



# PRAYER & FASTING WEEK

**MON 5 JAN- FRI 9 JAN 2026**

**06:00 MON-FRI ON ZOOM**

**12:00 MIDDAY MON-FRI (ON YOUR OWN)**

**18:00 MON-THURS ON ZOOM**

**ID: 873 310 9088**

**HALF NIGHT PRAYER FROM 18:30 ON FRIDAY 9 JAN**

**IN PERSON AT 893 TIPTOL STREET, SILVERTON**



# FASTING GUIDELINES

**DRY FAST (WATER ONLY) FROM 06:00-19:00**

**ALL FRUITS & VEGETABLES/PLANT-BASED FOOD MAY BE  
CONSUMED AFTER EVENING PRAYER**

**AVOID MEAT & ANIMAL PRODUCTS, SWEETS, COLD DRINKS  
ETC.**

**LIMIT SOCIAL MEDIA USAGE**

**PREPARE COMMUNION ELEMENTS AFTER PRAYER**

**PEOPLE WITH MEDICAL CONDITIONS TO EXERCISE DISCRETION**

# WHY DO WE FAST & PRAY?

**JESUS SAID, “THE WEDDING GUESTS CANNOT MOURN AS LONG AS THE BRIDEGROOM IS WITH THEM, CAN THEY? THE DAYS WILL COME WHEN THE BRIDEGROOM IS TAKEN AWAY FROM THEM, AND THEN THEY WILL FAST” (MATTHEW 9:14-16).**

## WHEN WE FEEL FAR FROM GOD:

- FASTING HELPS US MOURN OUR DISTANCE FROM GOD.
- PRAYER HELPS US DRAW CLOSER TO GOD.

**- FASTING DISCONNECTS US FROM THE WORLD.**  
**- PRAYER CONNECTS US TO GOD.**

**- FASTING CLEANSES THE SOUL.**  
**- PRAYER STRENGTHENS THE SPIRIT.**

**- FASTING SILENCES WORLDLY NOISE.**  
**- PRAYER AMPLIFIES GOD'S VOICE.**

**- FASTING EMPTIES US OF THE WORLDLINESS.**  
**- PRAYER FILLS US UP WITH GODLINESS.**

**- FASTING RESTORES OUR SOUL.**  
**- PRAYER REVIVES OUR SPIRIT.**

**- FASTING DISCIPLINES THE SOUL.**  
**- PRAYER DIRECTS THE SPIRIT.**

**- FASTING STARVES WORLDLY DESIRES.**  
**- PRAYER STIRS UP GODLY DESIRES.**

**- FASTING KEEPS YOUR BODY AND SOUL HEALTHY.**  
**- PRAYER KEEPS YOUR SPIRIT WEALTHY.**

**- FASTING CONFRONTS WORLDLY LIES.**  
**- PRAYER CONFIRMS GODLY TRUTH.**

**- FASTING IS A SIGN OF HUMILITY BEFORE GOD.**  
**- PRAYER IS A SIGN OF HUNGER FOR GOD.**  
**“I HUMBLED MY SOUL WITH FASTING” (PSALM 69:10).**

**“BUT DANIEL RESOLVED NOT TO DEFILE HIMSELF WITH THE ROYAL FOOD AND WINE, AND HE ASKED THE CHIEF OFFICIAL FOR PERMISSION NOT TO DEFILE HIMSELF THIS WAY. NOW GOD HAD CAUSED THE OFFICIAL TO SHOW FAVOUR AND COMPASSION TO DANIEL” DANIEL 1:8-9 NIV**

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# DAY 1: MON 5 JANUARY 2026

## PRAYER FOCUS: FAVOUR BEGINS WITH GOD'S PRESENCE

### SCRIPTURE TO MEDITATE ON:

“And the Lord was with Joseph, and he was a successful man...” – Genesis 39:2

### REFLECTION:

Favour is not luck. It is the tangible result of God's presence. Before doors open, before opportunities appear, God's nearness marks your life. This year does not start with striving – it starts with abiding. When God is with you, even ordinary spaces become places of promotion.

### MIDDAY PRAYER

Father, as this year begins, I acknowledge my need for You. Let Your presence go before me, walk with me, and rest upon me. I refuse to move ahead without You. Be with me in every step I take. In Jesus name. Amen.

### DECLARATION

I declare that I am not alone this year. The presence of the Lord goes with me and rests upon me. Because God is with me, I will prosper in purpose, peace and progress. His presence distinguishes my life.

- God's presence makes us fruitful.

“Abide in Me, and I in you. As the branch cannot bear fruit of itself, unless it abides in the vine...” – John 15:44

- The presence of God gives clarity and direction.

“My sheep hear My voice, and I know them, and they follow Me.” – John 10:27

- The presence of God gives us peace.

“Be still, and know that I am God.” – Psalm 46:10

**LET US PRAY AT 6AM & 6PM ON ZOOM: 873 310 9088**

**PLEASE PREPARE YOUR COMMUNION ELEMENTS**

## DAY 2: TUES 6 JANUARY 2026

## PRAYER FOCUS: FAVOUR PROTECTS US

## SCRIPTURE TO MEDITATE ON:

**“For You, O Lord, will bless the righteous; with favor You will surround him as with a shield.” – Psalm 5:12**

## REFLECTION:

God's favour is not fragile; it is a shield. It goes ahead of you into rooms you haven't entered yet and protects you. It shield you against the unknown plans of the enemy. Favour speaks when you are silent and defends when you are unaware.

## MIDDAY PRAYER

Lord, surround me with Your favour. Shut every door not meant for me and every mouth that seeks to accuse me. Close every door that will distract me from Your will. I trust Your protection and Your timing. In Jesus name. Amen.

## DECLARATION

I declare that I am surrounded by the favour of the Lord like a shield. Doors that no one can shut are opening before me. Every door not ordained by God is closing and I walk confidently into what He has prepared for me.

- **God is my shield.**

**“But You, O Lord, are a shield for me, my glory and the One who lifts up my head.” – Psalm 3:3**

- **God goes before me and watches over me.**

**“The Lord will go before you, and the God of Israel will be your rear guard.” – Isaiah 52:12**

- **God is my refuge in every season.**

**“God is our refuge and strength, a very present help in trouble.” – Psalm 46:1**

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# DAY 3: WED 7 JANUARY 2026

## PRAYER FOCUS: FAVOUR IN WORK, CALLING AND ASSIGNMENT

### SCRIPTURE TO MEDITATE ON:

Commit your works to the Lord and your plans will be established.” – Proverbs 16:3

### REFLECTION:

Favour rests on surrendered work. When you commit your plans to God, He aligns them with heaven's agenda. This year, your labour will not be wasted. God establishes what you place in His hands.

### MIDDAY PRAYER

Father, I commit my work, my calling and my responsibilities to You. Breathe on what I do. Let excellence, wisdom and grace distinguish my efforts. Establish the work of my hands. In Jesus name. Amen.

### DECLARATION

I declare that I commit my work to the Lord and He establishes the work of my hands. My labour will not be in vain. I walk in excellence, clarity and divine acceleration in my calling this year.

- **God establishes the work of my hands**

May the favour of the Lord our God rest on us; establish the work of our hands for us—yes, establish the work of our hands.” – Psalm 90:17

- **God gives success beyond skill**

“Commit your work to the Lord, and your plans will be established.” – Proverbs 16:3

- **God distinguishes my work through excellence**

“God is our refuge and strength, a very present help in trouble.” – Psalm 46:1

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# DAY 4: THURS 8 JANUARY 2026

## PRAYER FOCUS: FAVOUR IN RELATIONSHIPS AND WITH PEOPLE

### SCRIPTURE TO MEDITATE ON:

“And Jesus grew in wisdom and stature and in favour with God and man.” – Luke 2:52

### REFLECTION:

Favour is both vertical and horizontal. God releases it and people recognise it. This year, God will align you with the right people, divine connections and healthy relationships that carry divine purpose.

### MIDDAY PRAYER

Lord, order my relationships this year. Connect me with people of peace, wisdom and destiny. May you heal strained relationships and remove unhealthy connections. Let Your favour rest on my interactions. In Jesus name. Amen.

### DECLARATION

I declare that I am growing in wisdom, stature and in favour with God and with people. God is aligning the right relationships in my life. I receive divine connections, healthy relationships, and people of peace this year.

- God assigns people who will advance my destiny

“The Lord had made the Egyptians favorably disposed toward the people, and they gave them what they asked for...” – Exodus 12:36

- God causes my destiny helpers to appear at critical moments

“Then the Lord said to Elijah, ‘Go at once to Zarephath... I have directed a widow there to supply you with food.’” – 1 Kings 17:8-9

- God uses relationships to preserve and fulfill my purpose

“Two are better than one, because they have a good return for their labour.” – Ecclesiastes 4:9

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# DAY 5: FRI 9 JANUARY 2026

## PRAYER FOCUS: SUSTAINED FAVOUR FOR THE WHOLE YEAR

### SCRIPTURE TO MEDITATE ON:

“Surely goodness and mercy shall follow me all the days of my life...” – Psalm 23:6

### REFLECTION:

Favour is not seasonal; it is sustained. God's goodness doesn't visit; it follows. As the year unfolds, you can walk with confidence knowing that heaven is backing your journey from beginning to end.

### MIDDAY PRAYER

Father, I thank You for sustained favour. Let Your goodness and mercy follow me every day of this year. When challenges arise, remind me that I am covered, carried and kept by You. In Jesus name. Amen.

### DECLARATION

I declare that goodness and mercy follow me all the days of this year. I am covered by God's favour from January to December. I will finish stronger than I started and I will see the faithfulness of the Lord in my life.

- God finishes what He starts in and through me.

“Being confident of this, that He who began a good work in you will carry it on to completion until the day of Christ Jesus.” – Philippians 1:6

- Endurance is required to fulfill the call.

“Let us run with perseverance the race marked out for us.” – Hebrews 12:1

- Finishing well brings God glory.

“I have fought the good fight, I have finished the race, I have kept the faith.” – 2 Timothy 4:7

**LET US PRAY AT 6AM ON ZOOM: 873 310 9088 & MEET FOR HALF NIGHT PRAYER FROM 18:30 AT 893 TIPTOL STREET**

PLEASE BRING FRUIT(S) TO SHARE