



**Heartland Guide to Prayer and Fasting for
Annual Conference and General Conference 2026**

***“It is written,’ he said to them, ‘My house will be called a house of prayer’”,
Matthew 21:13 (NIV)***

To All in the Heartland Annual Conference:

The Leadership of our Conference, in partnership with the Prayer Team of our Conference, has put these guides together to be used in the spiritual disciplines of prayer and fasting. We hope these will be a starting point for those with no experience, an aid to those who are currently participating in a time of prayer and/or fasting, or even to encourage those who may have participated in these spiritual disciplines in the past but need an opportunity to pick them up again. At the end of this guide there are links that will take you to our monthly Heartland prayer zooms, all are welcome, and to GMC prayer guides that have been created for the whole denomination.

“And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words.” Matthew 6:7 (NIV)

As it concerns the prayer guide, we hope you will look at the theme, then begin your prayer time by speaking God’s Words back to Him in an attitude of praise and reverence. Scripture related to the theme has been provided. While we have used the NIV to resource our scriptures, you can use whatever version you are most comfortable with. This step will lead you into a time of directed prayer that will reflect God’s will. You are encouraged to finish with a time of listening to what God has to say for you and in response to your prayers. If you should receive a word from God that you feel led to share with the Heartland Annual Conference, please feel free to email the Prayer Leaders – heartlandprayerministry@heartlandgmc.org

“When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting.”, Matthew 6:16 (NIV)

Fasting is encouraged regularly as a means of grace that deepens our relationship with Christ and helps us to focus our prayers. Often, during times of fasting, it is easier to



hear from God because our dependence upon Him is more than we normally allow for while going about our daily lives. It is the hope of the Heartland Annual Conference Prayer Team, along with the support of the Global Prayer Network Executive Team, that all members of the Global Methodist Church will implement the discipline of fasting into their lives in some format. We invite you to seek God's leading on when and how to fast so your connection to Christ, and our connection together to Christ, is strengthened.

"I said, Thy will be done." "That's the prayer that never fails."
— **Father Tim, The Mitford Series; Out to Canaan, by Jan Karon**

Please pray for:

June 1st – God's will for the Heartland as we prepare for Annual Conference at Pathway Church June 3rd – 6th – **John 17:20-23**

June 2nd – An Outpouring of the Holy Spirit across the Heartland – **John 20:22**

June 3rd – No personal or political agendas at Annual Conference – **James 5:16**

June 4th – All speakers to speak every Word that God would have delegates hear – **James 1:5**

June 5th – The Lord to guide all discussions and decisions – **Ephesians 4:1-3**

June 6th – For all the Ordinands and the Ordination Service this morning – **1 Peter 5:1-3**

June 7th – Your Home Church – **Matthew 18:20**

June 8th – The Heartland Delegation to General Conference in Johannesburg, South Africa, August 30th – September 5th – **Joshua 1:9**

June 9th – Visas for all nations who need one to attend General Conference – **Philippians 4:6**

June 10th – Rev Jordan McFall, Conference Superintendent and Lead Clergy Delegate for the Heartland – **1 Samuel 16:7**

June 11th – Financial provision for delegations and volunteers to the General Conference – **Philippians 4:19**

June 12th – Ms. Holly Joy, Lead Lay Delegate for the Heartland – **Proverbs 31:26**

June 13th – Missions that will happen during General Conference and the people called to serve in those activities – **Acts 1:8**

June 14th – Rev Mike Schafer and GMC Staff – **Matthew 5:6**

<https://www.globalmethodist.org/our-staff>

June 15th – Rev Ray Crawford, Clergy Delegate for the Heartland – **John 20:21 & 22**

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- June 16th – Translators who are working on petitions and documents so all can understand – **Acts 2:6**
- June 17th – Ms. Cara Nicklas, Lay Delegate for the Heartland – **John 20:21 & 22**
- June 18th – All those called to serve on the Prayer Team at General Conference – **John 14:13**
- June 19th – Rev Rick Just, Clergy Delegate for the Heartland – **John 20:21 & 22**
- June 20th – All those called to serve on the Worship Team at General Conference – **Psalm 150**
- June 21st – Your Home Church – **1 Chronicles 16:24**
- June 22nd – Ms. Allison Woods, Lay Delegate for the Heartland – **John 20:21 & 22**
- June 23rd – The marketing and publishing teams to complete all materials in a timely manner – **Psalm 91:2**
- June 24th – Rev DA Bennett, Clergy Delegate for the Heartland – **John 20:21 & 22**
- June 25th – The General Conference Planning Commission as they work on last minute details – **Matthew 11:28-30**
- June 26th – Ms. Everjoyce Madzinga, Lay Delegate for the Heartland – **John 20:21 & 22**
- June 27th – Administrative Committees as they meet – **Colossian 3:23 & 24**
- June 28th – GMC Assembly of Bishops – **Isaiah 54:17**
<https://www.globalmethodist.org/assembly-of-bishops>
- June 29th – Rev Jaimie Willis, Clergy Delegate for the Heartland – **John 20:21 & 22**
- June 30th – All those called to serve on the Hospitality Team – **Romans 12:9a & 13**
- July 1st – Mr. Tyson Heins, Lay Delegate for the Heartland – **John 20:21 & 22**
- July 2nd – All those called to serve on the Security Team – **Isaiah 41:10**
- July 3rd – Rev Joshua Johnson - Clergy Delegate for the Heartland – **John 20:21 & 22**
- July 4th – Unity under the Lordship of Jesus Christ across the United States – **Psalm 50:9-12**
- July 5th – Your Home Church – **Matthew 5:13**
- July 6th – Mr. Bill Brown, Lay Delegate for the Heartland – **John 20:21 & 22**
- July 7th – All those called to serve as Tellers and Pages at General Conference – **Matthew 23:11**
- July 8th – Rev Elizabeth Winger-Young, Alternate Clergy Delegate – **John 20:21 & 22**
- July 9th – The process of choosing petitions for General Conference that allow us to follow God's will for the GMC – **1 Chronicles 29:11**



July 10th – Mr. Richard Croll – Alternate Lay Delegate – **John 20:21 & 22**

July 11th – Legislative Committees as they meet – **1 Corinthians 2:5**

July 12th – The GMC Connectional Council – **Psalms 143:8**

<https://www.globalmethodist.org/connectional-council>

July 13th – Rev Susan Innes, Alternate Clergy Delegate – **John 20:21 & 22**

July 14th – All those who are nominated as Episcopal Candidates – **Psalms 145:18**

July 15th – Mr. Paul Reed - Alternate Lay Delegate – **John 20:21 & 22**

July 16th – The participation of churches worldwide during the GMC call to 40 days of prayer and fasting beginning July 13th – **2 Chronicles 7:14**

July 17th – Rev David Daniel, Reserve Clergy Delegate – **John 20:21 & 22**

July 18th – For enough people to serve as volunteers at General Conference – **1**

Corinthians 12:7

July 19th – Your Home Church – **Matthew 5:14**

July 20th – Mr. Mathew Jones, Reserve Lay Delegate – **John 20:21 & 22**

July 21st – General Conference Planning Commission as they deal with more last minute details – **Galatians 6:9**

July 22nd – Rev Bradley Kirk, Reserve Clergy Delegate – **John 20:21 & 22**

July 23rd – God to prepare the hearts of those voting at General Conference so there will be unity when the time comes – **Proverbs 3:6 & 7**

July 24th – Ms. Christin Dush, Reserve Lay Delegate – **John 20:21 & 22**

July 25th – For the GMC Body of Christ to grow into who He wants them to be –

Ephesians 4:11-13

July 26th – Home Church – **Matthew 5:15**

July 27th – The Heartland Delegation to be filled with God's love for all other delegations – **Ephesians 3:14-19**

July 28th – All in the GMC to desire to live a lifestyle compatible with the holiness of God in our lives – **1 Peter 1:14-16**

July 29th – The Heartland Delegation to have eyes to see and ears to hear – **Matthew 13:16**

July 30th – Any last minute travel plan changes for all Delegations attending General Conference – **Isaiah 26:3**

July 31st – An extra measure of wisdom for the Heartland Delegation – **Philippians 1:9-11**

August 1st – Unity across all GMC Churches – **Psalms 133:1**



- August 2nd – Your Home Church – **Matthew 5:16**
- August 3rd – God’s Spirit to lead and guide the Heartland Delegation in person meeting
- August 4th & 5th – **Philippians 1: & 6**
- August 4th – Heartland Delegation meeting in person – **Proverbs 3:5 & 6**
- August 5th – Heartland Delegation meeting in person – **John 17:15-19**
- August 6th – God to begin preparing delegates to receive from Him – **Psalm 19:14**
- August 7th – Protection over the Heartland Delegation and their families –
2 Thessalonians 3:3
- August 8th – Protection for other GMC Delegations and their families – **Psalm 34:7**
- August 9th – Rev Mike Schafer and GMC Staff – **Matthew 5:6**
<https://www.globalmethodist.org/our-staff>
- August 10th – The Heartland Delegation to find joy in God’s presence – **Psalm 16:11**
- August 11th – All delegates to love one another as God loves us – **1 John 4:11**
- August 12th – The Heartland Delegation to have Christ-like, servant hearts – **Mark 10:43 - 45**
- August 13th – All delegations to surrender their agendas for General Conference to God – **Philippians 2:5 - 8**
- August 14th – All churches across the Heartland to receive new and fresh insight with an infilling of God’s Spirit – **Isaiah 43:18 & 19**
- August 15th – All to worship God with abandon at General Conference – **Deuteronomy 6:5 & 6**
- August 16th – GMC Assembly of Bishops – **Isaiah 54:17**
<https://www.globalmethodist.org/assembly-of-bishops>
- August 17th – All churches dealing with persecution and war – **Psalm 32:7**
- August 18th – All who are being called to be nominated to serve as Bishops in the GMC for the next 6 years – **Matthew 20:25-28**
- August 19th – As attendees prepare to gather at General Conference may they all keep step with God’s Spirit - **Galatians 5:25 & 26**
- August 20th – All speakers at General Conference to receive every Word they need to speak from God – **Jeremiah 1:9**
- August 21st – God to fill Johannesburg with His Spirit – **Acts 2:2 & 4a**
- August 22nd – Give thanks and praise for all God has done to bring us this far – **1 Samuel 7:12**
- August 23rd – The GMC Connectional Council – **Ephesians 3:16 & 17a**



<https://www.globalmethodist.org/connectional-council>

- August 24th – The Heartland Delegation as they prepare and pack to go to Johannesburg – **Philippians 4:6 & 7**
- August 25th – Travel days by plane, train, bus, car, and on foot – **Joshua 1:9**
- August 26th – God to prepare all delegations to receive God’s agenda and lay down their own agendas – **Malachi 1:10**
- August 27th – All delegations to receive the Holy Spirit in preparation of the General Conference – **Joel 2:28**
- August 28th – Fellowship amongst delegations as set up and meetings begin – **Hebrews 10:24**
- August 29th – Unity amongst all those praying worldwide for the General Conference – **1 John 5:14**
- August 30th – All delegations to worship the Lord and keep their eyes on Him – **Psalms 96:9**
- August 31st – Humility amongst delegations as they discuss petitions and business of the GMC – **1 Peter 3:8 & 9**
- September 1st – Unity across all GMC Delegations at General Conference under the Lordship of Jesus – **Psalms 133:1**
- September 2nd – Energy for the Heartland Delegation and all in attendance at the General Conference – **Psalms 3:3**
- September 3rd – Today’s order of business, election of Bishops – **1 Samuel 16:6 & 7**
- September 4th – God’s will to continue to prevail over the plenary sessions – **Ephesians 4:15 & 16**
- September 5th – May there be much rejoicing on this final day of General Conference and may all the word of the Conference be complete – **Psalms 29:2**
- September 6th – Glory to God and travel mercies as all return home – **Psalms 100**

Fasting Guide

Ask the Lord What Your Offering Should Be

Fasting is more about the condition of our hearts than what kind of fast we choose. We cannot compare our fast to others during a corporate fast. We are not trying to keep up with others. This is your time to offer a sacrifice to the Lord. The key is to increase your

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prayer time as you decrease your eating. Ask the Holy Spirit for guidance. Pray daily and read the Bible.

Preparing Spiritually

Confess your sins to God. Ask the Holy Spirit to reveal areas of weakness. Forgive all who have offended you and ask forgiveness from those you may have offended (Mark 11:25; Luke 11:4; 17:3-4). Surrender your life fully to Jesus Christ and reject the worldly desires that try to hinder you (Romans 12:1-2).

Deciding How Long

You may fast as long as you like. Most can easily fast from one to three days, but you may feel the grace to go longer, even as much as 21 to 40 days. Use wisdom and pray for guidance. Beginners are advised to start slow.

What to Expect

Should you choose to fast from food, keep the following in mind: When you fast from food, your body detoxifies, eliminating toxins from your system. This can cause mild discomfort such as headaches and irritability during withdrawal from caffeine and sugars. Feel free to keep Tylenol or other pain medication on hand for headaches. You will naturally have hunger pains. Limit your activity and exercise moderately. Take time to rest. Fasting brings about miraculous results. You are following Jesus' example when you fast. Spend time listening to praise and worship music or Bible based podcasts and videos. Pray as often as you can throughout the day. Get away from the normal distractions as much as possible and keep your heart and mind set on seeking God's face.

How to End

Don't overeat when the time comes to end your fast. Begin eating solid food gradually; eat small portions or snacks.

***Note: If you are in any doubt about how to fast for your medical needs, please consult your PCP**

Wesleyan Fast

For those wanting to follow a once a week fast -

"For a portion of John Wesley's ministry, he advocated fasting on both Wednesday and Friday each week as a regular spiritual discipline. It's fairly well known that Wesley



would not ordain anyone to the Methodist ministry who was unwilling to fast those days.

But as time passed, Wesley fasted mostly on Fridays, which was the Anglican norm. (Actually, as early as August 1739, he advocated Friday fasting for Methodists in his journal, according to the Anglican rule.)

Wesley usually began a Friday fast at sundown on Thursday. This was in continuity with Jewish and early Christian tradition, which both marked the beginning of the day at sundown, not midnight. Wesley typically ended his fast at 3:00 p.m. on Friday.” Taken from <https://methodistprayer.org/wesleyfast>

Daniel Fast

Fast from meat, sweets and bread. Drink only juice, water, and black coffee if needed. Your diet becomes fruits and vegetables. Dairy is not mentioned in Scripture, and it is optional for you.

Full Fast

You drink liquids only and determine the number of days.

3-Day Fast

This can be a full fast, Daniel fast or giving up at least one food/drink item you regularly eat or drink daily.

Intermittent Fast

Fast from 6 p.m. to noon the following day. You basically skip breakfast and allow no snacking between dinner and lunch the next day. This is a great option for beginners to extend a fast for many days.

Alternative Forms of Fasting

We realize that not everyone will be allowed to fast from food for certain medical reasons. If this is the case there are many other options including fasting from caffeine or sugar. As mentioned above, this can lead to headaches and you are encouraged to take your preferred pain reliever until your body adjusts. To hear His voice more clearly one could consider fasting from news, social media, or TV shows for an extended period of time. Our phones have the capability of being totally silenced for a period of time; i.e., once a day so you can read Scripture and pray without interruption. The length of time is up to you. Another example would be to start by putting your phone on silent for one hour a day and increase that over these 98 days of prayer, ending up with half a day or a whole day where you don't have your phone on at all. The same can be done with TV or social media. You may choose to give up reading fictional books and



only read materials that strengthen your walk with Christ. Other forms of fasting include a spending fast, a complaining fast, or a fast from judging others.

***All forms of fasting are an offering to Him and a help to your spirit so you can be more attentive to the Spirit of God.**

What to Add

We empty ourselves out to fill up our spirits with God. This is a great time to begin consistent Bible reading and prayer. You might want to read one Proverb and one Psalm daily or begin reading through the Gospels. Set a time every day. Use your phone alarm to remind you. Start small. If you miss a day, start again. In our busy lives we have to choose to put God first every day. Choose today to determine to seek Him, even if in a small way.

Important Links

All are invited to join one of two zoom prayer meetings to pray with others across the Heartland. These occur on the 2nd Monday of each month at 8:00 am,

<https://zoom.us/j/93983463138?pwd=IMw2pNdpYkCaTbK7io9zXPW7Vp62S7.1>,

or the 2nd Tuesday of each month at 7:00 pm,

<https://zoom.us/j/98132911163?pwd=ZKulbgi7FP1p4cad2zhnhNzmtYqaZb.1>.

All corresponding GMC Prayer Guides

<https://www.beautyofholiness2026.org/prayer-guides>

“... if my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land.”, 2 Chronicles 7:14 (NIV)

We hope this guide has inspired you to continue in the spiritual disciplines of prayer and fasting to gain maturity and for God’s glory to be revealed across the Heartland!

In Jesus’ mighty name we pray!

The Prayer Leadership of the Heartland Annual Conference