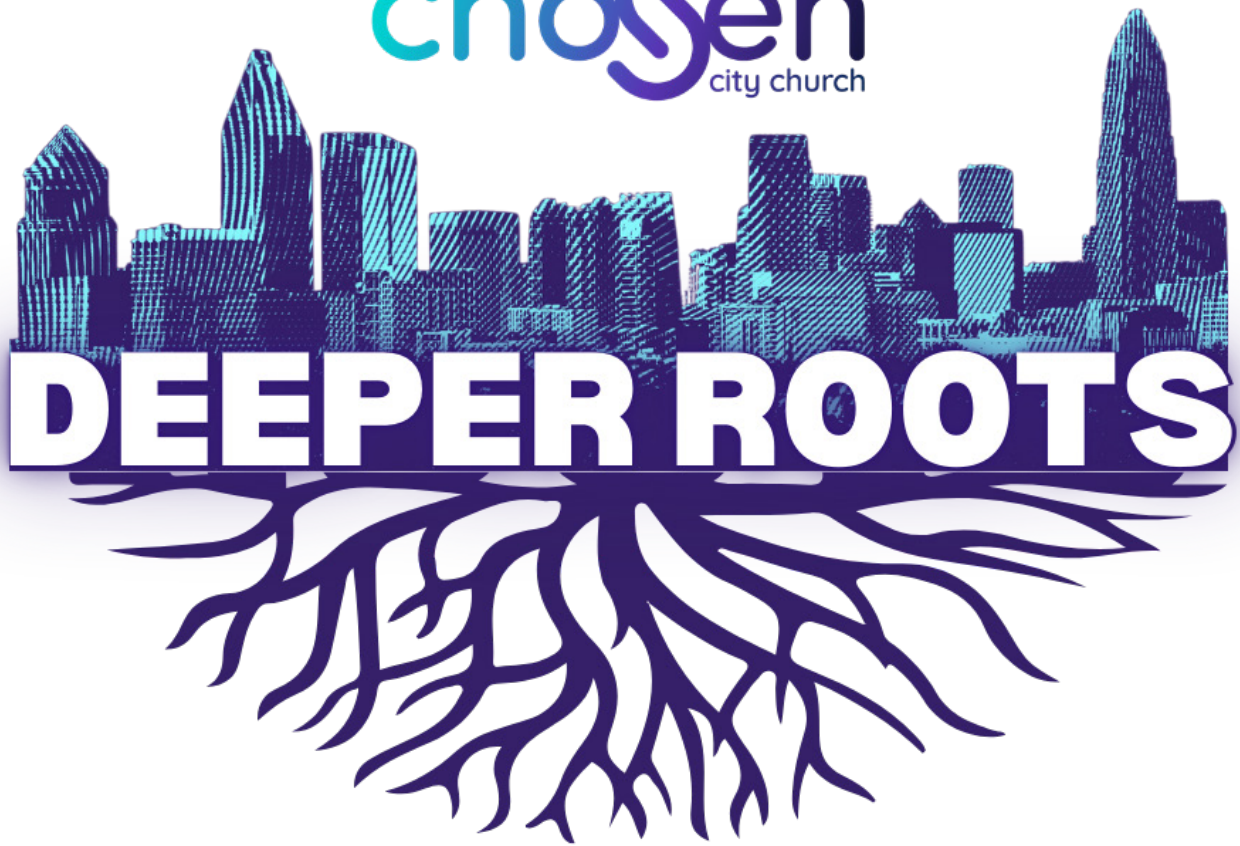


chosen
city church



30-Day Prayer & Fasting Journal 2026

Rev. Walter L. Bowers, Jr., Esq.
Senior Pastor

What's up family!

Over the next 30 days, we are intentionally setting aside time to hear from God with greater clarity and sensitivity. This prayer and fasting guide is designed to help you slow down, create space, and posture your heart toward what God is saying now. As you walk through the dietary options, scriptures, and prayer prompts, remember that fasting is not about restriction alone—it's about realignment. We are decreasing distractions so that our spiritual awareness can increase.

This season is also meant to be lived in community, not in isolation. We strongly encourage you to choose an accountability partner—someone you trust who is walking this journey alongside you. Check in with one another regularly, pray together, share what God is revealing, and encourage each other on days when discipline feels difficult. Accountability strengthens commitment and reminds us that we grow best when we are supported and challenged in love.

As you pray and fast, expect God to speak through His Word, through quiet moments, and even through the uncomfortable spaces where growth often happens. Be honest in your prayers. Ask bold questions. Listen carefully. Write down what you sense God revealing—about your faith, your family, your purpose, and your next steps. When we seek Him wholeheartedly, He promises that He will respond.

Finally, approach these 30 days with faith and expectancy. We believe God is not only going to speak, but also to shape, heal, and prepare us for what's ahead. Let this be a time where obedience deepens, trust strengthens, and spiritual clarity sharpens. We are in this together—unified in prayer, focused in fasting, accountable to one another, and confident that God is moving among His people.

To God be the Glory. To God be the Glory. To God be the Glory.

Pastor Walt



Chosen City Church



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*"Blow the trumpet in Zion, sanctify a fast, call a solemn assembly....
Gather the people, and sanctify the congregation..."
Joel 2:15-16*

PRAYER IS IMPORTANT!

The most important tool in prayer is listening for God's directions for our lives! God has unique relationships with all of us and therefore our prayer lives are unique as well. Some of us put unnecessary pressures on ourselves to pray like someone we have heard, when the most important thing that God wants from us, is for us to Seek His Face (Psalms 27:8), to look for Him, the All Knowing, for guidance, to love on Him, and continuously build a relationship with Him (John 15:14-15). A relationship with God is similar, in one way, to relationships with others, the more we communicate the stronger the relationship becomes; the communication is in fact our relationship.

Prayer IS our relationship with God.

No prayer = no relationship with God
More prayer = BIGGER relationship with God

A humble heart and a mind open to Jesus is what He expects,
and the Holy Spirit will do the rest
(Romans 8:26-27).

WHY SHOULD WE PRAY?

We pray because we love God.
We pray to worship God for who He is.
We pray to say thanks to our Father.
We pray to God to praise Him.
We pray to petition God.
We pray to confess our sins.
We pray to intercede for others.
We pray against the enemies of God.
We pray to listen to God.
We pray to resist temptation.

We pray because He directs us to pray. In every situation — PRAY FIRST!
Prayer changes everything!

A few tips as you prioritize prayer over these next 30 days...

Prayer is most effective when it is not something we do every now and then, but when it's a lifestyle we cultivate. To understand how to have a lifestyle of prayer, we can look at the example Jesus gave during His life on earth.

Have a Certain Time

Jesus got up early in the morning to spend time with His Heavenly Father. Make a daily appointment with God — whether it's first thing in the morning, at lunch, or in the evening — and faithfully keep it.

Have a Certain Place

Jesus had a specific place He went to pray. Having a designated place to pray helps us remove distractions and frees us to worship and pray aloud.

Have a Certain Plan

When Jesus taught His disciples how to pray, He gave them a prayer outline. We call it "The Lord's Prayer." Our desire is for this resource to be a guide for your time with God. As we pray every day, consider incorporating some worship music, or additional time to read the Bible or journal. Not everyone's approach will look the same, but it does help to have a plan for connecting regularly with God!

PRAYER AND FASTING

***Important Note:** Fasting requires reasonable precautions. If you have any health concerns, please consult your physician prior to beginning your fast, especially if you are taking any medication, have a chronic condition, or are pregnant or nursing a baby.*

The focus of our Prayer & Fast is to:
Be Steadfast. Immovable. Abounding! (1 Cor. 15:58).

In addition, corporately we are praying for God to:

- Draw us nearer to Him as we fast and humble ourselves before Him
- Stir our hearts and passion for Him
- Draw souls into the Body of Christ through our local church
- Instill a growth mindset to overcome, build, and be like Jesus (1 Peter 2:9)
- Reach, touch, and grow us and others through this ministry
- Heal the land according to 2 Chronicles 7:14

We are all at different places in our walk with God so we must start where we are. We should not fast to impress others or to prove our spirituality. We fast to draw nearer to God. Jesus spoke of prayer and fasting as an expected discipline of the Christian faith in Matthew 6:16:

“Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward”

WHAT IS FASTING?

Fasting is a powerful spiritual discipline that aligns our hearts more closely with the heart of God and also empowers us to see breakthroughs in specific areas. Fasting is when we go without food (or specific types of food) for a period of time. While fasting is typically related to food, you may choose to abstain from something such as media and technology, television, Internet or social media. During the time of fasting, we direct our attention more fully to God. It helps us as believers to not be ruled by our physical desires but to grow in spiritual power and authority over the desires of our flesh. Throughout the Bible and in the early church we see prayer and fasting was a common practice. Scripture gives us examples of both corporate and individual fasting. Moses, David, Daniel and Jesus all practiced individual prayer and fasting. We see corporate prayer and fasting at various times throughout the Old Testament by the Israelites, such as in 1 Samuel 7 and Nehemiah 9. We also see the early church practice prayer and fasting in the New Testament in Acts 13.

WHY DO WE PRAY AND FAST?

Fasting is biblical. There are several examples of biblical fasting in the lives of figures like Moses, Jesus, and King David. Praying and fasting draws us nearer to God. Fasting tenderizes and sensitizes our hearts, driving us to focus solely on God and in return to hear what God is saying and pray the prayers that He is praying. He is a God that loves to answer prayer and He loves when we set aside time, push away distractions, and willingly posture ourselves to be before Him. We do not pray and fast to manipulate or earn God's favor. Instead, prayer and fasting are an act of humility, an admission of desperate dependence on God (Ezra 8:21). In addition to drawing near to God, we can pray and fast for a variety of secondary reasons – to bring about both personal and corporate revival, for emotional and physical healing, for protection against the enemy, and for a greater release of God's power and presence here on earth.

HOW DO WE PRAY AND FAST?

The first thing to do is make a plan. Start by choosing the type of fast you are going to do. It is important to ensure that you are listening to both the Holy Spirit and your own body in the way you fast. There are different fasting types:

- full fast--drink only liquids
- partial fast
 - o from sun up to sun down, 6:00 am – 3:00 pm, or other designated hours
 - o abstain from a particular type of food (sugar, caffeine, meat, etc.)
 - o abstain from a certain meal (breakfast, lunch or dinner)
- the Daniel Fast (Daniel 10:3)
 - o eat no meat, no sweets, no leavened bread and yeast, no deep-fried foods, no refined or processed foods, no dairy products
 - o drink water and juice
 - o eat fruits, vegetables, nuts, legumes, whole grains

Some people may have medical issues that keep them from fasting from food. You can consider abstaining from activities, such as social media or television.

The next thing you should do is set aside intentional time to focus on God. Read the Bible and pray when you would normally be eating or preparing food or during the time you would normally be watching television or on social media. Remember, the goal of the fast is to redirect your focus, energy, and attention toward God.

Scripture References:

Matthew 6:16-18

Matthew 9:14-15

Luke 18: 9-14

Acts 27: 33-37

Nehemiah 9: 1-3

THE PRINCIPLES OF FASTING

1. Fasting is not just missing a meal.
2. Fasting is not dieting.
3. Fasting demands replacing meals with the reading of the word and prayer.
4. Fasting demands dedicating time for meditation.
5. Fasting requires spending much time in the word.

THE BENEFITS OF FASTING

1. Spiritual discipline
2. Increased spiritual capacity
3. A clear sober mind
4. A pure heart and mind
5. Hunger for God and His word
6. Physical health
7. Loss of excess weight
8. Purified body
9. Spiritual freedom
10. Physical freedom
11. Spirit of giving
12. Your light shines (evil powers can't withstand your presence)
13. Protection by God
14. Answers to prayers
15. Intimacy with God
16. Increased retention capacity

THE EFFECTS OF FASTING

1. Fasting changes us (not God).
2. Fasting does not move God (moves us into better positioning).
3. Fasting increases our spiritual capacity.
4. Fasting breaks habits and spiritual bondage.
5. Fasting quiets the heart to hear God's voice.

Prayer & Fasting Commitment Statement

I commit to participate in our Church Corporate Fast from Friday, January 2 – Saturday, January 31, 2026.

My purpose for fasting is:

During this fast, I am praying and believing God for:

MY SUCCESS PLAN:

1. I will find an accountability partner, someone who will encourage me when the temptation to quit arises. ***Note: This person should be in agreement with your desire to complete the fast and a spiritually mature person who can encourage you with the Word. Ecclesiastes 4:12, "A threefold cord is not quickly broken".***

My accountability partner for this fast is _____

2. I will set aside time every morning from _____ AM to _____ AM to praise God, read my Word, and spend time in prayer.
3. I will set aside time every evening from _____ PM to _____ PM to praise God, read my Word, and spend time in prayer.
4. I will NOT allow the enemy to accuse me or shame me should I fall short. I am determined to use this time to draw closer to the Lord. Remember, choose a fast that stretches you but also is one you can complete. No comparison, no competition, do what you can do for the Glory of God.

I, _____, pledge to commit myself wholeheartedly to praying and fasting for 30 days.

Signature

Date

We will break the fast together on Saturday, January 31, 2026, after the last devotion.

Children/Youth

We are asking that parents include their children in our prayer and fasting schedule in a revised edition that will work for them. The revision should include limiting unnecessary use of **electronics, television, and social media**.

WHAT CAN I EAT DURING THE FAST?

Foods You May Eat:

- **Whole Grains:** Brown Rice, Oats, Barley
- **Legumes:** Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas
- **Fruits:** Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries, Cranberries, Oats, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Kiwi, Lemons, Limes, Mangoes, Nectarines, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangelos, Tangerines, & Watermelon.
- **Vegetables:** Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Corn, Cucumbers, Eggplant, Garlic, Ginger Root, Kale, Leeks, Lettuce, Mushrooms, Mustard Greens, Okra, Onions, Parsley, Potatoes, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet Potatoes, Tomatoes, Turnips, Watercress, Yams, Zucchini, veggie burgers are an option if you are not allergic to soy.
- **Liquids:** Spring Water, Distilled Water, 100% All-Natural Fruit Juices, 100% All Natural Vegetable Juices. You may also drink protein drinks.
- **Meat:** Chicken & Fish (Baked/Grilled)
- **Others:** Seeds, Nuts, Sprouts

WHAT FOODS SHOULD I AVOID DURING THE FAST?

Foods to Avoid:

- All refined or processed food products
- Meat (Beef, Lamb, Pork) *Try plant based “meats”, i.e., Beyond Meat*
- Bread and other baked goods
- Dairy products: milk, cream, butter, etc. *Try almond milk, other nut or oat milks, i.e., Silk*
- White rice
- Fried foods
- Caffeine (including coffee of all kinds and herbal teas as they usually contain caffeine)
- Carbonated beverages
- Foods containing preservatives or additives
- Refined sugar and sugar substitutes
- White flour (and all products using it)
- Margarine, shortening, high fat products

Remember that it is the attitude of a heart sincerely seeking Him to which God responds with a blessing (Isaiah 58, Jeremiah 14:12, 1 Corinthians 8:8).

HOW TO USE THIS GUIDE:

Carve out a quiet time each day. Grab your Bible, maybe a writing journal, and a pen. It is best to do this in the morning because once your day begins; there will be tons of distractions. Learn to put God first in your day and He will multiply your time. This year our Daily Focus is on Prayer & The Word!

Prayer: Pray and ask Heaven to get involved in our earthly matters. Don't forget to add focused points when you are praying.

Scripture: Read the scriptures(s) and see how they apply to your life. What do you think it means? What is God trying to say to you through His Word? Write down in your journal or notes what God is saying to you through His Word!

Reflections: Capture your thoughts/breakthroughs God has gifted during this time.

LET'S

GO
DEEPER
chosen
city church

Week 1

Start: 01.02.2026

I am submitted to Christ as the Lord of my whole life.

- No caffeine, no sweets, no junk food, no soda (carbonated drinks), and no alcohol/tobacco products.
- Change your diet and start eating healthy during this first week.
- Limit social media unless it pertains to work/school.
- Drink at least 40 ounces of water per day.
- Spend at least 15 minutes in Prayer/Devotion each day. Be encouraged, you can do it! Break it up if necessary – do 7 minutes in the morning and 8 at night.

*Continue to trust Christ this week with every situation big or small.
There is nothing impossible for our God.*

DAY 1

Prayer for Submission to God — Read Luke 9:23; Luke 22:42; James 4:7

Offer your life to Christ.

DAY 2

Prayer for Spiritual Insight — Read Psalm 25:3-5

Pray for understanding and insight into the Word, understanding your identity in Christ, who you are, where you came from, where you are going, and understanding God's purpose for your life.

DAY 3

Prayer of Adoration & Thanksgiving — Read Revelation 15:3-4

Spend time worshiping and praising God.

DAY 4

Prayer for Examination — Read Psalm 139:23-24

Ask the Spirit to search your heart and reveal any areas of unconfessed sin. Acknowledge these to the Lord and thank Him for His forgiveness.

DAY 5

Prayer for Your Identity in Christ — Read Galatians 2:20; Romans 5:8; 1 Corinthians 15:3; Colossians 2:11; 1 Peter 2:24; Philippians 1:20-21; 2 Corinthians 2:14.

Pray for discernment to recognize who God says you are and to walk boldly in who He called you to be in Him.

DAY 6

Prayer for Filling of the Spirit — Read Ephesians 5:18; Galatians 5:16; Galatians 5:25

Ask the Spirit to control and fill you for this day.

DAY 7

Prayer on Fruit of the Spirit — Read Galatians 5:22-23; Corinthians 13:4-7

Pray on the fruit of the Spirit: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control.

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| End: 01.10.2026 |
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DAY 8

Prayer for the Purpose of My Life — Read Matthew 22:37, 39; Matthew 6:33; Matthew 4:19; Matthew 8:19–20; Acts 1:8; John 15:8
Pray for guidance and direction.

DAY 9

Prayer for Personal Discernment and Faithfulness — Read 1 Corinthians 7:17
Pray for God to open your eyes, ears, and mind to His calling for your life.

Reflections

[illegible]

Week 2

Start: 01.11.2026

I am committed to growing in my love for God and others.

- No fried foods, beef, or pork. See list of what you can/can't eat during our Prayer & Fast. Try baked or grilled fish or chicken.
- No caffeine, no sweets, no junk food, no soda (carbonated drinks), and no alcohol/tobacco products.
- Limit social media unless it pertains to work/school.
- Drink at least 40 ounces of water per day.
- Spend a total of at least 15 minutes in Prayer/Devotion each day. Be encouraged, you can do it! Break it up if necessary – do 7 minutes in the morning and 8 at night.

Jesus said the first and greatest commandment is to love. Boldly share the love of Christ this week. Remind yourself God loves you unconditionally.

DAY 10

Prayer to Love Sincerely — Read Romans 12:9

Pray to love others purely and genuinely.

DAY 11

Prayer to Lead with Love — Read 1 Corinthians 16:14

Pray to be more like Jesus in your daily walk, to lead with love first in all things.

DAY 12

Prayer to Release — Read Proverbs 10:12

Pray God will soften and remove any hatred, bitterness, or anger from your heart; pray to be forgiving of others and not judgmental.

DAY 13

Prayer to Love Your Enemy — Read Luke 6:35

Pray to love those with whom you disagree; pray to treat them with the same respect you know God would give.

DAY 14

Prayer for Empathy — Read 1 Corinthians 13:4-7 – pray for patience and understanding when interacting with others; pray to see the God in others.

DAY 15

Prayer to Accept Love — Read Matthew 22:36-40, 1 John 4:7-9

Sometimes it's hard to believe or accept that we are loved by God because of our sinful nature; but God loved us enough to sacrifice His Son. When we can accept His love, we can return it to Him, love ourselves, and love others. Pray God will open your heart to fully receive His love, trust in His love, and reciprocate His love.

DAY 16

Prayer to Love in Action — Read 1 John 3:18, Matthew 25:35-45

Pray to not only love in words but to also show love and kindness through deeds.

End: 01.17.2026

Reflections

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Week 3

Start: 01.18.2026

I believe God for victory, breakthrough, and change in specific areas in my family and in my life.

- No fried foods, beef, or pork.
- No caffeine, no sweets, no junk food, no soda (carbonated drinks), and no alcohol/tobacco products.
- Limit social media unless it pertains to work/school.
- Drink at least 50 ounces of water per day.
- Spend a total of at least 20 minutes in Prayer/Devotion each day. Be encouraged, you can do it! Break it up if necessary – do 10 minutes in the morning and 10 at night.
- Other items to consider fasting for adults and youth/children during this time: video games, TV, internet access, Facebook, X, Instagram, TikTok, cell phones, etc.

*Remember the bible tells us in Romans 8:37,
we are more than conquerors through him who loves us.
No matter what you are facing, believe in your heart God can turn it all around.*

DAY 17

Prayer for Family — Read 1 Samuel 12:23

Pray for your immediate family; your relatives; spiritual concerns; emotional and physical concerns.

DAY 18

Prayer for Freedom — Read Galatians 5:1, Isaiah 58:6

Pray to be set free from turning to idols instead of turning to God; to untie the cords of the yoke hindering your growth in Him.

DAY 19

Prayer for Perseverance — Read Philippians 3:14

Pray for renewed strength and hope; determination to keep pressing forward.

DAY 20

Prayer for Renewal — Read Deuteronomy 10:12; Philippians 3:12-14

Pray for personal renewal.

DAY 21

Pray for Faithfulness as a Steward — May I be a person who fears God, loves truth, and hates dishonest gain. (Exodus 18:21)

Pray for your time, talents, treasure, truth, relationships.

DAY 22

Prayer for Growth in Christ — Read Psalm 61:2-4

Pray for a greater desire to know and please Him; greater love and commitment to Him; grace to practice His presence; grace to glorify Him in your life.

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| End: 01.24.2026 |
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DAY 23

Prayer for Growth in Wisdom — Read James 1:13-15

Pray for developing an eternal perspective; to renew your mind with truth; greater skill in each area of life.

Reflections

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Week 4

Start: 01.25.2026

I am committed to being the change I want to see in my church and the nation.

- No fried foods, beef, or pork.
- No caffeine, no sweets, no junk food, no soda (carbonated drinks), and no alcohol/tobacco products.
- Limit social media unless it pertains to work/school.
- Drink at least 50 ounces of water per day.
- Spend a total of at least 20 minutes in Prayer/Devotion each day. Be encouraged, you can do it! Break it up if necessary – do 10 minutes in the morning and 10 at night.
- Other items to consider fasting for adults and youth/children during this time: video games, TV, internet access, Facebook, X, Instagram, TikTok, cell phones, etc.

Allow the light of Christ to shine through you. Acknowledge God in all that you do and allow the Holy Spirit to lead and guide you throughout this week..

DAY 24

Prayer for Churches & Ministries — Read Ephesians 4:4-6

Pray for Chosen City Church; other churches; evangelism and discipleship ministries; educational ministries.

DAY 25

Prayer for World Affairs — Read Psalm 85:4-7

Pray for the poor and hungry; the oppressed and persecuted; those in authority; peace among nations; current events and concerns.

DAY 26

Prayer for Government — Read Proverbs 14:34

Pray for a spiritual revival in our local, state, and national government. Pray for the President and his cabinet members and their relationship with Christ.

DAY 27

Prayer for Believers — Read 2 Corinthians 6:4-10

Pray for personal friends; those in ministry; those who are oppressed and in need.

DAY 28

Prayer for Relationship with Others — Read 1 Corinthians 16:14

Pray for greater love and compassion for others; loved ones; those who do not know Christ; those in need.

DAY 29

Prayer for Ministry — Read Colossians 3:22-24

Pray for ministry, sharing Christ with others, helping others grow in Him.

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| End: 01.31.2026 |
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DAY 30

Prayer for Evangelism — Read Ephesians 6:19

Pray for boldness to witness to friends, relatives, neighbors, and coworkers; pray for special opportunities to spread the Good News.

Reflections

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Reflections

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Closing Prayer

Read Psalm 73:25-28 – Offer praise to God for the spiritual revival in your life and the life of Chosen City Church.

Congratulations: You've got the VICTORY!

Ending Your Fast

The way you end your fast is extremely important for your physical and spiritual wellbeing. When our fast is over, add foods back in very gradually if you desire. Our prayer is that this time of prayer & fasting has led to a healthy lifestyle of prayer, devotion, reading God's Word, and a better diet/health! A greasy cheeseburger would not be the best choice to end the fast. If you were able, in the last 7 days, to not eat meat, be very careful how you proceed back to your normal eating habits because your body is so cleansed and detoxified, you will most likely get sick if you do this.

We encourage you to make prayer and fasting a part of your life. It is not a rule to follow - it is an "I get to experience God" thing. It is like going into Heaven for a tune up, so we can keep our passion for God and enjoyment of Him at a high level. We encourage you to do the same. Figure out what works for you, commit to it, and make it a part of your life. Thank you for taking this journey with us and we pray you and your families have been blessed during this time of sacrifice.

Overcome. Build. Be Like Jesus.
1 Peter 2:9



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