

## 7 Days of Prayer & Fasting

**Jeremiah 31:25 “for I will refresh the weary soul and replenish all who are weak.”**

**January 24 - 31 2026**

We will begin a time of prayer and fasting **January 24 at Sundown** through **January 31 at Sundown**. This is your invitation to invest into seeking God for what He has planned for you in 2026. We believe that when we seek God in prayer and fasting, we will most certainly receive from God.

### **ZOOM and In-Person Corporate Prayer schedule during the 7-Day Fast:**

**Saturdays** (24th and 31<sup>st</sup>) 5:00pm – 6:00pm ZOOM / IN PERSON

**Monday** - 7:00pm – 8:00pm ZOOM / IN PERSON

**Tuesday** - 7:00pm – 8:00pm ZOOM / IN PERSON

**Wednesday** - 7:00pm – 8:15pm ZOOM / IN PERSON

**Thursday** 7:00pm – 8:00pm ZOOM / IN PERSON

### **All in person prayer time @ Heartland Family Church:**

[8051 Jetstar Drive, Irving, TX 75063](https://www.google.com/maps/place/8051+Jetstar+Drive,+Irving,+TX+75063/@32.811111,-96.805556,15z) - Click to get map directions

### **Zoom session link:**

<https://us06web.zoom.us/j/6194241505>

### **Additional resources:**

**Get 7-DAY Daily Bible Reading and Devotional**

**Step 1: Download Bible APP to your phone by clicking link below:**

[Best Bible app! Download The Bible App Now - 100% Free | Audio Bible | Android, iPhone, iPad, Android tablet, Blackberry, Windows Phone 8 | The Bible App | Bible.com](https://www.bible.com/mobile)

**Step 2: Add 7-Day Devotional to your reading plan by clicking on the link below:**

[No Days Off: A 7-Day Devotional](https://www.bible.com/mobile)

## Heartland's 2026 Fasting Focus:

Pray for refreshing winds to blow at Heartland Family Church – Jer 31:25.

Pray for fulfillment of vision for HFC – Permanent facility, Leaders, Community Outreach, Souls Winning and Discipleship...

Personal encounters for those seeking Him – Isaiah 40:31.

Pray for Israel, our country, our state and our city

Pray for our President....all Government leaders...

““And when you fast, don’t make it obvious, as the hypocrites do, for they try to look miserable and disheveled so people will admire them for their fasting. I tell you the truth, that is the only reward they will ever get.

Then no one will notice that you are fasting, except your Father, who knows what you do in private. And your Father, who sees everything, will reward you.”

Matthew 6:16, 18 NLT

**The major reason for fasting is for personal revival, revival for our nation, for the world and for the fulfillment of the Great Commission. But praying for our own needs and interceding for others are also important reasons to fast and pray.** Bring your personal needs before the Lord, intercede for your loved ones, your friends, your church, your pastor, your community, your nation, and the world. By your prayers of humility, as you fast, you will help the Great Commission be fulfilled.

However, do not become so caught up in praying for yourself and others that you forget about simply reverencing and praising God. **True spiritual fasting focuses on God.** Center your total being on Him, your attitudes, your actions, your motives, desires, and words. This can only take place if God and His Holy Spirit are at the center of our attention. Confess your sins as the Holy Spirit brings them to your attention and continue to focus on God and God alone so that your prayers may be powerful and effective.

**A renewed closeness with God and a greater sensitivity to spiritual things** are usually the results of a fast. Do not be disappointed if you do not have a “mountaintop experience,” as some do. Many people who have

successfully completed extended fasts tell of feeling a nearness to God that they have never before known, but others who have honestly sought His face report no particular outward results at all. For others, their fast was physically, emotionally, and spiritually grueling, but they knew they had been called by God to fast, and they completed the fast unto Him as an act of worship; God honored that commitment.

**Your motive in fasting must be to glorify God, not to have an emotional experience, and not to attain personal happiness. When your motives are right, God will honor your seeking heart and bless your time with Him in a very special way**

### **Biblical Fasting:**

According to the Bible, there are three duties of every Christian: give, pray and fast. Biblical fasting takes a lot of discipline and strength—strength which you can only receive from God. Your private discipline will bring you rewards in Heaven, says Matthew 6. When you give God your first through fasting, prayer and giving at the beginning of the year, you set the course for the entire year.

#### **Why should I fast?**

**Are you in need of healing or a miracle?**

Is there a dream inside you that only He can make possible?

Do you desire a deeper, **more intimate and powerful relationship** with the Lord?

Do you need to **break away from bondages that have been holding you** hostage?

Is there a friend or loved one that needs Salvation?

Do you desire to know God's will for your life?

#### **BIBLICAL FASTING FOCUS**

#### **1 TIMOTHY 2:1-2**

**“I exhort therefore, that, first of all, supplications, prayers, intercessions, and giving of thanks, be made for all men; For kings, and for all that are in authority; that we may lead a quiet and peaceable life in all godliness and honesty.”**

#### **ROMANS 12:1**

**“I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, [which is] your reasonable service.”**

### **MATTHEW 6:33**

“But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.”

### **ISAIAH 58:6**

“[Is] not this **the fast that I have chosen to loose the bands of wickedness**, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?”

We want to encourage you to target your prayers during the fast. The Bible instructs us to continually pray for our leaders (1 Timothy 2:1-2). **When we lift up our leaders, here in the United States and around the world, we can expect God's peace in our lives and in our nation.**

Another great promise, from the book of Isaiah, proclaims that the chosen fast will **“undo the heavy burdens and let the oppressed go free.”** We are living in tough economic times and we know that so many people are under a financial burden. As we come together to fast and pray, we believe that your burdens will be lifted and that financial blessings will be released into your life!

We encourage you to seek the Lord in prayer and let your decisions about your biblical fasting come from Him. Ask the Lord to show you areas to target during your time of fasting and prayer. We believe that, as we pray and seek God and give Him our best at the first of the year, He will bless our ENTIRE year (Matthew 6:33)!

# Practical steps to begin and end an extended fast

## DISCLAIMER: When attempting 2 or more day fast:

Do NOT attempt if you: (Consult with your doctor)

- Take blood pressure medication
- Take insulin
- Have heart disease
- Have kidney disease
- Have gout
- Are pregnant/nursing
- Are underweight

## Before the fast

1. Set a spiritual goal (Be specific.)
  - Financial
  - Spiritual direction
  - Job situation
2. Choose your fast type and length
3. Reduce caffeine, carbs, and sugar beforehand (*important*)
4. Plan prayer time
  - Replace meals with prayer, Scripture, worship

## During the fast

- Drink water (unless dry fast)
  - o Pinch of BOGA salt into water for electrolytes.
- Guard your attitude.
- Don't play a victim.
- Pray when hunger comes.
- Journal what God shows you.
- Avoid heavy physical labor.

## Ending the long fast

### 1. Break gently. Crucial step.

- Bone Broth (*heal leaky gut*)
- Sourkraut, or other fermented foods (*good bacteria*)
- Veggies (*feed the good bacteria*)
- AVOID FRUITS. (*sugar spikes*)

### 2. Avoid meats, heavy, greasy meals first day

## Closing thought

- Fasting does not twist God's arm. It tunes our heart.
- It does not make God closer. It makes us more aware.
- It puts the body in its place, the soul in submission, and the spirit back in leadership.

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# FASTING – FREQUENTLY ASKED QUESTIONS

### 1. What is biblical fasting?

Fasting is the voluntary giving up of food for a spiritual purpose. It is not a diet or a hunger strike. In Scripture, fasting is a spiritual discipline centered on humility, prayer, repentance, seeking God's direction, sharpening spiritual focus, and depending on God more than physical provision (Psalm 35:13). People fasted during times of crisis, repentance, preparation for calling, spiritual direction, and national emergencies. Fasting is not about starving the body; it is about repositioning the heart before God.

### 2. What types of fasts are biblical?

**Dry fast (no food or water)** - Moses, Esther, Paul, Nineveh, Day of Atonement Not recommended beyond 3 days unless clearly directed by God.

**Water fast (water only)** - Jesus, David. Common today for short periods (1–7 days) with wisdom.

**Liquid fast** - Juices only, no solid food.

**Partial fast** - One meal per day or 6am–6pm. Helpful for physically demanding jobs.

**Daniel fast** - No meat, sweets, or dairy. Fruits, vegetables, nuts, and water only (Daniel 1, 10).

**Non-food fast** - Abstaining from social media, caffeine, entertainment, sugar, comfort foods, or unnecessary phone use. Recommended for pregnant or nursing women, children, and those on heavy medication.

**Corporate fast** - A public call to fast for a specific spiritual purpose (Esther, Samuel, Ezra, Nineveh).

### 3. Why must fasting have a goal?

Fasting should always be connected to a spiritual purpose such as repentance, breakthrough, direction, or renewal.

Fasting without purpose becomes endurance and pride: “Look what I can do.”

Fasting with purpose becomes humility and alignment: “I can’t, but God can.”

### 4. How does fasting affect the spirit?

Fasting sharpens spiritual awareness, prayer, discernment, and sensitivity to the Holy Spirit (Acts 13:2). It increases spiritual authority:

- Jesus returned from fasting in the power of the Spirit (Luke 4:14)
- Some spiritual battles require prayer and fasting (Mark 9:29)

Authority begins with self-control.

## HEARTLAND FAMILY CHURCH

### 5. How does fasting affect the soul (mind, emotions, will)?

Fasting humbles the soul and exposes what truly controls us: emotions, cravings, habits, moods, and comfort-seeking.

Many people eat when stressed, bored, sad, tired, or celebrating. Food becomes emotional medicine. Fasting retrains us to run to God instead of comfort sources.

Key truths:

- Food is fuel, not a friend
- Dependency on food weakens spiritual discipline
- Gluttony is a spiritual issue, not only physical
- Fasting breaks emotional idols (food, scrolling, comfort habits)

### 6. How does fasting affect the body?

The body was designed to be a vessel that connects us to God.

During fasting:

- The body switches from sugar to fat for fuel (ketosis)
- Inflammation decreases
- Autophagy increases (cellular “house cleaning”)
- The gut microbiome resets (affecting mood, clarity, immunity, cravings)
- Growth hormone increases, helping preserve muscle
- Dangerous visceral fat around organs is reduced

The body is a vessel, not a master.

### 7. Who should NOT attempt multi-day fasts?

Do not attempt long fasts if you: (Consult with your doctor)

- Take blood pressure medication
- Take insulin
- Have heart disease
- Have kidney disease
- Have gout
- Are pregnant or nursing
- Are underweight

Non-food fasts are recommended for these individuals.