

PRAYER & FASTING

2026 PRAYER &
FASTING GUIDE

NEW DAY
COMMUNITY CHURCH

Prayer & Fasting Guide

As a church family, we're leaning into Prayer & Fasting to start 2026. This year, that looks like 7 days of focused prayer & fasting, following along with this guide (January 4th to 10th). We will also gather for special times of prayer and worship (Jan 4th, 6th, 8th, & 10th). But you can use this prayer guide any time of the year! For tips on how to have a successful fasting experience, flip to the end of the guide.

The theme of this week is **Consecration**. In the Greek language of the New Testament, the word is *hagiazō*. It means to consecrate, dedicate, sanctify, purify, or make holy. The Apostle Paul uses a form of this word to describe our lives when offered to God.

*Romans 12:1 (NIV): "Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, **holy (hagios)** and pleasing to God—this is your true and proper worship."*

You're invited into a **Consecration Week**, following this pattern of:

- Viewing God's mercy
- And dedicating yourself to him in a special way

Use the prompts in this guide as a starting point for prayer and meditating on God's truth. You can use the space provided on each page to write out prayers, reflections, and/or what you sense the Lord is speaking to you.

We hope this week blesses you, prepares you for a year of immense growth, and positions you to fulfill your God-given commission for the Kingdom!

Day 1

Mercy:

Lamentations 3:21–24 (ESV): “²¹ But this I call to mind, and therefore I have hope: ²² The steadfast love of the LORD never ceases; **his mercies never come to an end**; ²³ they are new every morning; great is your faithfulness. ²⁴ ‘The LORD is my portion,’ says my soul, ‘therefore I will hope in him.’”

- Call to mind the truth you know about the love and mercy of God.
- In what ways have you experienced his faithfulness before?
- Express gratitude and set your will towards hopefulness in Him.

[illegible]

Consecration:

*1 Thessalonians 5:23–24 (NIV): “²³ May God himself, the God of peace, **sanctify (hagiazō)** you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ. ²⁴ The one who calls you is faithful, and he will do it.”*

- Offer all of yourself to the Lord for consecration.
- Dedicate this week of prayer & fasting to him.
- Ask Jesus, the faithful one, to do a sanctifying work in you today.

[illegible]

Day 2

Mercy:

*Psalm 6:9 (NIV): “The LORD has heard my cry for **mercy**; the LORD accepts my prayer.”*

- Let your specific cries for mercy be heard in prayer today.
- Where do you need God to be merciful to you?
- Present these requests without demanding a specific result.
- Rest in the truth that God hears and accepts your genuine prayer.

[illegible]

Consecration:

*2 Timothy 2:20–22 (CSB): “²⁰ Now in a large house there are not only gold and silver vessels, but also those of wood and clay; some for honorable use and some for dishonorable. ²¹ So if anyone purifies himself from anything dishonorable, he will be a special instrument, **set apart (hagiazō)**, useful to the Master, prepared for every good work. ²² Flee from youthful passions, and pursue righteousness, faith, love, and peace, along with those who call on the Lord from a pure heart.”*

- As you fast and pray this week, maintain a clean vessel.
- Pursue righteousness, faith, love, peace, and purity.
- Set apart and dedicate yourself to be used in the Master’s hands.

Day 3

Mercy:

*Psalm 28:6–7 (NIV): “⁶ Praise be to the LORD, for he has heard my cry for **mercy**. ⁷ The LORD is my strength and my shield; my heart trusts in him, and he helps me. My heart leaps for joy, and with my song I praise him.”*

- Praise God for hearing your cry for mercy from yesterday.
- Express your trust to God: he gives you strength, security, and help.
- Let your heart rejoice with joy and song.

Consecration:

*Hebrews 13:11–15 (NIV): “¹¹ The high priest carries the blood of animals into the Most Holy Place as a sin offering, but the bodies are burned outside the camp. ¹² And so Jesus also suffered outside the city gate to make the people **holy (hagiazō)** through his own blood. ¹³ Let us, then, go to him outside the camp, bearing the disgrace he bore. ¹⁴ For here we do not have an enduring city, but we are looking for the city that is to come. ¹⁵ Through Jesus, therefore, let us continually offer to God a sacrifice of praise—the fruit of lips that openly profess his name.”*

- Thank Jesus for his sacrifice to make you holy.
- Join in with that consecrating work of Christ.
- Make your own sacrifice (of praise) in response to the love of Jesus.

Day 4

Mercy:

*Psalm 116:1–2,5-7 (NIV): “¹ I love the LORD, for he heard my voice; he heard my cry for **mercy**. ² Because he turned his ear to me, I will call on him as long as I live ... ⁵ The LORD is gracious and righteous; our God is full of compassion. ⁶ The LORD protects the unwary; when I was brought low, he saved me. ⁷ Return to your rest, my soul, for the LORD has been good to you.”*

- Receive the graciousness and compassion of God.
- Enjoy the truth that he hears you and find rest for your soul in him.
- Express gratitude for his goodness towards you.

Consecration:

*Hebrews 10:5–14 (NIV, excerpts): “⁵ ... when Christ came into the world, he said: ‘Here I am—it is written about me in the scroll—I have come to do your will, my God.’ ... ¹⁰ And by that will, we have been **made holy (hagiazō)** through the sacrifice of the body of Jesus Christ once for all ... ¹⁴ For by one sacrifice he has made perfect forever those who are being **made holy (hagiazō)**.”*

- Embrace the will of God accomplished in Christ: your consecration.
- Stir a sense of wonder as you reflect on his sacrifice “once for all.”
- Set your will towards living in alignment with his love for you.

Day 5

Mercy:

*Micah 7:18 (NIV): “Who is a God like you, who pardons sin and forgives the transgression of the remnant of his inheritance? You do not stay angry forever but **delight to show mercy.**”*

- Enjoy the forgiveness of your sins in Jesus.
- If any unconfessed sins come to mind, confess them now.
- Pray the truth: “God, you delight to show mercy.”
- See the Father being delighted to forgive and cleanse you.

Consecration:

*Hebrews 2:9–11 (NIV): “⁹ But we do see Jesus, who was made lower than the angels for a little while, now crowned with glory and honor because he suffered death, so that by the grace of God he might taste death for everyone. ¹⁰ In bringing many sons and daughters to glory, it was fitting that God, for whom and through whom everything exists, should make the pioneer of their salvation perfect through what he suffered. ¹¹ Both the one who makes people holy and those who are **made holy (hagiazō)** are of the same family. So Jesus is not ashamed to call them brothers and sisters.”*

- Jesus became one of us to save and consecrate us to God!
- Let that truth sink deep into your heart.
- Embrace your adoption into the family of God.

Day 6

Mercy:

*Titus 3:4–7 (NIV): “⁴ But when the kindness and love of God our Savior appeared, ⁵ he saved us, not because of righteous things we had done, but **because of his mercy**. He saved us through the washing of rebirth and renewal by the Holy Spirit, ⁶ whom he poured out on us generously through Jesus Christ our Savior, ⁷ so that, having been justified by his grace, we might become heirs having the hope of eternal life.”*

- Thank God for his gift of mercy through Jesus.
- Put away any sense of earning his favor through righteous deeds.
- Enjoy the washing of rebirth and renewal by the Holy Spirit.
- Express your gratitude for the hope of eternal life.

Consecration:

John 17:15–19 (NIV): [Jesus Prays to the Father for His Disciples]

*“¹⁵ My prayer is not that you take them out of the world but that you protect them from the evil one. ¹⁶ They are not of the world, even as I am not of it. ¹⁷ **Sanctify (hagiazō)** them by the truth; your word is truth. ¹⁸ As you sent me into the world, I have sent them into the world. ¹⁹ For them I **sanctify (hagiazō)** myself, that they too may be truly **sanctified (hagiazō)**.”*

- Embrace your identity as “in the world, but not of the world.”
- Rehearse God’s truth as a tool of consecration to sanctify you.
- Jesus set himself apart for the work of the cross, in what ways is he calling you to set yourself apart?

Day 7

Mercy:

*1 Peter 1:3–5 (NIV): “³ Praise be to the God and Father of our Lord Jesus Christ! **In his great mercy** he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead,
⁴ and into an inheritance that can never perish, spoil or fade. This inheritance is kept in heaven for you, ⁵ who through faith are shielded by God’s power until the coming of the salvation that is ready to be revealed in the last time.”*

- Praise the Lord for his great mercy!
- Thank him for new birth into a living hope in Jesus.
- Express your faith by agreeing that he shields you with his power.
- Express your faith in the salvation to be revealed at his return.

Consecration:

*1 Corinthians 6:9–11 (NIV): “⁹ Or do you not know that wrongdoers will not inherit the kingdom of God? Do not be deceived: Neither the sexually immoral nor idolaters nor adulterers nor men who have sex with men ¹⁰ nor thieves nor the greedy nor drunkards nor slanderers nor swindlers will inherit the kingdom of God. ¹¹ And that is what some of you were. But you were washed, you were **sanctified (hagiazō)**, you were justified in the name of the Lord Jesus Christ and by the Spirit of our God.”*

- Refuse to let shame for your past define your identity.
- Instead, embrace your identity: washed, sanctified, and justified.
- You are not what you were; you are an inheritor of the kingdom.
- Determine in your heart to believe that and live accordingly.

Fasting Tips

Biblical fasting is abstaining from food for a spiritual purpose.

Jesus said in Matthew 6:16, "When you fast..." He did not say, "*if* you fast." It is an expected spiritual practice for followers of Christ.

- Decide in advance:
 - the duration of the fast (sunset to sunset is a great way)
 - what/how you will fast
 - the primary reason for your fast
- There are several types of fasting:
 - **Total** - consume nothing (very rare and short, it is not recommended for most, and at most for 1 day)
 - **Normal** - consume only water
 - **Liquid** - consume water, juices and other liquids but no solid food
 - **Partial fast** - Daniel in the Old Testament did not partake of the "king's delicacies" (Daniel 1:8). This means that he limited his diet, while still eating. So this type of fast may include: no sweets, no meat, or anything God may put on your heart.
- It is best to start small, and then build up to doing longer fasts.
- Talk with your doctor before fasting if you have medical conditions.
- Fasting food is usually not recommended for youth or anyone with an eating disorder.
- It is best to prepare by eating less often, and more lightly the day(s) prior to a fast.
 - Cut out red meat 3 days before, all meat 2 days before, and eat lots of veggies the day before to help clear your system out.
- For normal fasts (water only), it generally takes 3 or 4 days to begin to feel the benefit and overcome the discomfort and hunger.
- It is common to experience a headache for the first day or two as your body adjusts, especially if you drink caffeine daily. It is still a fast if you continue to drink coffee (coffee beans are actually the pit of the coffee cherry – so coffee could be thought of as a juice, and part of a juice fast). Otherwise, you may choose to break your caffeine habit before doing the fast so that the caffeine withdrawal doesn't distract you from the benefits of fasting.
- While you fast it is best to minimize activity. Set aside focused time for prayer each day of your fast. Bible reading, soaking (resting, contemplative prayer with music), and other spiritual disciplines are additionally beneficial.
- Do not parade your fast, but you do not have to keep it a secret.
- Take vitamins and a pinch of salt each day if your fast is longer than a couple of days
- Fasting takes practice. The more you practice the better you will get at it.
- Develop a lifestyle of fasting as a part of your spiritual discipline.
- Practice grace-based fasting – it is okay to make adjustments based on how you feel. A slice of peanut butter toast may be necessary to enable you to sleep through the night. Eating a bite of something won't violate your fast, just don't have a whole meal.

- Set your expectations that during a fast you may need to move more slowly and your thinking may also be slowed. Praying in tongues can be wonderful when you can't formulate what to pray.
- It is still worth fasting even if the rest of your family/housemates are not. You can experience blessing from fellowship around the table and connection with loved ones even if you aren't eating with them.
- While you are fasting you may experience an increase in spiritual sensitivity including spiritual oppression. Respond sensitively and take time to pray through these issues, and believe that just as Jesus overcame the devil, you can too.
- While you are fasting, emotional issues may surface, and you may be much more emotionally sensitive - this is a benefit as fasting often reveals hidden things in our hearts and spirits. Take the time to pray through these with the Lord.
- To end your fast – prayerfully dedicate it to the Lord and give thanks. Then begin with juice and something light (like toast or crackers). Wait some time and then introduce more food gradually. The longer the fast, the longer the recovery.
- After a fast, intentionally eat small portions at first to avoid overeating. Continue to teach your body that your spirit is leading even when the fast is over.
- Sometimes the benefits of your fast won't be experienced during your fast, but afterward.

WE FAST TO:

- **Resist Apathy** – Fasting pulls us out of complacency as we press into prayer and fasting.
- **Obey Jesus** – Jesus expects fasting to be in the rhythm of the believer's life. He did it, giving us an example to follow.
- **Contend for Breakthrough** – Some struggles can only be dealt with by prayer and fasting. We utilize a powerful tool God gave us that brings breakthrough.
- **Increase Prayer Power** – You demonstrate to God, the enemy, and yourself that you are serious about what you are praying. The power of our prayer time is increased.
- **Grow in Discipline** – Fasting strengthens our spirits and we experience a new level of self-control in our lives, making sure it's not our appetite that's in charge.
- **Reorder Dependencies** – Things that control us are revealed. Fasting helps us put those things back in their proper place.
- **Increase Intimacy** – Fasting increases our intimacy with God. We feast on his goodness.
- **Rely on God** – As we experience our physical weakness, we become more aware of our need to fully depend on God's strength.