



# 31 DAYS OF FASTING AND PRAYER

## 2026 PRAYER FOCUS

*"Jesus replied: 'Love the Lord your God with all your heart and with all your soul and with all your mind.' This is the first and greatest commandment. And the second is like it: 'Love your neighbor as yourself.' All the Law and the Prophets hang on these two commandments." —  
Matthew 22:37-40*

# GUIDE TO A HEALTHY PRAYER LIFE

**A.C.T.S. PRAYER MODEL:** The ACTS prayer model is a very good way to focus our hearts on Who God is and What He has done before we turn our hearts to asking Him for His continued work.

**A- ADORATION**

**C- CONFESSION**

**T- THANKSGIVING**

**S- SUPPLICATION**

## **ADORATION**

During this time, focus directly on God, adoring Him for Who He is-- His names, His character, His roles, etc. Worship and praise God with your heart, mind, and voice.

*Scriptures: English Standard Version*

*1 Chronicles 29:11-13*--Yours, O LORD, is the greatness and the power and the glory and the victory and the majesty, for all that is in the heavens and in the earth is yours. Yours is the kingdom, O LORD, and you are exalted as head above all. Both riches and honor come from you, and you rule over all. In your hand are power and might, and in your hand it is to make great and to give strength to all. And now we thank you, our God, and praise your glorious name.

*Psalms 63: 3-4*--Because your steadfast love is better than life, my lips will praise you. So I will bless you as long as I live; in your name I will lift up my hands.

*Revelation 4:8*-- Holy, holy, holy is The Lord God Almighty, Who was, and is, and is to come.

**Names of God**-- Emmanuel (God with us!), Light of the World, Bread of Life, Lamb of God, King of Kings and Lord of Lords, Good Shepherd, Redeemer, I Am, Father, Savior.

**Hymns**—How Great Thou Art, Great Is Thou Faithfulness, Holy, Holy, Holy

## **CONFESSION**

When you acknowledge Who God is and adore Him for all that He is, confession is a natural follow-up. For, we cannot stand before the throne of a holy God with sin between us and our Savior. Thank God, He is faithful and to forgive us our sins!

*Ask God to search your heart for areas that displease Him.*

*Psalms 139:23-24-- Search me, O God, and know my heart! Try me and know my thoughts! And see if there be any grievous way in me, and lead me in the way everlasting!*

*Allow God to cleanse your heart from unconfessed sin.*

*Psalms 51:10-13-- Create in me a clean heart, O God, and renew a right spirit within me. Cast me not away from your presence, and take not Your Holy Spirit from me. Restore to me the joy of Your salvation, and uphold me with a willing spirit.*

*Confess and repent of specific sins.*

*1 John 1:4-9-- And we are writing these things so that our joy may be complete. This is the message we have heard from him and proclaim to you, that God is light, and in him is no darkness at all. If we say we have fellowship with him while we walk in darkness, we lie and do not practice the truth. But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus his Son cleanses us from all sin. If we say we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.*

*Accept His forgiveness and cleansing.*

*Jeremiah 31:34-- For I will forgive their iniquity, and I will remember their sins no more.*

## **THANKSGIVING**

This is a time for prayers of thanks for what God has done. Thank Him for salvation, the many blessings in your life, protection, provision, open doors, opportunities, and His gifts to man.

*1 Chronicles 16:34--Oh give thanks to the LORD, for he is good; for his steadfast love endures forever!*

*1 Thessalonians 5:16-18--Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.*

*Philippians 4:6-7- Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.*

## **SUPPLICATION**

Prayers of requests. This is the time to ask God for His divine help to meet needs, solve problems, work in someone's life, etc.

*Philippians 4:6-- Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.*

*Ephesians 6:18*-- Praying at all times in the Spirit, with all prayer and supplication. To that end keep alert with all perseverance, making supplication for all the saints.

*1 Timothy 2:1-4*--First of all, then, I urge that supplications, prayers, intercessions, and thanksgivings be made for all people, for kings and all who are in high positions, that we may lead a peaceful and quiet life, godly and dignified in every way. This is good, and it is pleasing in the sight of God our Savior, who desires all people to be saved and to come to the knowledge of the truth.

## PRAYER: Personal Inspection

***Unconfessed sin is one of the biggest hindrances or barriers to our prayers.*** If we regard iniquity in our hearts, the Lord will not hear us (Psalm 66:18). However, if we confess our sins, He is faithful and just to forgive our sins and to cleanse us from all unrighteousness (1 John 1:9).

- Is my greatest affection more for material things on earth, rather than spiritual growth and serving God?
- Is my home a testimony for Jesus?
- Am I stunting my spiritual growth by not consistently having a quiet time with God (reading the Word, praying, listening to God, meditating on what I have read, and being obedient to what God is calling me to do or stop doing)?
- When one desires to receive the best from the Lord, one must totally surrender to God. Seek the Lord and ask,

***“Lord am I willing...”***

- |  |                                      |
|--|--------------------------------------|
| - to receive what You give me?         | - to lack what You withhold from me? |
| - to relinquish what You take from me? | - to be what You require of me?      |
| - to suffer what You ordain for me?    | - to do what You command of me?      |
- Have I failed to center my thoughts and actions on reaching the lost and unchurched?
  - Do I tend to worry and fret more than believe and trust God?
  - Am I failing to claim God's promises and cast my cares upon Him?
  - Am I robbing God by not tithing/grace giving?
  - Am I willing and ready to forgive any wrong against me or against my family?
  - Have I forgiven everyone?
  - Do I know what my spiritual gifts are and am I using them to glorify God? (If you don't know what your gifts are, pray that God reveals them to you.)
  - Do I have the right attitude toward my fellow church members? Am I jealous of other members' spiritual gift(s)?
  - Do I have any relationships that do not honor God – that are questionable or have the “appearance of evil”?
  - Do I engage in any conversations or meetings that do not honor God (in person, on internet, text messages, or telephone)?

## Fast & Prayer Guidelines

A biblical definition of fasting is a Christian's voluntary abstinence from food for spiritual purposes. Fasting is a spiritual discipline and one that goes so radically against the flesh and the mainstream of our culture. Fasting is a purifying discipline that helps us draw closer to Jesus Christ and surrender our will to his ways. Without a spiritual purpose for your fast it's just a diet.

There is something about fasting that sharpens the edge of our intercessions and gives passion to our supplications. Fasting is one of the best friends we can introduce to prayer. The great saints of the bible fasted. Moses (Deut. 9:9, 18, 25-29), Ezra (8:21-23), Elijah (1 Kings 19:8), Daniel (Daniel 9:3), and Paul (2 Corinthians 6:5 and 11:27) were men of faith and action who fasted for spiritual growth.

The greatest example for any of us to follow, Jesus Christ, fasted – Matthew 4:2. When we separate ourselves from the daily routine of food and its preparation, eating, or whatever desired activity (watching TV, playing video games, golf, etc.) in our lives, then we can devote the extra time to prayer and reading/studying/meditating on God's Holy word.

The hunger pangs or refraining from your designated activity will re-enforce our human frailty and our dependence on God. When we take time to put God first in any endeavor, we are preparing well for whatever lies ahead. The result of sincere fasting and praying is that God responds and brings deliverance and blessings.

### Tips for Fasting

1. Do not jeopardize your health. Only do as many days as you feel you can – if you must break your food abstinence substitute refraining from a desired activity (golf, TV, video games, etc.).
2. Pray for strength and focus before you start.
3. Make a list of specific things to include in your prayer.
4. Increase your prayer time, especially in the early mornings when you have the most time to pray and/or can create the most time to pray.
5. Establish a regular quiet time and location to pray.
6. During this fast we are abstaining from food once a week, consuming only water or liquid (juice, milk, water, broth, malts, etc.) from 5 AM – 1 PM.

7. If your flesh weakens pray to the Lord for strength and perseverance. It's a good idea to have a "fast partner" – you can encourage each other and pray for each other. This is not a competition or test – there is no failing – trust and pray unto God through this endeavor – follow your heart.

8. Remember Jesus' teaching about fasting – it should be a normal part of a Christian's life and need only to be seen by God. Jesus wants his people to adopt spiritual disciplines for the right reason; not from a selfish desire for praise.

***Matthew 6:16-18 says: "moreover when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting, assuredly, I say to you, they have their reward. But you, when you fast, anoint your head and wash your face, so that you do not appear to men to be fasting, but to your father who is in the secret place; and your father who sees in secret will reward you openly)."***

## DAILY GUIDE (January 11 – February 10, 2026)

### Day 1 – Sunday, January 11

- READ: Read Luke 16:1-13. Meditate on Luke 16:10 and 1 John 4:4.
- PRAYER:
  - Pray for at least 5 minutes for your spouse, significant other, family or other loved ones.
  - Pray that Christians will be bold witnesses for Christ and that the Lord of the Harvest will send out more laborers into His harvest.
  - Pray for wisdom in the use of time, talent and treasures, and that the Holy Spirit would provide insight on how to be a more accountable steward.
- CONFESS: Confess to God the sin that you struggle with the most and ask God to give you strength to overcome it.
- FAST from your phone for one hour and use the time to serve someone.

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### Day 2 – Monday, January 12

- READ: Read Proverbs 21:1-8. Meditate on Proverbs 21:15.
- PRAYER:
  - Pray at least 5 minutes for NPMBC Pastor and Associates, Administrative Staff, Deacons, Deaconess, Trustees, Ministries, and Members.
  - Pray that the Lord daily provide wisdom and discernment to conduct the duties in ways that will benefit the church, the community and glorify God.
  - Pray for unity in the church and recognition of Jesus as the Lord in our individual lives.
- CONFESS: Set some spiritual goals during this month of prayer and fasting.
- FAST from the internet – only use it for work, stewardship education or key communication needs nothing recreational.

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## Day 3 – Tuesday, January 13

- READ: Read John 1: 6-13. Meditate on John 1:12.
- PRAYER:
  - Pray for at least 5 minutes that Christians will seek God's will for their lives, that they will seek boldness to witness to the lost, and that men will become spiritual leaders of their homes and communities.
  - Pray that Christians would exercise more patience in all areas.
- CONFESS: Confess the negative or destructive comments you have made recently and in the past.
- FAST from television, streaming or any other visual entertainment.

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## Day 4 – Wednesday, January 14

- READ: Read Proverbs 22:1-16. Meditate on Proverbs 22:10-11.
- PRAYER:
  - Pray for at least 5 minutes for deliverance from debt or addiction and for those suffering from injustice such as human trafficking, legal misrepresentation, child abuse, illegal deportation, etc.
  - Pray for divine appointment(s) to minister to someone and that NPMBC members will seek opportunities to serve.
- CONFESS: There are times when we forget that we are part of God's family and we take that for granted.
- PRAYER TIME AT HOME: Bring the family together prior to bedtime and pray for one another.
- FAST: Fast from all solid foods from 5:00 AM – 1:00 PM (if you cannot fast from food due to health reasons then fast 5:00 AM – 1:00 PM from a favorite food, dessert, or TV programming).

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## Day 5 – Thursday, January 15

- READ: Read Romans 13:8-10. Meditate on Romans 13:8.
- PRAYER:
  - Pray for at least 5 minutes that God will bless all NPMBC ministries.
  - Pray that Christians would exercise more patience in all areas.
  - Pray that you reflect the love of God to friends, family and others we meet during divine appointments.
- CONFESS: When the Holy Spirit has enlightened us to move us in obedience to God's Word and we ignore it.
- APPLY: Do a random act of kindness today.
- FAST: Fast from unnecessary purchases and time spent on the Internet.

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## Day 6 – Friday, January 16

- READ: Read Acts 20:17-21. Meditate on Acts 20:35.
- PRAYER:
  - Pray for salvation of family, friends not saved, and encouragement for Believers.
  - Pray for Believers who are being persecuted for their faith.
  - Pray that Believers be Bold and Unafraid to stand for truth and righteousness.
- CONFESS: Review the Journal Notes you made on Monday and record answers, or wisdom God may have revealed to you. How did God work through your obedience since Day1? What was the stumbling block or distraction?
- FAST: Give up something today/part of the day that may have control over your life.

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## Day 7 – Saturday, January 17

- READ: Read Colossians 3:18-4:1. Meditate on Colossians 3:23-24.
- PRAYER:
  - Pray for at least 5 minutes that Christians will work as unto the Lord and seek God's will for their lives.
  - Pray for Sunday School and Bible Study Teachers to share God's Word boldly.
  - Pray for the Worship Service, the Praise Team, the Media Ministry and the Pastor.
- CONFESS: When did I miss an opportunity to stop and praise God for something or anything.
- FAST: Fast from TV programming. Make every effort to attend Sunday School, Noon Day and/or Evening Bible Study next week.

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## Day 8 – Sunday, January 18

- READ: Read Philippians 4:10-20. Meditate on Philippians 4:11-13.
- PRAYER:
  - Pray that Christians will be bold witnesses for Christ and that the Lord of the Harvest will send out more laborers into His harvest.
  - Pray that children, youth, and teenagers will hear the Word of God and accept Jesus as their Savior.
  - Pray for your desire for an eternal perspective and contentment with your current blessings.
- CONFESS: Any stubborn and disobedient ways.
- FAST: Fast from wasting valuable time or doing unproductive things.

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## Day 9 – Monday, January 19

- READ: Read Luke 12:22-31. Meditate on Luke 12:31.
- PRAYER
  - Pray for at least 5 minutes for the Deacons, Trustees and Music Ministries that will lead and serve with divine purpose, individually and collectively submitting to the Holy Spirit.
  - Pray for Missionaries around the world: their health and strength to do the Lord's work.
  - Spend some time praising God for who He is and what He has done.
- CONFESS: Walls we have built in our lives because of our pride and self-righteousness.
- FAST: Fast from all solid foods this morning from 5:00 AM – 1:00 PM (if you cannot fast from food due to health reasons then fast from a favorite food, dessert, or TV programming).

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## Day 10 – Tuesday, January 20

- READ: Read Romans 14:19. Meditate on 1 Corinthians 12:25-26.
- PRAYER:
  - Pray for at least 5 minutes for spiritual unity in the church.
  - Pray that the enemy will not be allowed to create divisions, strife, or misunderstanding among the church members.
  - Pray for your mind to not allow negative thoughts to enter or rule this day/next week.
- CONFESS: I could have served someone, but because of my pride, I didn't.
- FAST: Fast from the use of social media.

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## Day 11 – Wednesday, January 21

- READ: Read Matthew 6:19-24. Meditate on Matthew 6:21 & 24.
- PRAYER:
  - Pray for at least 5 minutes for the United States of America and that the President & Vice President and Cabinet will be subjected to God's will.
  - Pray that God would remove anything in your life that may seek to rule you or prevent you from being totally committed to serving Him.
- CONFESS: Confess what is preventing you from committing and serving God daily.
- FAST: Fast from your favorite snack or dessert.

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## Day 12 – Thursday, January 22

- READ: Read Mark 8:34-38. Meditate on Mark 8:36.
- PRAYER:
  - Pray for at least 5 minutes for an eternal spiritual relationship with God the Father through Christ Jesus.
  - Pray for local officials (police, fireman, emergency workers, etc.).
  - Pray that children and youth will hear the word of God and accept Jesus as their Savior.
- CONFESS: When have I taken prayer for granted? What has gotten in the way?
- Reflect on your journal this day and thank God for a mighty movement of the Holy Spirit, for answered prayers and deliverance from spiritual and financial bondage.
- FAST: Fast from eating out and donate the money to missions.

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## Day 13 – Friday, January 23

- READ: Read Matthew 20:26-28. Meditate on Matthew 20:28
- PRAYER:
  - Pray for at least 5 minutes for someone in need of a financial breakthrough.
  - Pray for someone that is having struggles with their health.
  - Pray for someone that is having relationship problems.
- CONFESS: Confess to God the sin(s) that you struggle with the most and ask God to give you strength to overcome. Ask God to open your spiritual eyes regarding the management of time, talent and treasure.
- FAST: Sit in silence for 10 minutes and reflect on God and His purpose for your life. Be still and know that He is God. (Put your phone or other distractions in another room)

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## Day 14 – Saturday, January 24

- READ: Read Matthew 6:5-15. Mediate on Matthew 6:14-15.
- PRAYER:
  - Pray for at least 5 minutes that God reveal our faults and short comings and that we are willingly transparent with one another.
  - Pray for the Noon Day and Evening Bible Study. Pray that everyone would come with expectant hearts to meet with the Lord together.
  - Pray for the Thursday morning Prayer Call and the Prayer Ministry.
- CONFESS: Call and apologize to someone you may have been at odds with and/or forgive someone who may have been at odds with you.
- FAST: Every time you walk through a door say, "Praise God!"

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## Day 15 – Sunday, January 25

- READ: Read 1 Chronicles 29:10-14. Mediate on 1 Chronicles 29:11.
- PRAYER:
  - Pray for at least 5 minutes that NPMBC members are freed from personal or spiritual bondage and God is glorified.
  - Pray for peace all over the world and ask God for divine peace and protection.
  - Reflect on an answered prayer – remember that God is all-powerful and that everything belongs to Him.
- CONFESS: Confess the times when you didn't trust the Lord and took control of the situation or matter.
- FAST: Fast from the Internet – only use it for work, stewardship education or key communication needs, nothing recreational.

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## Day 16 – Monday, January 26

- READ: Read Matthew 6:16-18. Meditate on Matthew 6:17.
- PRAYER:
  - Pray for at least 5 minutes praying for strength to continue to persevere in this 31-day fast.
  - Pray for the bereaved and those suffering from any type of loss.
- CONFESS: When I put something in the way of praying and fasting. Re-Read the Guide to Fasting.
- FAST: Fast from all solid foods from 5:00 AM – 1:00 PM. (If you cannot fast from food due to health reasons then fast 5:00 AM – 1:00 PM from a favorite food, dessert, or TV programming).

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## Day 17 – Tuesday, January 27

- READ: Read Luke 12:13-21. Meditate on Luke 12:15.
- PRAYER:
  - Pray for at least 5 minutes for your co-workers, single parents and your parents reflecting on a positive time you had with them.
  - Thank God for each blessing in your life.
- APPLY:
  - Listen to your favorite Christian song and think about the goodness of God.
  - Hug a family member or friend and tell them how much you love them.
- FAST: Fast from all sweets and desserts.

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## Day 18 – Wednesday, January 28

- READ: Read Isaiah 43:18-19. Meditate on Isaiah 43:19.
- PRAYER:
  - Praise God for answered prayers.
  - Pray for at least 5 minutes for strength for the elderly members, those in Nursing Facilities and with Health challenges.
  - Pray that NPMBC members will commit to serve in at least one ministry.
  - Pray that NPMBC will show God's love in the community through ministry to others.
- APPLY:
  - Sometime this week, pray for someone verbally in their presence. It can be a family member, a church member, a coworker, etc.
- FAST: Fast from eating out. Bless someone with a Bible, Religious material or phone call.

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## Day 19 – Thursday, January 29

- READ: Read Isaiah 40:28-31. Meditate on Isaiah 40:31.
- PRAYER:
  - Pray for at least 5 minutes for NPMBC Food Bank, the Missions Ministry and that no home suffers from food insufficiency.
  - Pray for State and National missionaries and their families.
  - Pray for your own power and strength to do God's will.
- REFLECTION:
  - Thank God for the mighty movement of the Holy Spirit, for answered prayers and from deliverance from spiritual and financial bondage.
- FAST: Fast from 5AM – 1PM.

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## Day 20 – Friday, January 30

- READ: Read Isaiah 55:6-11. Meditate on Isaiah 55:11.
- PRAYER:
  - Pray for at least 5 minutes that the spirit of the living God moves powerfully during the worship service on Sunday.
  - Pray that lost people come to know Christ and saved people are encouraged to live out the great commission.
  - Praise God for all things.
- REFLECTION:
  - Reflect on God and His purpose for your life. Be still and know that He is God.
  - Spend a few moments in silence to think about the Lord and His goodness.
- FAST: Fast from your phone for one hour and use the time to encourage or serve someone.

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## Day 21 – Saturday, January 31

- READ: Read Matthew 9:37-38; Luke 10:2-9. Meditate on Luke 10:2.
- PRAYER:
  - Spend a few minutes just praising God for all that He has done.
  - Pray for at least 5 minutes that the Lord of Harvest will raise up and send out laborers.
  - Pray for spiritual renewal for all those participating in the 31-days of prayer and fasting, and that spiritual gifts are stirred up.
- APPLY: Tell someone your Good News testimony! (In person or online)
- FAST: Write a thank you/encouragement note to someone in the church and mail it or give it to them.

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## Day 22 – Sunday, February 1

- READ: Read Psalms 33:12. Mediate on Philippians 4:19.
- PRAYER:
  - Pray for at least 5 minutes for those suffering through depression, unemployment or underemployment.
  - Pray for parents and their children.
  - Pray for key local and national issues.
  - Reflect on an answered prayer – remember that God is all-powerful and that everything belongs to Him; now ask God for a breakthrough for each NPMBC member.
- FAST: Fast from sodas, iced teas and sweet drinks today.

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## Day 23 – Monday, February 2

- READ: Read 2 Chronicles 7:12-14. Meditate on 2 Chronicles 7:14.
- PRAYER:
  - Pray for at least 5 minutes that God will send a spirit of repentance and revival over the church, our community and our nation.
  - Pray for healing for the sick.
  - Pray for the Children's Church and Youth/ Teen Ministry.
- CONFESS: When I have not been responsible with my walk with Jesus.
- FAST: Fast from all solid foods from 5:00 AM – 1:00 PM. (If you cannot fast from food due to health reasons then fast 5:00 AM – 1:00 PM from a favorite food, dessert, or TV programming).

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## Day 24 – Tuesday, February 3

- READ: Read 2 Corinthians 10:3-6; Meditate on Ephesians 4:22-24.
- PRAYER:
  - Pray for at least 5 minutes for peace and direction related to thoughts and commitments.
  - Seek Godly authority and spiritual tools to manage feelings, stress, and being or feeling overwhelmed.
  - Pray that you will be equipped so these things do not infiltrate your Spiritual Home (Your Heart).
- APPLY:
  - Listen to your favorite Christian song and think about the goodness of God.
- FAST: Fast from eating out.

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## Day 25 – Wednesday, February 4

- READ: Read Romans 13:1-2. Meditate on 2 Corinthians 13:5.
- PRAYER:
  - Pray for at least 5 minutes that God will bless all the NPMBC Ministries and we will submit ourselves to the power and guidance of God, and that we consistently seek Godly wisdom.
- CONFESS:
  - Pray for yourself that God would remove anything in your life that may seek to rule over you or prevent you from being totally committed to serving Him.
  - Examine your faithfulness to the disciplines of prayer, fasting & stewardship. Ask the Lord to help you in your areas of weakness.
- FAST: Write a letter to God. Put it in an envelope and save it to read at the end of the year.

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## Day 26 – Thursday, February 5

- READ: Read Psalms 91:14-16. Meditate on Philippians 4:19.
- PRAYER:
  - Pray for at least 5 minutes that we as a church family remain faithful, prayerful and good stewards so that financial needs are fully met.
  - Pray for continued financial stability for the church.
  - Reflect on this day – thank God for the Mighty Movement of the Holy Spirit for answered prayers and deliverance from spiritual and financial bondage.
- FAST: Fast from interrupting someone and thank them for sharing.

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## Day 27 – Friday, February 6

- READ: Read Psalms 133:1. Meditate on Romans 15:5.
- PRAYER:
  - Pray for at least 5 minutes that unity infuses our church so that our congregation is bound to Christ in love.
  - Pray that the Holy Spirit leads and guides us during Sunday Morning Worship Service, Bible Study and that attendance will continue to increase as we give God praise.
  - Reflect on God's goodness, reconciliation, restoration and unity with Christ as we move forward by faith.
- CONFESS: God has "given us daily bread" in so many ways. I have taken this for granted.
- FAST: Fast from bread today.

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## Day 28 – Saturday, February 7

- READ: Read Luke 12:22-31. Meditate on Luke 12:31.
- PRAYER:
  - Pray for at least 5 minutes for boldness to witness to the lost.
  - Pray that every Christian will develop consistent daily spiritual disciplines (reading the word, prayer, journaling, etc.).
  - Pray for God's plentiful provision for adequate jobs for the unemployed and for the blessing of safe and secure shelter for the homeless.
  - Reflect on your journey in life – go throughout all rooms in your home thanking God for all your many blessings.
- APPLY: Tell someone your Good News testimony! (In person or online)
- FAST: Fast from running lots of errands today. Spend less time in the car and more time praying and reading God's Word.

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## Day 29 – Sunday, February 8

- READ: Read Deuteronomy 6:5-6. Meditate on Matthew 6:33.
- PRAYER:
  - Pray for at least 5 minutes that you will love God with all your heart, soul, mind and strength.
  - Pray that God's Spirit will work in your heart with power and that you will strive to always follow biblical principles.
- REFLECTION
  - Reflect on an answered prayer – remember that God is all-powerful and that everything belongs to Him. Now ask God for a breakthrough for each NPMBC member.
- FAST: Fast from any sodas, iced teas or sweet beverages today.

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## Day 30 – Monday, February 9

- READ: Read Acts 6:3-4. Meditate on Matthew 6:22.
- PRAYER:
  - Pray for at least 5 minutes for the entire NPMBC body that we be obedient and actively use our spiritual gifts and resources in support of ministries doing God's will at NPMBC.
  - Pray for Chaplains: Military, Prison, Hospital and Disaster Relief Chaplains.
  - Pray for US Military that God would keep them safe and provide for their families.
- APPLY:
  - Refrain from making any negative or destructive comments.
- FAST: Fast from all solid foods from 5:00 AM – 1:00 PM. (If you cannot fast from food due to health reasons then fast 5:00 AM – 1:00 PM from a favorite food, dessert, or TV programming).

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## Day 31 – Tuesday, February 10

- READ: Read Luke 11:1-4. Meditate on Luke 11:2a.
- PRAYER:
  - Pray for at least 5 minutes that I will draw closer to God, spending more time in prayer and meditation.
  - Praise God for who He is, what He has done, what He is doing and what He will do for you.
  - Pray that I will allow God to direct my day and to trust Him for daily provisions.
- CONFESS: My lack of developing a vibrant prayer life.
- APPLY: Write down your own prayer that you can refer to for encouragement when you are not sure what to pray.
- FAST: Fast from television, streaming or any other visual entertainment and spend additional time in prayer.

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***Some Material in The Prayer and Fasting Guide was taken from Allen Heights Baptist Church, Allen Texas with modifications added.***