



# FASTING & PRAYER GUIDE

WEEK OF  
FASTING &  
PRAYER  
JAN 05-09,  
2026

We invite you to join us for a week of fasting and prayer. Let's seek to enter the new year with fresh vision, insight and a bold movement of the Holy Spirit in and through our lives.

## HOW WILL YOU FAST?

One meal?

One day?

One meal per day?

6AM to 6PM daily?

The full 120 hours between dinner Sunday and dinner Friday?

However you choose to participate, we are believing God for clarity, insight and breakthroughs.



# DAY ONE

## REPENTANCE & PERSONAL HOLINESS

We begin our week of fasting and prayer by humbling ourselves, examining our hearts, and surrendering to the Lord's loving correction. As we pursue Him with a pure heart, we can be sure He hears our prayer. (Ps. 24)

### SCRIPTURE TO READ

Psalms 139

For the director of music. Of David. A psalm.

- <sup>1</sup> You have searched me, Lord,  
and you know me.  
<sup>2</sup> You know when I sit and when I rise;  
you perceive my thoughts from afar.  
<sup>3</sup> You discern my going out and my lying  
down;  
you are familiar with all my ways.  
<sup>4</sup> Before a word is on my tongue  
you, Lord, know it completely.  
<sup>5</sup> You hem me in behind and before,  
and you lay your hand upon me.  
<sup>6</sup> Such knowledge is too wonderful for me,  
too lofty for me to attain.

<sup>7</sup> Where can I go from your Spirit?

Where can I flee from your presence?

<sup>8</sup> If I go up to the heavens, you are there;  
if I make my bed in the depths, you are  
there.

<sup>9</sup> If I rise on the wings of the dawn,  
if I settle on the far side of the sea,  
<sup>10</sup> even there your hand will guide me,  
your right hand will hold me fast.

<sup>11</sup> If I say, "Surely the darkness will hide me  
and the light become night around me,"  
<sup>12</sup> even the darkness will not be dark to you;  
the night will shine like the day,  
for darkness is as light to you.

<sup>13</sup> For you created my inmost being;  
you knit me together in my mother's  
womb.

<sup>14</sup> I praise you because I am fearfully and  
wonderfully made;  
your works are wonderful,  
I know that full well.

<sup>15</sup> My frame was not hidden from you  
when I was made in the secret place,  
when I was woven together in the depths  
of the earth.







On this second day of fasting, let's seek to align our hearts with the will of God. In seeking God's will, our goal is to become indifferent to any other direction or vision than the one God chooses. We can trust that His way and timing are perfect and He will accomplish His will in our lives.

## DAY TWO

# GOD'S WILL & GUIDANCE

### SCRIPTURE TO READ

<sup>1</sup>The Lord had said to Abram, "Go from your country, your people and your father's household to the land I will show you.

<sup>2</sup>"I will make you into a great nation, and I will bless you;

I will make your name great, and you will be a blessing.

<sup>3</sup>I will bless those who bless you, and whoever curses you I will curse; and all peoples on earth will be blessed through you."

<sup>4</sup>So Abram went, as the Lord had told him... Abram was seventy-five years old when he set out from Harran. (Gn. 12:1-4)

<sup>1</sup>Now the Lord was gracious to Sarah as he had said, and the Lord did for Sarah what he had promised. <sup>2</sup>Sarah became pregnant and bore a son to Abraham in his old age, at the very time God had promised him. <sup>3</sup>Abraham gave the name Isaac<sup>[a]</sup> to the son Sarah bore him. <sup>4</sup>When his son Isaac was eight days old, Abraham circumcised him, as God commanded him. <sup>5</sup>Abraham was a hundred years old when his son Isaac was born to him. (Gn. 21:1-5)



<sup>7</sup> Now Moses used to take a tent and pitch it outside the camp some distance away, calling it the “tent of meeting.” Anyone inquiring of the Lord would go to the tent of meeting outside the camp. <sup>8</sup> And whenever Moses went out to the tent, all the people rose and stood at the entrances to their tents, watching Moses until he entered the tent. <sup>9</sup> As Moses went into the tent, the pillar of cloud would come down and stay at the entrance, while the Lord spoke with Moses. <sup>10</sup> Whenever the people saw the pillar of cloud standing at the entrance to the tent, they all stood and worshiped, each at the entrance to their tent. <sup>11</sup> The Lord would speak to Moses face to face, as one speaks to a friend. Then Moses would return to the camp, but his young aide Joshua son of Nun did not leave the tent. Exodus 33:7-11

<sup>19</sup> “Because of your great compassion you did not abandon them in the wilderness. By day the pillar of cloud did not fail to guide them on their path, nor the pillar of fire by night to shine on the way they were to take. <sup>20</sup> You gave your good Spirit to instruct them. You did not withhold your manna from their mouths, and you gave them water for their thirst. <sup>21</sup> For forty years you sustained them in the wilderness; they lacked nothing, their clothes did not wear out nor did their feet become swollen. Nehemiah 9:19-21

## QUESTIONS TO PONDER

- Are my heart’s desires in alignment with God’s? (Is. 55; Ps. 37:3-6, 2 Pt. 1:3-10)
- Do I have a decision to make? (Pr. 19:21)
- Is there something the Lord is asking me to do? (Jon. 1:1-3; Mt. 4:18-20)
- Is there a new direction He is asking me to go? (Ps. 32:8-9, Ps. 143:10)
- Am I trusting in His power, wisdom and timing? (Pr. 3:5-6; Ps. 27:13-14)

# DAY TWO

## INSIGHTS, CONVICTIONS & PRAYER

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“The prayer of indifference expresses the fact that we have come to a place where we want God’s will—nothing more, nothing less, nothing else. It means we want God’s will more than our own personal comfort or safety, more than ego-gratification or wanting to look good in the eyes of others, more than our own pleasure or preference, more than whatever it is we think we want. It is a state of wide openness to God in which we are free from undue attachments and have the capacity to relinquish whatever might keep us from choosing for God and for love in the world. It is a prayer in which we abandon ourselves to God.” -Ruth Haley Barton



In the midst of our trials and suffering, we can be sure that God is with us, for us and will lift us up when we are too weak to stand. He is our shield and our strength, our rock and our fortress, our stronghold and deliverer (Ps. 3, 18; Is. 41:10) On our third day of fasting, we will lift up prayers for deliverance and protection.

# DAY THREE

## DELIVERANCE & PROTECTION

### SCRIPTURE TO READ

Psalm 107

- <sup>1</sup> Give thanks to the Lord, for he is good; his love endures forever.
- <sup>2</sup> Let the redeemed of the Lord tell their story—those he redeemed from the hand of the foe,
- <sup>3</sup> those he gathered from the lands, from east and west, from north and south.
- <sup>4</sup> Some wandered in desert wastelands, finding no way to a city where they could settle.
- <sup>5</sup> They were hungry and thirsty, and their lives ebbed away.
- <sup>6</sup> Then they cried out to the Lord in their trouble, and he delivered them from their distress.
- <sup>7</sup> He led them by a straight way to a city where they could settle.
- <sup>8</sup> Let them give thanks to the Lord for his unfailing love and his wonderful deeds for mankind,
- <sup>9</sup> for he satisfies the thirsty and fills the hungry with good things.
- <sup>10</sup> Some sat in darkness, in utter darkness, prisoners suffering in iron chains,



<sup>11</sup> because they rebelled against God's commands and despised the plans of the Most High.

<sup>12</sup> So he subjected them to bitter labor; they stumbled, and there was no one to help.

<sup>13</sup> Then they cried to the Lord in their trouble, and he saved them from their distress.

<sup>14</sup> He brought them out of darkness, the utter darkness, and broke away their chains.

<sup>15</sup> Let them give thanks to the Lord for his unfailing love and his wonderful deeds for mankind,

<sup>16</sup> for he breaks down gates of bronze and cuts through bars of iron.

<sup>17</sup> Some became fools through their rebellious ways and suffered affliction because of their iniquities.

<sup>18</sup> They loathed all food and drew near the gates of death.

<sup>19</sup> Then they cried to the Lord in their trouble, and he saved them from their distress.

<sup>20</sup> He sent out his word and healed them; he rescued them from the grave.

<sup>21</sup> Let them give thanks to the Lord for his unfailing love and his wonderful deeds for mankind.

<sup>22</sup> Let them sacrifice thank offerings and tell of his works with songs of joy.

<sup>23</sup> Some went out on the sea in ships; they were merchants on the mighty waters.

<sup>24</sup> They saw the works of the Lord, his wonderful deeds in the deep.

<sup>25</sup> For he spoke and stirred up a tempest that lifted high the waves.

<sup>26</sup> They mounted up to the heavens and went down to the depths; in their peril their courage melted away.

<sup>27</sup> They reeled and staggered like drunkards; they were at their wits' end.

<sup>28</sup> Then they cried out to the Lord in their trouble, and he brought them out of their distress.

# DAY THREE

<sup>29</sup> He stilled the storm to a whisper; the waves of the sea<sup>[b]</sup> were hushed.

<sup>30</sup> They were glad when it grew calm, and he guided them to their desired haven.

<sup>31</sup> Let them give thanks to the Lord for his unfailing love and his wonderful deeds for mankind.

<sup>32</sup> Let them exalt him in the assembly of the people and praise him in the council of the elders.

<sup>33</sup> He turned rivers into a desert, flowing springs into thirsty ground,

<sup>34</sup> and fruitful land into a salt waste, because of the wickedness of those who lived there.

<sup>35</sup> He turned the desert into pools of water and the parched ground into flowing springs;

<sup>36</sup> there he brought the hungry to live, and they founded a city where they could settle

<sup>37</sup> They sowed fields and planted vineyards that yielded a fruitful harvest;

<sup>38</sup> he blessed them, and their numbers greatly increased, and he did not let their herds diminish.

<sup>39</sup> Then their numbers decreased, and they were humbled by oppression, calamity and sorrow;

<sup>40</sup> he who pours contempt on nobles made them wander in a trackless waste.

<sup>41</sup> But he lifted the needy out of their affliction and increased their families like flocks.

<sup>42</sup> The upright see and rejoice, but all the wicked shut their mouths.

<sup>43</sup> Let the one who is wise heed these things and ponder the loving deeds of the Lord.

# DAY THREE

- # INSIGHTS, CONVICTIONS & PRAYER

We may be tempted to believe we should be able to fight our battles privately through our own strength and prayer. But our spiritual journey is not a solo one.

Who will you invite to hold up your hands in prayer?





On this fourth day of fasting, let's intercede for others--our community of faith including family, friends and neighbors, and those who will choose to follow Jesus through our prayers and acts of love. Next, we'll pray for those in leadership around the world. Then, we'll finish by praying for those around the world suffering injustice.

## DAY FOUR INTERCESSION

### SCRIPTURE TO READ

Jesus Prays for His Disciples

<sup>6</sup>“I have revealed you to those whom you gave me out of the world. They were yours; you gave them to me and they have obeyed your word. <sup>7</sup>Now they know that everything you have given me comes from you. <sup>8</sup>For I gave them the words you gave me and they accepted them. They knew with certainty that I came from you, and they believed that you sent me. <sup>9</sup>I pray for them. I am not praying for the world, but for those you have given me, for they are yours.

<sup>10</sup>All I have is yours, and all you have is mine. And glory has come to me through them. <sup>11</sup>I will remain in the world no longer, but they are still in the world, and I am coming to you. Holy Father, protect them by the power of your name, the name you gave me, so that they may be one as we are one. <sup>12</sup>While I was with them, I protected them and kept them safe by that name you gave me. None has been lost except the one doomed to destruction so that Scripture would be fulfilled.

<sup>13</sup> “I am coming to you now, but I say these things while I am still in the world, so that they may have the full measure of my joy within them. <sup>14</sup> I have given them your word and the world has hated them, for they are not of the world any more than I am of the world. <sup>15</sup> My prayer is not that you take them out of the world but that you protect them from the evil one. <sup>16</sup> They are not of the world, even as I am not of it. <sup>17</sup> Sanctify them by the truth; your word is truth. <sup>18</sup> As you sent me into the world, I have sent them into the world. <sup>19</sup> For them I sanctify myself, that they too may be truly sanctified.

#### Jesus Prays for All Believers

<sup>20</sup> “My prayer is not for them alone. I pray also for those who will believe in me through their message, <sup>21</sup> that all of them may be one, Father, just as you are in me and I am in you. May they also be in us so that the world may believe that you have sent me. <sup>22</sup> I have given them the glory that you gave me, that they may be one as we are one— <sup>23</sup> I in them and you in me—so that they may be brought to complete unity. Then the world will know that you sent me and have loved them even as you have loved me.

<sup>24</sup> “Father, I want those you have given me to be with me where I am, and to see my glory, the glory you have given me because you loved me before the creation of the world.

<sup>25</sup> “Righteous Father, though the world does not know you, I know you, and they know that you have sent me. <sup>26</sup> I have made you known to them, and will continue to make you known in order that the love you have for me may be in them and that I myself may be in them.” (Jn. 15:6-26)

## QUESTIONS TO PONDER

- Who in my circle of life is in need of guidance, healing, peace or joy? (Pp. 4:6-7; Jm. 1:5 & 5:14-16)
- Where is God revealing a need for humility and unity in the body of believers? (Ro. 15:5-6)
- Where am I discerning a need for protection from evil? (2 Th. 3:2-3)
- In what ways am I and my community of faith in need of transformation? (1 Th. 5:23-24)
- Who do I know who needs to follow Jesus? (Lk 19:10; 1 Ti. 2:1-4)
- What needs to happen in me in order that He may make himself known through me? (Pp. 1:9-11)

## SCRIPTURE TO READ

Psalms 72--Of Solomon.

<sup>1</sup> Endow the king with your justice, O God, the royal son with your righteousness.

<sup>2</sup> May he judge your people in righteousness, your afflicted ones with justice.

<sup>3</sup> May the mountains bring prosperity to the people, the hills the fruit of righteousness.

<sup>4</sup> May he defend the afflicted among the people and save the children of the needy; may he crush the oppressor.

<sup>5</sup> May he endure as long as the sun, as long as the moon, through all generations.

<sup>6</sup> May he be like rain falling on a mown field, like showers watering the earth.

<sup>7</sup> In his days may the righteous flourish and prosperity abound till the moon is no more.

# DAY FOUR





## SCRIPTURE TO READ

# Psalm 146

<sup>1</sup> Praise the Lord.

Praise the Lord, my soul.

2 I will praise the Lord all my life;

I will sing praise to my God as long as I live.

3 Do not put your trust in princes,

in human beings, who cannot save.

4 When their spirit departs, they return to the ground;

on that very day their plans come to nothing.

5 Blessed are those whose help is the God of Jacob,

whose hope is in the Lord their God.

6 He is the Maker of heaven and earth,

the sea, and everything in them—

he remains faithful forever.

7 He upholds the cause of the oppressed

and gives food to the hungry.

The Lord sets prisoners free,

8 the Lord gives sight to the blind,

the Lord lifts up those who are bowed down,

the Lord loves the righteous.

9 The Lord watches over the foreigner

and sustains the fatherless and the widow,

but he frustrates the ways of the wicked.

10 The Lord reigns forever,

your God, O Zion, for all generations.

Praise the Lord.

## QUESTIONS TO PONDER

- Who are the oppressed around the world? (Ex. 22:21-24; Dt. 10:17-19)
- How is the Lord leading me to grow in my compassion for those God calls us to defend? (Dt. 15:7-11; Zc. 7; Ps. 82:3-4)
- How can I cultivate a righteous anger toward injustice? (Ps. 10:17-18; Ps. 146:6-8)
- What does it look like in my own life to act justly, love mercy and walk humbly with God? (Mc. 6:6-8)

# DAY FOUR

# INSIGHTS, CONVICTIONS & PRAYER



It is appropriate to end our week of fasting and prayer by reflecting on God's goodness, provision, protection and guidance and respond with an offering of thanksgiving and praise.

I will give thanks to you, Lord,  
with all my heart;  
I will tell of all your  
wonderful deeds. Ps. 9:1

## SCRIPTURE TO READ

Psalms 136

- <sup>1</sup> Give thanks to the Lord, for he is good.  
His love endures forever.
- <sup>2</sup> Give thanks to the God of gods.  
His love endures forever.
- <sup>3</sup> Give thanks to the Lord of lords:  
His love endures forever.
- <sup>4</sup> to him who alone does great wonders,  
His love endures forever.
- <sup>5</sup> who by his understanding made the heavens,  
His love endures forever.
- <sup>6</sup> who spread out the earth upon the waters,  
His love endures forever.
- <sup>7</sup> who made the great lights—  
His love endures forever.
- <sup>8</sup> the sun to govern the day,  
His love endures forever.
- <sup>9</sup> the moon and stars to govern the night;  
His love endures forever.
- <sup>10</sup> to him who struck down the firstborn of Egypt  
His love endures forever.
- <sup>11</sup> and brought Israel out from among them  
His love endures forever.
- <sup>12</sup> with a mighty hand and outstretched arm;  
His love endures forever.

# DAY FIVE THANKSGIVING & PRAISE



## SCRIPTURE TO READ

13 to him who divided the Red Sea asunder

His love endures forever.

14 and brought Israel through the midst of it,

His love endures forever.

<sup>15</sup> but swept Pharaoh and his army into the Red Sea;

His love endures forever.

16 to him who led his people through the wilderness;

His love endures forever.

17 to him who struck down great kings,

His love endures forever.

18 and killed mighty kings—

His love endures forever.

19 Sihon king of the Amorites

His love endures forever.

20 and Og king of Bashan—

His love endures forever.

21 and gave their land as an inheritance,

His love endures forever.

22 an inheritance to his servant Israel.

His love endures forever.

23 He remembered us in our low estate

His love endures forever.

24 and freed us from our enemies.

His love endures forever

25 He gives food to every creature.

His love endures forever

26 Give thanks to the God of heaven.

His love endures forever

## Psalm 100

A psalm. For giving grateful praise.

1 Shout for joy to the Lord, all the earth.

2 Worship the Lord with gladness:

come before him with joyful songs.

3 Know that the Lord is God.

It is he who made us, and we are his<sub>[a]</sub>:

we are his people, the sheep of his

pasture.

4 Enter his gates with thanksgiving

and his courts with praise:

give thanks to him and praise his name.

5 For the Lord is good and his love endures forever; his faithfulness continues through all generations.

# DAY FIVE

## QUESTIONS TO PONDER

- What attributes of God make me most grateful? (Ps. 103; Ps. 145)
- Is there a spiritual blessing for which I regularly thank Him? (Eph. 1:3-14)
- For what season of growth am I most thankful? (1 Th. 5:8)
- Is there a specific prayer for which I'm grateful for God's answer? (Ps. 17:6)
- How can I live all of my life as an offering of praise? (Ro. 12:1)

## INSIGHTS, CONVICTIONS & PRAYER



Thank you for participating in  
our week of fasting and prayer.

### **HAVE A MOMENT TO SHARE?**

We look forward  
to hearing about  
specific insights  
you've gained or  
breakthroughs  
you've  
experienced.



**SCAN HERE**

**Visit our website for more prayer resources:**

 [OPENLIFE.CHURCH/PRAYER](https://openlife.church/prayer)