

21-Day Fast: Come to the Well: Making Room for More

Dates: September 13 – October 3

As we enter this time of fasting, we encourage each person to prayerfully consider what God is leading you to fast from. Your fast may look different from someone else's, and that is okay. You may choose a food fast, partial fast, Daniel-style fast, social media or entertainment fast, or another sacrifice that creates space for God.

The fast is not about the food; it is about prayer, surrender, and drawing closer to God. As we give something up, let us intentionally make room to seek His presence, listen for His voice, release what He is asking us to release, and position our hearts for a deeper encounter with Him.

Foundational Scriptures:

John 4:13-14 (NIV) ¹³ Jesus answered, "Everyone who drinks this water will be thirsty again, ¹⁴ but whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life."

Isaiah 43: 18-19 (KJV) "Remember ye not the former things, neither consider the things of old. Behold, I will do a new thing; now it shall spring forth; shall ye not know it?"

General Overview:

WEEK 1 — RELEASE | WEEK 2 — MAKE ROOM | WEEK 3 — OVERFLOW

WEEK 1 | RELEASE

September 13–19: Releasing the Old

This week is about **honest surrender**. Before we ask God to fill us with something new, we make room by **acknowledging** what we have been carrying, clinging to, depending on, and using to satisfy ourselves apart from Him. The woman at the well released shame, old

identities, patterns, unhealthy attachments and false sources of satisfaction. What is the Lord inviting us to release?

Focus:

Release old patterns.
Release disappointment.
Release control.
Release fear.
Release people pleasing.
Release the need for validation.
Release striving and performance.
Release unforgiveness and resentment.
Release unhealthy attachments.
Release old identities and narratives.
Release what God has already told us to leave behind.

Additional Scriptures:

Hebrews 12:1 - “Therefore we also, since surrounded by such a great cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance that is set before us...”

Philippians 3:13-14 - “Forgetting those things which are behind, and reaching forth unto those things which are ahead, I press toward the goal for the prize of the upward call of God in Christ Jesus...”

Psalms 51:10 - “Create in me a clean heart, O God; and renew a right spirit within me.”

Week 1 Declaration: I release what no longer belongs in my life. I release what has taken the place of God. I release fear, striving, control, disappointment, and old patterns. I trust God enough to let go. I am making room for what He is doing next.

WEEK 2 | MAKE ROOM

September 20-26: Making Room for God

Once we begin releasing, we intentionally create **space for an encounter**. We slow down. We become attentive. We cultivate hunger. We seek His presence rather than simply seeking His hand. This may require some creativity with your schedule as you carve out some time where you and the King can meet with little to no interruptions. These encounters will renew and refresh us!

Focus:

Make room for God's presence.
Make room for silence.
Make room for Scripture.
Make room for the Holy Spirit.
Make room for deeper prayer.
Make room for repentance.
Make room for worship.
Make room for healing.
Make room for God's voice.
Make room for fresh revelation.
Make room for a deeper encounter with Jesus.

Additional Scriptures:

Psalms 27:8 - "When You said, Seek ye my face; my heart said unto You, Your face, LORD, I will seek."

Jeremiah 29:13 - "And you will seek Me, and find me, when you search for Me with all your heart."

John 15:4 - "Abide in me, and I in you."

Week 2 Declaration: I make room for God. I make room for His presence, His voice, His Word, His Spirit, and His transforming work in me. I will not rush past the presence of God. I am hungry for a deeper encounter with Him.

WEEK 3 | OVERFLOW

September 27–October 3: Filled, Transformed, and Sent

We don't come to the Well simply to feel better, we come to **drink deeply, become whole, and carry living water.** What we let God do in us, often is able to flow through us in a way that brings Him glory.

Focus:

Be filled with the Holy Spirit.

Receive God's love.

Walk in renewed identity.

Experience joy and peace.

Become rooted in Christ.

Discover renewed purpose.

Allow healing to become testimony.

Serve from overflow rather than emptiness.

Carry God's presence into our families and communities.

Become willing to be sent.

Scriptures:

John 7:37-38 - "If any man thirsts, let him come unto me, and drink... out of his belly shall flow rivers of living water."

John 4:28-30 - The woman then left her waterpot, went her way into the city, and said to the men, "Come, see a Man who told me all things that I ever did." Could this be the Christ?" Then they went out of the city and came to Him.

Week 3 Declaration: I am filled by the presence of God. I live from overflow, not emptiness. What God has poured into me will flow through me. My healing can become testimony. My story can point others to Jesus. I am willing to be sent wherever God leads me.
