



2026
14 Days of Prayer & Fasting Guide
January 5 - 18

Day 1: Thanksgiving and Praise

- **Scripture: Psalm 100:4 “Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name.”**
- **Focus: Begin by thanking God for His goodness, faithfulness, and blessings in your life.**
- **Prayer Points:**
 - **Praise God for who He is.**
 - **Thank Him for His provision and protection.**
 - **Commit this prayer journey to Him.**

Day 2: Repentance and Forgiveness

- **Scripture: 1 John 1:9 “If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.”**
- **Focus: Seek God’s forgiveness and extend forgiveness to others.**
- **Prayer Points:**
 - **Confess personal sins and ask for a pure heart.**
 - **Ask the Holy Spirit to reveal areas needing change.**
 - **Ask the Holy Spirit to reveal relationships that have been broken by bitterness and unforgiveness.**
 - **Pray for the grace to forgive others so that you can be forgiven as well.**

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Day 3: Personal Relationship with God

- **Scripture:** James 4:8 “Come near to God and he will come near to you.”
- **Focus:** Deepen your connection with God.
- **Prayer Points:**
 - Ask for a closer walk with Him.
 - Pray for consistency in prayer and Bible study.
 - Ask the Holy Spirit to identify areas in your life that you are keeping from God’s control.
 - Surrender your will to God’s plan.

Day 4: Family

- **Scripture:** Joshua 24:15 “But as for me and my household, we will serve the Lord.”
- **Focus:** Pray for your family members.
- **Prayer Points:**
 - Pray for unity, love, and protection in your family.
 - Lift up specific needs of each family member.
 - Ask for God’s blessing and guidance for your household.
 - Ask for clarity in how you can lead family members into a closer walk with Jesus.

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Day 5: Church Leadership

- **Scripture: Hebrews 13:17** “Have confidence in your leaders and submit to their authority, because they keep watch over you as those who must give an account.”
- **Focus: Intercede for pastors, board members, and ministry leaders.**
- **Prayer Points:**
 - **Pray for wisdom, strength, and guidance for church leaders.**
 - **Ask for protection over their families.**
 - **Lift up specific ministries in your church.**

Day 6: Community Outreach

- **Scripture: Matthew 5:16** “Let your light shine before others, that they may see your good deeds and glorify your Father in heaven.”
- **Focus: Pray for opportunities to serve and impact your community.**
- **Prayer Points:**
 - **Pray for the church’s outreach efforts.**
 - **Ask God to use you as a light in your community.**
 - **Pray for the salvation of those who do not know Christ.**

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Day 7: Personal Needs

- **Scripture:** Philippians 4:19 “And my God will meet all your needs according to the riches of his glory in Christ Jesus.”
- **Focus:** Bring your personal needs before God.
- **Prayer Points:**
 - Pray for financial provision and health.
 - Seek God’s guidance in specific decisions.
 - Ask for peace in challenging circumstances.
 - Ask for faith to trust God to move miraculously in your needs.

Day 8: Spiritual Growth

- **Scripture:** Colossians 2:6-7 “So then, just as you received Christ Jesus as Lord, continue to live your lives in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness.”
- **Focus:** Pray for growth in your faith.
- **Prayer Points:**
 - Ask for a deeper understanding of God’s Word.
 - Pray for strength to overcome temptation.
 - Seek to grow in the fruits of the Spirit.

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Day 9: Nation and Leaders

- **Scripture:** 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.”
- **Focus:** Intercede for the nation and its leaders.
- **Prayer Points:**
 - Pray for wisdom and integrity for leaders.
 - Ask for unity and peace in the nation.
 - Pray for justice and righteousness to prevail.

Day 10: Global Missions

- **Scripture:** Matthew 28:19 “Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit.”
- **Focus:** Pray for missionaries and the spread of the Gospel.
- **Prayer Points:**
 - Pray for the safety and provision of missionaries.
 - Ask for open doors in unreached areas.
 - Lift up specific missions your church supports.
 - Ask for God to provide ways for you to help meet the needs of missionaries.

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Day 11: Healing

- **Scripture:** Isaiah 53:5 “By his wounds we are healed.”
- **Focus:** Pray for physical, emotional, and spiritual healing.
- **Prayer Points:**
 - Pray for those who are sick or hurting.
 - Ask God to bring comfort and restoration.
 - Trust in God’s power to heal and renew.

Day 12: Gratitude and Contentment

- **Scripture:** 1 Thessalonians 5:18 “Give thanks in all circumstances; for this is God’s will for you in Christ Jesus.”
- **Focus:** Cultivate a heart of gratitude.
- **Prayer Points:**
 - Thank God for His faithfulness in all areas of life.
 - Pray for contentment in every situation.
 - Reflect on God’s goodness and mercy.

Day 13: Spiritual Warfare

- **Scripture:** Ephesians 6:11 “Put on the full armor of God, so that you can take your stand against the devil’s schemes.”
- **Focus:** Stand firm against spiritual attacks.
- **Prayer Points:**
 - Pray for protection against the enemy’s schemes.
 - Ask for discernment and strength in trials.
 - Claim victory in Christ over every challenge.

Day 14: Celebration and Dedication

- **Scripture: Psalm 150:6 “Let everything that has breath praise the Lord. Praise the Lord.”**
- **Focus: Celebrate God’s goodness and dedicate yourself anew to Him.**
- **Prayer Points:**
 - **Rejoice in answered prayers and God’s faithfulness.**
 - **Dedicate your life and the upcoming season to God.**
 - **Commit to continue growing in faith and serving Him.**

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Ideas For Fasting

Fasting is an important spiritual discipline in the Bible. The purpose of fasting is to draw one's attention to the things of God. While Biblical fasting typically involves abstaining from food, any type of fasting is helpful if its focus is on the eternal.

Fasting is the act of giving up something in order to draw closer to God. Just giving up things is not fasting. In order

to have a deeper spiritual impact, it is helpful to replace what you are giving up with either Scripture reading, prayer time, or deeper meditation (quiet time) on the things of God.

Here are some suggestions for fasting that you can do these next two week or any other time you want to draw close to God...

Water Only Fast – This fast involved withholding all foods and drinks from your body for a length of time. The length of time can vary, but one day is good to start. The body will adjust as you go, but day 2 and 3 tend to be the hardest. If you have health issues, please consult a doctor.

Juice Fast – This is similar to the Water Only Fast, except you also drink juice in order to supply your body with some nutrients and energy. It can have the same physical effects as the Water Only Fast, except there is less loss of energy.

Caffeine Fast – Drink a lot of coffee or soda? Denying your body caffeine can be a helpful way to refocus. This fast often has headaches when you first start.

Sweets Fast – Putting your sweet tooth on hold for a few days is a great way to refocus on the things of God.

Lent Fast – Many Christians give up things for Lent. If you have not thought about shedding alcohol or tobacco for a while, this is a great time to start. Some also give up meat for Lent, which is another great way to honor God.

Social Media Fast – Giving up social media for a length of time is a great way to purge your mind and emotions so you can really hear from God.

Media Fast – Unplug the TV and music for a few days and replace it with some worship and Scripture. See if it does not feed your spirit.

Notes from my time in prayer...

Matthew 6:9-13 KJV

After this manner therefore pray ye: Our Father
which art in heaven, Hallowed be thy name.

¹⁰ Thy kingdom come. Thy will be done in
earth, as *it is* in heaven. ¹¹ Give us this day our
daily bread. ¹² And forgive us our debts, as we
forgive our debtors. ¹³ And lead us not into
temptation, but deliver us from evil: For thine is
the kingdom, and the power, and the glory, for
ever. Amen.

For thine is the kingdom, and the power, and
the glory forever. Amen.

Jude 1:24-25 ESV

Now to him who is able to keep you from
stumbling and to present you blameless before
the presence of his glory with great joy, ²⁵ to the
only God, our Savior, through Jesus Christ our

Lord, be glory, majesty, dominion, and
authority, before all time and now and forever.
Amen.