

01/04/26 - 01/10/26

7 DAYS OF PRAYER & FASTING

A dedicated time of seeking the
Lord in prayer and worship



*Daily prayer in the sanctuary
Sunday - Friday at 6:30 PM and Saturday at 9:00 AM*

DAY 1: DIVINE PROVISION

Pray specifically for unity, spiritual manifestation, financial provision, protection of every person – resource – ministry – and gift.

DAY 2: EVANGELISM AND DISCIPLESHIP

Pray every member will catch the vision of being a personal evangelist for Christ, and that the emphasis of the church will be to become disciples and make disciples for Jesus.

DAY 3: MINISTRY

Pray for every ministry, every pastor, every leader, every Sunday gathering, every Connect Group, every event that will occur at NLC in 2026.

DAY 4: NEXT GENERATION

Pray for the next generation to have appreciation for the sacrifices that have given them the opportunities they have; that God would anoint them mightily to serve effectively in their day; for protection from the spiritual seduction that tries to make the bible irrelevant; for mentors to step forward with passion to serve these amazing students. We cover the children and educators of our city to honor God and know His protection.

DAY 5: BREAK-THROUGH

Pray for God to provide spiritual break-throughs in areas that the enemy has kept at bay too long. Specifically in marriages, in those who have not understood generosity and tithing, in those who have kept back talents in fear of people, rejection, over committing, etc. We pray for a new depth in prayer, in the services, in miracles, in anointing over our leaders and in breaking generational strongholds. Pray for the supernatural to be manifest in every life as we pray for deliverance from sin and addiction, salvation, generous gifts and healing.

DAY 6: GROWTH

Pray the GROW (discovery, discipleship, evangelism, leadership) classes will prosper; that people will feel the need to go public with their faith in baptism; that there will be spiritual maturity in our members that is displayed by not being easily offended, and looking out for the betterment of others over themselves; that the influence of NLC will continue to grow in the community and around the world; that leaders will emerge and every ministry opportunity filled.

DAY 7: THE NATION / THE WORLD

Pray over the United States of America, that we would remain 'under God' as we were founded in submission to Jesus and His Word; that our leaders from the federal, state, and local levels would be conscious of their obligation and accountability to the Lord; we pray for protection over our land. We pray for the nations of the world to come under the sovereign sway of God Almighty; for great revival to continue and that evil voices and religious would be silenced; we pray for missional partners to know God's strength and favor. We pray over our City that God would help Christianity to stand tall and not back down to the vile voices in the world. May this place be a haven of righteousness, known throughout the region as a Christian city.

FASTING

To refrain from eating food, especially exquisite foods, is a biblical idea. Biblical characters like Esther and Daniel fasted as they were preparing to be mightily used by the Lord. Jesus fasted and returned from His fast in the power of the Spirit. He also taught us that fasting is part of a Christian's normal life, something that is not spoken of often. Further, He taught that some evil spirit's require fasting and prayer to conquer.

Fasting is the surest way to see how much power one's flesh has over their spirit. The inability or unwillingness to fast demonstrates one's surrender to human desires. When we are willingly hungry we are demonstrating to God that our greater hunger, more than earthly food, is for Him and His power to be manifested.

If this church will give some time to both prayer and fasting to begin 2026, we will experience God's power more than ever! Do you want that in our church, in your ministry, in your family? Are you willing to pay the price for it? Fasting does not twist God's arm to do as we say, but it removes the fleshly/carnal aspects of our lives and focuses the church on the most needful things. Only good can come from lives with such deep devotion.

FURTHER READING

Key New Testament Verses (How & Why)

- Matthew 6:16-18: Jesus teaches to fast secretly, not for show.
- Matthew 9:14-15: Explains why His disciples don't fast like John's (bridegroom present).
- Matthew 17:21 (Mark 9:29): Some demons only come out by prayer and fasting.
- Acts 10:30; 13:2-3: Cornelius and the church in Antioch fasted seeking God's guidance and revelation.
- 1 Corinthians 7:5: Mentions mutual consent for a season of fasting and prayer.

Key Old Testament Examples & Calls

- Exodus 34:28: Moses' 40-day fast.
- 1 Samuel 31:13 (1 Chronicles 10:12): Fasting for the dead.
- 2 Samuel 12:16-20: David fasts for his sick child.
- 1 Kings 21:27: King Ahab's repentance.
- Ezra 8:23: Ezra and the people fast for protection on their journey.
- Nehemiah 1:4: Nehemiah's prayer and fasting for Jerusalem.
- Esther 4:16: Esther calls for a three-day fast for all Jews.
- Daniel 9:3, 10:3: Daniel's earnest prayer and fasting for understanding.
- Joel 2:12: A call to return to God with fasting, weeping, and mourning.

Other Notable References

- Luke 2:37: Anna the prophetess served God with fastings and prayers.
- Luke 18:12: The Pharisee's boast of fasting twice a week (a parable).
- Isaiah 58:6-10: Describes true fasting (justice, helping the poor) versus empty ritual.

TYPES OF FASTS

We are recommending two fasts:

(If you have major health problems, do these only in compliance with your physician's approval)

1. A total fast for three days, drinking only water.

- This fast allows your body to rest from the work of digestion and yet allows you to remain hydrated.
- During fasting times, use your normal time to eat to pray, and read God's Word. You will be amazed at how the Lord will speak to you so clearly during these times.
- Fasting builds discipline in one's life and strengthens the ability to say 'no' to other negative influences more easily.

2. A progressive fast for seven days.

- Sunday – no sweets (includes drinks)
- Monday – no sweets, no breads (includes cereal and pasta)
- Tuesday – no sweets, no breads, dairy (includes cheese, milk, yogurt)
- Wednesday – no sweets, no breads, no dairy, no meat (includes meat substitutes)
- Thursday – veggies only
- Friday – veggies only, only water to drink
- Saturday – total fast until lunch