

21 DAYS  
TO BECOME  
BATTLE READY

DAILY DEVOTIONAL FOR  
PRAYER AND FASTING

FOCAL POINT CHURCH

## Dear Focal Point Church Family,

I want to personally invite you to join us for a powerful and transformative journey over the next 21 days. Beginning on October 14, we will embark on a church-wide time of **prayer and fasting** with a focused goal: to build an altar of prayer in our lives and experience the blessing of open heavens.

As a church, we believe that God is calling us to deeper intimacy with Him, to a place where His presence is not just visited but dwells among us. This is a time for us to prioritize God, seek His face, and create space for His power to move in our lives, our homes, and our communities.

We encourage you to choose a fasting plan that works for you—whether it's giving up meals, specific foods, or distractions like media—and commit to **prayer**. Seek God for breakthroughs in your personal life, family, health, finances, and for His power to be unleashed in our church and community.

During these 21 days, we'll raise our level of prayer for:

- Personal revival and breakthrough
- Family healing and salvation
- Healing of our body, soul, and spirit
- Praying for the church to fulfill the mission of Christ, praying for our city and nation to see true reviving of God, and pray for Kenya to see the move of God

Here's what to remember:

- **Prayer is essential** and life-changing.
- **Prayer, worship, and the word of God** are powerful as we bring them together
- **Prayer doesn't need to be long**, just genuine.
- **Prayer works!** We are expecting miracles as we pray together.

Let's build our altars, seek His face, and experience all that God has for us during this season. I'm praying for you and can't wait to see what God does in your life!

In His service,  
Pastor Mark

**FOCAL POINT CHURCH**

# INTRODUCTION

## WHAT IS FASTING

Fasting can sound intimidating, but it's really quite simple. Fasting is a period of time that you give up food—or something else you depend on—so you can turn your focus toward God in prayer. Fasting isn't about cutting calories—it's about cutting things that hinder our connection to God. It's about letting go of the natural (such as food) to take hold of the supernatural.

Fasting isn't something we have to do, but it's a spiritual discipline that we get to do to draw us closer to God. Jesus never commanded that we fast, but in Matthew chapter 6, He said, "...when you fast." Fasting isn't commanded—but it is expected in the life of the Christ-follower. Jeremiah 29:13 says, "You will seek me and find me when you seek me with all your heart." Prayer and fasting is all about you seeking God with all your heart, drawing closer to Him, and learning to hear His voice.

# HOW SHOULD I FAST

There are many different types of fasts. Fasting from food is not for everyone, especially those with certain health conditions. Here are some ideas:

- **Full Fast:** Drink liquids only for a set period of days (we recommend consulting your physician before beginning a full fast).
- **Intermittent Fasting:** Intermittent fasting is usually abstaining from food from sun up to sun down (or another pre-selected time frame)—drinking water, and eating a light dinner at night.
- **Digital Detox:** A digital fast can be spent giving up media (T.V. or streaming, social media or specific social apps, and/or video games) and replacing that time with prayer. We would only do emails, text messages, and phone calls.

Whatever your fast looks like, remember that it's not about what you're giving up, but what you're going to gain. Your decision to fast should be prayerfully considered based on your personal circumstances. You can combine fasting options, but if it doesn't challenge you, consider choosing something more meaningful. If you have any health conditions, be sure to seek medical guidance before making dietary changes. Even if you choose not to fast, don't let that stop you from dedicating intentional and extended time in prayer each day!

# DAY 1

## BUILD A PERSONAL PRAYER ALTAR

**Focus:** Establishing a space of personal communion with God.

**Scripture:** Jeremiah 29:13; Romans 12:1-2

### Prayer Points:

- Ask God to help you set aside distractions.
- Pray for a deeper relationship with God through this fast.

**Family Task:** Create a quiet space in your home for family prayers during the fast.

**Reflection:** How can I remove distractions and dedicate myself fully to God's presence?

BATTLE READY

# DAY 2

## THE POWER OF SURRENDER

**Focus:** Fully surrendering to God's will and plans for your life.

**Scripture:** Galatians 2:20

### Prayer Points:

- Pray for the strength to let go of personal desires and embrace God's purpose.
- Ask God to reveal areas in your life where you need to surrender.

**Family Task:** Share with each other what areas of your life you feel called to surrender to God.

**Reflection:** Where do I still hold back from giving everything to God?

BATTLE READY

# DAY 3

## SATURATING IN GOD'S WORD

**Focus:** Establishing a space of personal communion with God.

**Scripture:** Psalm 119:105; John 17:17

### Prayer Points:

- Pray for a fresh hunger for the Word of God.
- Ask for understanding and application of scripture in your life.

**Family Task:** Read a chapter of the Bible together and discuss what it means to you as a family.

**Reflection:** How can I make the Bible the center of my life and decision-making?

BATTLE READY

# DAY 4

## DRAWING THE PRESENCE OF GOD

**Focus:** Hosting God's presence in your life.

**Scripture:** Psalm 22:3; Revelation 3:20

### Prayer Points:

- Ask God to help you create an atmosphere in your heart where His presence can dwell.
- Pray for His presence to permeate every aspect of your home and family life.

**Family Task:** Spend time in worship as a family, inviting God's presence into your home.

**Reflection:** What changes when I intentionally invite God's presence into my daily life?

BATTLE READY



# DAY 5

## THE POWER OF PRAISE AND WORSHIP

**Focus:** Using worship to magnify God and bring breakthroughs.

**Scripture:** 2 Chronicles 20:21-22;  
Psalm 100:4

### Prayer Points:

- Praise God for who He is and for His goodness in your life.
- Worship Him even in difficult circumstances, trusting that He is working on your behalf.

**Family Task:** Sing or listen to worship songs together, discussing how they help you draw near to God.

**Reflection:** How does worship change my perspective on the challenges I face?

BATTLE READY

# DAY 6

## SPIRITUAL WARFARE AT THE ALTAR

**Focus:** Understanding the connection between prayer altars and spiritual warfare.

**Scripture:** Ephesians 6:12; 2 Corinthians 10:4

### Prayer Points:

- Pray for the strength to stand firm in spiritual battles.
- Ask God to expose any areas where the enemy has a foothold in your life.

**Family Task:** Discuss ways to protect your family spiritually. Pray together for spiritual protection over your home.

**Reflection:** What areas of my life need to be surrendered to God for spiritual victory?

# BATTLE READY

# DAY 7

## LIVING IN GOD'S ABIDING PRESENCE

**Focus:** Cultivating a lifestyle of God's ongoing presence.

**Scripture:** John 15:4; Exodus 33:14

### Prayer Points:

- Pray for a deeper awareness of God's presence throughout your day.
- Ask God to help you stay connected to Him in all circumstances.

**Family Task:** Share moments from the day where you felt closest to God.

**Reflection:** How can I intentionally remain in God's presence even during busy moments?

BATTLE READY

# DAY 8

## SACRIFICE AT THE ALTAR

**Focus:** Understanding sacrifice as a key part of the altar experience.

**Scripture:** Romans 12:1-2; Psalm 51:17

### Prayer Points:

- Ask God to reveal areas of your life that need to be surrendered as a living sacrifice.
- Pray for the strength to give up anything that hinders your walk with Him.

**Family Task:** Discuss with your family what sacrifices God may be calling you to make during this fast.

- **Reflection:** What does it look like to offer my life as a daily sacrifice to God?

BATTLE READY

# DAY 9

## COVENANT RELATIONSHIP WITH GOD

**Focus:** Embracing the covenant relationship that God desires with His people.

**Scripture:** Genesis 17:1-7; Hebrews 8:6

### **Prayer Points:**

- Thank God for His covenant promises.
- Pray for a deeper understanding of the covenant relationship you have with Him.

**Family Task:** Share how God's covenant with you impacts your family life.

**Reflection:** How does understanding covenant change the way I live and relate to God?

**BATTLE READY**

# DAY 10

## BUILDING A FAMILY ALTAR

**Focus:** Establishing a family altar to invite God's presence into your home.

**Scripture:** Joshua 24:15; Deuteronomy 6:6-7

### Prayer Points:

- Pray for God to help you build a strong family altar.
- Ask God to make your home a place of His abiding presence.

**Family Task:** Gather as a family and designate a regular time for family prayer and devotion.

**Reflection:** How can I strengthen our family's spiritual foundation?

BATTLE READY

# DAY 11

## PROCLAIMING GOD'S WORD AT THE ALTAR

**Focus:** Declaring the Word of God over your life and family.

**Scripture:** Isaiah 55:11; Hebrews 4:12

### Prayer Points:

- Declare God's promises over your life and family.
- Pray for God's Word to be alive and active in your heart.

**Family Task:** Take turns declaring a favorite Bible verse over your family.

**Reflection:** How can I use Scripture to guide my daily decisions and actions?

**BATTLE READY**

# DAY 12

## FAITH AND THE ALTAR

**Focus:** Growing your faith through prayer and communion with God at the altar.

**Scripture:** Hebrews 11:1; Mark 9:23

### Prayer Points:

- Pray for an increase in faith to believe for the impossible.
- Ask God to help you trust Him in all areas of your life.

**Family Task:** Share a time when God answered a prayer or worked in your life in a miraculous way.

**Reflection:** What steps of faith is God calling me to take?

BATTLE READY



# DAY 13

## THE FIRE ON THE ALTAR

**Focus:** Keeping the fire of God's presence burning continually.

**Scripture:** Leviticus 6:13; Acts 2:3-4

### Prayer Points:

- Pray for the Holy Spirit to keep the fire of your passion for God burning.
- Ask for fresh fire from heaven to ignite your prayer life.

**Family Task:** Pray together for a fresh outpouring of the Holy Spirit upon your family.

**Reflection:** What steps can I take to keep the fire of God's presence burning in my life?

BATTLE READY

# DAY 14

## STANDING IN THE GAP

**Focus:** Interceding on behalf of others at the altar.

**Scripture:** Ezekiel 22:30; 1 Timothy 2:1

### Prayer Points:

- Pray for God to use you as an intercessor for your family, church, and community.
- Stand in the gap for those who need healing, salvation, or breakthrough.

**Family Task:** As a family, choose someone to pray for together each day during the fast.

**Reflection:** Who is God calling me to intercede for during this time of fasting and prayer?

BATTLE READY

# DAY 15

## BREAKING STRONGHOLDS

**Focus:** Using prayer to break spiritual strongholds at the altar.

**Scripture:** 2 Corinthians 10:4-5; James 5:16

### Prayer Points:

- Pray for strongholds in your life and family to be broken.
- Ask God to expose and remove anything hindering your spiritual growth.

**Family Task:** Discuss what strongholds or challenges your family may be facing, and pray together for breakthrough.

**Reflection:** What strongholds have I allowed in my life, and how can I overcome them?

# BATTLE READY

# DAY 16

## THE POWER OF UNITY IN PRAYER

**Focus:** The strength of united prayer as a family and church.

**Scripture:** Matthew 18:19-20; Acts 4:31

### Prayer Points:

- Pray for unity within your family, church, and community.
- Ask God to bring harmony and oneness as you seek Him together.

**Family Task:** Pray together as a family for unity in the church and your community.

**Reflection:** How does praying together strengthen our faith and unity?

BATTLE READY

# DAY 17

## VICTORY IN THE BATTLE

**Focus:** Experiencing victory through prayer and fasting.

**Scripture:** 2 Chronicles 20:15-17;  
Romans 8:37

### Prayer Points:

- Praise God for the victory He has already won on your behalf.
- Pray for strength and courage to walk in the victory that Christ has given you.

**Family Task:** Share any victories you have experienced during this fast and give thanks together.

**Reflection:** Where am I still fighting battles, and how can I walk in the victory God has given me?

# BATTLE READY

# DAY 18

## THE PRIESTHOOD OF BELIEVERS

**Focus:** Embracing your role as a priest before God.

**Scripture:** 1 Peter 2:9; Revelation 1:6

### Prayer Points:

- Pray for a deeper understanding of your identity as a priest in God's kingdom.
- Ask God to help you minister to Him and others with a heart of humility.

**Family Task:** Discuss what it means to be a priest in your home and how each family member can serve God.

- **Reflection:** How can I fulfill my role as a priest of God in my daily life?

BATTLE READY

# DAY 19

## THE ALTAR AS A PLACE OF TRANSFORMATION

**Focus:** The altar as a place where God transforms us.

**Scripture:** Romans 12:1-2; 2 Corinthians 3:18

### Prayer Points:

- Pray for God to transform you more into the image of Christ.
- Ask God to renew your mind and give you fresh perspective.

**Family Task:** Share ways in which God has changed you during this fast.

**Reflection:** What transformations have I experienced in my life through prayer and fasting?

BATTLE READY

# DAY 20

## RESTING IN GOD'S PRESENCE

**Focus:** Finding rest in the presence of God at the altar.

**Scripture:** Matthew 11:28-30; Psalm 46:10

### **Prayer Points:**

- Pray for the ability to rest in God's presence, trusting Him fully.
- Ask God to give you peace in every situation.

**Family Task:** Spend time in quiet prayer as a family, focusing on resting in God's peace.

**Reflection:** How can I find true rest in God amidst life's busyness?

**BATTLE READY**



# DAY 21

## COMMISSIONED FOR GOD'S PURPOSE

**Focus:** Being sent out from the altar, equipped for God's mission.

**Scripture:** Matthew 28:19-20; Isaiah 6:8

### Prayer Points:

- Pray for the boldness to fulfill the mission God has called you to.
- Ask God to open doors for you to serve Him in new ways after the fast.

**Family Task:** Discuss how your family can be involved in God's mission in your community.

**Reflection:** How can I carry what I've gained during this fast into my daily life and future ministry?

# BATTLE READY