



2026

Prayer & Fasting

JULY 13 - JULY 26

IN-PERSON CORPORATE PRAYER

MONDAY - SATURDAY - 7:30 PM

SUNDAYS - 7:00 PM



609 W. COLUMBUS ST. PICKERINGTON, OH 43147

JULY 2026 PRAYER & FASTING GUIDE

Prayer Focus: Ephesians 1-4

July 13-26, 2026 | 14 Days of Prayer, Consecration, Renewal, Unity, and Spiritual Maturity

SIX STEP GUIDE TO YOUR FAST

How you begin and conduct your fast will largely determine your success. This guide follows the same church format: prepare spiritually, set your objective, follow a simple daily schedule, and end each day with thanksgiving. The purpose of this July 2026 fast is to seek God through Ephesians 1-4 for revelation, identity, grace, unity, maturity, and a Spirit-led walk worthy of our calling.

STEP 1: Set Your Objective

- Ask the Holy Spirit to clarify His leading and objectives for this prayer fast.
- Pray specifically from the book of Ephesians for revelation, wisdom, unity, and maturity.
- Write down what you are believing God to do in your life, family, ministry, and church.

STEP 2: Prepare Yourself Spiritually

- Begin with repentance and humility before God.
- Confess every sin the Holy Spirit brings to your remembrance and receive God's forgiveness (1 John 1:9).
- Forgive those who have hurt you and seek reconciliation where the Holy Spirit leads (Mark 11:25).
- Start the fast with an expectant heart, believing that God rewards those who diligently seek Him (Hebrews 11:6).

STEP 3: Prepare Yourself Physically

- Do not rush into your fast. Prepare your body with lighter meals before beginning.
- Avoid high-fat and sugary foods before the fast.
- Drink water during your fast. For health reasons, use wisdom and consult a medical professional when needed.
- Expect temporary discomfort such as hunger, headaches, tiredness, or irritability, especially in the first days.

STEP 4: Put Yourself on a Schedule

- Morning: begin your day in praise, worship, Bible reading, and prayer.
- Afternoon: return to prayer and meditate on the daily scriptures.
- Evening: end the day with thanksgiving and reflection before God.
- When possible, set aside time to be alone with the Lord and listen to His leading.

STEP 5: End Your Fast Gradually

- Break your fast gradually with water and a light meal.
- Avoid overeating immediately after the fast.
- Use the evening meal as a time of gratitude, reflection, and renewed commitment.

STEP 6: Expect Results

- Expect a greater awareness of God's presence, fresh spiritual insight, and increased faith.
- Believe God for transformation in your walk, speech, relationships, calling, and unity with the body of Christ.
- Continue walking in the truths received during the fast after the 14 days are completed.

JULY 13-26, 2026, FASTING & PRAYER SCHEDULE
One Prayer Topic Per Day - Ephesians 1-4

DAY	DATE	PRAYER TOPIC	SCRIPTURES
1	Mon July 13 th	REVELATION OF CHRIST AND SPIRITUAL WISDOM: • Pray that God will open the eyes of your understanding. • Pray for wisdom and revelation in the knowledge of Christ. • Pray and ask God to make His good pleasure and calling clear in your life.	Ephesians 1:15-18 Ephesians 1:17 Ephesians 1:18 Colossians 1:9
2	Tue July 14 th	KNOWING THE HOPE OF HIS CALLING: • Pray to live with clarity concerning the hope of his divine calling. • Pray and reject any confusion, distraction, and spiritual blindness. • Pray and ask God to anchor your heart in eternal hope.	Ephesians 1:18 Ephesians 4:1 Romans 8:28-30 2 Timothy 1:9
3	Wed July 15 th	WALKING IN THE POWER OF CHRIST'S RESURRECTION: • Pray to experience the exceeding greatness of God's resurrection power. • Pray that you are walking in victory over weakness, fear, and spiritual limitation.	Ephesians 1:19-23 Ephesians 3:20 Philippians 3:10 Romans 8:11
4	Thu July 16 th	DELIVERED FROM DEATH TO LIFE: • Pray and thank God for making you alive and seated together with Christ. • Pray against every work of the flesh and every pattern of the old lifestyle. • Pray and declare that sin no longer defines your identity.	Ephesians 2:1-5 Ephesians 2:8-9 Romans 6:11-14 Colossians 2:13
5	Fri July 17 th	SAVED BY GRACE AND CREATED FOR GOOD WORKS: • Pray and thank God that your salvation is secured by grace through faith. • Pray that you are walking the grace and truth that come by Jesus-Christ. • Ask for the grace to serve without pride in the house of the Lord.	Ephesians 2:8-10 Titus 2:11-14 Philippians 2:13 John 15:16
6	Sat July 18 th	BREAKING WALLS OF DIVISION AND WALKING IN PEACE: • Pray for unity and reconciliation in our church SRM. • Pray and ask God to remove hostility, offense, pride, and division amongst us. • Declare that Christ is our peace that binds us together.	Ephesians 2:14-18 Ephesians 4:3 Colossians 3:13-15 John 17:21
7	Sun July 19 th	BUILT TOGETHER AS A DWELLING PLACE FOR GOD: • Pray that the SRM is built on Christ and sound doctrine continually. • Ask God to make every member of SRM fit and joined together for the sake of ministry. • Pray for a stronger presence of God's Spirit here at SRM.	Ephesians 2:19-22 1 Peter 2:5 1 Corinthians 3:16 Acts 2:42

DAY	DATE	PRAYER TOPIC	SCRIPTURES
8	Mon July 20 th	UNDERSTANDING THE MYSTERY OF CHRIST: • Pray for spiritual insight into the mystery of Christ, which is the church. • Pray and ask God to expand your understanding of grace and purpose within the 5 folds ministry. • Pray that the Gospel will be revealed with clarity and power when you speak.	Ephesians 3:1-6 Colossians 1:26-27 Romans 16:25-26 1 Corinthians 2:9-10
9	Tue July 21 st	BOLDNESS TO PREACH AND DEMONSTRATE THE GOSPEL: • Pray for the boldness to share Christ with everyone that he lays upon your heart. • Pray and Ask God to make His manifold wisdom known through your ministry. • Pray for God to expand the influence of SRM in our community.	Ephesians 3:7-12 Acts 4:29-31 Colossians 4:3-4 Matthew 28:18-20
10	Wed July 22 nd	STRENGTHENED WITH MIGHT IN THE INNER MAN: • Pray to be strengthened by the Holy Spirit in your inward men. • Pray and ask Christ to dwell richly in your heart by faith. • Pray for endurance, discipline, and spiritual stability as you continue to grow.	Ephesians 3:14-17 Isaiah 40:29-31 2 Corinthians 4:16 Romans 15:13
11	Thu July 23 rd	ROOTED AND GROUNDED IN THE LOVE OF CHRIST: • Pray to know the width, length, depth, and height of Christ's love for you. • Pray and ask God to heal your heart of any wounds and deepen your love walk. • Pray that love will become the foundation of your maturity.	Ephesians 3:17-19 Romans 5:5 1 John 4:16-19 John 13:34-35
12	Fri July 24 th	WALKING WORTHY OF THE CALLING: • Pray for humility, gentleness, patience, and love. • Pray and Ask God to remove pride, harshness, impatience, and offense. • Commit to walk worthy of your calling in daily life.	Ephesians 4:1-3 Colossians 3:12-14 Philippians 1:27 Micah 6:8
13	Sat July 25 th	ONENESS: • Pray for one body, • Ask God to bind the church together in one Spirit. • Pray against division, competition, and spiritual fragmentation.	Ephesians 4:4-6 1 Corinthians 12:12-13 Psalm 133:1-3 John 17:20-23
14	Sun July 26 th	MATURITY, EQUIPPING, AND THE FULLNESS OF CHRIST: • Pray for the fivefold ministry to equip the saints. • Pray and ask God to bring SRM into the measure of the fulness of the stature of Christ. • Pray to grow into Christ in all things and speak the truth in love.	Ephesians 4:11-16 Ephesians 4:22-24 2 Peter 3:18 Hebrews 5:14

Note: Participants should use wisdom and consult a medical professional when needed. The focus of the fast is consecration, prayer, and obedience to the Lord.