Anchored



14 Days of Prayer and Fasting

Abby Salinas

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Scripture quotations are taken from the Holy Bible, unless otherwise noted.

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Introduction

There are seasons when God calls us to pause— to quiet the noise, to step away from distractions, and to realign our hearts with His. Prayer and fasting is one of the most powerful ways to do that. It's not about deprivation or rules. It's about exchange— laying down what feeds the flesh so the spirit can hear more clearly.

Over the next fourteen days, you'll walk through a rhythm of Scripture, reflection, and prayer that helps you draw closer to God with intention. Each day is simple by design: a verse to anchor you, a reflection to meditate on, a prayer to guide your words, and a journal prompt to open your heart. Whether you're fasting from food, social media, negativity, or anything else that competes for your attention, let this time become a sacred reset.

As you fast, expect clarity. Expect conviction. Expect renewal.
God meets hunger— not just physical, but spiritual. Every moment of discipline becomes an act of worship, and every whisper of surrender makes more room for His presence.

This isn't about perfection; it's about pursuit.
Let these two weeks mark a turning point— where your prayers deepen, your focus sharpens, and your soul is strengthened by His Word.

"Draw near to God, and He will draw near to you." James 4:8

How to Use This Book

This 14-day journey is designed to draw you closer to God through focused prayer, fasting, and reflection. Each day includes a Scripture, a short reflection, a written prayer, a fasting focus, and a journal prompt to help you engage your heart and spirit.

There's no single "right" way to fast—what matters is your posture before God. Some may abstain from meals, others from social media or distractions. Ask the Holy Spirit to guide your fast and reveal what He's asking you to lay down.

Take time each day to quiet your mind and invite His presence. Read the day's Scripture slowly. Reflect. Pray out loud. Write your thoughts. Let each section become a conversation between you and God.

Remember: this isn't about perfection. It's about pursuit. These 14 days are an invitation to return to your first love and make room for His voice again.

Day 1

___/___/___

S M T W T F S

Todays Scripture

"Yet I hold this against you: You have forsaken the love you had at first. Remember therefore from where you have fallen; repent and do the works you did at first." Revelation 2:4–5

Reflection

Before God calls us to do anything great, He calls us to come back. It's easy to serve, pray, or study from routine, but intimacy fades when love cools. Returning to your first love means remembering those early days— when His presence was enough, Today, He's not demanding perfection; He's inviting connection.

Prayer

"Father, I want to fall in love with You all over again. Strip away every distraction and rekindle the fire that once burned in me. Forgive me for drifting into routine. I choose You — not just Your blessings, not just Your promises — but You.
In Jesus' name, amen."

Fasting Focus

Step back from anything that dulls your affection for God—social media, entertainment, or noise. Use that time to talk with Him like you would a close friend.

Journal Prompt

When was the last time I felt completely alive in God's presence? What changed—and how can I return to that place of closeness today?

Day 2

___/___/___

S M T W T F S

Todays Scripture

"Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies." 1Corinthians 6:19–20

Reflection

When Jesus walked into the temple and drove out the money changers, He wasn't angry about tables — He was cleansing what was meant to be sacred. The same is true for us. God isn't looking for external perfection; He's after an inner temple that welcomes His Spirit freely. As you fast and pray, ask Him to reveal anything that's taken up space in your heart that doesn't belong — habits, bitterness, fear, or even simple distractions. Cleansing makes room for glory.

Prayer

"Lord, I invite You to cleanse my inner temple. Expose anything that's crowding out Your presence — every distraction, sin, or heavy thing that doesn't reflect You. Wash me with Your Word and renew my thoughts. Make my body, mind, and heart a place You delight to dwell. In Jesus' name, amen."

Fasting Focus

Choose one small thing to let go of today that has been cluttering your spirit — it could be sugar, phone scrolling, unnecessary talking, or anything that dulls your awareness of His presence. Let that surrender become worship.

Journal Prompt

What has been cluttering the "temple" of my heart, and what would it look like to make room for God's presence again?

Day 3

___/___/___

S M T W T F S

Todays Scripture

“When you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. ... But when you fast, anoint your head and wash your face, that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you.” Matthew 6:16–1

Reflection

Fasting isn’t about punishing the body—it’s about clearing space for God. When we turn down the volume of comfort and distraction, we can hear Him more clearly.

Prayer

Father, Quiet every craving that competes with Your voice. Teach me to delight in Your presence more than in anything else. Search me, purify my motives, and restore my first love for You.
In Jesus’ name, amen.

Fasting Focus

Pray for renewal—personal, family, and community. Let hunger remind you to pray.

Journal Prompt

Lord, what are You trying to show me in this silence? Write down every thought that surfaces—patterns, emotions, even distractions.

Day 4

____/____/____

S M T W T F S

Todays Scripture

"Yet I hold this against you: You have forsaken the love you had at first. Remember therefore from where you have fallen; repent and do the works you did at first." Revelation 2:4–5

Reflection

Before God calls us to do anything great, He calls us to come back. It's easy to serve, pray, or study from routine, but intimacy fades when love cools. Returning to your first love means remembering those early days— when His presence was enough, when worship flowed freely, when obedience was joy, not duty. Today, He's not demanding perfection; He's inviting connection.

Prayer

"Father, I want to fall in love with You all over again. Strip away every distraction and rekindle the fire that once burned in me. Forgive me for drifting into routine. I choose You—not just Your blessings, not just Your promises—but You. Restore the wonder, the tenderness, and the passion of my first love. In Jesus' name, amen."

Fasting Focus

Step back from anything that dulls your affection for God—social media, entertainment, or noise. Use that time to talk with Him like you would a close friend.

Journal Prompt

When was the last time I felt completely alive in God's presence? What changed—and how can I return to that place of closeness today?

Day 5

__/__/__

S M T W T F S

Todays Scripture

“Be still, and know that I am God.” Psalm 46:10

Reflection

Stillness is not laziness—it’s surrender. In silence, we remember who is really in control. When we stop striving, God starts moving.

Prayer

“Lord, quiet my racing thoughts. Teach me to rest in Your presence, trusting that You’re working even when I’m waiting.
In Jesus’ name, Amen.”

Fasting Focus

Pause all background noise for the day — music, TV, podcasts. Let your mind breathe.

Journal Prompt

What does true stillness feel like to me? What fears surface when I stop moving?

Day 6

___/___/___

S M T W T F S

Todays Scripture

“The Lord is near to all who call on Him, to all who call on Him in truth.” Psalm 145:18

Reflection

God doesn’t hide when you reach for Him. He leans in. Truthful prayer — raw, honest words — draw Him close faster than polished ones ever could.

Prayer

“Father, meet me in honesty today. Strip away pretense. Let my prayers be simple and real.In Jesus’ name, Amen.”

Fasting Focus

Fast from complaining. Every time you want to vent, thank God for one thing instead.

Journal Prompt

What’s one thing I haven’t been honest with God about?

Day 7

S M T W T F S

Todays Scripture

“Create in me a clean heart, O God, and renew a right spirit within me.” Psalm 51:10I’m

Reflection

Repentance is renewal, not shame. God loves the moment you turn back — not because you failed, but because you trusted His mercy more than your guilt.

Prayer

“Lord, cleanse my heart. Remove what doesn’t honor You and renew the joy of my salvation. In Jesus’ name, Amen.”

Fasting Focus

Avoid harsh self-talk. Treat your mind like sacred ground today.

Journal Prompt

What area of my heart needs cleansing and renewal right now?

Day 8

___/___/___

S M T W T F S

Todays Scripture

“Your word is a lamp to my feet and a light to my path.” Psalm 119:105

Reflection

When everything feels uncertain, the Word is steady light. Not a floodlight showing miles ahead — just enough for your next step.

Prayer

“God, help me walk by the light of Your Word. I don’t need to see everything, just You. In Jesus’ name, Amen.”

Fasting Focus

Fast from unnecessary phone use. Replace scrolling with scripture.

Journal Prompt

Where do I need direction right now? What verse can I cling to for light?

Day 9

___/___/___

S M T W T F S

Todays Scripture

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.” Philippians 4:6

Reflection

Anxiety demands control; prayer releases it. Gratitude is the bridge between worry and peace.

Prayer

“Lord, I release my anxious thoughts to You. Replace my worry with worship. In Jesus’ name, Amen.”

Fasting Focus

Fast from checking the news or anything that fuels worry. Protect your peace.

Journal Prompt

What am I holding on to that I need to hand back to God?

Day 10

__/__/__

S M T W T F S

Todays Scripture

“The joy of the Lord is my strength.” Nehemiah 8:10

Reflection

Joy isn’t a mood; it’s a weapon. Even in battle, joy keeps you standing — it’s the proof that your hope isn’t dead.

Prayer

“Father, fill me with supernatural joy today —not the kind the world gives, but the kind that carries me through anything. In Jesus name, Amen.”

Fasting Focus

Fast from negativity and gossip. Speak only what builds up.

Journal Prompt

Where can I intentionally choose joy today?

Day 11

__/__/__

S M T W T F S

Todays Scripture

"Trust in the Lord with all your heart and lean not on your own understanding." Proverbs 3:5

Reflection

Fasting reminds us that our logic can't save us. Dependence is not weakness; it's worship.

Prayer

"Father, I surrender my need to control. Teach me to trust You completely. In Jesus' name, Amen."

Fasting Focus

Fast from planning or over-analyzing today — let God set the pace.

Journal Prompt

Where am I leaning on my own understanding instead of His direction?

Day 12

___/___/___

S M T W T F S

Todays Scripture

“My grace is sufficient for you, for My power is made perfect in weakness.” 2 Corinthians 12:9

Reflection

The places that feel fragile are the very ones where His strength shows up.

Prayer

“Lord, meet me in my weakness. Be my strength where I fall short. In Jesus’ name, Amen.”

Fasting Focus

Fast from self-criticism. Speak only grace over yourself.

Journal Prompt

Where have I seen God’s strength shine through my weakness

Day 13

___/___/___

S M T W T F S

Todays Scripture

“Seek first the kingdom of God and His righteousness, and all these things will be added to you.” Matthew 6:33

Reflection

When you chase God, everything else finds its right place.

Prayer

“Jesus, reorder my priorities today. Make Your kingdom my first pursuit. In Jesus’ name, Amen.”

Fasting Focus

Fast from unnecessary spending or impulse buys. Practice contentment.

Journal Prompt

What has been taking first place in my focus lately?

Day 14

___/___/___

S M T W T F S

Todays Scripture

“Let everything that has breath praise the Lord.” Psalm 150:6

Reflection

Praise turns fasting into joy. It shifts the focus from what’s missing to Who remains.

Prayer

“God, fill my mouth with praise. Let gratitude break every heaviness. In Jesus’ name, Amen.”

Fasting Focus

Fast from complaining or negativity — replace every complaint with praise.

Journal Prompt

What can I thank God for right now, even in the middle of a struggle?

Reflections After the Fast

As you complete these 14 days, take a moment to pause and reflect on what has changed within you.
What has God revealed? What has He restored? What new hunger or clarity has awakened in your spirit?

The end of a fast isn't the end of your pursuit—it's the beginning of deeper intimacy.
Keep the habits you've built here: daily time with Him, listening more than speaking, choosing stillness over noise.

Write a closing prayer or journal entry to mark this moment.
Thank Him for the strength to finish and for the transformation He's begun.
The fast may end, but the flame you've rekindled is meant to keep burning.

Written by Abby Salinas
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@abbysalinasauthor