

# PRAYER & FASTING

## FIVE DAY PRAYER FOCUS FOR 2026

### **DAY 1 - FAITHFUL STEWARDSHIP**

Pray that we would wisely and faithfully steward everything God has entrusted to us - people, resources, opportunities, and influence.

### **DAY 2 - LONG-TERM FAITHFULNESS**

Pray that we would be a church willing to invest for the long haul, choosing faithfulness over quick wins and trusting God with the future.

### **DAY 3 - DISCIPLE-MAKING CHURCH**

Pray that we would be deeply committed to making disciples, especially through healthy, multiplying Connect Groups.

### **DAY 4 - CARING FOR EVERY PERSON**

Pray that we would shepherd well every person God sends to us, creating a church where people are known, loved, and spiritually formed.

### **DAY 5 - ONE HEART, ONE SOUL TOWARD GOD'S VISION**

Pray that we would live and give with one heart and one soul, united in generosity as we pursue the vision God has given us for relocation or expansion.

## **PRAYERFULLY CHOOSE YOUR TYPE OF FAST**

**It is important to choose a fasting plan that works for you.**

**While this provides some general information about different types of fasts, there is nothing more inherently spiritual about one type of fast as opposed to another. Consider how it may or may not apply to your personal circumstances and convictions. This is your personal decision and should be prayerfully considered as it applies to your life. If you have health concerns and/or take medications, please consult a physician prior to beginning your fast. Below is information on the most common types of fasts.**

### **DANIEL PARTIAL FAST**

**The Daniel plan is a great model to follow and one that is extremely effective for spiritual focus, bodily discipline, and purification of the body and soul. It is one of the most commonly referenced fasts; however, within the Daniel fast there is room for broad interpretation. In the book of Daniel, we find two different times where the prophet Daniel fasted. Daniel 1 states that he only ate vegetables and water. In Daniel 10, while the passage does not give a specific list of foods Daniel ate, it does state that he ate no rich (or choice) foods, as well as no meat or wine. Based on these passages, either of these approaches, or a combination of the two, can constitute a Daniel fast.**

### **SPECIFIC FOOD OR ACTIVITY FAST**

**In this type of fast, you omit a specific item or items from your meal plans. For example, you may choose to eliminate red meat, processed or fast food, or sweets. Most people can incorporate this type of fast relatively easily.**

**While fasting typically refers to refraining from specific food items, you may also find it beneficial to fast from a regular activity or habit. This might include television, social media, shopping, alcohol, or similar distractions.**

**Prayer and fasting are not just about connecting to God, but also about disconnecting from the world. Try to tune out regular distractions as much as possible and ask the Lord to remove anything that keeps you from focusing on Him. Replace that time with things that will nourish you spiritually.**

### **JUICE FAST**

**A juice fast involves consuming vegetable and fruit juices and water instead of solid food. Many people also include whey protein in their liquid plan. This is one of the most popular and effective fasts. Even if you do not choose an all-liquid fast, substituting one or two meals with liquids is a great alternative.**