

21 DAYS OF FASTING & PRAYER

For Our Homes, Our Church, Our City, and Our Nation

August 8 – 28, 2026

“Therefore I exhort first of all that supplications, prayers, intercessions, and giving of thanks be made for all men.”

1 Timothy 2:1, NKJV

VERTICAL TAMPA CHURCH

DAY 1 | Saturday, August 8

Complete Surrender and Repentance

Psalm 139:23-24

"Search me, O God, and know my heart; try me, and know my anxieties; and see if there is any wicked way in me, and lead me in the way everlasting."

PRAYER FOCUS

We begin by surrendering our hearts, plans, habits, relationships, and desires to God. Before asking God to change the world around us, we invite Him to transform us.

PRAYER

God, we surrender ourselves completely to You. Search our hearts and reveal every area that is not aligned with Your will. Forgive us for pride, disobedience, unforgiveness, compromise, selfishness, and unbelief. Cleanse us individually and collectively. We lay down our plans, preferences, desires, and agendas. Lead us in Your everlasting way and let this fast begin with genuine repentance and complete surrender. In Jesus' name, amen.

DAY 2 | Sunday, August 9

Renewed Hunger for God

Psalm 63:1

"O God, You are my God; early will I seek You; my soul thirsts for You; my flesh longs for You in a dry and thirsty land where there is no water."

PRAYER FOCUS

Pray for a renewed hunger for God's presence, Word, voice, and will.

PRAYER

Father, awaken a fresh hunger for You within us. Deliver us from spiritual complacency, distraction, and routine. May our desire for Your presence become greater than our desire for comfort, entertainment, recognition, or success. Teach us to seek You early, consistently, and sincerely. Let our souls thirst for You again. In Jesus' name, amen.

DAY 3 | Monday, August 10

Healing of the Mind and Emotions

Isaiah 26:3

"You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You."

PRAYER FOCUS

Pray for those experiencing grief, anxiety, depression, fear, trauma, emotional exhaustion, and mental distress.

PRAYER

Father, bring peace to troubled minds and healing to wounded hearts. Comfort those who are grieving, strengthen those who feel overwhelmed, and restore those who have lost hope. Break cycles of fear, anxiety, shame, and emotional instability. Help us fix our minds on You and receive the peace that only You can provide. In Jesus' name, amen.

DAY 4 | Tuesday, August 11

Marriages and Relationships

Ecclesiastes 4:12

"Though one may be overpowered by another, two can withstand him. And a threefold cord is not quickly broken."

PRAYER FOCUS

Pray for healthy marriages, engaged couples, dating relationships, reconciliation, and wisdom in relationships.

PRAYER

Father, strengthen marriages and relationships. Restore communication, trust, affection, honor, and unity. Heal relationships damaged by betrayal, disappointment, neglect, or misunderstanding. Give unmarried believers wisdom, patience, discernment, and healthy standards. Let every relationship be submitted to You and built upon truth, love, and mutual honor. In Jesus' name, amen.

DAY 5 | Wednesday, August 12

Families and Households

Joshua 24:15

"But as for me and my house, we will serve the Lord."

PRAYER FOCUS

Pray for salvation, peace, provision, restoration, and spiritual strength within families.

PRAYER

Father, cover every family and household. Restore broken relationships between parents, children, siblings, and extended family members. Bring salvation to unsaved relatives and peace to divided homes. Provide for families experiencing financial hardship, housing insecurity, sickness, or grief. Let our homes become places of prayer, love, safety, healing, and discipleship. In Jesus' name, amen.

DAY 6 | Thursday, August 13

Men and Fathers

1 Corinthians 16:13

"Watch, stand fast in the faith, be brave, be strong."

PRAYER FOCUS

Pray for men to lead with integrity, humility, courage, responsibility, and spiritual maturity.

PRAYER

Father, strengthen the men in our homes, churches, workplaces, and communities. Heal the wounds they carry silently. Deliver them from addiction, isolation, anger, passivity, pride, and unhealthy pressure. Raise up godly fathers, husbands, mentors, leaders, and servants. Teach men to stand firmly in faith while leading with compassion and humility. In Jesus' name, amen.

DAY 7 | Friday, August 14

Women and Mothers

Proverbs 31:25

"Strength and honor are her clothing; she shall rejoice in time to come."

PRAYER FOCUS

Pray for women to be strengthened, healed, protected, valued, and empowered to fulfill God's purpose.

PRAYER

Father, strengthen every woman and mother. Heal those who are carrying disappointment, grief, exhaustion, rejection, or insecurity. Protect women from abuse, exploitation, and discrimination. Give mothers wisdom and endurance. Encourage single women, widows, wives, daughters, and leaders. Let women walk in strength, dignity, wisdom, and confidence in the purpose You have given them. In Jesus' name, amen.

WEEK TWO: THE NEXT GENERATION, THE CHURCH, AND THE MARKETPLACE

DAY 8 | Saturday, August 15

Children

Mark 10:14

"Let the little children come to Me, and do not forbid them; for of such is the kingdom of God."

PRAYER FOCUS

Pray for the physical, emotional, spiritual, and educational well-being of children.

PRAYER

Father, cover our children. Protect them from violence, abuse, neglect, sickness, harmful influences, and premature exposure to things they are not prepared to carry. Let them grow in wisdom, confidence, health, and faith. Surround them with loving parents, teachers, mentors, and church leaders. May every child know that they are loved by You and created with purpose. In Jesus' name, amen.

DAY 9 | Sunday, August 16

Students and Young Adults

1 Timothy 4:12

"Let no one despise your youth, but be an example to the believers in word, in conduct, in love, in spirit, in faith, in purity."

PRAYER FOCUS

Pray for students in elementary schools, middle schools, high schools, colleges, universities, and vocational programs.

PRAYER

Father, guide and protect our students. Give them wisdom, discipline, focus, and confidence. Protect them from bullying, violence, peer pressure, addiction, confusion, and destructive relationships. Strengthen teachers, administrators, counselors, and school staff. Raise up young people who will be examples in character, faith, purity, and leadership. In Jesus' name, amen.

DAY 10 | Monday, August 17

Teachers, Schools, and Educational Leaders

Proverbs 2:6

"For the Lord gives wisdom; from His mouth come knowledge and understanding."

PRAYER FOCUS

Pray for educators, school boards, administrators, support staff, and educational systems.

PRAYER

Father, give wisdom to every teacher, principal, administrator, counselor, coach, and school-board leader. Protect schools and create safe environments where students can learn and grow. Provide the resources educators need. Strengthen those who feel overwhelmed or undervalued. Let truth, wisdom, compassion, fairness, and excellence guide every educational institution. In Jesus' name, amen.

DAY 11 | Tuesday, August 18

Pastors and Church Leadership

Jeremiah 3:15

"And I will give you shepherds according to My heart, who will feed you with knowledge and understanding."

PRAYER FOCUS

Pray for pastors, ministry leaders, elders, deacons, staff members, and their families.

PRAYER

Father, strengthen pastors and church leaders. Give them wisdom, integrity, discernment, courage, and humility. Guard their hearts, marriages, families, health, and private lives. Protect them from temptation, discouragement, isolation, burnout, and pride. Surround them with trusted relationships and help them lead according to Your heart. In Jesus' name, amen.

DAY 12 | Wednesday, August 19

Unity Within the Body of Christ

John 17:21

"That they all may be one, as You, Father, are in Me, and I in You; that they also may be one in Us, that the world may believe that You sent Me."

PRAYER FOCUS

Pray for unity across churches, denominations, cultures, generations, and communities.

PRAYER

Father, unite Your Church. Remove competition, jealousy, pride, division, prejudice, and distrust. Help churches work together to serve communities and proclaim Jesus. Teach us to honor differences without compromising truth. Let our unity demonstrate the love and power of Christ to the world. In Jesus' name, amen.

DAY 13 | Thursday, August 20

Revival and Spiritual Awakening

Habakkuk 3:2

"O Lord, revive Your work in the midst of the years! In the midst of the years make it known; in wrath remember mercy."

PRAYER FOCUS

Pray for repentance, salvation, holiness, healing, deliverance, and renewed passion for God.

PRAYER

Lord, revive Your Church and awaken our communities. Restore those who have become spiritually cold and draw those who are far from You. Let conviction produce repentance and repentance produce lasting transformation. Move beyond our programs, preferences, and routines. May revival touch homes, churches, schools, businesses, neighborhoods, and cities. In Jesus' name, amen.

DAY 14 | Saturday, August 21

Business Owners and Entrepreneurs

Deuteronomy 8:18

"And you shall remember the Lord your God, for it is He who gives you power to get wealth."

PRAYER FOCUS

Pray for business owners, entrepreneurs, employers, employees, and those seeking employment.

PRAYER

Father, bless business owners and entrepreneurs with wisdom, creativity, discipline, favor, and integrity. Help them create opportunities, provide employment, and serve their communities. Sustain businesses facing financial hardship. Open doors for those seeking work and give employees favor and advancement. Let wealth be created and stewarded in ways that honor You and bless others. In Jesus' name, amen.

WEEK THREE: OUR CITY, GOVERNMENT, NATION, AND WORLD

DAY 15 | Sunday, August 22

The Economy and Financial Provision

Philippians 4:19

"And my God shall supply all your need according to His riches in glory by Christ Jesus."

PRAYER FOCUS

Pray for families facing inflation, unemployment, debt, homelessness, food insecurity, and financial hardship.

PRAYER

Father, provide for those who are struggling financially. Open doors of employment, stable housing, education, and opportunity. Give families wisdom to manage resources and break cycles of poverty. Strengthen organizations serving the hungry, homeless, and vulnerable. Bring stability to our economy and teach us to live generously, responsibly, and compassionately. In Jesus' name, amen.

DAY 16 | Monday, August 23

Our City and Local Communities

Jeremiah 29:7

"And seek the peace of the city where I have caused you to be carried away captive, and pray to the Lord for it; for in its peace you will have peace."

PRAYER FOCUS

Pray for Tampa and surrounding communities, neighborhoods, leaders, first responders, and local organizations.

PRAYER

Father, bless our city and surrounding communities. Bring peace to neighborhoods experiencing violence, poverty, division, and neglect. Give wisdom to local leaders, law enforcement, firefighters, first responders, educators, and community advocates. Help churches and organizations work together to meet practical needs. Let our city experience safety, opportunity, justice, healing, and spiritual awakening. In Jesus' name, amen.

DAY 17 | Tuesday, August 24

Government Leaders and Those in Authority

1 Timothy 2:1-2

"Therefore I exhort first of all that supplications, prayers, intercessions, and giving of thanks be made for all men, for kings and all who are in authority, that we may lead a quiet and peaceable life in all godliness and reverence."

PRAYER FOCUS

Pray for local, state, and national leaders regardless of political affiliation.

PRAYER

Father, give wisdom to every person serving in governmental authority. Guide presidents, governors, mayors, legislators, judges, commissioners, and local officials. Surround them with wise counsel and expose corruption, deception, and injustice. Help leaders make decisions that

protect life, promote peace, uphold justice, and serve people with integrity. Teach us to pray faithfully even when we disagree politically. In Jesus' name, amen.

DAY 18 | Wednesday, August 25

Justice, Reconciliation, and Community Healing

Micah 6:8

"He has shown you, O man, what is good; and what does the Lord require of you but to do justly, to love mercy, and to walk humbly with your God?"

PRAYER FOCUS

Pray for justice, racial reconciliation, restored trust, protection of vulnerable people, and healing from community division.

PRAYER

Father, help us do justice, love mercy, and walk humbly. Heal communities wounded by prejudice, discrimination, violence, and inequality. Protect the vulnerable, defend those who are mistreated, and give courage to those working for justice. Remove hatred and fear from our hearts. Help the Church model truth, compassion, reconciliation, and courageous love. In Jesus' name, amen.

DAY 19 | Thursday, August 26

Healthcare Workers, the Sick, and Caregivers

Psalms 107:20

"He sent His word and healed them, and delivered them from their destructions."

PRAYER FOCUS

Pray for hospitals, medical professionals, caregivers, patients, and families facing illness.

PRAYER

Father, bring healing to those experiencing sickness, disease, pain, or disability. Strengthen doctors, nurses, therapists, caregivers, first responders, and medical researchers. Give them wisdom, compassion, protection, and endurance. Comfort families walking through difficult diagnoses. Provide access to proper care and let healing, strength, and hope arise. In Jesus' name, amen.

DAY 20 | Friday, August 27

Our Nation and National Healing

2 Chronicles 7:14

"If My people who are called by My name will humble themselves, and pray and seek My face, and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and heal their land."

PRAYER FOCUS

Pray for spiritual renewal, unity, wisdom, peace, and healing throughout the nation.

PRAYER

Father, heal our nation. Forgive us for pride, injustice, hatred, greed, violence, and disregard for truth. Bring humility and repentance to Your people. Heal political, racial, economic, and generational divisions. Protect our nation from violence, terrorism, natural disaster, and instability. Let truth, justice, righteousness, compassion, and peace prevail. In Jesus' name, amen.

DAY 21 | Saturday, August 28

Global Salvation, Peace, and the Advancement of the Gospel

Matthew 24:14

"And this gospel of the kingdom will be preached in all the world as a witness to all the nations, and then the end will come."

PRAYER FOCUS

Pray for nations, missionaries, persecuted believers, global leaders, war-torn regions, and people who have never heard the gospel.

PRAYER

Father, let the gospel advance throughout the earth. Strengthen missionaries, church planters, and believers serving in difficult places. Protect persecuted Christians and comfort families affected by war, famine, displacement, and disaster. Bring peace between nations and wisdom to global leaders. Open doors for the message of Jesus to reach every people group. Let Your kingdom come and Your will be done on earth as it is in heaven. In Jesus' name, amen.