

RENEWED

31 DAYS

OF PRAYER & FASTING

Guide for Teens



GETTING STARTED

Renewed



WE'RE EXCITED TO JUMP INTO OUR 31 DAYS OF PRAYER & FASTING WITH YOU! AS WE READ THROUGH THE BOOK OF PROVERBS DURING THIS TIME OF PRAYER & FASTING, OUR HOPE IS THAT YOU HAVE RENEWED WISDOM AND A RENEWED DESIRE TO FOLLOW GOD!

WHAT IS FASTING?

FASTING IS A SPIRITUAL DISCIPLINE DESIGNED TO REPLACE PHYSICAL OR EARTHLY NEEDS WITH A DESIRE FOR CLOSENESS TO GOD. BY ABSTAINING FROM FOOD OR OTHER DISTRACTIONS, WE DEEPEN OUR SPIRITUAL FOCUS AND RENEW OUR HUNGER FOR GOD.

WE ARE SO GLAD YOU DECIDED TO PARTNER WITH US IN THIS AND WE LOOK FORWARD TO SEEING WHAT GOD HAS IN STORE FOR YOU!

A GUIDE TO

Fasting

▶▶ WHY FAST

1. **Intimacy with God:** Fasting helps rekindle, develop, or strengthen a close relationship with God.
2. **Breakthroughs in Prayer:** Some spiritual breakthroughs come only through fasting.
3. **Freedom from Distractions:** Fasting breaks patterns of dependence on worldly things, showing us what may control us.

Focus: Keep God as the center of your fast. While there may be physical and spiritual benefits, the goal is communion with God.

▶▶ TYPES OF FASTS THAT ARE SCRIPTURAL

1. **Partial Fast:** Restricting certain foods or meals, like the Daniel Fast.
2. **Absolute Fast:** No food or water for a short period (e.g., 3 days, like Paul).
3. **Supernatural Fast:** Extended abstinence without food, such as Moses and Elijah's 40-day fasts.

Since we will be fasting for the whole month of January, we suggest the partial fast. For example, you could fast one meal a day or decide to fast from specific types of food.

Alternative Fasts: If food isn't feasible, consider fasting from anything that pulls you away from God. *Examples could be media, social activities, or non-essential habits.*





▶▶ PREPARING FOR A FAST

1. **Choose What to Abstain From:** Focus on what has taken priority over God in your life.
2. **Set a Time Frame:** Decide how long you'll fast, keeping in mind that the type and duration are secondary to your heart's intentions.
3. **Replace with Time with God:** In those times you are fasting, replace what is missing with time spent in prayer, scripture, and reflection to draw closer to God.

▶▶ WHEN TO FAST

Referencing Isaiah 58, consider fasting when you:

- Feel stuck in sin (vs. 6a)
- Carry a heavy burden (vs. 6b)
- Pray for others (vs. 7)
- Want to give sacrificially (vs. 7)
- Need encouragement (vs. 8)
- Seek answers to prayer (vs. 9)
- Need self-examination (vs. 10)
- Seek spiritual direction or restoration (vs. 11)
- Long for revival (vs. 12)

▶▶ CHALLENGE

Fasting can be a powerful tool for spiritual growth. Approach it with a sincere heart and intention to glorify God, allowing it to cultivate a deeper, more intimate relationship with Him.

WE'RE ALL IN THIS TOGETHER

Day
1

▶▶ PROVERBS 1

Theme: Real wisdom starts with God.

Prayer Focus: Ask God for wisdom to make good decisions in school, work, and relationships.

Action Step: Post or save a favorite quote from this chapter to remind you of your goal.

Day
2

▶▶ PROVERBS 2

Theme: Wisdom opens your eyes to what's real.

Prayer Focus: Pray for discernment in your digital consumption—what to watch, listen to, and avoid.

Action Step: Unfollow one account that doesn't add value to your life.

Day
3

▶▶ PROVERBS 3

Theme: Trust God even when life feels uncertain.

Prayer Focus: Pray for trust in God's plan, especially for your future.

Action Step: Write down or create a note in your phone with scriptures about trust. **(Hint: Use the Bible App to help with your search)**

Day
4

▶▶ PROVERBS 4

Theme: Guard your heart—it's the source of your energy and focus.

Prayer Focus: Ask God to help you avoid toxic influences.

Action Step: Do a "heart check" and journal about what's been draining or uplifting you lately.

Day
5

▶▶ PROVERBS 5

Theme: Keep your relationships pure and drama-free.

Prayer Focus: Pray for wisdom in choosing and maintaining relationships.

Action Step: Choose one small boundary to set in your relationships this week, like limiting late-night texts or focusing on group hangouts.



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**WISDOM STARTS WITH
TRUSTING GOD MORE
THAN YOURSELF. WHAT
DECISIONS IN YOUR LIFE**

*need His direction
right now?*

VERSES TO NOTE

"The fear of the Lord is the beginning of knowledge, but fools despise wisdom and instruction."

Proverbs 1:7

"Trust in the Lord with all your heart and lean not on your own understanding."

Proverbs 3:5-6

Day 6

▶▶ PROVERBS 6

Theme: Avoid procrastination and stay diligent.

Prayer Focus: Ask God for focus and motivation to achieve your goals.

Action Step: Write down 3 tasks you've been putting off and start one today.

Day 7

▶▶ PROVERBS 7

Theme: Temptation is everywhere—stay alert.

Prayer Focus: Pray for the strength to avoid temptation, especially online.

Action Step: Choose one app or website to avoid for a day, and use that time to focus on your prayer life.

Day 8

▶▶ PROVERBS 8

Theme: Wisdom is always available—just listen.

Prayer Focus: Pray for clarity in hearing God's voice in your decisions.

Action Step: Share one thing you've learned with a friend or group chat.

Day 9

▶▶ PROVERBS 9

Theme: Respecting God brings wisdom and understanding.

Prayer Focus: Pray for a deeper reverence for God in your daily life.

Action Step: Start your day by thanking God for 3 specific blessings.

Day 10

▶▶ PROVERBS 5

Theme: Your words have power—use them wisely.

Prayer Focus: Pray for self-control in how you speak to others and yourself.

Action Step: Post or text something encouraging to someone today.



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YOUR HEART IS THE SOURCE OF EVERYTHING YOU DO. HOW CAN YOU PROTECT IT TO CREATE SPACE FOR

God's best?

VERSES TO NOTE

"Above all else, guard your heart, for everything you do flows from it."

Proverbs 4:23

"For your ways are in full view of the Lord, and He examines all your paths."

Proverbs 5:21

Day 11

▶▶ PROVERBS 11

Theme: Honesty always wins.

Prayer Focus: Pray for courage to live authentically, even online.

Action Step: Commit to being honest in one situation this week, whether it's admitting a mistake, telling the truth, or being real about how you feel.

Day 12

▶▶ PROVERBS 12

Theme: Wise people listen to advice.

Prayer Focus: Pray for a teachable spirit and the right mentors in your life.

Action Step: DM or call someone you admire to ask for advice or insight.

Day 13

▶▶ PROVERBS 13

Theme: Humility opens doors; pride shuts them.

Prayer Focus: Ask God to help you handle criticism with grace.

Action Step: Apologize if you've been too proud to admit a mistake recently.

Day 14

▶▶ PROVERBS 14

Theme: Your actions speak louder than your words.

Prayer Focus: Pray for the courage to live out your beliefs consistently.

Action Step: Identify one area where your actions and beliefs don't align and work on it.

Day 15

▶▶ PROVERBS 15

Theme: A grateful heart finds joy everywhere.

Prayer Focus: Thank God for His blessings in your life.

Action Step: Share something you're grateful for on social media or with a friend.



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**YOUR WORDS AND
ACTIONS HAVE THE
POWER TO INSPIRE OR
HURT.**

*Are they bringing people closer
to Christ or pushing them away?*

VERSES TO NOTE

**"The mouth of the righteous
is a fountain of life, but the
mouth of the wicked
conceals violence."**

Proverbs 10:11

**"The words of the reckless
pierce like swords, but the
tongue of the wise brings
healing."**

Proverbs 12:18

Day 16

▶▶ PROVERBS 16

Theme: Self-control is key to success.

Prayer Focus: Pray for wisdom to manage stress and anger.

Action Step: Step away from an overwhelming situation and share it with God.

Day 17

▶▶ PROVERBS 17

Theme: A kind heart brings joy to others.

Prayer Focus: Ask God to help you bring positivity to your spaces.

Action Step: Compliment or encourage someone who's having a tough time.

Day 18

▶▶ PROVERBS 18

Theme: Words can build or destroy—choose carefully.

Prayer Focus: Pray for wisdom to use your voice to inspire and uplift.

Action Step: Leave a kind comment on someone's post.

Day 19

▶▶ PROVERBS 19

Theme: Correction is a gift—don't ignore it.

Prayer Focus: Pray for humility to accept constructive feedback.

Action Step: Ask a trusted friend or mentor for honest feedback about yourself.

Day 20

▶▶ PROVERBS 20

Theme: Godly leadership means leading by example.

Prayer Focus: Pray for wisdom to be a positive influence in your circle.

Action Step: Plan one way to serve your community this week.



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**GOD'S PURPOSE FOR YOU IS
BIGGER THAN YOUR PLANS.
WHAT'S ONE AREA WHERE**

*you can trust Him
more?*

VERSES TO NOTE

**"Commit to the Lord
whatever you do, and He will
establish your plans."**

Proverbs 16:3

**The Lord directs our steps, so
why try to understand
everything along the way?**

Proverbs 20:24

Day 21

▶▶ PROVERBS 21

Theme: Planning with God's wisdom leads to success.

Prayer Focus: Pray for insight to align your plans with God's will.

Action Step: Create a "faith goals" list and pray over it daily.

Day 22

▶▶ PROVERBS 22

Theme: Listening is wiser than reacting.

Prayer Focus: Ask God to help you hear before you speak.

Action Step: Make an effort to ONLY listen in a conversation.

Day 23

▶▶ PROVERBS 23

Theme: Don't follow the crowd if it leads to trouble.

Prayer Focus: Pray for strength to make independent choices.

Action Step: Take a social media break today and reflect.

Day 24

▶▶ PROVERBS 24

Theme: Wisdom builds a strong foundation.

Prayer Focus: Pray for wisdom in building your career, friendships, and goals.

Action Step: Write out your "dream life" and ask God for guidance on what His plan for your life is.

Day 25

▶▶ PROVERBS 25

Theme: Leaders show patience and humility.

Prayer Focus: Pray for patience in your leadership roles.

Action Step: Practice humility by letting someone else take the lead in a group project or activity at school, church or in your extra curricular activities and encourage them along the way.



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**A WISE LIFE ISN'T BUILT
OVERNIGHT—IT'S SHAPED BY
DAILY CHOICES TO LIVE
WITH**

*integrity, kindness
& faithfulness.*

VERSES TO NOTE

**"A good name is more
desirable than great riches."**

Proverbs 22:1

**"By wisdom a house is built, and
through understanding it is
established; through knowledge its
rooms are filled with rare and
beautiful treasures."**

Proverbs 24:3-4

Day 26

▶▶ PROVERBS 26

Theme: Avoid drama—stay wise under pressure.

Prayer Focus: Pray for calmness in heated situations.

Action Step: Ignore or diffuse any unnecessary drama today.

Day 27

▶▶ PROVERBS 27

Theme: Hard work pays off when you work wisely.

Prayer Focus: Ask God for direction in your grind.

Action Step: Set short-term goals for the week ahead.

Day 28

▶▶ PROVERBS 28

Theme: Dependence on God leads to success.

Prayer Focus: Pray for a deeper dependence on God, not material things.

Action Step: Tithe or donate to a cause or mission you care about.

Day 29

▶▶ PROVERBS 29

Theme: Confidence comes from doing the right thing.

Prayer Focus: Pray for boldness to stand up for your beliefs.

Action Step: Share your faith with someone today.

Day 30

▶▶ PROVERBS 30

Theme: True peace comes from trusting God.

Prayer Focus: Thank God for the growth over the past 30 days.

Action Step: Take a day off from social media and rest in God's presence.



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EXCELLENCE ISN'T ABOUT PERFECTION— IT'S ABOUT

*consistency in living
for God.*

VERSES TO NOTE

**"As iron sharpens iron, so
one person sharpens
another."**

Proverbs 27:17

**"Charm is deceptive, and
beauty is fleeting; but a
woman who fears the Lord is
to be praised."**

Proverbs 31:30

Day 31

▶▶ PROVERBS 31

Key Theme: Living with strength, wisdom, and purpose as a young leader.

Prayer Focus: Ask God to help you be hardworking, kind, and full of faith in the way you treat others and live each day.

Action Step: Think about which quality inspires you the most from the passage (e.g., being hardworking, kind, or generous). Choose one to work on this week and tell a friend or mentor so they can encourage you.



WHAT NOW?

A Quick Story...

Pastor Scott told a story in his sermon during a recent series, about a trip a man was taking. He told his son that while he was gone, he had the task of taking out the trash. His son, excited about the responsibility given to him, grabbed his notebook and wrote it down. He even invited some friends over and they talked about what it would look like to take out the trash. He learned every word in several languages. His friend even wrote a song about taking out the trash. It was like an anthem for the task and how to do it well.

The man comes home and sees that the garage is filled with trash and goes to his son and asks what happened. His son passionately tells him all that he and his friends did with what his dad had told him to do. The man says, "That's great son - BUT YOU DIDN'T TAKE OUT THE TRASH!"

Do it!

- ✓ Commit to at least one ongoing habit that you learned from this time.
- ✓ Find someone to share your commitment with.
- ✓ Allow them to hold you accountable!