

G R E A T E R M O U N T C A L V A R Y H O L Y C H U R C H



# PRAY21

*2026 PRAYER GUIDE*

**JANUARY 12<sup>TH</sup> - FEBRUARY 1<sup>ST</sup>**

# BUILT TO LAST

## FAITH, FOUNDATION, & FUTURE

**Dear Greater Mt. Calvary Family,**

As we step into 2026, we do so with deep gratitude and great expectation. This year, we celebrate 60 years of God's faithfulness to our church, which is a powerful testimony that what God builds truly lasts.

Our theme for this milestone year is **Built to Last: Faith, Foundation, and Future**. While we honor the legacy that brought us here, we also recognize that the strength of our future depends on the depth of our faith today. Before we build outward, God calls us to build **inward**.

This **Pray21 Fasting and Prayer Guide** is designed to help you intentionally build your spiritual life as we move forward together. Over the next 21 days, we will focus on practices that strengthen our faith, deepen our foundation, and prepare us for what God desires to do next in and through us.

Each day, you will find:

- **A Prayer Focus – what we are asking God for**
- **Scripture – God's Word to anchor your faith**
- **A Building Block – a practical step to apply daily**
- **A Reflection Question – to help you grow and respond**

My prayer is that as you commit to this season of fasting and prayer, God will strengthen you personally while strengthening us corporately. May this be a time where our faith is renewed, our foundations are fortified, and our future is aligned with God's purpose.

Let us build together, **Built to Last**.



**Pastor Rodney L. Carter Jr.**



# CREATING SPACE FOR PRAYER

How do we make prayer a part of our everyday life? We can learn from three things that Jesus did...

***Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed. ~Mark 1:35 (NIV)***

## **A CERTAIN TIME**

Jesus got up very early in the morning to spend time with His Heavenly Father. For prayer to work, we should do the same. Make a daily appointment with God and keep it.

## **A CERTAIN PLACE**

Jesus had a prayer place. Your prayer place needs to be an undistracted environment where you can pray out loud and perhaps have some worship music playing in the background.

## **A CERTAIN PLAN**

Go into your prayer time with a plan. If it changes that's fine. When Jesus taught His disciples how to pray, He gave His disciples a prayer outline. We call it the Lord's Prayer. This outline along with several other tools are available in this booklet.

# HOW WILL I FAST?

## WHAT IS FASTING?

The goal of fasting is to draw nearer to God. Biblical fasting always has to do with eliminating distractions for a spiritual purpose; it hits the reset button of our soul and renews us from the inside out. It also enables us to celebrate the goodness and mercy of God and prepares our hearts for all the good things God desires to bring into our lives.

## TYPE 1: COMPLETE FAST

This fast calls for drinking only liquids, typically water and light juices.

## TYPE 2: SELECTIVE FAST

This type of fast involves removing certain elements from your diet. One example of a selective fast is the Daniel Fast, during which you remove meat, sweets, and bread from your diet while consuming water and juice for fluids and fruits and vegetables for food.

## TYPE 3: PARTIAL FAST

This fast is sometimes called the Jewish Fast and involves abstaining from eating any type of food in the morning and afternoon. This can either correlate to specific times of the day, such as 6:00 am to 3:00 pm, or from sunup to sundown.

## MEDICAL CONDITIONS

If you have health concerns, are currently taking medications, or are under the care of a physician, please consult with them before partaking in the fast.



## TYPES OF FASTS

There are different types of fasts, each offering unique ways to draw closer to God. Remember, your personal fast should present a level of challenge, but it is very important to know your body and your options. You can choose the one that best fits your spiritual needs, whether it's a complete fast, a selective fast, a partial fast or a fast from certain activities.

## TYPE 4: GMCHC MODEL FAST:

### OPTION 1

Fast in each area, as assigned for the week.

### OPTION 2

Fast in each area, as assigned for the week while continuing the previous week(s):

#### Food (Jan 12 – 18)

This week we're fasting from **food**. It consists of the Daniel Fast: fruits, vegetables, grains, nuts, and legumes. Water, fruit, and vegetable juices. We're declaring deliverance from attractions, distractions, and anything that hinders us from pleasing God.

#### Accounts or Food and Accounts (Jan 19 – 25)

This week we're fasting from **active spending**. It consists of spending only on necessities, limiting debit and credit card use, and avoiding recreational spending (i.e. movies, shopping, restaurants, etc.).

#### Social Media or Complete F.A.S.T. - Food, Accounts, Social Media and Television

#### (Jan 26 – Feb 1)

This week we're fasting from **social media and television**. It consists of avoiding Social Media platforms (i.e. Facebook, Twitter, Instagram, TikTok, etc.) and television for recreational purposes.

# HOW WILL I FAST?

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## TIMING OF A FAST

At Greater Mt. Calvary Holy Church, we encourage fasting for 21 days each year in the month of January and September. This is part of a season of focused prayer as a church family. You may also choose to fast at other times during the year for your own spiritual development. It's typical to fast a meal for a day, three days or more. The timing of your fast is not as important as the strength of your focus on Him as you fast.

## MATTHEW 6:16-18 (NIV)

*When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.*

## TESTIMONIES AND PRAYER REQUESTS

If you have a testimony for what God has done through prayer and fasting, we would love to hear about it and celebrate with you. Simply send an email to [prayer@gmchc.org](mailto:prayer@gmchc.org).

If you have a prayer need, our team will be honored to pray with you. Just send an email to [prayer@gmchc.org](mailto:prayer@gmchc.org).

# 2026 PRAYER POINTS **BUILT TO LAST:** **FAITH, FOUNDATION & FUTURE**

## DAY 1 – LAYING THE FOUNDATION: HUNGER FOR GOD

*Nothing strong is built without desire.*

**Prayer Focus:** Renewed spiritual appetite

**Scripture:** Psalm 42:1–2

**Building Block:** Begin the day with 5 minutes of silence before praying.

**Reflection:** *What competes with my hunger for God?*

## DAY 2 – POURING THE FOUNDATION: GOD’S WORD

*The Word determines what the structure can hold.*

**Prayer Focus:** Love for God’s Word

**Scripture:** Matthew 4:4

**Building Block:** Read one chapter slowly; write one verse that stands out.

**Reflection:** *Do I read Scripture for information or transformation?*

## DAY 3 – RAISING THE FRAMEWORK: A PRAYER LIFE

*Prayer gives shape to our relationship with God.*

**Prayer Focus:** Deeper communication with God

**Scripture:** Luke 11:1

**Building Block:** Pray using the ACTS model (Adoration, Confession, Thanksgiving, Supplication).

**Reflection:** *Which part of prayer do I rush?*

## DAY 4 – CLEARING THE SITE: REPENTANCE

*You can’t build new while holding on to old debris.*

**Prayer Focus:** A clean heart

**Scripture:** Psalm 51:10

**Building Block:** Ask the Holy Spirit to reveal anything to confess; write it and release it in prayer.

**Reflection:** *What needs to be released in your life?*

## DAY 5 – SETTING THE CORNERSTONE: TRUST IN GOD

*What you trust sets the direction of your life.*

**Prayer Focus:** Surrendered faith

**Scripture:** Proverbs 3:5–6

**Building Block:** Identify one area you’re trying to control; verbally surrender it to God.

**Reflection:** *Where in my life do I need to trust God more?*

## DAY 6 – ESTABLISHING THE RHYTHM: SPIRITUAL DISCIPLINE

*Consistency keeps the structure standing.*

**Prayer Focus:** Strength to build habits

**Scripture:** 1 Timothy 4:7

**Building Block:** Set a daily time and place for prayer or Scripture—and keep it.

**Reflection:** *What patterns help or hinder your consistency?*

## DAY 7 – REINFORCING THE STRUCTURE: REST

*Even builders must stop to strengthen what's been built.*

**Prayer Focus:** Renewal of soul

**Scripture:** Matthew 11:28–29

**Building Block:** Take a 30-minute intentional rest with no phone or media.

**Reflection:** *What restores my soul?*

## DAY 8 – YIELDING THE BLUEPRINT: SURRENDER

*God builds best when He has full control.*

**Prayer Focus:** Obedient living

**Scripture:** Luke 22:42

**Building Block:** Pray, “Not my will, but Yours,” over one decision today.

**Reflection:** *Where am I resisting God?*

## DAY 9 – STRENGTHENING THE WALLS: FAITH UNDER PRESSURE

*Pressure doesn't weaken faith—it proves it.*

**Prayer Focus:** Faith that endures

**Scripture:** Hebrews 11:1

**Building Block:** Write one faith declaration based on Scripture and speak it aloud.

**Reflection:** *What is stretching my faith?*

## DAY 10 – INSTALLING GUARDS: PROTECTING THE HEART

*What you allow in determines what lasts.*

**Prayer Focus:** Discernment

**Scripture:** Proverbs 4:23

**Building Block:** Evaluate what you watch, listen to and engage, and adjust one thing.

**Reflection:** *What affects my spirit most?*

## DAY 11 – CONNECTING THE BEAMS: SPIRITUAL COMMUNITY

*No structure stands alone.*

**Prayer Focus:** Healthy spiritual connections

**Scripture:** Ecclesiastes 4:9–10

**Building Block:** Encourage one person spiritually today.

**Reflection:** *Am I building alone?*

## DAY 12 – SECURING THE SUPPORTS: ACCOUNTABILITY

*Hidden weaknesses collapse strong buildings.*

**Prayer Focus:** Transparency

**Scripture:** Proverbs 27:17

**Building Block:** Check in with a trusted believer and share one growth area.

**Reflection:** *Why does accountability feel uncomfortable, and who do I need to ask to hold me accountable?*

## DAY 13 – FOLLOWING THE BLUEPRINT: OBEDIENCE

*Deviation leads to instability.*

**Prayer Focus:** Willing obedience

**Scripture:** John 14:15

**Building Block:** Obey one clear instruction God has already given.

**Reflection:** *What obedience have I delayed?*

## DAY 14 – WEATHERPROOFING THE BUILD: ENDURANCE

*What lasts must survive storms.*

**Prayer Focus:** Strength to continue

**Scripture:** Galatians 6:9

**Building Block:** Pray through discouragement instead of escaping it.

**Reflection:** *Where am I tempted to quit?*

## DAY 15 – INSPECTING THE INTEGRITY: CHARACTER

*What's unseen matters most.*

**Prayer Focus:** Godly character

**Scripture:** Psalm 15:1–2

**Building Block:** Examine one area where actions and beliefs need alignment.

**Reflection:** *What area of my life is God wanting to grow?*

## DAY 16 – ADDING THE FINISH: GRATITUDE

*A thankful heart completes the work.*

**Prayer Focus:** Awareness of God's goodness

**Scripture:** 1 Thessalonians 5:18

**Building Block:** Write down five things you're grateful for today.

**Reflection:** *What blessings do I overlook?*

## DAY 17 – REMOVING DISTRACTIONS: FOCUS

*Distraction delays completion.*

**Prayer Focus:** Spiritual clarity

**Scripture:** Hebrews 12:1

**Building Block:** Eliminate one daily distraction for the remainder of the fast.

**Reflection:** *What pulls my attention from God?*

## DAY 18 – ADJUSTING THE BUILD: REMAINING TEACHABLE

*Wise builders stay open to correction.*

**Prayer Focus:** Willingness to learn

**Scripture:** Proverbs 12:1

**Building Block:** Ask God what He wants to teach you in this season.

**Reflection:** Am I defensive or receptive?

## DAY 19 – EVIDENCE OF GROWTH: PRODUCING FRUIT

*Healthy structures produce visible results.*

**Prayer Focus:** Christlike character

**Scripture:** Galatians 5:22–23

**Building Block:** Intentionally practice one fruit of the Spirit today.

**Reflection:** *Which fruit is most needed in my life?*

## DAY 20 – POWERING THE HOUSE: THE HOLY SPIRIT

*No power, no purpose.*

**Prayer Focus:** Daily infilling

**Scripture:** Ephesians 5:18

**Building Block:** Begin the day asking the Holy Spirit to lead every decision.

**Reflection:** *Do I invite the Spirit or assume His presence?*

## DAY 21 – LIVING IN WHAT GOD BUILT: A LIFE BUILT TO LAST

*This is not a project—it's a lifestyle.*

**Prayer Focus:** Long-term faithfulness

**Scripture:** Jude 1:20–21

**Building Block:** Write a personal spiritual rhythm plan for your life (prayer, Word, rest, community).

**Reflection:** *How has God strengthened my foundation during this fast?*



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