



Prayer and Fast Guide and Journal

**WEEK OF
PRAYER
&
FASTING**

Welcome

This week, we are making a choice: to quiet the noise of the world so we can hear from God and be led by him.

Too often, prayer is our last resort. We act first, then ask God to rescue us later. It's time to flip the script. Prayer shouldn't be a headache or a duty; it is our lifeline. It is the source of tangible peace and hope that rejuvenates our souls.

This week is about discovering just how wide, long, high, and deep God's love really is. If you are ready to supercharge your spiritual walk, I invite you to add fasting to your week. Whether you are a seasoned believer or just hungry for more, this is how we clear the clutter to hear God's voice.

I'm convinced most of us don't pray or fast because, honestly, we've never been taught how to pray or how to fast, or know the power of prayer and fasting. That's where this book can help. Use this book as a guide to help you draw closer to God.

I can't wait to hear the testimonies of how God moves mightily in your life this week!

— Pastor Jonathan

Purpose of Prayer and Fasting

Together

There is a distinct difference between going hungry and fasting. One is a physical state of lack; the other is a spiritual posture of abundance. When we choose to combine the discipline of fasting with the lifeline of prayer, we are doing more than just skipping meals. We are disrupting our normal routines to awaken our spiritual senses.

Pastor Bill Bright, the founder of Campus Crusade for Christ, once said,

"Through fasting and prayer, the Holy Spirit can transform your life. Fasting and prayer can also work on a much grander scale. According to Scripture, personal experience and observation, I am convinced that when God's people fast with a proper Biblical motive—seeking God's face not His hand—with a broken, repentant, and contrite spirit, God will hear from heaven and heal our lives, our churches, our communities, our nation and world. Fasting and prayer can bring about revival—a change in the direction of our nation, the nations of earth and the fulfillment of the Great Commission. The awesome power can be released through you as you fast through the enabling of the Holy Spirit."

So, why are we doing this? Why are we setting aside this week?

Purpose of Prayer and Fasting

Together

We do it because prayer and fasting are not just rituals; they are spiritual tools that unlock five specific realities in our lives:

- **Tune Out the Noise.** Life is loud. Demands and distractions often drown out the Spirit. We fast to lower the world's volume so we can finally hear God's "still, small voice."
- **Break the Unbreakable.** Casual prayers don't move every mountain. For stubborn habits, paralyzing fears, or hopeless situations, fasting provides the spiritual breakthrough needed to shatter strongholds.
- **Deepen Intimacy.** You can't build a relationship while distracted. Fasting clears the clutter, helping us move from knowing about God to truly knowing Him and resting in His presence.
- **Stand in the Gap.** Fasting shifts our focus from "God, give me..." to "God, help them..." It softens our hearts to what breaks God's, empowering us to intercede for others.
- **Realign Your Source.** Physical hunger reveals spiritual frailty. Every hunger pang is a visceral reminder that we are not self-sufficient—we live by every word that comes from God.

Why Fast?

Fasting was never meant to be an optional extra; it is an expected rhythm of the believer's life. Moses fasted. Jesus fasted. And in Matthew 6, Jesus instructed us saying, "When you fast," not "if."

At its heart, fasting is how we physically declare our dependence on God. It is the key to 2 Chronicles 7:14 –when we humble ourselves (through fasting) and pray, God promises to heal.

When we quiet our physical appetites, our spiritual hearing sharpens. Fasting acts as a reset button, revealing our true condition and restoring our "first love" for Christ. It turns prayer from a routine into a dynamic encounter and makes the Word of God leap off the page.

As you step into this season, may you find a newfound abundance of time to seek God's face. I believe that as you humble yourself, you will experience the tangible blessings He reserves for those who diligently seek Him.

Scripture References: Daniel 10:3 | Nehemiah 9:1-3 | Matthew 6:16-18 | Matthew 9:14-15 | Luke 18:9-14 | Acts 27:33-37

How To Fast

A fast should present a challenge, but it must also be wise. As you prepare, ask the Holy Spirit: "How do you want me to disconnect from the world to reconnect with You?"

Here are some of the paths you can take:

- **The Complete Fast:** A liquid-only journey using water, juice, or broth.
- **The Daniel Fast:** Based on Scripture, this removes meats and sweets in favor of fruits, vegetables, and grains.
- **The Selective Fast:** A focused sacrifice of specific luxuries, like caffeine, sugar, or processed foods.
- **The Partial Fast:** Fasting during the day (sun-up to sun-down) and eating only in the evening.
- **The Soul Fast:** Turning off the screens (social media, TV) to tune into God. A perfect option for those with health restrictions.

Note: Please consult a doctor before starting any dietary fast, especially if you have underlying health conditions.

Tips to a Meaningful Week of Prayer and Fasting

- **Name Your Purpose** Write down exactly what you are believing God for: peace, direction, healing? Let that specific desire drive your prayers.
- **Set a Schedule** Spontaneity is good; consistency is better. Carve out a specific time, morning, noon, or night, and treat it like an unbreakable appointment with God.
- **Unplug the Noise** Intimacy needs silence. Minimize the news and entertainment to create a portable "sanctuary."
- **Find a Partner** Don't go it alone. A text, a call, or a shared prayer with a friend can keep you standing when you feel weak.
- **Capture the Moment** Your spiritual hearing will sharpen this week. Keep a journal ready to catch the verses that jump out and the whispers God drops into your spirit.
- **Pray the Word** Let the Bible shape your prayers and align your heart with His.
- **Show Yourself Grace** The goal is connection, not misery. If your body struggles, modify. Focus on the heart posture, not just the rule.
- **Expect an Answer** God loves to talk to His children. Approach this week with holy anticipation. God has something to say to you.

How to Pray

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

And rising very early in the morning, while it was still dark, he departed and went out to a desolate place, and there he prayed. (Mark 1:35 ESV)

A Certain Time Jesus prioritized meeting with the Father early in the morning. To build a consistent prayer life, you must treat it like an essential appointment. Set a daily time and keep it.

A Certain Place Jesus withdrew to solitary places. Find an environment free from distraction where you can speak to God aloud.

A Certain Plan Wandering thoughts can kill prayer. Jesus gave His disciples a specific outline, the Lord's Prayer, to keep them on track. We will use that same model this week to guide our time together.

The Lord's Prayer

Now Jesus was praying in a certain place, and when he finished, one of his disciples said to him, "Lord, teach us to pray, as John taught his disciples." And he said to them, "When you pray, say: (Luke 11:1-2 ESV)

*"Our Father in heaven,
hallowed be your name.
Your kingdom come,
your will be done,
on earth as it is in heaven.
Give us this day our daily bread,
and forgive us our debts,
as we also have forgiven our debtors.
And lead us not into temptation,
but deliver us from evil. (Matthew 6:9b-13 ESV)*

In the pages that follow, you will see a daily guided prayer prompt and an accompanying page to journal or write down any thoughts, prayers, and questions you have. Take time to write them down.

Prayer and Fasting Goals

What expectations do you have for this week?

What are you seeking after as you pray and fast?

What is your plan to pray? (where, when, and how)

What did you hear from God?

Day 1

Our Father in heaven...

God loves when we call him, "Our Father..."

Look at what the Apostle Paul writes in Romans 8:15,
"For you did not receive the spirit of slavery to fall back into fear, but you have received the Spirit of adoption as sons, by whom we cry, 'Abba! Father!'"

- **Speak the Name:** Begin your prayer today by simply by saying, "Father." Don't rush past it. Let the reality sink in that the Creator of the Universe invites you to call Him "Dad" (Abba).
- **Give Thanks:** You are not an outsider or an employee; you are a child of God. Thank Him for adopting you, for removing the spirit of fear, and for giving you a seat at His table.
- **Go Deeper:** Ask the Holy Spirit to reveal the Father's love to you in a fresh way today. Pray, "Lord, take me from knowing about You to truly knowing Your heart. Show me how to live as a confident child, not a fearful slave."

Day 1 - Journal

Day 2

...hallowed be your name.

To "hallow" God's name is to set it apart as holy. It is an act of pure worship. Jesus teaches us that before we ask for anything, we pause to honor who God is.

Who has God been to you recently? Read through the names below. Does one jump off the page?

- Jehovah-Jireh: The Lord Who Provides
- El Shaddai: The Almighty Sufficient One
- El Elion: The Most High Ruler
- Jehovah Nissi: The Lord's Banner of Victory
- Jehovah Shalom: The Lord Our Peace
- Jehovah Mekadesh: The Lord Who Sanctifies
- Jehovah Rophe: The Lord Who Heals
- Jehovah Tsikenu: The Lord My Righteousness
- Jehovah Robi: The Lord My Shepherd

First, identify one name that describes how God has already shown up for you and write a prayer of thanks.

Second, identify the name you need Him to be today. Call upon that name, trusting He will meet you there.

Day 2 - Journal

Day 3

Your kingdom come, your will be done...

"Your Kingdom Come" is a dangerous prayer. When we pray this, we are inviting God's will to take the lead. Our duty is to align our hearts with God's.

These are the priorities of God's kingdom:

- **Salvation:** Intercede for those who do not yet know Jesus.
- **People in Authority:** Ask for God's guidance over our leaders in government, school, church, and home.
- **Transformation:** Invite God to shape your character and competency to look more like Christ.

Jesus says in Luke 12:30–31, *"For all the nations of the world seek after these things, and your Father knows that you need them. Instead, seek his kingdom, and these things will be added to you."*

What personal priority is hardest for you to lay down today? Write a prayer surrendering that specific desire to God, trusting His promise in Luke 12 that when you seek His Kingdom first, He takes care of the rest.

Day 3 - Journal

Day 4

Give us this day our daily bread...

This petition is about acknowledging our source of life. Just as the Israelites sang on their pilgrimage to Jerusalem,

*"I lift up my eyes to the hills.
From where does my help come?
My help comes from the Lord,
who made heaven and earth. (Psalm 121:1-2 ESV)*

We must remind ourselves where our help originates. It does not come from our job, our bank account, or our connections.

Ask God for exactly what you need today, whether that need is physical, emotional, or financial, once you asked, rest in the knowledge that the One who made the earth is capable of taking care of you.

Day 4 - Journal

Day 5

... and forgive us our debts, as we also have forgiven our debtors.

Forgiveness is a two-way street. We cannot freely receive what we refuse to give.

If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. —1 John 1:9 (ESV)

Ask God to check your heart and motives right now. Is there unconfessed sin or hidden pride? Write it down, then draw a line through it as a symbol of receiving His faithful cleansing.

Who has offended you? Whether the wound is fresh or old, holding onto it only hurts you. List the names of those you need to forgive. beside their names, write: "I release you."

Decide now to guard your heart against future offenses. Pray, "Lord, I choose to forgive in advance anyone who hurts me today."

Day 5 - Journal

Day 6

**... and lead us not into temptation,
but deliver us from evil.**

Spiritual warfare is rarely a physical fight; but it definitely is a real fight.

The Apostle Paul reminds us in Ephesians 6:12–13:

For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places. Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm. (Ephesians 6:12–13 ESV)

Our enemy may be real, but so is our armor.

Today, identify where you need to stand firm in the gospel. Is it your patience, purity, or peace? See if you can pinpoint the specific lie the enemy is using against you and find Scripture that silences it. Finally, turn that Bible passage into a prayer, inviting God to fight this battle on your behalf.

Day 6 - Journal

Day 7

"...For yours is the Kingdom and the Power and the Glory forever."

Today, we're sealing our week by making three faith declarations:

Yours is the Kingdom – Remind your situation who is in charge. Write a sentence declaring that God rules over your specific circumstances.

Yours is the Power – Jeremiah prayed, "Ah, Lord God! It is you who have made the heavens... Nothing is too hard for you" (Jeremiah 32:17). Write down the "impossible" thing you are trusting God's power to handle.

Yours is the Glory forever – Faith thanks God before the answer comes. Write a declaration of praise, thanking Him in advance for the victory He is bringing.

Look back over your prayers this week. Now, write the biggest one as a declaration of God's capability. Something like, "because God is faithful, I believe that..."

Day 7 - Journal

