



# PRAYER AND *FASTING GUIDE*



Dear Faith Church Family and Friends,

As we begin our 21-day fasting journey, we are boldly and intentionally pursuing the Lord and His power in our lives. We are standing in agreement for His strength and grace to be poured out in a fresh way. We need a refreshing wind of the Holy Spirit to blow!

We are praying and declaring a fresh outpouring of the Holy Spirit to change the atmosphere of our homes, our jobs and our families in 2026.

Our focus this year is for many souls to come to Christ!

Beginning today, lay aside everything that may hinder and distract you; get ready for a new season with the Lord -- a new level! Ask Him for a fresh word and a specific scripture that will set your course for this New Year. God wants to birth a fresh vision, breathe hope and life into your journey, and give you a new heart!

Spend time every day building yourself up by speaking in tongues so that the power of the Holy Spirit can fill you afresh.

We are praying and declaring that YOU will be filled with His Spirit and receive a new level of His anointing and power. Let's go deeper and have a fresh expectation for this year.

Take your foot off the brake and let the Holy Spirit really speak to you!

We love you and believe in you!

Pastor Steve and Pastor Darla





## **Suggested Fast**

- Each week different times
  - Week 1 (1/5) - Fast until 3pm
  - Week 2 (1/12) - Fast until 6pm
  - Week 3 (1/19)- Fast until 9pm

## **Corporate Prayer Times**

- Morning Prayer: Join with us every morning, Monday through Friday, from 6:00 AM to 6:30 AM for morning prayer. There will be prayer in Spanish every Thursday morning. All morning sessions will be online only on Facebook & Youtube.
- Monday Night Prayer: Join us every Monday night from 7:00 PM to 8:00 PM in person and live on Facebook & YouTube.

## **How to Pray Individually**

- Spend a few minutes in praise & thanksgiving and set your mind on the Lord
- Pray in tongues
- Pray for the Fire of God to burn in you
- Pray that you will fall in love deeply with Father God
- Pray that sin will no longer be tolerated in you, and repent of any sins that God shows you
- Pray that fear, hatred, unbelief, and unforgiveness will go, along with any other hindrance the Lord shows you





- Pray that weaknesses will no longer be accepted as normal in every part of your body and lifestyle
- Pray that God will show you any cursed items or things you do that you need to get rid of
- Pray for revival to come to our region
- Pray for protection from covid and all other diseases
- Pray for Covid to completely leave our Finger Lakes region
- Pray for healings and miracles and all who are sick be healed
- Pray for life - declare that no one will die from covid from our congregation and region
- Read and pray scriptures out loud (i.e. Psalm 91, Psalm 46)
- Journal your prayer times, topics, and anything you feel God is speaking to you
- Ask the Lord to speak to you as you quiet yourself before Him

## **Church-Wide Prayer Focus**

### **WEEK 1: Prayer for Revival**

Day 1: Thanksgiving: Spend time thanking the Lord for everything He has done and all that He is going to do during this season of prayer and fasting. Thank Him

Day 2: Surrender: Pray that you will enter this season with a surrendered heart. Surrender your life afresh to the Lord and thank Him for saving you and redeeming your life. Psalm 103

Day 3: Pure heart: Pray that the Lord will give you a pure heart and renew a right spirit in you, getting rid of anything that is not pleasing to Him. Psalm 51





Day 4: Rain: Pray for the latter rain of the Holy Spirit to saturate you. Declare, "Lord, let Your rain saturate my heart. Pour Your Spirit on me and my family. Rain Your anointing on us and fill us with a fresh impartation of power." Joel 2:23

Day 5: Grace and power: Pray that the grace of God will overshadow you this year in everything you do, so that you will be completely dependent on Him. Declare that you walk in His mighty power! James 4:6; Acts 4:33

Day 6: Fire: Pray that the fire of the Holy Spirit would burn away everything in your heart that is not pleasing to Him and He would burn His passion inside of you. 1 Corinthians 3:12-14

Day 7: Souls: Pray for a harvest of souls this year! Ask the Lord for a fresh passion to pray for souls to be birthed into the Kingdom of God this year. Matthew 9:37-38

## **WEEK 2: Pray for Healings, Miracles and the Supernatural**

Day 8: His Kingdom come: Declare that the Kingdom of God will be made manifest this year. You will receive healing in this year of breakthrough! Declare that things will manifest on earth as they already are in heaven. Matthew 6:9-13

Day 9: Forgiveness: Forgive whoever has caused hurt in your life and release them to the Lord. Pray that you will walk in forgiveness this year so that you will receive a greater level of breakthrough and healing. Matthew 6:12





Day 10: Emotional Healing: Pray that the Lord will bring healing to any brokenness and hurt in your life. Declare that you are healed and the Lord will use what you've been through to minister to others.  
Psalm 147:3

Day 11: Trust: Declare that you will trust in the Lord this year and look to Him in every situation. Trust the Lord for your healing and declare that you are receiving His healing touch right now. Proverbs 3:5-6;  
Psalm 107:20

Day 12: Divine health: Pray and declare that you will walk in Divine health because He took on all of your sicknesses when He was on the cross. Declare that it's already done. Speak Psalm 103 over your life and thank God that Divine health is your portion! Psalm 103

Day 13: Corporate Anointing for healings and miracles: Declare that Faith Church will flow with the miracle-working power of God, so that whoever walks in the doors of our sanctuary will feel the supernatural power of the Holy Spirit at work in their bodies and lives. Decree that you will operate in the gifts of the Holy Spirit this year. Acts 2:43

Day 14: Opportunities: Pray that the Lord will give you Divine opportunities to bring healing to all that need it. Ask for an increase of the Lord's anointing on your life to bring miracles, signs and wonders. Declare, "Lord, show me someone who needs prayer today. Use me!"  
Acts 3:1-10





## **WEEK 3: The gifts of the Holy Spirit**

Day 15: Gifts: What gifts have you been praying for? Ask the Lord to use your gifts for His glory. Declare, "Lord, use me and give me an opportunity to pray for someone today."

1 Peter 4:10

Day 16: Pray for a fresh anointing on your life. Don't be satisfied with anything that is powerless. Pray powerful prayers and believe for the Lord to anoint you by the power of His Spirit. Isaiah 61:1

Day 17: Pray that the Lord will give you the spirit of faith to believe for the impossible! Ask the Lord for a specific person to share the gospel with and stretch your faith. Hebrews 11:1, 6

Day 18: Discernment: Ask the Lord for a spirit and gift of discernment so that you will see clearly and not be hindered by confusion or anything else that would come against you. Psalm 119:25; 1 Corinthians 12:10

Day 19: Working of Miracles: Pray that the Holy Spirit would flow in you and through you to work miracles. Declare that as a child of God, His miracle-working power will operate as you pray and believe. Psalm 66:5





Day 20: Declare that your prayers will make an impact on your family members.

Ask the Lord to restore relationships that need healing. James 5:16, 17

Day 21: Pray that the Lord will use you to save someone this year.

Decree and

declare, "Lord, I thank you that you are going to use me to pray for someone's salvation. This year, I claim salvations – I will personally lead someone to the Lord!" Romans 6:2

### **List of books to read regarding fasting and prayer:**

- "The Invisible War" by Chip Ingram
- "The Power of Prayer and Fasting" by Ronnie Floyd
- "The Fasting Edge" by Jentezin Franklin
- "Fasting" by Jentezen Franklin
- "Fasting for a Spiritual Breakthrough" by Elmer Towns
- "The 21 Day Fast" by Bob Rodgers
- "Fasting Made Easy" by Dr. Don Colbert
- "The Beginners Guide to Fasting" by Elmer Towns
- "The Secret Power of Speaking God's Word" by Joyce Meyer
- "Why Revival Tarries" by Leonard Ravenhill

### **Your Word Declares:**

- "He sent His word and healed them, and delivered them from their destructions." Psalm 107:20
- "Surely He has borne our griefs and carried our sorrows; yet we esteemed Him stricken, Smitten by God, and afflicted. But He was wounded for our transgressions, He was bruised for our iniquities; The chastisement for our peace was upon Him, And by His stripes we are healed." Isaiah 53:4-5



- “So you shall serve the Lord your God, and He will bless your bread and your water. And I will take sickness away from the midst of you.” Exodus 23:25
- “Casting all your care upon Him, for He cares for you.” 1 Peter 5:7
- “I shall not die, but live, and declare the works of the Lord.” Psalm 118:17
- “Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord. 15 And the prayer of faith will save the sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven. Confess your trespasses to one another, and pray for one another, that you may be healed. The effective, fervent prayer of a righteous man avails much.” James 5: 14-16
- “who Himself bore our sins in His own body on the tree, that we, having died to sins, might live for righteousness—by whose stripes you were healed.” 1 Peter 2:24
- “Therefore I say to you, whatever things you ask when you pray, believe that you receive them, and you will have them.” Mark 11:24
- “For I will restore health to you And heal you of your wounds,’ says the Lord,” Jeremiah 30:17
- “Have I not commanded you? Be strong and of good courage; do not be afraid, nor be dismayed, for the Lord your God is with you wherever you go.” Joshua 1:9

