



MOSAIC LLOYDMINSTER

21

*DAYS OF PRAYER & FASTING*

*JANUARY 5TH TO 25TH*

**A**t Mosaic at the beginning of each year, we set aside 21 days of prayer and fasting as a way to intentionally seek God in prayer and fasting to commit the entire year to Him and believe for Him to move in powerful ways in our lives, as individuals and as a church. Fasting enables us to celebrate the goodness and mercy of God and prepares our hearts for all the good things God desires to bring into our lives. The Bible gives us many examples of God moving supernaturally in the natural world and answering prayers when His people fast and pray. The early apostles always fasted and prayed when they needed to make important decisions and to discern God's will. But the best example is the Lord Jesus Himself who fasted and prayed before He began His earthly ministry.

For this year's **21 Days of Prayer**, we will go through the **Gospel of John** which has 21 chapters! We will read one chapter each day, and in the process, journey with Jesus, and the disciples, to commit to the Father all our plans and endeavours, our concerns and petitions through prayer and fasting. Fasting hits the reset button of our soul and renews us from the inside out. I encourage you to seek God in prayer and fasting, use this guide for your prayer and scripture reading and follow what the Holy Spirit leads you to do. And may your fasting and prayer bear fruit in your life.

Pastor Jon Las, *Lead Pastor*



## JOEL 2:12

NOW, THEREFORE, SAYS THE LORD,  
TURN TO ME WITH ALL YOUR HEART,  
WITH FASTING, WITH WEeping, AND WITH MOURNING.



# TYPES OF FASTS

## 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, caffeine, sweets, alcohol and bread from your diet and only consume water for fluids and fruits and vegetables for food. Another option is eating only one light meal a day.

## COMPLETE FAST.

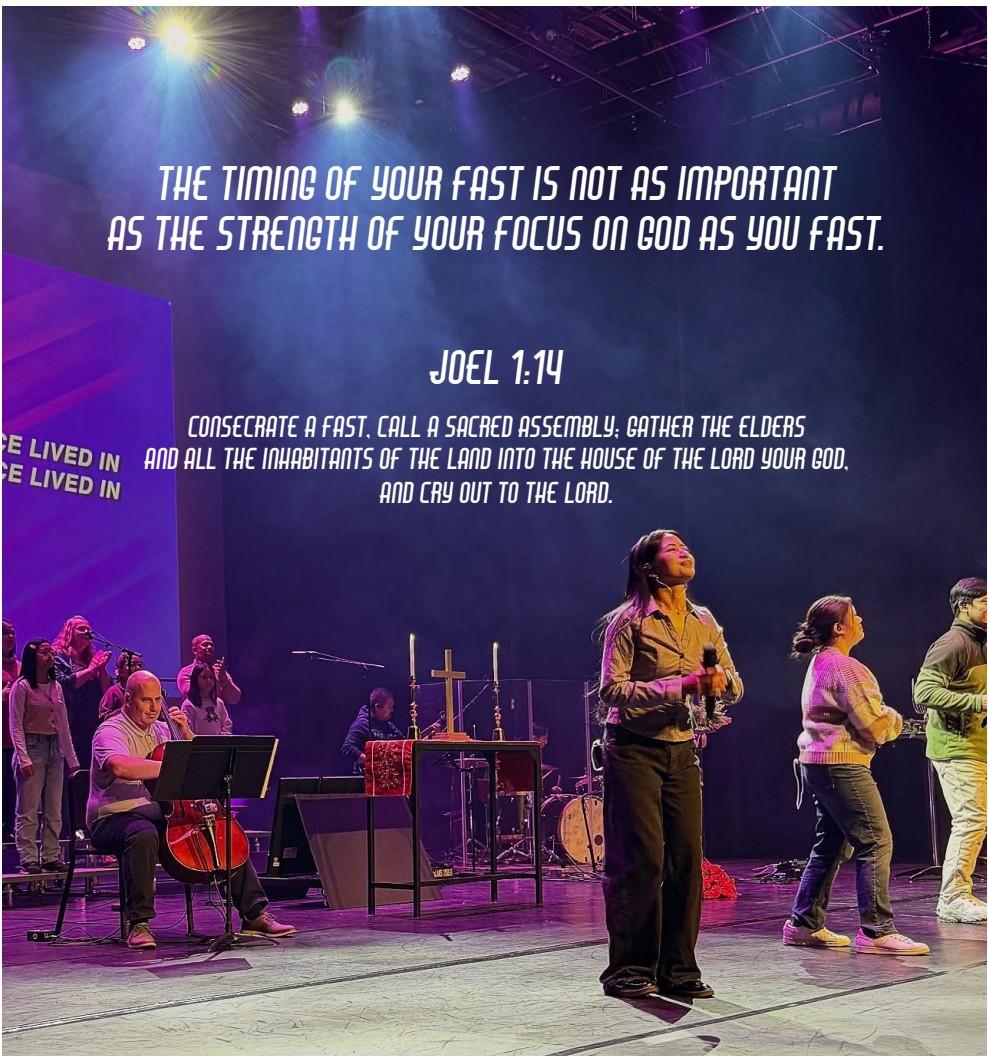
In this type of fast, one abstains from all solid food. One only drinks liquids, typically water, light juices or broth as options.

## PARTIAL FAST.

This fast is sometimes called the “Jewish Fast” and involves abstaining from eating any type of food in the daytime and evening. Also called *intermittent fasting*, this can either correlate to specific times of the day, such as 6:00 am to 8:00 pm, or from sunrise to sunset, but not overnight because the body is on a fast while asleep.

## SOUL FAST.

This fast is a great option if you do not have much experience fasting food, have health issues that prevent you from fasting food, or if you wish to refocus certain areas of your life that are out of balance. For example, you might choose to stop using social media or watching television for the duration of the fast and then carefully bring that element back into your life in healthy doses at the conclusion of the fast.

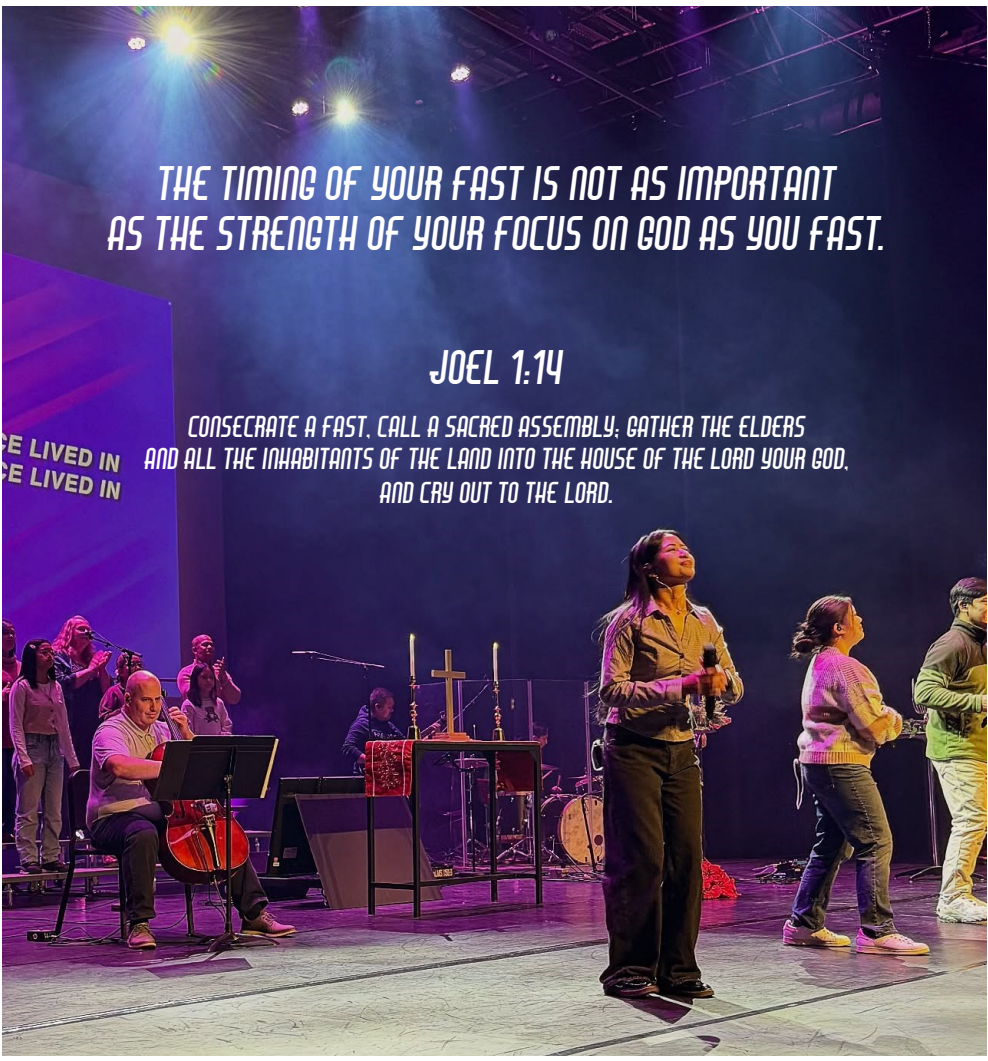
A photograph of a church service. In the foreground, a woman with long dark hair, wearing a light-colored button-down shirt and dark pants, stands with her head tilted back, eyes closed, and hands clasped in prayer. To her right, another woman in a pink sweater and dark pants is also in a similar posture. Further right, a man in a green jacket and white pants is partially visible. In the background, a band is performing. A man in a light blue shirt is seated and playing a double bass. Behind him, several other musicians are standing, some playing guitars. A small altar with a cross and candles is positioned in the center background. The stage is lit with warm, golden light, and the overall atmosphere is one of worship. The text 'THE TIMING OF YOUR FAST IS NOT AS IMPORTANT AS THE STRENGTH OF YOUR FOCUS ON GOD AS YOU FAST.' is overlaid at the top in a white, sans-serif font. Below it, 'JOEL 1:14' is written in a larger, bold, white font. At the bottom, the full text of Joel 1:14 is displayed in a smaller, white font. On the left side of the image, there is a vertical text overlay that reads 'WE LIVED IN' and 'WE LIVED IN' in a white, sans-serif font.

THE TIMING OF YOUR FAST IS NOT AS IMPORTANT  
AS THE STRENGTH OF YOUR FOCUS ON GOD AS YOU FAST.

**JOEL 1:14**

CONSECRATE A FAST. CALL A SACRED ASSEMBLY. GATHER THE ELDERS  
AND ALL THE INHABITANTS OF THE LAND INTO THE HOUSE OF THE LORD YOUR GOD.  
AND CRY OUT TO THE LORD.

WE LIVED IN  
WE LIVED IN

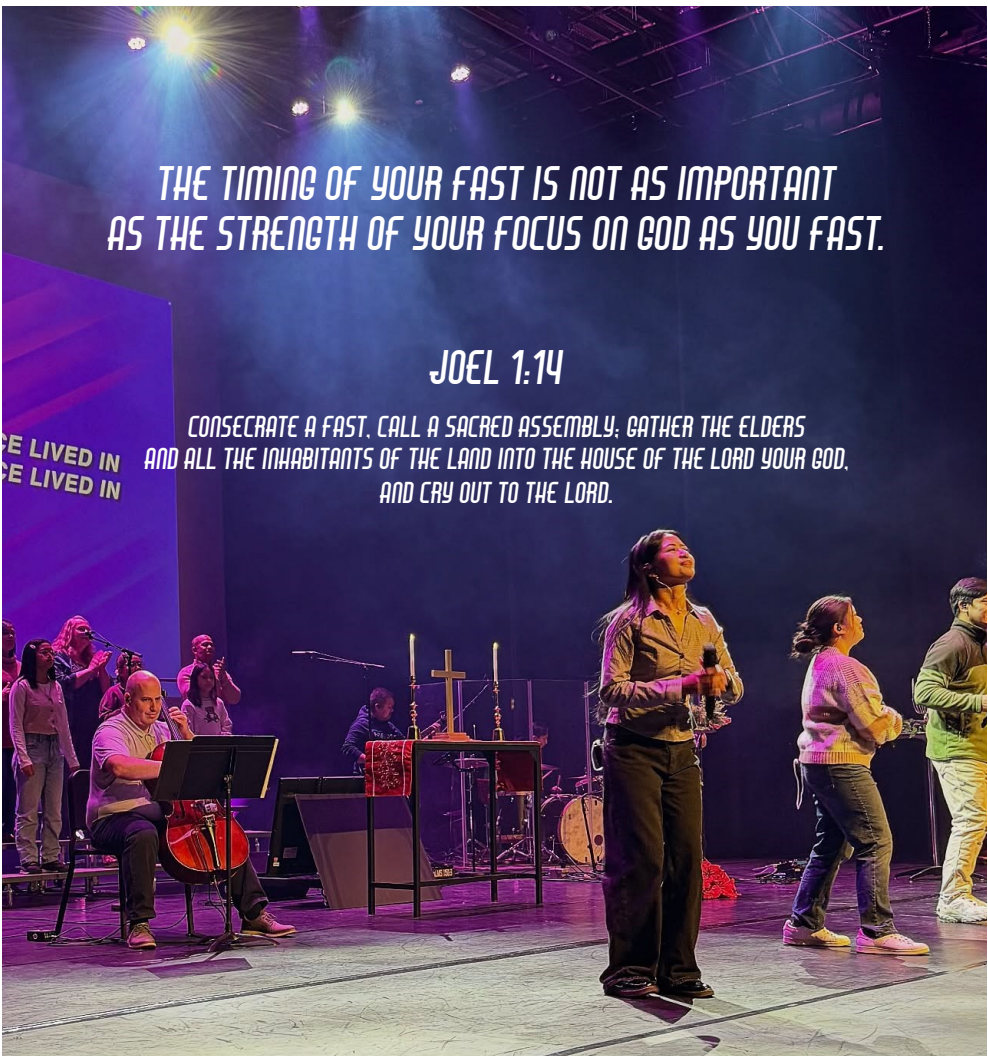
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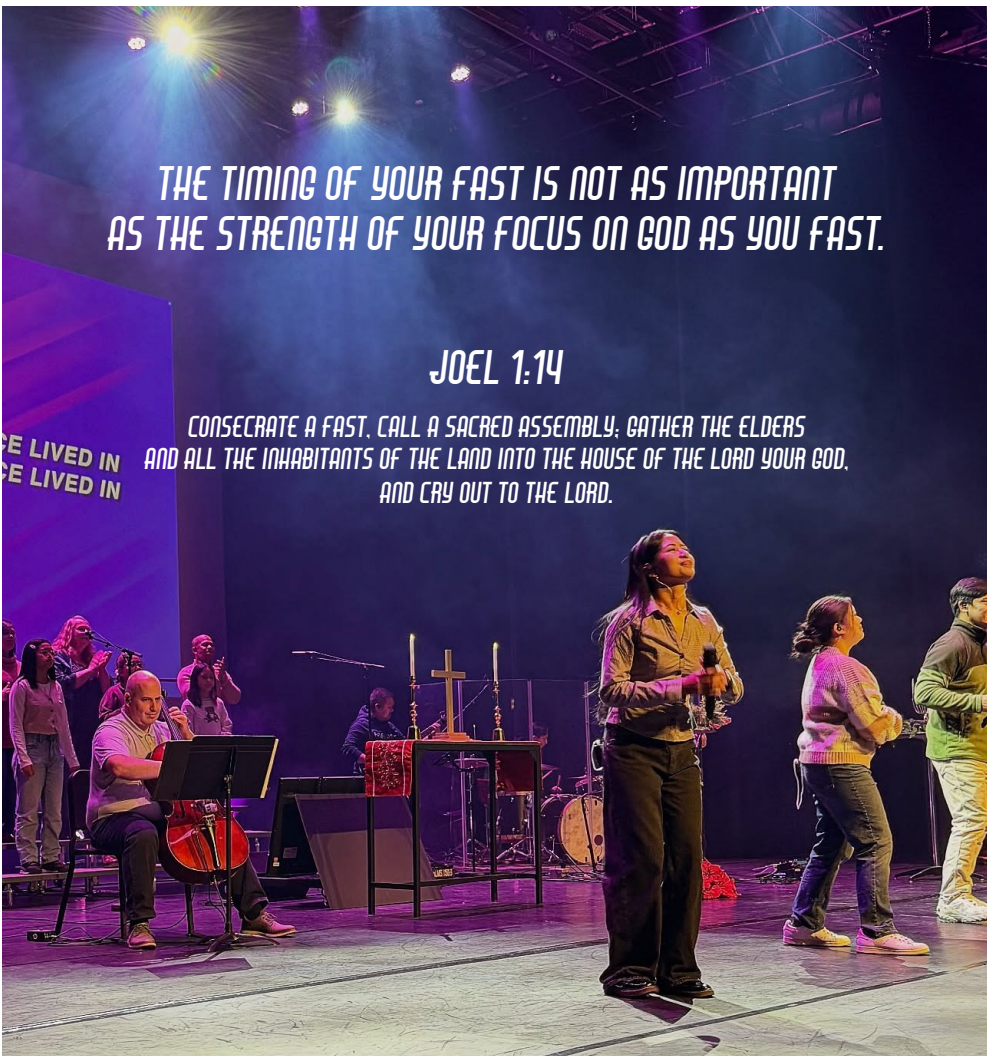
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# ***GUIDELINES FOR 21 DAYS OF PRAYER & FASTING***

## ***COMMIT TO ONE TYPE OF FAST FOR THE NEXT 21 DAYS.***

It is important to commit to one type of fast for 21 days as it allows you to learn the discipline of consistently saying “no” to the thing/s or area/s you choose to stay away from, and focus on your prayer life.

## ***BE KEENLY AWARE OF YOUR HEALTH ISSUES.***

If you choose abstain from food, be sure to consult your doctor first, especially if you have health concerns (e.g. pregnancy, illness, etc.) or you do manual labour.

## ***FASTING MUST ALWAYS BE ACCOMPANIED BY PRAYER AND BIBLE READING.***

Without prayer and God’s Word, fasting is just going on a diet. The Word of God and prayer allow us to hear God and speak to Him. Keep a journal! Write what God is teaching you.

## ***TIME OF THE DAY.***

When fasting and praying, it is important to find the best time of your day to read God’s Word and speak to Him in prayer. Choose the time of the day when you are most awake and aware, not when you’re sleepy and ineffective. Use this guide to help you with your Bible reading.

## ***FOCUS ON JESUS.***

Remember that your goal is to focus on Jesus, to grow in Him and align with God’s will as you present your prayers, concerns, petitions and plans for 2026.





FASTING TEACHES US THAT OUR SPIRITUAL NEED FOR GOD  
IS FAR MORE FUNDAMENTAL THAN OUR PHYSICAL NEED FOR FOOD AND WATER.

IN FASTING, WHAT WE ARE SAYING IS THAT  
MORE THAN WE ENJOY FOOD,  
**WE ENJOY GOD.**

FASTING IS FEASTING ON FELLOWSHIP WITH GOD.

**MATTHEW 4:4**

IT IS WRITTEN, MAN SHALL NOT LIVE BY BREAD ALONE,  
BUT BY EVERY WORD THAT COMES FROM THE MOUTH OF GOD.

## MORNING GUIDE | START THE DAY WITH JESUS

What to read: **JOHN 1:1-18**

What to pray for:

- A deeper revelation of God's glory in your life.
- Commit the rest of your day to Him. Specifically commit areas or activities today.
- Pray for the filling of the Holy Spirit.

## MIDDAY GUIDE | SPEND TIME WITH JESUS

What to read: **JOHN 1:19-34**

What to pray for:

- Pray for openness to what God wants to do for the rest of your day.
- Pray for strength and determination to fast and pray for 21 days.

## BEDTIME GUIDE | END THE DAY WITH JESUS

What to read: **JOHN 1:35-51**

What to pray for:

- Thank God for the day—whatever blessings or challenges it has brought!
- Ask God to reveal Himself deeper to you and the people in your inner and outer circle.



## MORNING GUIDE | START THE DAY WITH JESUS

What to read: **JOHN 2:1-12**

What to pray for:

- Pray for the filling of the Holy Spirit.
- A deeper revelation of God's glory in your life.
- Ask God for opportunities today to share His love with someone or invite to church.

## MIDDAY GUIDE | SPEND TIME WITH JESUS

What to read: **JOHN 2:13-21**

What to pray for:

- Pray for the life and leadership of Pastor Jon Las.
- Pray for boldness to stand up for Jesus where He has placed you.

## BEDTIME GUIDE | END THE DAY WITH JESUS

What to read: **JOHN 1:23-25**

What to pray for:

- Praise God for the blessings and challenges of the day
- Ask God to strengthen your witness about Jesus to the world around you.

## MORNING GUIDE | START THE DAY WITH JESUS

What to read: **JOHN 3:1-7**

What to pray for:

- Pray for the filling of the Holy Spirit.
- Pray for the fresh wind of the Spirit to revive your heart with His power.
- Ask God for the salvation of specific individuals, and to use you to witness to them.

## MIDDAY GUIDE | SPEND TIME WITH JESUS

What to read: **JOHN 3:8-21**

What to pray for:

- Ask the Lord to make you an agent of His love to someone today.
- Write down and pray for your specific concerns and plans you have for 2026.

## BEDTIME GUIDE | END THE DAY WITH JESUS

What to read: **JOHN 3:22-36**

What to pray for:

- Thank God for the day—whatever blessings or challenges it has brought!
- Continue to write down and pray for specific concerns and plans you have for 2026.
- Ask God to give you a fresh vision for His purpose for you.

**MORNING GUIDE | START THE DAY WITH JESUS**

What to read: **JOHN 4:1-26**

What to pray for:

- Pray for the filling of the Holy Spirit.
- Pray that God would bless someone today through you.
- Pray for sensitivity to God's interruptions and purpose today.

**MIDDAY GUIDE | SPEND TIME WITH JESUS**

What to read: **JOHN 4:27-42**

What to pray for:

- Ask the Lord to give you wisdom in building cross-cultural bridges for the gospel.
- Pray that God would give you creative ways to connect with others.
- Pray for Pastor Elijah and his family, and the youth ministry.

**BEDTIME GUIDE | END THE DAY WITH JESUS**

What to read: **JOHN 4:43-54**

What to pray for:

- Thank God for the day—whatever blessings or challenges it has brought!
- Pray for relationships—strength for marriages, protection for ones who are engaged, holiness for those who are dating, and godliness for those who are in the waiting.

## MORNING GUIDE | START THE DAY WITH JESUS

What to read: **JOHN 5:1-15**

What to pray for:

- Pray for the filling of the Holy Spirit.
- Pray for the healing of people you know who are sick and ill.
- Write 3 names of people you want to bring to Jesus and to church this year, and pray for them.

## MIDDAY GUIDE | SPEND TIME WITH JESUS

What to read: **JOHN 5:16-30**

What to pray for:

- Pray for revival in our city and region.
- Pray for Pastor Luke and Shanti, and the young adults ministry.

## BEDTIME GUIDE | END THE DAY WITH JESUS

What to read: **JOHN 5:31-47**

What to pray for:

- Pray for your personal testimony and witness wherever God puts you.
- Present to God your personal prayer and petitions in line with His purpose.

## MORNING GUIDE | START THE DAY WITH JESUS

What to read: **JOHN 6:1-24**

What to pray for:

- Pray for the filling of the Holy Spirit.
- Pray that God that will make you like that child who brought the fish and loaves—a heart to offer everything to Jesus.
- Pray that God would multiply the blessings you hand over to Him for the benefit of many, and the glory of His name.

## MIDDAY GUIDE | SPEND TIME WITH JESUS

What to read: **JOHN 6:25-59**

What to pray for:

- Pray for faith to step out of your comfort zone to obey Jesus' call on your life.
- Pray that God will use you to give away the bread of salvation to the world around you.

## BEDTIME GUIDE | END THE DAY WITH JESUS

What to read: **JOHN 5:60-71**

What to pray for:

- Pray for strength to never desert nor neglect your relationship with Jesus.

## MORNING GUIDE | START THE DAY WITH JESUS

What to read: **JOHN 7: 1-21**

What to pray for:

- Pray for the filling of the Holy Spirit.
- Thank God for the opportunity to worship with His church today.

## MIDDAY GUIDE | SPEND TIME WITH JESUS

What to read: **JOHN 7:22-44**

What to pray for:

- Pray for our trustees team at Mosaic Church (Richie, Ambet, Jane)
- Pray for specific requests you might have.

## BEDTIME GUIDE | END THE DAY WITH JESUS

What to read: **JOHN 7:45-53**

What to pray for:

- Pray that your faith will continue to grow stronger.
- Commit the rest of the night to God.



**MORNING GUIDE | START THE DAY WITH JESUS**

What to read: **JOHN 8:1-30**

What to pray for:

- Pray for the filling of the Holy Spirit.
- Ask God to give you the heart of Jesus that never condemns, but lovingly calls others back to Him.

**MIDDAY GUIDE | SPEND TIME WITH JESUS**

What to read: **JOHN 8:31-47**

What to pray for:

- Pray that you will be like Jesus in your commitment to always do what pleases the Father.
- Pray for specific prayer items you might have.

**BEDTIME GUIDE | END THE DAY WITH JESUS**

What to read: **JOHN 5:48-59**

What to pray for:

- Pray that you will always choose the glory of God above all else.
- Ask God to continue to reveal Himself to you in deeper ways.

## MORNING GUIDE | START THE DAY WITH JESUS

What to read: **JOHN 9:1-12**

What to pray for:

- Pray for the filling of the Holy Spirit.
- Ask God to open your eyes to what He has in store for you and to never miss out on His plans.

## MIDDAY GUIDE | SPEND TIME WITH JESUS

What to read: **JOHN 9:13-34**

What to pray for:

- Pray that today or this week you will have the opportunity help someone see Jesus.
- Ask God to bless Mosaic to lead more people to see Jesus.

## BEDTIME GUIDE | END THE DAY WITH JESUS

What to read: **JOHN 9:35-41**

What to pray for:

- Pray for anyone in your family and circle of friends who are still spiritually blind.
- Pray for our city to experience a genuine spiritual revival!

## MORNING GUIDE | START THE DAY WITH JESUS

What to read: **JOHN 10:1-15**

What to pray for:

- Pray for the filling of the Holy Spirit.
- Ask Jesus to shepherd you today, and that you would be sensitive to His voice.

## MIDDAY GUIDE | SPEND TIME WITH JESUS

What to read: **JOHN 10:16-21**

What to pray for:

- Pray for the revival of those who might be struggling in their faith and the backslidden.
- Pray for the physical healing of people you know who are ill.

## BEDTIME GUIDE | END THE DAY WITH JESUS

What to read: **JOHN 10:22-42**

What to pray for:

- Ask God that many more will believe the message of the Gospel through Mosaic.
- Commit the rest of the night to God.

## MORNING GUIDE | START THE DAY WITH JESUS

What to read: **JOHN 11:1-16**

What to pray for:

- Pray for the filling of the Holy Spirit.
- Ask Jesus to display His resurrection power in your life today.

## MIDDAY GUIDE | SPEND TIME WITH JESUS

What to read: **JOHN 11:17-44**

What to pray for:

- Pray for those who are in mourning.
- Pray for specific concerns you might have.

## BEDTIME GUIDE | END THE DAY WITH JESUS

What to read: **JOHN 11:45-57**

What to pray for:

- Pray that we will see more people become spiritually alive in Christ at Mosaic.
- Ask God for more baptisms at Mosaic.
- Pray for God's protection and guidance over those who lead His church.

## MORNING GUIDE | START THE DAY WITH JESUS

What to read: **JOHN 12:1-19**

What to pray for:

- Pray for the filling of the Holy Spirit.
- Pray that, like Mary, you will have the willingness to offer your best in worship and thanksgiving to Jesus at all times.

## MIDDAY GUIDE | SPEND TIME WITH JESUS

What to read: **JOHN 12:20-36**

What to pray for:

- Take time to thank Jesus for His sacrificial death on the cross that made salvation possible for you.
- Pray that you can have the opportunity to share that message with someone today.

## BEDTIME GUIDE | END THE DAY WITH JESUS

What to read: **JOHN 12:37-50**

What to pray for:

- Pray against any form of unbelief that would hinder anyone in your life to see the power of the Gospel.
- Pray for stronger faith for you and your loved ones.

### **MORNING GUIDE | START THE DAY WITH JESUS**

What to read: **JOHN 13:1-17**

What to pray for:

- Pray for the filling of the Holy Spirit.
- Pray that, like Jesus, you will always have the heart of a servant.

### **MIDDAY GUIDE | SPEND TIME WITH JESUS**

What to read: **JOHN 13:18-30**

What to pray for:

- Take time to pray for those who perhaps dislike you or speak ill of you, that they will see God's love through you.
- Ask God to grant you a forgiving, kind and merciful heart.

### **BEDTIME GUIDE | END THE DAY WITH JESUS**

What to read: **JOHN 13:31-38**

What to pray for:

- Pray that you will never deny Jesus in any area of your life.
- Pray against the spirit of selfish pride.
- Pray that you will never be ashamed of your faith in Jesus and His gospel.



### **MORNING GUIDE | START THE DAY WITH JESUS**

What to read: **JOHN 14:1-14**

What to pray for:

- Pray for the filling of the Holy Spirit.
- Pray that today, you will worship Jesus wholeheartedly!

### **MIDDAY GUIDE | SPEND TIME WITH JESUS**

- Enjoy Sunday worship!

### **BEDTIME GUIDE | END THE DAY WITH JESUS**

What to read: **JOHN 14:15-31**

What to pray for:

- Pray for a stronger desire to experience the move of the Spirit in your life
- Pray for specific requests you might have.
- Pray that you will learn to seek Jesus first in all you do.

## MORNING GUIDE | START THE DAY WITH JESUS

What to read: **JOHN 15:1-8**

What to pray for:

- Pray for the filling of the Holy Spirit.
- Pray that you will always abide in Christ and His Word.

## MIDDAY GUIDE | SPEND TIME WITH JESUS

What to read: **JOHN 15:9-16**

What to pray for:

- Ask God to help you draw strength and power from Jesus.
- Ask God to grant you more spiritual fruit this year.

## BEDTIME GUIDE | END THE DAY WITH JESUS

What to read: **JOHN 15:17-27**

What to pray for:

- Pray that you will be strengthened in the faith especially in this age when the world mocks Christians.
- Ask God for more faith and boldness to stand up for the truth!

## **MORNING GUIDE | START THE DAY WITH JESUS**

What to read: **JOHN 16:1-15**

What to pray for:

- Pray for the filling of the Holy Spirit.
- Pray that you will be empowered by the Holy Spirit wherever you go today.

## **MIDDAY GUIDE | SPEND TIME WITH JESUS**

What to read: **JOHN 16:16-28**

What to pray for:

- Ask God for the joy of the Spirit as you serve Him in whatever capacity today.
- Pray for opportunity to speak to someone about Jesus and invite them to church.

## **BEDTIME GUIDE | END THE DAY WITH JESUS**

What to read: **JOHN 16:29-33**

What to pray for:

- Ask God for boldness in your faith.
- Commit to God all the plans you might have for 2026.
- Pray for Pastor Jon, Pastor Luke and Pastor Elijah.

## MORNING GUIDE | START THE DAY WITH JESUS

What to read: **JOHN 17:1-5**

What to pray for:

- Pray for the filling of the Holy Spirit.
- Pray that you today you will glorify God in all that you do.

## MIDDAY GUIDE | SPEND TIME WITH JESUS

What to read: **JOHN 17:6-19**

What to pray for:

- Ask God for greater unity in Mosaic, and the church at large, that we will continue to move forward with one heart with Christ and the Gospel at the forefront.
- Pray against any form of division in the Body that will dishonor God's name.
- Pray for the spirit of love to permeate our hearts.

## BEDTIME GUIDE | END THE DAY WITH JESUS

What to read: **JOHN 17:20-26**

What to pray for:

- Pray that you will be faithful in sharing Christ's gospel.
- Pray that you will always have collaboration and unity with the Body.
- Pray against any form of selfish independence, and instead be always depend on God.

## MORNING GUIDE | START THE DAY WITH JESUS

What to read: **JOHN 18:1-18**

What to pray for:

- Pray for the filling of the Holy Spirit.
- Pray that you will have the heart of Jesus to submit to the Father's will.

## MIDDAY GUIDE | SPEND TIME WITH JESUS

What to read: **JOHN 18:19-26**

What to pray for:

- Ask God that He will strengthen your faith amidst persecution or hatred.
- Pray that you will never forsake your Savior for the sake of safety and convenience.

## BEDTIME GUIDE | END THE DAY WITH JESUS

What to read: **JOHN 18:28-40**

What to pray for:

- Take time to thank Jesus for the suffering He went through.
- Take time to affirm your loyalty to Jesus as your Lord and Savior.
- Take time to ask God to bless everyone in your family and circle of friends tonight.

## MORNING GUIDE | START THE DAY WITH JESUS

What to read: **JOHN 19:1-16**

What to pray for:

- Pray for the filling of the Holy Spirit.
- Pray that, like Jesus, you will learn to surrender to the purpose of the Father.

## MIDDAY GUIDE | SPEND TIME WITH JESUS

What to read: **JOHN 19:17-30**

What to pray for:

- Take time to thank Jesus for His sacrifice.
- Pray that you may share Christ's love with someone today.

## BEDTIME GUIDE | END THE DAY WITH JESUS

What to read: **JOHN 19:31-41**

What to pray for:

- Like Joseph of Arimathea, ask God to teach you to offer Jesus your best.
- Pray for revival in our city and region.
- Take time to bring to God your concerns.



## MORNING GUIDE | START THE DAY WITH JESUS

What to read: **JOHN 20:1-18**

What to pray for:

- Pray for the filling of the Holy Spirit.
- Pray that, today, you will have a fresh encounter with the resurrected Jesus.

## MIDDAY GUIDE | SPEND TIME WITH JESUS

What to read: **JOHN 20:19-23**

What to pray for:

- Take time to ask Jesus to forgive you for moments of unbelief.
- Pray that you may share Christ's love with someone today.

## BEDTIME GUIDE | END THE DAY WITH JESUS

What to read: **JOHN 20:24-31**

What to pray for:

- Thank God for the gift of faith.
- Ask God for the salvation of people in your life.
- Take time to pray for revival.

## MORNING GUIDE | START THE DAY WITH JESUS

What to read: **JOHN 21:1-14**

What to pray for:

- Pray for the filling of the Holy Spirit.
- Pray that Mosaic will see a miraculous *catch of fish* through evangelism, baptism and discipleship.
- Pray that we will see more growth in all ministry areas of our church!

## MIDDAY GUIDE | SPEND TIME WITH JESUS

- ENJOY WORSHIP

## BEDTIME GUIDE | END THE DAY WITH JESUS

What to read: **JOHN 21:15-25**

What to pray for:

- Take time to thank God for His unrelenting love and abiding faithfulness.
- Make a commitment that you will carry on with spending time with Jesus daily.
- Take time to thank God for the fruit of prayer and fasting in your life.
- Keep sharing the Gospel!

## So what now?

This isn't the end; it's just the beginning.

Samuel Chadwick (1860–1932) once said,

***“The greatest answer to prayer is more prayer.”***

If you want to see God move more in your life and answer your prayers, you've got to learn to keep praying. Don't be satisfied with the one-time prayer with a one-time answer.

Keep asking, seeking and finding.

Increase your awareness of your need for God's intervention in your life. If praying and fasting have created a greater longing to see him move. Let's hope that praying has called us to pray even more.”

