



2026

Prayer & Fasting

JANUARY 26TH - FEBRUARY 8TH

IN-PERSON CORPORATE PRAYER

MONDAY - SATURDAY - 7:30 PM

SUNDAYS - 7:00 PM



609 W. COLUMBUS ST. PICKERINGTON, OH 43147

SIX STEP GUIDE TO YOUR FAST

How you begin and conduct your fast will largely determine your success. For some people, this might be the first time ever to follow a fast or having done one without having a proper understanding or meaning. We are hoping that following the six basic steps to fasting will make your time with the Lord more meaningful and spiritually rewarding.

STEP 1: Set Your Objective

Ask the Holy Spirit to clarify His leading and objectives for your prayer fast. This will enable you to pray more specifically and strategically.

STEP 2: Prepare Yourself Spiritually

The very foundation of fasting and prayer is repentance. Unconfessed sin will hinder your prayers. There are several things you can do to prepare your heart:

- Ask God to help you make a comprehensive list of your sins.
- Confess every sin that the Holy Spirit calls to your remembrance and accept God's forgiveness (1 John 1:9).
- Seek forgiveness from all whom you have offended and forgive all who have hurt you (Mark 11:25).
- Make restitution as the Holy Spirit leads you.
- Begin your time of fasting and prayer with an expectant heart (Hebrews 11:6).

STEP 3: Prepare Yourself Physically

Physical preparation makes the drastic change in your eating routine a little easier so that you can turn your full attention to the Lord in prayer.

- Do not rush into your fast.
- Prepare your body. Eat smaller meals before starting a fast. Avoid high-fat and sugary foods.
- Eat raw fruit and vegetables for two days before starting a fast.

While You Fast

Your time of fasting and prayer has come. You are abstaining from all solid foods and have begun to seek the Lord. Here are some helpful suggestions to consider:

- You may drink water during your fast. If necessary; for health reasons you may consume beverages such as tea or coffee.
- You may find it useful to take mints during the fast to freshen your breath.
- Prepare yourself for temporary mental discomforts such as impatience, crankiness, and anxiety.
- Expect some physical discomforts, especially on the second day.
- You may have fleeting hunger pains or dizziness.
- Withdrawal from caffeine and sugar may cause headaches.
- Physical annoyances may also include weakness, tiredness, or sleeplessness.

The first two or three days are usually the hardest. As you continue to fast, you will likely experience a sense of well-being both physically and spiritually. However, should you feel hunger pains, increase your liquid intake.

STEP 4: Put Yourself on a Schedule

For maximum spiritual benefit, set aside time to be alone with the Lord. Listen for His leading. The more time you spend with Him, the more meaningful your fast will be.

Morning

- Begin your day in praise and worship.
- Read and meditate on God's Word.
- Invite the Holy Spirit to work in you.
- Invite God to use you.
- Pray for His vision for your life and empowerment to do His will.

Afternoon

- Return to prayer and God's Word.
- Take a short prayer walk.

Evening

- When possible, begin and end each day on your knees for a brief time of praise and thanksgiving to God.

STEP 5: End Your Fast Gradually

Break Your Fast

First of all drink water; if possible warm water or beverage to help the digestive track to relax. After that, you should start off with something light to eat such as fruit, namely bananas or apples. Do not break your fast with fruits such as oranges due to their high acidic content. **The fast for each day will end at 6pm.**

STEP 6: Expect Results

If you sincerely humble yourself before the Lord, repent, pray, and seek God's face; if you consistently meditate on His Word, you will experience a heightened awareness of His presence (John 14:21). The Lord will give you fresh, new spiritual insights. Your confidence and faith in God will be strengthened. You will feel mentally, spiritually and physically refreshed.

DAY	DATE	PRAYER TOPIC	SCRIPTURES
1	MON. JANUARY 26 TH	<p>SEATED WITH CHRIST</p> <ul style="list-style-type: none"> • Establish me in the authority of being seated with Christ. • Teach me how to implement the governance of your kingdom through the Holy Spirit's leadership. • Help me to walk in the confidence that you have placed in me as your child and joint heir with Christ Jesus. <p>Declaration: I am seated with Christ in heavenly places, and I live from that position of victory.</p>	Ephesians 2:6-7
2	TUE. JANUARY 27 TH	<p>IDENTITY WITH CHRIST</p> <ul style="list-style-type: none"> • Help me to become a faithful saint in Christ who walks in the manifold graces of God. • Root me in the truth that I am chosen and selected by the Father in heaven. • Heal me of every false identity and confused mindset that I have about my faith in Christ. <p>Declaration: I am chosen, loved, and adopted in Christ.</p>	Ephesians 1:1, 1:4-5
3	WED. JANUARY 28 TH	<p>FROM HAVING A DEAD SPIRIT TO BEING QUICKENED BY THE LIFE-GIVING SPIRIT</p> <ul style="list-style-type: none"> • Deliver me from dullness and spiritual lethargy. • Permit His eternal life in me so I can hear, think, and see from a heavenly perspective. • Help me to comprehend all my inheritance that I have in Christ Jesus. • Help me to appreciate how the Father has inherited me into the trinity of God. • Help me to understand that I am holy (separated) because of the sealing of the Holy Spirit. • Help me to be conscious that I have the pledge of the Holy Spirit within my spirit. <p>Declaration: I will consecrate myself willingly to God's eternal life.</p>	Ephesians 1:13-14

4	THU. JANUARY 29 TH	<p>REDEEMED MIND</p> <ul style="list-style-type: none"> • Enlighten my thoughts with the truth concerning your redemption plan. • Help me to understand the mysteries of your redemption plan so that I can apply it to my salvation. • Help me to protect my thoughts by putting on the helmet of salvation. <p>Declaration: My mind is redeemed and guided by grace.</p>	<p>2 Corinthians 4:4-6</p> <p>1 John 5:18-20</p> <p>Ephesians 6:17</p>
5	FRI. JANUARY 30 TH	<p>RENEWED MIND</p> <ul style="list-style-type: none"> • Give me the Spirit of wisdom and revelation in the knowledge of Him, Jesus Christ. • Adjust my thinking so that I can be transformed into the image and likeness of the Son. • Align my decisions with the good pleasure of His will since He created the universe. <p>Declaration: I am renewing my thoughts to agree with the things of God.</p>	<p>Romans 12:2</p> <p>Colossians 3:2</p>
6	SAT. JANUARY 31 ST	<p>ILLUMINATED MIND</p> <ul style="list-style-type: none"> • Enlighten the eyes of my heart to perceive what your Word is intended to teach me. • Use your eye salve to cure my eyes from any blindness and distractions so I can see clearly. • Let your light (your Word) be a lamp unto my feet and a light unto my path. <p>Declaration: The light of God fills my understanding.</p>	<p>Luke 24:45</p> <p>Revelation 3:18</p> <p>Matthew 5:8</p>
7	SUN. FEBRUARY 1 ST	<p>THE REIGNING ASPECT OF THE BELIEVER</p> <ul style="list-style-type: none"> • Help me to administer your kingdom principles in the earthly places (geographic) and positions (status) you have entrusted me with. • Help me to overcome the temptations of lust and anger that saturate the places you have located me. • Help me to interpret the dreams and visions of others so I can get promoted within the places where you have located me. • Honor me with your robes of righteousness, your authority and a humble attitude to accomplish your calling over my life. <p>Declaration: I will be the Joseph figure in my location.</p>	<p>2 Timothy 2:12</p>

8	MON. FEBRUARY 2 ND	<p>THE FULLNESS OF CHRIST</p> <ul style="list-style-type: none"> • Help us to understand the unity that is needed in the body of Christ. • Help us to grasp what the Lord Jesus has transmitted to us after His ascension so we can be an effective church for His glory. • Help us to increase in stature as the body of Christ. <p>Declaration: I belong to the body of Christ.</p>	Ephesians 1:22-23
9	TUE. FEBRUARY 3 RD	<p>THE HOPE OF HIS CALLING</p> <ul style="list-style-type: none"> • Anchor our heart in the hope that comes from your calling. • Restore all our dreams that have grown dim. • Help us to experience and walk in the exceeding greatness of God's power towards us who believe. <p>Declaration: I abound in hope because God has called me.</p>	Ephesians 1:18
10	WED. FEBRUARY 4 TH	<p>PRAY FOR SRM</p> <ul style="list-style-type: none"> • Pray for God to build SRM as a church where the sheep are fed with green pastures. • Pray that SRM members will feel the presence of God and will get to know Jesus in a truthful way. • Pray that SRM is a place where the saints sharpen each other in their Christian Walk. We are continually growing into the likeness of Christ. <p>Declaration: I want to know Him more and respond by working out my salvation.</p>	Matthew 16:18
11	THU. FEBRUARY 5 TH	<p>PRAY FOR SRM LEADERSHIP</p> <ul style="list-style-type: none"> • Pray for Pastor, First Lady, Elders and Deacons of SRM. • Pray for all the department heads at SRM so we can support the vision that God has given us. • Pray for God to release financial resources so we can finance the purpose which He wants us to accomplish. • Pray that God will add to His church, SRM daily. <p>Declaration: SRM is a united body for the Lord's work.</p>	Hebrews 13:7
12	FRI. FEBRUARY 6 TH	<p>THE RICHES OF HIS INHERITANCE IN THE SAINTS</p> <ul style="list-style-type: none"> • Help us to flow in all the gifts of the Spirit in our lives. • Help us to demonstrate all the fruits of the Spirit in our lives. <p>Declaration: We seek to manifest all the riches in Christ Jesus.</p>	1 Corinthians 12 Galatians 5

13	SAT. FEBRUARY 7 TH	<p>OUR ASCENSION</p> <ul style="list-style-type: none"> • Help us to accept our higher positioning relative to all principalities, powers and satanic influences. • Help us to exercise the gifts and fruits of the Spirit so that we may bring deliverance to our fellow believers in Christ. • Teach us to war against the onslaught of satan and demonic influences. <p>Declaration: We are more than conquerors in Christ Jesus.</p>	<p>Ephesians 2:6</p> <p>Ephesians 1:20-22</p>
14	SUN. FEBRUARY 8 TH	<p>THANKSGIVING</p> <ul style="list-style-type: none"> • Praise the Father in heaven for electing and choosing me. • Praise the Son for becoming the redemption plan for my salvation. • Praise the Holy Spirit for executing the plan of salvation and leading its fulfillment in me. <p>Declaration: God's power is at work in me and through me.</p>	<p>Ephesians 1:6,12,14</p>