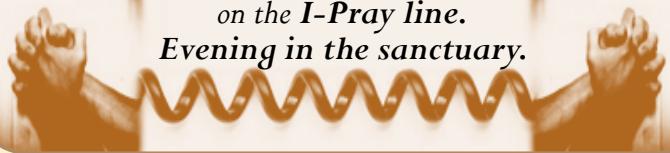


# Prayer PLAN

**WEEK 1:** Corporate prayer at **morning, noon, and evening** on the **I-Pray line.**

**(646) 307-1210 / (917) 444-9040, ID#:** 71855

**WEEK 2:** Corporate prayer at **morning and noon** on the **I-Pray line.**  
**Evening in the sanctuary.**



## WEEK 1

- Daniel Fast
- Social Media Fast

## WEEK 2 - OPTIONS

1. Complete Fast (5 days)
2. Daniel Fast (5 days)
3. Complete Fast (3 days) + Daniel Fast (2 days)  
*Complete fast from Social Media.*



DO YOU NOT KNOW THAT IN A RACE  
all the runners run  
BUT ONLY ONE gets THE PRIZE  
RUN IN SUCH A WAY  
as to get the prize  
I Corinthians 9:24



*The* **PRIZE**



**Prayer & Fasting**  
JANUARY 5-16, 2026

## Objectives

We desire for the LORD to be present among us and to be ready for His imminent return. The purpose of this period of fasting is manifold:

1. To maintain spiritual readiness.
2. To strengthen our faith in God's promises.
3. To cultivate a positive mindset.
4. To encourage the continuous pursuit of God's presence.

## Concept

Q NAT's quarterly Prayer and Fasting program seeks God's face through Scripture-fed, spirit-led, and worship-based prayer. It will take place over two weeks and will include structured daily prayers consistent with a predetermined prayer and Bible reading plan.



## Bible Reading Plan Continued

DAY	MORNING	NOON	EVENING
12	James 1	James 2	James 3 (in the sanctuary)
13	James 4	James 5	1 Peter 1 (in the sanctuary)
14	1 Peter 2	1 Peter 3	1 Peter 4 & 5 (in the sanctuary)
15	1 John 1 & 2	1 John 3	1 John 4 & 5 (in the sanctuary)
16	Revelation 1	Revelation 2	Revelation 3 & 4 (in the sanctuary)

**I press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus, is calling us.**  
**Philippians 3:14**



# Bible Reading Plan

\* Scriptures for personal reading are given for Saturday and Sunday.

\*\* “THE FORGOTTEN FRUIT OF THE SPIRIT” is a message preached by Rev. Joel Urshan.

This can be viewed during your personal meditation time.

**Joel Urshan - THE FORGOTTEN FRUIT OF THE SPIRIT | DCD 2025**

(<https://youtu.be/AYdmskHLi6g?si=YxET1NFivfRcvjYt>)

DAY	MORNING	NOON	EVENING
5	Ephesians 1 Matthew 6:9-13	Ephesians 2	Ephesians 3
6	Ephesians 4	Ephesians 5	Ephesians 6
7	Philippians 2	Philippians 3	Philippians 4
8	Colossians 1	Colossians 2	Colossians 3
9	1 Thessalonians 1 & 2	1 Thessalonians 4	1 Thessalonians 5 2 Thessalonians 2
10	2 Timothy 1 (personal reading)	2 Timothy 2 (personal reading)	2 Timothy 3 (personal reading)
11	Hebrews 12 (Sunday School / personal reading)		

## Context

**P**roper preparation, whether in business or personal life, involves having a clear end goal—knowing where we are heading, defining what success looks like, and identifying the key principles necessary to achieve these goals. This clarity sets our direction, serves as an anchor during challenges, simplifies decision-making, and enables individuals to work toward a common goal.

For Christian believers, this end goal is often referred to as “the prize.” This prize is multifaceted, encompassing both eternal life and the fullness of joy in God’s presence. It represents the culmination of the believer’s sanctification and the realization of their identity in Christ. It is not earned through human effort but is a gift of grace, received through faith in Jesus Christ.

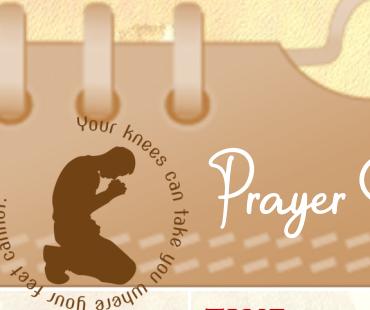
Even though it is a gift, believers are called to pursue it, much like athletes striving for a medal. The pursuit of this prize demands perseverance and dedication. The Apostle Paul compares the Christian life to a race, emphasizing the importance of focus and discipline. In 1 Corinthians 9:24–25, he distinguishes “the prize” of a race from “the prize” of the high calling of God. He describes

it as an **imperishable eternal reward**, contrasting it with the temporary, “perishable” wreaths awarded to winners of ancient Greek athletic games. The core message is that believers should pursue their faith with the same intentionality, discipline, and perseverance as an athlete striving to win a race, since the eternal reward is incomparably more valuable than any temporary earthly achievement.

This pursuit requires a winning mindset—one that focuses on resilience, continuous improvement, and maintaining a positive approach to challenges. The pursuit of God’s high calling involves a life of obedience and service, empowered by the Holy Spirit. Jesus’ life exemplifies this pursuit; He lived in obedience, even to the point of death on the cross. He set the joy of the prize before Him “endured the cross, despising the shame, and is set down at the right hand of the throne of God” (Hebrews 12:2). The prize is assured for those who follow Jesus’ commands. Let us continue to pursue it with diligence and discipline, fully persuaded that His presence is worth it all.



DAY	TIME	LEADER
<b>MONDAY: 1/12</b>		
Morning Manna	5:30 - 7:30 a.m.	Board of Trustees
Midday	12:00 - 2:00 p.m.	Board of Trustees
Evening Sacrifice	7:00 - 9:00 p.m.	Board of Trustees
<b>TUESDAY: 1/13</b>		
Morning Manna	5:30 - 7:30 a.m.	Board of Elders
Midday	12:00 - 2:00 p.m.	Board of Elders
Evening Sacrifice	7:00 - 9:00 p.m.	Board of Elders
<b>WEDNESDAY: 1/14</b>		
Morning Manna	5:30 - 7:30 a.m.	Evangelism Ministry
Midday	12:00 - 2:00 p.m.	Defenders Ministry
Evening Sacrifice	7:00 - 9:00 p.m.	Resilient Ministry
<b>THURSDAY: 1/15</b>		
Morning Manna	5:30 - 7:30 a.m.	C.O.P.E. Ministry
Midday	12:00 - 2:00 p.m.	ANAT Staff
Evening Sacrifice	7:00 - 9:00 p.m.	Student Affairs Ministry
<b>FRIDAY: 1/16</b>		
Morning Manna	5:30 - 7:30 a.m.	Board of Trustees
Midday	12:00 - 2:00 p.m.	Prayer Network Ministry
Evening Sacrifice	7:00 - 9:00 p.m.	Pastor Devon D. Dawson



**Prayer Schedule**

DAY	TIME	LEADER
<b>MONDAY: 1/5</b>		
Morning Manna	5:30 - 7:30 a.m.	Prayer Network Ministry
Midday	12:00 - 2:00 p.m.	Prayer Network Ministry
Evening Sacrifice	7:00 - 9:00 p.m.	Prayer Network Ministry
<b>TUESDAY: 1/6</b>		
Morning Manna	5:30 - 7:30 a.m.	Evangelism Ministry
Midday	12:00 - 2:00 p.m.	Evangelism Ministry
Evening Sacrifice	7:00 - 9:00 p.m.	Marriage Life Ministry
<b>WEDNESDAY: 1/7</b>		
Morning Manna	5:30 - 7:30 a.m.	Golden Agers Ministry
Midday	12:00 - 2:00 p.m.	Golden Agers Ministry
Evening Sacrifice	7:00 - 9:00 p.m.	Christian Ed. Ministry
<b>THURSDAY: 1/8</b>		
Morning Manna	5:30 - 7:30 a.m.	Defenders Ministry
Midday	12:00 - 2:00 p.m.	ANAT Staff
Evening Sacrifice	7:00 - 9:00 p.m.	Music Ministry
<b>FRIDAY: 1/9</b>		
Morning Manna	5:30 - 7:30 a.m.	Ladies Ministry
Midday	12:00 - 2:00 p.m.	Ladies Ministry
Evening Sacrifice	7:00 - 9:00 p.m.	Youth Ministry



# Biblical Base

## PHILIPPIANS 3:13-14

<sup>13</sup> Brethren, I count not myself to have apprehended: but this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before,

<sup>14</sup> I press toward the mark for the prize of the high calling of God in Christ Jesus.

## 1 CORINTHIANS 9:24

Know ye not that they which run in a race run all, but one receiveth the prize? So run, that ye may obtain.

## 1 CORINTHIANS 2:6-16

<sup>6</sup> Howbeit we speak wisdom among them that are perfect: yet not the wisdom of this world, nor of the princes of this world, that come to nought:

<sup>7</sup> But we speak the wisdom of God in a mystery, even the hidden wisdom, which God ordained before the world unto our glory:

<sup>8</sup> Which none of the princes of this world knew: for had they known it, they would not have crucified the Lord of glory.

<sup>9</sup> But as it is written, Eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love him.

<sup>10</sup> But God hath revealed them unto us by his Spirit: for the Spirit searcheth all things, yea, the deep things of God.

<sup>11</sup> For what man knoweth the things of a man, save the spirit of man which is in him? even so the things of God knoweth no man, but the Spirit of God.

<sup>12</sup> Now we have received, not the spirit of the world, but the spirit which is of God; that we might know the things that are freely given to us of God.

<sup>13</sup> Which things also we speak, not in the words which man's wisdom teacheth, but which the Holy Ghost teacheth; comparing spiritual things with spiritual.

<sup>14</sup> But the natural man receiveth not the things of the Spirit of God: for they are foolishness unto him: neither can he know them, because they are spiritually discerned.

<sup>15</sup> But he that is spiritual judgeth all things, yet he himself is judged of no man.

<sup>16</sup> For who hath known the mind of the Lord, that he may instruct him? But we have the mind of Christ.

### 1 PETER 4:12-13

<sup>12</sup> Beloved, think it not strange concerning the fiery trial which is to try you, as though some strange thing happened unto you:

<sup>13</sup> But rejoice, inasmuch as ye are partakers of Christ's sufferings; that, when his glory shall be revealed, ye may be glad also with exceeding joy.



## Prayer FOCUS

- 1. REPENTANCE:** Acknowledging ownership of our actions, mistakes, and outcomes, instead of blaming external factors or making excuses.
- 2. MAINTAINING A HEALTHY HEART:** "Keep your heart with all diligence, for out of it are the issues of life." (Proverbs 4:23)
- 3. KNOWING AND FULFILLING GOD'S PURPOSE FOR OUR LIVES:** Actively striving to fulfill the unique, divine purpose and mission that God has for each believer.
- 4. TRANSFORMATION INTO THE LIKENESS OF CHRIST:** Aspiring to hear God say, "Well done, good and faithful servant." (Matthew 25:21)
- 5. GOAL-ORIENTED FOCUS:** Establishing a clear vision, setting high goals, and remaining focused on achieving them. <sup>25</sup>Let your eyes look straight ahead, and let your eyelids look right before you. <sup>26</sup>Consider the path of your feet, and let all your ways be established. <sup>27</sup>Do not turn to the right or to the left; remove your foot from evil." (Proverbs 4:25-27)
- 6. AN INSATIABLE APPETITE FOR THE WORD:** Developing a love for the Word and being doers of it so that we can grow as a healthy body.
- 7. UNITY:** Emphasizing the importance of unity among believers.