

# 7 days of PRAYER

## INTRODUCTION

Happy New Year to you and your families and thank you for participating in our 7 Days of Prayer. We are excited to see what good plans God has for us at New Life Church in 2026. If you are new to our New Life Church 7 Days of Prayer, you may want to read the following Prayer Guide before you begin your daily devotional. There is a lot of helpful information included that will inspire you and help you to enjoy this week of prayer with us. Let us build a prayer mindset in 2026 because our Father in Heaven loves to meet with us in prayer and He is waiting to see His Kingdom come in our lives.

## KEYS TO HELP YOU HAVE AN EFFECTIVE PRAYER TIME

As Christ followers we look to Jesus to see how He modelled His daily prayer. Let's look at some keys to help you have a great time in prayer.

***Mark 1:35*** *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.*

Prayer is most effective when it isn't something we do every now and then, but when it's a lifestyle we cultivate. To understand how to have a lifestyle of prayer, we can look at the example Jesus demonstrated during His life on earth.



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## HAVE A CERTAIN TIME

Jesus got up early in the morning to spend time with His Heavenly Father. Make a daily appointment with God - whether it's first thing in the morning, at lunch, or in the evening - and faithfully keep it.

## HAVE A CERTAIN PLACE

Jesus had a specific place He went to pray. Having a designated place to pray helps us remove distractions and frees us to worship and pray out loud.

## HAVE A CERTAIN PLAN

When Jesus taught His disciples how to pray, He gave them a prayer outline. We call it "The Lord's Prayer". As we pray every day, our plans for our prayer time can vary, maybe including worship music, Bible reading, and quiet time to listen to God. It doesn't always have to look the same; it just helps when we have a plan for connecting regularly with God. At New Life Church we have used the acronym ACTS as a model for personal prayer. Here is a short description of the four letters in this acronym and what they mean as we pray through them in this order:

**Adoration:** Give God praise and honour for who He is as Lord over all.

**Confession:** Honestly deal with the sin in your prayer life by bringing it to the Lord and knowing He has forgiven you (See 1 John 1:9). Confession can also mean you can find some scriptures relevant to you to declare (confess) them over your life and your family.

**Thanksgiving:** Verbalize what you're grateful for in your life and in the world around you.

**Supplication:** Pray for the needs of others and yourself.

You can make this plan as long or as short as necessary but try to plan at least 10 to 15 minutes to begin with and grow up to 30 minutes and longer.



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## HOW WE PRAY

During each of the 7 Days of Prayer we have provided some simple prayers for you to pray. We encourage you to continue praying beyond just the words we've given you as a starting point. You don't have to say or do anything that you wouldn't normally say or do when you're talking to someone - just be yourself! God wants to hear your honest prayers. Share your thoughts, your frustrations, what you're thankful for, what you need - He wants to hear it, so He can respond! God doesn't want polished, eloquent prayers; He just wants to hear from you. He wants to have your undivided focus as you speak to Him throughout your day. **1 Thessalonians 5:16-17** *Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God.* Carve out time to spend in His Presence, either morning, lunchtime or evening. You can also pray when you're getting ready in the morning, when you're on your way to work or school, as you're walking to your car or the next destination, when you're driving, and everywhere else. God is with you all of the time, so anytime is a great time for prayer.

## TYPES OF FASTS AND WHAT THEY REQUIRE

Praying is the most important part of 7 Days of Prayer. But if you feel to fast as well, here are some ways you can fast:

### 1. Daniel Fast

No meat, sweet foods, or strong drinks (see Daniel 10:2-3). This can be done for an extended period of time. This could also be considered a vegetarian diet because there is no meat or animal products eaten.

### 2. Partial Fast

This would be not eating one main meal you would usually eat on a daily routine, such as breakfast, or lunch, or dinner. This meal would be skipped until the fast was over. You can also fast sugar, TV or anything else the Holy Spirit reveals to you.





### **3. Half-Day Fast**

Fast until 3PM (ninth hour). This is the fast John Wesley participated in.  
(see Acts 10:30-31)

### **4. Complete Fast**

This would require you to abstain from all solid foods, consuming liquids only. When Jesus fasted in the desert, the Bible says, “After fasting forty days and forty nights, He was hungry”. This verse does not mention Jesus being thirsty.  
(see Luke 4:1-2)

***N.B If you have any medical conditions or treatments that could make fasting dangerous, please do not fast until you have cleared fasting with your medical practitioner.***



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# DAY 1

MONDAY 12/01/26

HAPPY NEW YEAR! ASK AND BELIEVE IN 2026

**Mark 11:24** *"Therefore I tell you, whatever you ask for in prayer, believe you have received it and it will be yours."*

In this verse, Jesus encourages us to believe that we have already received what we have prayed for. A key component of prayer, is that it should always align with God's will, as revealed in His Word, the Bible. Throughout Scripture, we see how He delights in our prayers and leans in to hear us. This year, let us encourage one another to pursue our intimacy with God so that we can strengthen our faith and our relationship with Him. He is waiting for us to ask Him to help us handle impossible situations and to see the victory of answered prayer.

## PRAYER

Thank you, Jesus, that as we go into 2026, we align our perspective through the lens of Your power as we pray together. Thank You that we believe You answer us when we ask for Your guidance and protection this year for ourselves and our loved ones. Therefore, we consecrate ourselves to Your will as we navigate the year. There may be challenging times and good times ahead, but we also know that You are a good God Who will always be with us, so we can confidently place this year into Your Mighty Hands. In Jesus' Name, Amen.





# DAY 2

TUESDAY 13/01/26

## STRONG COMMUNITY

**Colossians 1:4-5** *"...because we have heard of your faith in Christ Jesus and of the love you have for all the saints, the faith and love that spring from the hope that is stored up for you in heaven and that you have already heard about in the word of truth, the gospel."*

We have a relational God Who loves friendships and the loving communities that have been established in His Church. When outsiders see us exercising the fruit of the Spirit (Galatians 5:22-23) toward one another, they see the relationship we profess to have with Jesus in action. In other words, your love for one another demonstrates the love of Christ to a world desperately in need of His love. We are a family in Christ, with spiritual bonds that go beyond normal family bonds. By showing His love to those of the household of God and to outsiders, we demonstrate His presence in our lives.

## PRAYER

Heavenly Father, please help us to build healthy, strong friendships with other Christ followers in New Life Church. We pray that we can grow in love and faith to express the heart of Jesus to others. We also pray that those whom we meet who don't know You, will see that we are Your followers by the love we share and the respectful way we treat each other. We ask this in Jesus' Name, Amen.





# DAY 3

WEDNESDAY 14/01/26

## PRAY FOR THE NATION AND THE CITY OF JOHANNESBURG

**1 Timothy 2:1-2** *"I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people - for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness."*

As ambassadors of peace, we pray today for the peace of South Africa, and for our city Johannesburg. The Hebrew word in Scripture for peace, is "shalom" which means wholeness and completeness. We don't look to the plans of man, but to God's plans and His Word concerning our nation and our city. His plans are always good, and we know that we are in this nation because Jesus placed us here for such a time as this to accomplish His eternal plans. As we pray, we trust Him for His purpose in this nation and this city.

## PRAYER

Heavenly Father, we pray that the Good News of the gospel will bring true peace in our nation. We pray for unity and for the bond of peace. Thank You Lord that You help us to shine the light of Your truth everywhere we go. We pray for our city Johannesburg and speak prosperity and blessing over the people in our communities. When the people of God prosper, the city rejoices and we rejoice by faith for what You will do in this year. In Jesus' Name, Amen.





# DAY 4

THURSDAY 15/01/26

## GRATITUDE

**Philippians 4:4-7** *"Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."*

Gratitude and praise are the antidotes to anxiety. Research shows that an attitude of gratitude releases joy, and joy is our strength. Gratitude ushers in the peace, so we can rejoice because God is always with us. His presence ushers in the peace which guards our hearts and minds against stress and anxiety. It may seem that it is humanly impossible to not be anxious, but we have help in the Holy Spirit, our Helper. We can submit our anxious thoughts to Him, and He will quieten them with His presence and His peace. Anxiety reveals what we are focussed on, so ask God where your thoughts are not aligned with His Word. Bring those thoughts to Him and cast those burdens onto Him because He cares for you. Thank God that you can rejoice because He is there to take care of your burdens and your fears so that we can enjoy His peace.

## PRAYER

Dear Loving Father, we praise You and thank You for hearing our prayers and petitions. We bring every thought captive to You and lay all our burdens down before Your throne. How marvellous that we can exchange our anxiety for joy and peace in Your presence. We pray that You will help us to focus on You as we bring all our requests before You today. In Jesus' Name, Amen.





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# DAY 5

FRIDAY 16/01/26

## LET YOUR LIGHT SHINE

**Matthew 5:14-16** *"You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven."*

Our fire is fueled privately in prayer, but it burns brightly in public. During the days of Jesus' life on earth, He offered up prayers with fervent cries and tears to the One Who could save Him from death. Wherever you go throughout your week, within your sphere of influence, the fire of your private prayers will affect the atmosphere around you without you saying a word. You can be the light exactly where God has placed you. You can glorify your God through your daily work as you go about it with excellence. Time spent in the presence of Jesus will always impact the world around you.

## PRAYER

Heavenly Father, thank You for Your presence that stirs up the Holy Spirit fire within us. Stoke up that fire in us as we wait in Your presence so that our lives speak of You to those around us. Help us to carve out that vital time to refire our hearts as we spend time seeking more of You. We long to glorify You in all that we do and wherever we go. In Jesus' Name, Amen.





# DAY 6

SATURDAY 17/01/26

## GIVE US OUR DAILY BREAD

**Matthew 6:11** *"Give us today the food we need..."*

Jesus gave us an important principle in the famous prayer He taught us, known as the "Our Father". The key word in this verse is "today". It brings a sense of relief if we know we can believe Him each day for food and provision. Many of us fear the future, but when we adopt this powerful principle that Jesus taught, trusting only for today's provision, it seems much more manageable! Whenever we need to put food on our table, we can pray, "Give us today the food we need" and the God Who feeds the sparrows and clothes the lilies will surely provide for us as we ask Him.

## PRAYER

Our Father, today we acknowledge that every good gift comes from Your loving hand. We thank You today for the beauty of the earth, for the love of friends and family, for our food, for our homes, for our work, for Your church, and most of all for the gift of Your Son. Thank You today for our daily bread. You are our Jehovah Jireh, more than able to provide all that we need this day. We ask You today for our daily bread in Jesus' Mighty Name. Amen.





# DAY 7

SUNDAY 18/01/26

## IN THE POWER OF MY SPIRIT

**1 Corinthians 2:4** *"And my speech and my preaching were not with persuasive words of human wisdom, but in demonstration of the Spirit and of power, that your faith should not be in the wisdom of men but in the power of God."*

Well done for praying with us! As we have begun the year with this 7 Days of Prayer, let's make 2026 a time of seeking Him daily in everything we do. The resources provided on our website, which include different prayer plans, can be used throughout the year as we make knowing Him our highest goal. We pray His will is done, in the world, in our nation, in this city and in our families. Throughout this year we pray for salvations, for people to come to know Who Christ is and for them to cross the line of faith.

## PRAYER

Dear Father, please move on us by the power of Your Spirit to accomplish all You have called us to do in 2026. We ask You to pour Your Spirit out on every aspect of our lives. Move on us supernaturally so that we can be empowered to do above and beyond what we can even imagine, at home, at work and in our church-life. Help us to make a difference wherever we go in 2026. In Jesus' Name, Amen.

