



THELIFECHRISTIANCHURCH

Prayer & Fasting Guide

SUN, JAN. 11 - FRI, JAN. 16
2026

Fasting Guide

1. What is Fasting?

- Fasting is the biblical practice of voluntarily abstaining from something – most commonly food (and sometimes drink) – to pursue a deeper spiritual purpose.
- In the case of abstaining from food, it's more than skipping meals – it's replacing physical nourishment with spiritual focus.
- In Scripture, fasting was a way for God's people to humble themselves, seek His face, and realign their hearts with His will.
- Jesus expected His followers to fast (Matthew 6:16–18); it's part of a normal, healthy spiritual life.
- At its core, fasting expresses hunger for God, saying, "Lord, You are my strength, satisfaction, and source."

2. What's the Point of Fasting?

- *To draw closer to God:* It quiets distractions and heightens our awareness of His presence.
- *To gain clarity:* Believers fast for wisdom in major decisions or spiritual battles (Acts 13:2–3).
- *To humble the soul:* Fasting reminds us that we depend on God's power, not our own (Psalm 35:13).
- *To strengthen prayer:* It helps us listen more intently and align with God's voice.
- *To break unhealthy patterns:* It disconnects us from habits and desires that hinder spiritual growth.
- *To renew purpose:* As we begin a new year, fasting re-centers our hearts on God's vision, not our ambitions.

Fasting Guide

3. Different Ways to Fast

- Complete Fast: Abstaining from all food, drinking only water (Luke 4:2). Should be done with care and wisdom.
- Partial Fast (Daniel Fast): Eating only fruits, vegetables, and water (Daniel 10:2–3). A common church-wide fast.
- Media or Social Fast: Giving up entertainment or social media to create space for prayer and reflection.
- Corporate Fast: When the church family fasts together in unity and expectation (Joel 2:15–16).
- And more, depending on what you believe God is calling you to in this season.

4. Fasting Tips

- Prepare your heart with repentance and gratitude.
- Stay hydrated and rest as needed, if doing a food fast.
- Immerse yourself in Scripture, prayer, and worship.
- Journal your journey; record what God reveals.

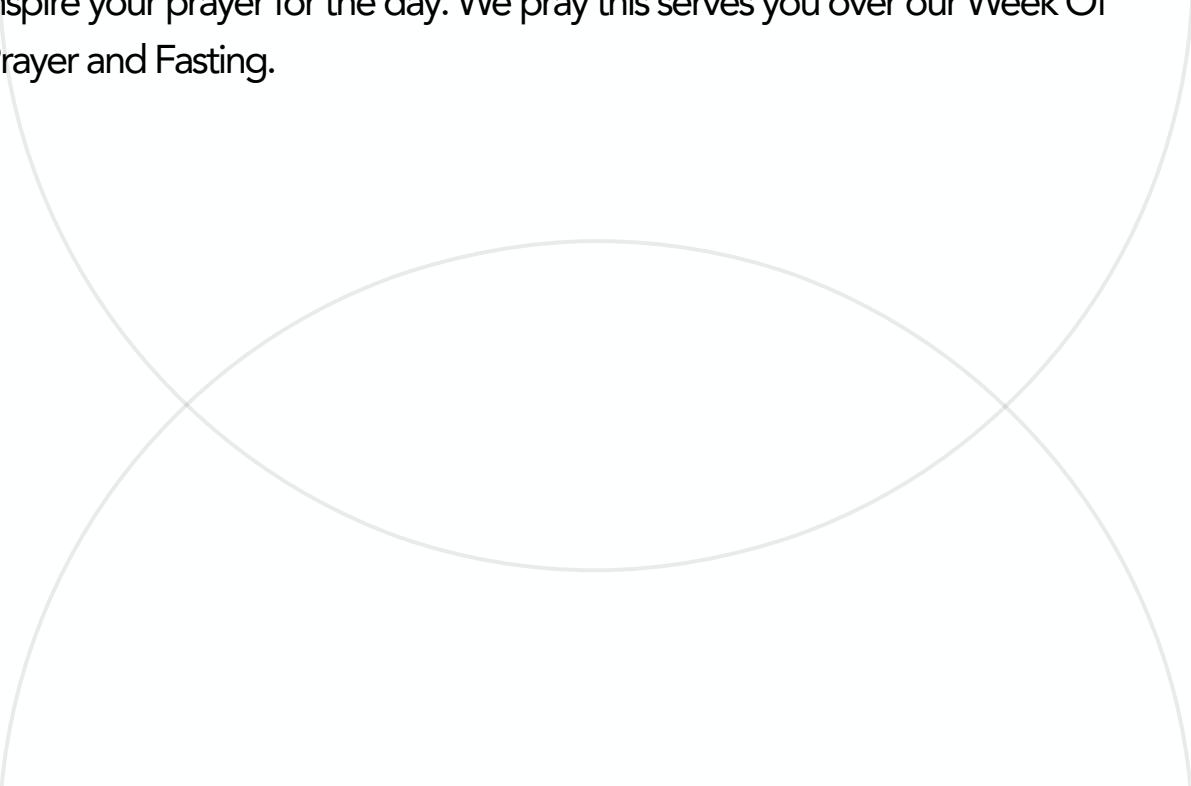
5. What Happens When I Fast?

- God willing,
 - Your spirit becomes more sensitive to God's voice.
 - Faith grows and prayers gain power.
 - Old habits lose strength as spiritual hunger deepens.
 - You experience renewal, clarity, and joy in God's presence.

**Listen to your body. Consult a doctor if you have health issues or you are pregnant or nursing.*

Prayer Guide

The following guide is intended to help our church family be united in prayer — centered on the theme of “increase” — over the course of the next week. It provides (1) a Scripture that you can use in your prayer time and to inspire your prayer throughout the week and (2) a written prayer that you can pray or use to inspire your prayer for the day. We pray this serves you over our Week Of Prayer and Fasting.



Day 1: Increase in Finances

Scripture:

Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, forever and ever! Amen.

Ephesians 3:20-21

Prayer:

Heavenly Father,

You are our Provider, and every good gift comes from You. We ask for an increase of financial resources in Your church and among Your people. Multiply the seeds we sow and teach us to be faithful stewards. Let generosity overflow in our church so that every ministry need is met and exceeded. Bless every giver, open doors of opportunity, and release supernatural provision. May our finances reflect your abundance, not scarcity. We trust You to do immeasurably more than we could ever ask or imagine according to Your power at work within us.

In Jesus' name, Amen.

Day 2: Increase in Church Attendance

Scripture:

Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, forever and ever! Amen.

Ephesians 3:20-21

Prayer:

Lord,

We pray for hearts to be drawn to Your house. Fill every seat with people hungry for Your presence and truth. Let every service radiate warmth, welcome, and the power of the Holy Spirit. Use us as Your hands and feet to invite, encourage, and love others into the community. Remove barriers that keep people away, and create a culture of belonging that points every person to Jesus. May our attendance reflect not just numbers, but lives touched and transformed by Your grace. We believe for increase that glorifies You alone.

In Jesus' name, Amen.

Day 3: Increase in Baptisms

Scripture:

Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, forever and ever! Amen.

Ephesians 3:20-21

Prayer:

Father,

Thank You for the gift of salvation through Jesus Christ. We pray for a mighty harvest of souls ready to publicly declare their faith through baptism. Let conviction and repentance sweep through hearts, leading to authentic transformation. As people rise from the waters, may they walk in newness of life and deepen their discipleship journey. Empower our church to celebrate every story of redemption and to nurture every new believer. May this season overflow with testimonies of salvation and obedience. You are still saving, still redeeming, still increasing!

To You be the glory, forever. Amen.

Day 4: Increase in the Spanish-Speaking Campus

Scripture:

Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, forever and ever! Amen.

Ephesians 3:20-21

Prayer:

Lord,

We thank you for the new doors You are opening through our Spanish-Speaking Campus. We pray for divine favor, leadership, and provision. Draw families, leaders, and worshippers who will carry Your vision forward with passion and faith.

Let this campus be a beacon of hope and revival among Spanish-speaking communities. Unite us in purpose, language, and love under one Spirit. May Your Word go forth with clarity and power, reaching generations for Christ. We declare increase in souls saved, lives changed, and hearts awakened.

All glory to You, God of every nation and tongue. Amen.

Day 5: Increase in Church Growth

Scripture:

Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, forever and ever! Amen.

Ephesians 3:20-21

Prayer:

Lord,

We pray for hearts to be drawn to Your house. Fill every seat with people hungry for Your presence and truth. Let every service radiate warmth, welcome, and the power of the Holy Spirit. Use us as Your hands and feet to invite, encourage, and love others into community. Bless every area of ministry from KPort, our children's ministry, to Redline, our youth ministry, and our Awana programs. May these spaces overflow with joy, learning, and the transforming power of Your Word.

Draw children, teens, and families into a deeper relationship with You, and let their faith become a testimony of Your goodness. Remove barriers that keep people away, and create a culture of belonging that points every person to Jesus. May our attendance reflect lives touched and transformed by Your grace. We believe for increase that glorifies You alone.

In Jesus' name, Amen.

Day 6: Increase in Reaching People with the Gospel

Scripture:

Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, forever and ever! Amen.

Ephesians 3:20-21

Prayer:

Heavenly Father,

We ask for a fresh anointing to reach people far from You. Open our eyes to see opportunities around us daily. Fill us with boldness, compassion, and creativity to share the good news of Jesus. Empower our church to be salt and light in neighborhoods, workplaces, schools, and online spaces. Let our lives reflect Your grace so others are drawn to faith. We long to see revival: hearts turning, lives transforming, and communities renewing in Your love. Use us for Your glory, Lord.

Let the Gospel increase and spread through us.

In Jesus' name, Amen.

