



## PRAYER & FASTING

JANUARY 12-18, 2026

Dear Friend,

Wherever you are in your journey with God, you're invited to join in our church-wide 7 Days of Fasting and Prayer! Please don't think for one second that this is beyond you. A deeper relationship with God (through fasting and prayer) is for anyone and everyone who realizes that they **desperately need God!** That's us, and we believe that's you, too!

Fasting is less about *what we're giving up* and much more about *what we're making room for*. When we fast, we exchange what we need to survive (food!) for what we need to live—more of God! It's an incredible spiritual discipline that quiets our hearts and helps us lean into God in a new, more intimate way.

During the week of prayer and fasting, here are some ways you can be encouraged:

- **Daily Facebook Live** // Mon-Sat. 9pm (on LIFE Church Facebook page)
- **Prayer & Worship Night** // Wednesday, January 14, 7-8:30pm at LIFE
- **Breaking The Fast** // Sunday, January 18, 12:15pm at LIFE (Please bring soup or bread to share)
- **Spotify Playlist** // [https://open.spotify.com/playlist/4Dyz4dXyMUNFy7rV8jCjm5?si=V\\_eq43blQqKTQw8nAkMrVw&pi=Bww6RhP6RXmpD&nd=1&dlsi=9a706bd78c2d4211](https://open.spotify.com/playlist/4Dyz4dXyMUNFy7rV8jCjm5?si=V_eq43blQqKTQw8nAkMrVw&pi=Bww6RhP6RXmpD&nd=1&dlsi=9a706bd78c2d4211)

In this packet, you will also find a daily focus of what you can be specifically praying for, ideas to pick which food fast you want to do, and other helpful information. If you have any specific questions, please email us at: [info@mylifechurch.com](mailto:info@mylifechurch.com) Also, throughout your fasting time, send us your victories or any words of encouragement from God, so we can celebrate with you!

We will be standing in prayer for each one of you during this fast.

Blessings,  
Your Pastors  
*Joe, Abi and Heidi*

## **DAILY PRAYER FOCUS**

This year, we are choosing to lean into a handful of our core values.

### **DAY 1 (Monday) RESTORATION**

*We foster an atmosphere of love and safety, where people can discover their identity in Christ and experience healing and freedom.*

**Pray for:** Restoration in our own lives and the lives of those you love.

### **DAY 2 (Tuesday) BIG CHURCH**

*We eagerly partner with other Christ-following churches and ministries to glorify God, strengthen one another, impact our world, and prepare for Christ's return.*

**Pray for:** Other churches, ministries, the global and persecuted church

### **DAY 3 (Wednesday) LIFE TOGETHER**

*We build transparent relationships, growing together and serving one another as a multi-generational & multi-ethnic church family.*

**Pray for:** Deep Christ-centered relationships in our church family

### **DAY 4 (Thursday) WHOLE LIFE GROWTH**

*We surrender to God's complete transformation in our lives in spirit, emotions, mind, body, and our stuff.*

**Pray for:** Yourself - for growth and transformation in each area

### **DAY 5 (Friday) IMPACT**

*We share the good news of Jesus in practical and life-changing ways: personally within our circles of influence, locally with a heart for our city, and globally, with passion for the world.*

**Pray for:** Salvation for those you love; Jesus to be known in our community; missionaries sharing the gospel cross-culturally

### **DAY 6 (Saturday) FAMILY**

*We encourage: developing God-centered marriages, having healthy family dynamics, breaking cycles of dysfunction, and opening our homes to others.*

**Pray for:** Your own family and the families of others

### **DAY 7 (Sunday) HOLY HABITS**

*We seek God through spiritual disciplines: studying His Word, prayer, fasting, solitude, worship, giving, serving, and resting.*

**Pray for:** God to reveal (and you to respond to) the habits He's inviting you into

## HELPFUL HINTS

\*PLAN AHEAD for the week. You want to be ready on all levels. Clear your calendar (as much as possible) of anything that will distract from your extra time with God, or will take more energy than would be wise for you to exert. You may want to begin to wean yourself off caffeine or sugar if you will be cutting those out.

### \*DECIDE ON YOUR FAST

There are different kinds of fasts. Choose one or a combination for the week. This will help you pre-plan what foods you'll need to have at home or might want to put out of sight.

Choosing your fasting plan is a very personal decision. Don't let fasting be a cause for comparison or competition. Your personal fast should present a level of challenge yet be wise in regard to your body and what is required of you in as far as output. Most importantly, seek God in prayer and follow what the Holy Spirit leads you to do. Also it's important to not let what you eat or do not eat become the big focus of your fast, pre-occupying your thoughts. This is a time to disconnect enough with your regular patterns and habits in order to connect more closely to God. Focus on being with Him and hearing His voice.

Here are some options:

1. **Water Only Fast** - (Matthew 4, Luke 4, 1 Samuel 20) This is where you have water only. You will need to pace yourself and plan the rest of your schedule with an understanding that you will likely feel weak. You could also combine a water fast with a Daniel or juice fast; for example water until a Daniel meal at dinner; or one-three day of water only in the midst of 7 days.
2. **Daniel Fast** - Eat no meat, no sweets and no bread. Drink water and juice. Eat fruits and vegetables. (Daniel 1 & 10). \*Helpful website: [ultimatedanielfast.com](http://ultimatedanielfast.com)
3. **Liquid Fast** - A liquid fast is when no solid food is consumed and instead involves the intake of broths, vegetable juices, fruit juices and water. \*Helpful websites: [RebootWithJoe.com](http://RebootWithJoe.com), [JuiceRecipes.com](http://JuiceRecipes.com), [All-About-Juicing.com](http://All-About-Juicing.com)
4. **Partial Fast** - A partial fast could mean that you choose to fast one or two meals each day and then still give yourself perimeters for the meal/s you do eat (cutting out sweets or meats, etc.)

5. **Progressive Fast** - With having 7 days to work with, you could consider different phases of fasting each day. Perhaps beginning with a water fast, moving to liquids, then on to Daniel, or the reverse.

*In addition to fasting food, we suggest limiting or completely fasting social media, t.v., gaming, or other forms of entertainment that could distract your focus and be a "false filler" in your hunger. It's a great time to break any bad habits, too!*

\*USE WISDOM

- Get more **sleep** than you usually do.
- Drink lots of **water**, please.
- **Pace** yourself. Your energy level will be lower when you don't eat; this will be normal. Feeling hungry and craving the foods you once ate will be very much in the forefront of your mind. That's when we need to press into God & read the Word. Reaching out to God to sustain you is key.
- **Look up encouraging information** on fasting online or go to christianbook.com and find a book there. We recommend the book ***Fasting: Opening the Door to a Deeper, More Intimate, More Powerful Relationship With God*** by Jentezen Franklin. You can also visit: <http://www.jentezenfranklin.org/fasting/>

## HELPFUL INFORMATION ABOUT FASTING

### **Fasting is....**

- Refraining from food so that we can spend time seeking God
- Denying ourselves physical food as an expression of total dependence on God
- A Means for Breakthrough: Jesus said in Matthew 17:24 that some spiritual battles can only be won when we are people who fast.

### **Fasting is not...**

- A diet to help you loose weight; we suggest refraining from weighing yourself and body-preoccupation with your physical appearance
- Something we do to try to move God; instead, fasting moves us closer to God
- About manipulating God; it does not make God do something that is out of HIS will!
- About trying to earn God's favor; God loves us and gives grace
- Something we do to obtain forgiveness (that is given through Jesus)
- Something we do to be perceived as spiritual or earn recognition

### **How is fasting spiritually beneficial?**

- When you read your Bible, you will be amazed at how powerful God's Word is and how you can hear God's voice more clearly during a fast

- Fasting helps us move closer to God
- Fasting helps us get the gunk out (our lives get so cluttered & full of noise!)
- Fasting will increase your faith
- Fasting increases our sense of humility, and our dependence upon the Lord
- Fasting is about drawing closer to God and surrendering at a deeper level
- Fasting helps us tune into God with clarity and precision, like how we have to tune into a radio station to hear it clearly
- Fasting will bring focus to your life
- Fasting helps us hit the reset button of our soul!
- Fasting helps us to say, "not my will but yours God"

### **How does fasting impact people physically?**

- According to medical professionals, fasting is good for your body
- Fasting rejuvenates your senses
- If you're addicted to tobacco/alcohol/drugs/food, etc. fasting can help break it

### **When you fast...**

*"But when you fast, comb your hair and wash your face. Then no one will notice that you are fasting, except your Father, who knows what you do in private. And your Father, who sees everything, will reward you."* Matthew 6:16-18

- We don't go around acting sad about what we are doing.
- It's not that you can't tell anyone you are fasting. This above Scripture is speaking to some hypocritical Pharisees who wanted to appear holy. The key is not drawing attention to yourself.
- Fasting is never to be a public display of spirituality—it is between you and God.
- When churches do a church-wide fast, it is an invitation for God to move in the church community, and we can encourage each other through it.

### **Kids & Fasting**

An easy way to explain the benefits of prayer and fasting to kids is to compare it to cleaning out old toys that might no longer work, or that they might have outgrown, to make room for new ones. As we clean out our bodies and make time to connect more closely with God and His Word, we make room to receive new gifts from Him. Also, if kids are young or they are not participating in the fast, be sure to still feed them great meals.

Over the years we have invited our children to participate as they feel led to. We've offered guidance and encouragement, but left the choice of fast up to them. However, we do set house guidelines for media, etc. to keep the climate of the home aligned to the fast. We prepare them and set the boundaries in advance.

- We do not recommend that young children skip meals or drastically reduce their food intake, but a modification of their diet might be an easy place to start. For example, fasting from specific items such as sweets, red meats, fried foods or a Daniel fast.
- Another great way for kids to fast is by reducing some of the time and energy spent watching TV, playing video games, using the computer or phone, and instead choosing to spend time praying, reading their Bible or serving others.
- Do some special family activities over the fast that the children will recognize as celebrating God's goodness.
- Do your part to give your kids a sweet taste of prayer and fasting by spending more time connecting with them and praying for and with them. At the start of the fast, you may want to ask them to share their needs and commit to praying for them over the week.
- Share the daily themes with your children, and pray together as a family