning.



KIDS PROMPT: *How does what you know about Jesus give you hope?*

PRAY WITH KIDS: God, I believe that you have good plans and you want what is best for me. Help me to trust your plans and follow Jesus every day.

Day 6: Ephesians 1:18

“Having the eyes of your hearts enlightened, that you may know what is the hope to which he has called you, what are the riches of his glorious inheritance in the saints.”

It's easy for our hearts to forget, or worse yet, refuse to believe that we are valued by God. We are his treasured possession. He paid a great price for us, and our worth to him is inestimable.

1. Praise God today that because of his great love for you, he refused to let you be destroyed, but rescued and redeemed you by his grace.
2. Ask God to empower you by the Holy Spirit to demolish strongholds of unbelief and take captive every lie of the Enemy, making them obedient to Christ.
3. Pray that God would use you to refresh the hearts of the saints, your brothers and sisters in Christ, reminding them of God's great love for them.



KIDS PROMPT: *How can we tell that God loves us?*

PRAY WITH KIDS: God, I am your creation. I know that you love me. Help me to live in this truth and share it with my friends and family.

Day 7: Ephesians 1:18–20

“Having the eyes of your hearts enlightened, that you may know what is the hope to which he has called you, what are the riches of his glorious inheritance in the saints, and what is the immeasurable greatness of his power toward us who believe, according to the working of his great might that he worked in Christ when he raised him from the dead and seated him at his right hand in the heavenly places.”

God has promised to restore and renew us by his resurrection power at work in us and for us.

There is no limit to his power, no foe who can thwart what he has purposed and planned for us.

1. Praise God that by his great power he raised Jesus from the dead. Thank him that by that same power he is at work in you.
2. Ask God to give you a heart that is alert and surrendered to his power, submitted to all that he desires to do.
3. Ask God to restore courage and strength to you and your brothers and sisters in Christ, knowing that nothing is impossible for our God.

KIDS PROMPT: *Why does knowing God is powerful help us face hard or scary things?*



PRAY WITH KIDS: God, you are all powerful. You do amazing things. Thank you for using your great power in my life. Help me to always trust you when things in my life are scary or hard.

Day 8: Ephesians 3:14–15

“For this reason I bow my knees before the Father, from whom every family in heaven and on earth is named.”

We have a good Father who has called us to be his own. By his great love he has reconciled us to himself, making us his sons and daughters. Let that truth renew your joy.

1. Rejoice today that God has called you by name and adopted you as his child.
2. Praise him for all those he has gathered to be a part of the family of God at The Summit Church. Celebrate the salvation of God in the lives of those you know and love.
3. Pray that God would increase your confidence in his love and fill us all with great joy because of our redemption.



KIDS PROMPT: *What makes us children of God?*

PRAY WITH KIDS: God, you are a good father. Thank you for letting me be your child. Thank you for the family that you have given me. Help me to see your love in the people around me.

Day 9: Ephesians 3:16–17

“That according to the riches of his glory he may grant you to be strengthened with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith—that you, being rooted and grounded in love ...”

The life of faith is not an easy one, and Satan would seek to deter us. But we need not fear, because we have the Spirit of God alive and working in us.

1. Thank God today that by faith Christ has come to dwell in you, renewing you day by day with the hope of glory.

2. Ask God to strengthen you by his Spirit to resist temptation and flee from ungodliness so that Christ might fill every part of your heart and life.
3. Pray that God would give you, your pastors, and all of the family of God at the Summit, Holy Spirit power to do the things that cultivate and protect the life of God in us.



KIDS PROMPT: *How does faith in Jesus change the way we live?*

PRAY WITH KIDS: Thank you, God, that I can be saved by trusting in Jesus. Help me to follow Jesus in how I live every day. Help me to make right choices by your Spirit.

Day 10: Ephesians 3:17b–19

“That you, being rooted and grounded in love, may have strength to comprehend with all the saints what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God.”

It is God's great love for us that sustains and strengthens us. His compassion never fails, yet we often doubt and question his love for us.

1. Thank God today for his love demonstrated in Christ's death for you, even while you were still a sinner.
2. Ask God to lead you by his Spirit and speak through you as you seek to encourage your brothers and sisters to know and believe God's great love for them.
3. Pray that God would use us at The Summit Church to demonstrate and declare the great love of God for all those who do not yet know that love.



KIDS PROMPT: *What is bigger than God's love? (Nothing!)*

PRAY WITH KIDS: God, you are love. Everything you do is loving. Thank you that Jesus died for me while I was still a sinner. Help me to trust in Jesus to be saved. Help me show your love to everyone I know.

Day 11: Ephesians 3:20–21

“Now to him who is able to do far more abundantly than all that we ask or think, according to the power at work within us, to him be glory in the church and in Christ Jesus throughout all generations, forever and ever. Amen.”

The lovingkindness of God our Father and his purposes and plans for us are far better than anything we could ever imagine or dream for ourselves. And by his great power he is able to accomplish everything he desires to do.

1. Praise God that he sees and knows you, and that his purposes and plans for you are good. Thank him for his faithfulness to you.
2. Call out the needs in your life and the desires of your heart to the One who is able to meet every need and satisfy every desire with good things. Cast every anxiety on him and trust his care for you.
3. Ask God to do all that he has purposed and planned for The Summit Church. Pray that he will work in us and through us in a way that advances his kingdom on the earth.

KIDS PROMPT: *What worries or bothers you?*



PRAY WITH KIDS: God you know me better than anyone. Thank you for always being faithful even when I am not. Thank you for having good plans for me. Help me to trust you with all things at all times.

Day 12: Ephesians 4:1

“I therefore, a prisoner for the Lord, urge you to walk in a manner worthy of the calling to which you have been called.”

We belong to the One who has purchased us by his blood, and we are called to live our lives to please him and not ourselves—servants of righteousness, not slaves to sin.

1. Thank God today that he called you out of darkness and into his marvelous light, out of slavery to sin and into freedom.
2. Ask God to help you, and your brothers and sisters at the Summit, to cultivate meaningful relationships for accountability and encouragement, remembering that making disciples is the mission.
3. Pray that small groups would faithfully spur one another on to love and good deeds, urging each other to walk worthy of our calling.



KIDS PROMPT: *What does God want from you?*

PRAY WITH KIDS: God, you do not want us to live apart from you. Thank you for making a way for us to be saved. Help me to live my life for you.

Day 13: Ephesians 4:2

“With all humility and gentleness, with patience, bearing with one another in love ...”

We are all saved by grace through faith; it is not our own doing. And just as God has been patient and gracious in dealing with us, we are called to offer that same patience and grace to one another.

1. Praise God for the humble sacrifice of Jesus and his patient love for you.
2. Confess any place where you have withheld grace, harbored bitterness, or withdrawn love from your brothers and sisters in Christ. Ask the Holy Spirit to show you the steps you must take to repent.
3. Pray that our love for each other and the grace we offer each other would be a sign to the world that we are true disciples of Jesus. Ask God to use that to draw many to trust in his love for them.



KIDS PROMPT: *Why is it sometimes hard to be kind to other people?*

PRAY WITH KIDS: Thank you, God, for always being kind and patient with us. Help us to be kind and patient with people in our lives. Help me to see where I am being selfish. I want others to see you in me.

Day 14: Ephesians 4:3

“Eager to maintain the unity of the Spirit in the bond of peace.”

Jesus prayed for us that we would be one just as he and the Father are one. By his blood he purchased our peace with God and with each other. His desire and priority for unity must be ours as well.

1. Thank God for his gracious work in reconciling and restoring us to be his sons and daughters.
2. Ask God to reveal any of your actions, words, or attitudes that might disrupt the unity of the Spirit and weaken the bond of peace in the family of God.
3. Pray that God would make us a people who experience peace in the middle of a polarizing culture.



KIDS PROMPT: *Why does being a part of the church matter?*

PRAY WITH KIDS: Thank you, God, that you forgive us and bring us back to you when we turn away from our sin. Thank you for letting us be a part of your family. Help us to love others in your family.

Day 15: Ephesians 4:4–6

“There is one body and one Spirit—just as you were called to the one hope that belongs to your call—one Lord, one faith, one baptism, one God and Father of all, who is over all and through all and in all.”

We are one. And yet, the Enemy works to destroy and divide. We cannot walk together unless we agree and share a unified vision of who we are and why we exist.

1. Thank God for the privilege of being a part of the family of God, and pray that he would help you grow in your love for and commitment to the family.

2. Ask God to frustrate the attempts of the Enemy to divide us. Pray that those who seek to undermine God's work would be convicted and brought to repentance.
3. Pray that we would faithfully give ourselves to the mission of God, calling people to faith in Jesus and leading them to be disciples who make disciples.



KIDS PROMPT: *How does being in a church family help us?*

PRAY WITH KIDS: Thank you for the church. Help me to love the church and be a good family member. Keep satan away from our church family. Make us strong in trusting you and each other as we tell the world about you.

Day 16: Ephesians 4:11–13

“And he gave the apostles, the prophets, the evangelists, the shepherds and teachers, to equip the saints for the work of ministry, for building up the body of Christ, until we all attain to the unity of the faith and of the knowledge of the Son of God, to mature manhood, to the measure of the stature of the fullness of Christ.”

In the church, God has provided all we need to walk in unity with each other, grow in our knowledge of Jesus, and be filled with the fullness of Christ.

1. Thank God for how he has blessed our church with gifted men and women who faithfully serve to build up the body of Christ. Thank him for the individuals who he has used in your life.
2. Ask God to give wisdom and strength to all our pastors and leaders. Pray that by his Holy Spirit, God would use them to equip the body of Christ for the work of ministry.
3. Pray that God would show you where he has called and equipped you for service. Ask him to use you to help others mature and grow in their faith.



KIDS PROMPT: *Who teaches you God's word?*

PRAY WITH KIDS: Thank you for the people in our church. Thank you for the people who teach me about you. Help our pastors and teachers know how to best follow you. Help them to be strong in their faith.

Day 17: Ephesians 4:15–16

“Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ, from whom the whole body, joined and held together by every joint with which it is equipped, when each part is working properly, makes the body grow so that it builds itself up in love.”

As the body of Christ, our aim is to see each member grow up and be built up in Christ. Love must be the hallmark of our interactions with each other in pursuit of that goal.

1. Thank God for the people he has used in your life to speak truth and help you grow in Christ. Consider how you might express gratitude to them for their ministry to you.
2. Ask God to speak to you by his Spirit as you spend time in his Word. Ask him to use you to speak truth and build up your brothers and sisters in Christ by sharing what he has spoken to you.
3. Pray for every member of The Summit Church, asking God to stir each one to faithfully do their part to serve the body of Christ.



KIDS PROMPT: *Who can you share God's love with?*

PRAY WITH KIDS: God, we love people because you loved us first. Thank you for the people who have taught me about your love and helped me to love you. Help me to tell others about your love.

Day 18: Ephesians 4:22–24

“To put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, and to be renewed in the spirit of your minds, and to put on the new self, created after the likeness of God in true righteousness and holiness.”

In Christ, we are new creations. The old has gone and the new has come. Yet, daily we must choose to walk according to the Spirit and not according to the desires of the flesh.

1. Praise God for new life in Jesus. And give thanks today that the same power he used to raise Jesus from the dead is continuing to revive and restore you.
2. Ask God to teach you, and your brothers and sisters at the Summit, to refuse to walk in ungodliness and worldly passions and to live a self-controlled, upright, and godly life.
3. Pray that as we walk in true righteousness and holiness, our allegiance would be to Christ.



KIDS PROMPT: *How is your life different because of God?*

PRAY WITH KIDS: God, you raised Jesus from the dead. You raise everyone who trusts in Jesus to a new life. Make me a new creation and help me to walk by your Spirit.

Day 19: Ephesians 4:25–27

“Therefore, having put away falsehood, let each one of you speak the truth with his neighbor, for we are members one of another. Be angry and do not sin; do not let the sun go down on your anger, and give no opportunity to the devil.”

Because of our relationships as brothers and sisters, we must be honest and loving in all we do and say. We must be on our guard because the Enemy is always looking for ways to divide us and disrupt the work of God in our lives. Deceit and anger can quickly destroy the unity of the body.

1. Pray that God would continually renew your heart of love for your brothers and sisters in Christ.
2. Ask God to give you the courage to always speak the truth, even when being honest might be costly or painful for you.
3. Pray that the Holy Spirit would make you alert and keep us all from anything that would give the Enemy an open door to destruction in our own lives and in the life of The Summit Church.



KIDS PROMPT: *Why should we love other people in God's family well?*

PRAY WITH KIDS: God, your word is truth. Help me to always be loving. Help me to tell the truth. Make me wise so that I can be a light in this world.

Day 20: Ephesians 4:29

“Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear.”

The book of Proverbs says that the power of life and death is in the tongue. By our words, we are either promoting life and godliness or sowing seeds of wickedness and destruction.

1. Thank God for the opportunity you have to encourage and build others up. Pray that the Holy Spirit would help you keep a watch over your mouth and guard against any unwholesome talk.
2. Ask God to give you the Spirit of wisdom and discernment in your relationships. Pray that he would give you the right words for what others need to hear, especially when talking to unbelievers.
3. Pray that at The Summit Church we would be people who minister grace to one another in our mission to make disciples.



KIDS PROMPT: *How can we let God help us when we say unkind words or when we want to?*

PRAY WITH KIDS: God, help me to speak words that are kind and helpful. Help me not to say mean things that come into my head. Help me to love others with my words.

Day 21: Ephesians 4:31–32

“Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.”

Our God is full of compassion, slow to anger and abounding in steadfast love. He has not treated us as our sins deserve but has freely forgiven us. We love because we've been loved, and we forgive because we have been forgiven.

1. Pray that God would reveal any place in your heart where bitterness, anger, or spitefulness has taken root. Confess and ask for wisdom in repenting.
2. Ask God to give you a tender heart toward those he has placed around you. Pray for the ability to see them as God sees them and respond in ways that mirror God's love for you.
3. Pray that we would be a people who are known for our kindness and compassion. Ask God to give us a visible unity and purposeful love for one another that sets us apart from the world.



KIDS PROMPT: *How does your anger hurt other people? How does it hurt you?*

PRAY WITH KIDS: God, you do not get angry easily. You are bursting with everlasting love. Help me to be like you. Help me to love others and put away anger. Help me to see other people the way that you do.