



WEEK OF PRAYER & FASTING

FEBRUARY 1-7, 2026

WHAT IS FASTING?

Fasting is giving up something good

When we fast, we are temporarily giving up something to focus our thoughts and attention on God. What you give up is up to you, for some it's a meal each day (perhaps lunch), for others, fasting from media is a good option. Some choose to fast from all food*. The specifics are up to you, but the purpose of our fast is to replace those things with prayer and meditation on God and His Word.

Why should we fast?

Fasting is modeled throughout Scripture (Exodus 34:28, Ezra 8:23, Nehemiah 1:4, Matthew 4:2, Acts 14:23), and while this isn't something we are commanded to do, it's been a spiritual practice since the beginnings of our faith, and something that Moses, Nehemiah, Jesus, Paul, and generations of Jesus' followers have done as they seek God's will and guidance. **More tips at the end of the booklet!**

HOW SHOULD WE PRAY?

P.R.A.Y

Here's a helpful acronym to help establish a rhythm for personal prayer.

- **P is for Pause** – Take a moment to stop and be still as you invite God's presence to be with you.
- **R is for Reflect/Rejoice** – Praise God! This can look like reading a Psalm, listening to a favourite worship song, or just taking a moment reflecting in gratitude for what God has done
- **A is for Ask** – What (or Who) is on your heart? Ask God! Is there forgiveness that you need from Him? Ask God! Come before the throne of God boldly and ask him for what you need and others need.
- **Y is for Yield** – Finally, give everything back to God and take time to listen to what He is saying to you.

**Fasting from food may not be medically appropriate. If you have any concerns, please consult a physician and consider alternative fasting choices.*

GUIDE FOR THE WEEK

What we're asking is that everyone prays together at noon, wherever you are. That might be at work, that might be on the road, that might be at home, but wherever you are, at 12 p.m. daily, during this week, as a church, we invite you to pray.

From Monday to Friday, the church will be open at noon to come pray together in the Fellowship Room.

There's something powerful about praying as a church together, even though we might not be physically in the same location.

Of course, if you're unable to pray at noon, that's okay! Pray when you can, pray for as long as you can. Just pray.

This week, our prayer is organized around our mission as a church, which is ***"to Know Christ and Make Him Known."***



Some general tips for the week (fasting specific ones are at the back of the booklet)

- Set an alarm on your phone for noon to stop and pray
- If you know where you'll be at noon, prepare by finding a quiet place to be alone with Jesus
- Feel free to journal as you pray, writing down what God is putting on your heart and how he's answering
- Talk about it! Talk about how it's going with a friend, your small group, your family
- Don't worry if you only have a few minutes on a lunch break to pray. What matters is intentionally taking time to cultivate your relationship with Jesus.

DAILY PROMPTS

Sunday, Feb. 1

A Deeper Desire to Know Christ

Philippians 3:7–10

- Jesus, help me see clearly what truly matters, help me let go of anything that competes with or distracts me knowing You.
- Grow in me a deeper desire for Your presence.
- Shape our church to be people who count knowing Christ as our greatest joy.

Monday, Feb. 2

Knowing God is Life

John 17:1-5

- Father, remind me that eternal life begins here on earth in relationship with You.
- Draw me into a deeper, more honest walk with You.
- As a church, help us value knowing You above activity, success, or comfort.

Tuesday, Feb. 3

Abiding in Christ

John 15:4–8

- Jesus, teach me to remain in You and to depend on You daily.
- Prune what needs to be removed so my life can bear lasting fruit.
- May our church be deeply connected to You and fruitful for Your glory.

Wednesday, Feb. 4

Sent by Jesus

John 20:19-23

- Lord Jesus, thank you for sending me out into the world with your gospel.
- Thank you for your forgiveness and for reconciling me through Your death and resurrection.
- Give our church and its leaders clarity, courage, and humility as we join God's mission to our community, our city and our world.

DAILY PROMPTS

Thursday, Feb. 5.

Witnesses by the Power of the Spirit

Acts 1:6-11

- Holy Spirit, empower me to be a faithful witness in my everyday life.
- Help me trust You for the words, timing, and boldness I need.
- Use our church to point others to Jesus, both locally and beyond

Friday, Feb. 6

Living as Ambassadors for Christ

2 Corinthians 5:18-20

- God, thank You for reconciling us to Yourself through Christ.
- Help me reflect Your heart and represent You well.
- Shape our church into a community that clearly displays the love of Jesus to everyone who steps through our doors.

Saturday, Feb. 7

Make Him Known Through All the Earth

Psalms 67

- Lord, be gracious to us and let Your presence be evident among us.
- Use Your presence and power in our lives so others may come to know You.
- May our church be a place of joy because we are walking where You guide us.

ENDING THE FAST

- Have a meal with your family, friends or small group. Talk about your experience, what you're believing in God for this next season, or ways that God answered prayer during the week.
- Evaluate how your fast went. Celebrate what went well and how you grew. Give yourself grace in the areas you might not have committed the way you initially intended.
- Think about how you can make prayer and fasting a routine spiritual discipline.

FASTING TIPS

- **Start Small**

- If this is your first time fasting, great! But it's probably best to not try a weeklong fast at first. Try one meal a day, and work up from there, if you want.

- **Fasting From Something Other Than Food**

- Paul talks about married couples fasting from sexual activity (1 Cor. 7:5), but there might be any number of things you might want to abstain from for the week (social media, video games, television, etc.) if fasting from food isn't for you. The goal of fasting isn't self-deprivation, it's seeking more of God's fullness, and so whatever you can give up temporarily to do that is up to you.

- **Drink Lots of Water!**

- If you're fasting from food, drink plenty of water! Other drinks (juice, coffee, tea, etc.) are a matter of personal conviction, and up to you!

(adapted from <https://www.desiringgod.org/articles/fasting-for-beginners>)

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