



POSSESSING THE
**PROMISED
LAND**

7 DAYS OF PRAYER & FASTING
JANUARY 11-17

P&F 2026

- 2 | PREPARATION FOR THE FAST**
- 3 | BEFORE YOU FAST**
- 4 | TYPES OF FAST**
- 5 | MY FASTING PLAN**
- 6 | THINGS YOU CAN DO**
- 7 | WHILE YOU FAST**
- 8 | HELPFUL TIPS**
- 9 | BREAKING THE FAST**

TABLE OF CONTENTS

PREPARATION FOR THE FAST

WHY FAST?

Fasting is an act of voluntary separation for a specified period of time for purposes of seeking, hearing, knowing and being intimate with God.

Jesus set an example for us to follow.

Jesus showed us a very powerful example when He fasted for forty days in the wilderness before He began His public ministry.

Fasting is an act of humility and consecration.

Self-humbling. It is a scriptural means ordained by God for us to humble ourselves before the Lord. Throughout the Bible, God requires His people to humble themselves before Him.

Fasting develops intimacy with God.

When we seek God during a time of prayer and fasting, we develop a greater intimacy with the Lord. We develop a greater sensitivity to God's voice that leads us to be drawn to His presence.

Fasting leads to a life of change.

When we fast, we experience the move of God that leads to conviction of our sins, motives and desires. Therefore such conviction manifests a response of repentance on our part that leads to renewal and change.

BEFORE YOU FAST

PHYSICAL PREPARATION

Do not stuff yourself with food.

the day before you begin fasting. This will only make things more difficult the first few days of your fasting experience.

Begin to cut down or lessen your food intake.

gradually especially of oily or greasy food. This will help prepare your stomach as well as the rest of your digestive system and your whole body as well.

Take plenty of rest or sleep.

before the fast and especially during the fast.

SPIRITUAL PREPARATION

Allow the Lord to impress on your heart what kind of fast are you going to do for the week.

Always check your motives.

before the fast. Is there any hidden desire to impress people or even God?

Set a time of reflection.

allow the Holy Spirit to expose any sin that would hinder you to seek God during the fasting week.

TYPES OF FAST

Normal Fast

A normal fast is abstaining from all food while drinking water only for a set period of time. It is often practiced for spiritual focus, prayer, or discipline, allowing the body and mind to reset without complete deprivation of fluids.

Partial Fast

A partial fast involves limiting certain foods or meals rather than abstaining completely. This may include skipping one or two meals a day or avoiding specific food groups (such as sweets or meat) while still eating basic meals.

Daniel Fast

The Daniel Fast is based on the biblical account of Daniel and involves eating only plant-based foods such as fruits, vegetables, whole grains, legumes, and water. It excludes meat, dairy, sweets, and processed foods, focusing on simplicity and spiritual discipline.

OTHERS

Entertainment Fast

An entertainment fast involves abstaining from non-essential media and leisure activities such as television, social media, movies, music, or video games. The goal is to reduce distractions and create more time for reflection, prayer, and meaningful connection.

Juice Fast

A juice fast consists of consuming only fresh fruit and vegetable juices while avoiding solid foods. It is typically done for a short period and is intended to provide nutrients while giving the digestive system a rest.

MY FASTING PLAN

DAY 1 – JANUARY 11

Normal Fast Partial Fast Daniel Fast Others

DAY 2 – JANUARY 12

Normal Fast Partial Fast Daniel Fast Others

DAY 3 – JANUARY 13

Normal Fast Partial Fast Daniel Fast Others

DAY 4 – JANUARY 14

Normal Fast Partial Fast Daniel Fast Others

DAY 5 – JANUARY 15

Normal Fast Partial Fast Daniel Fast Others

DAY 6 – JANUARY 16

Normal Fast Partial Fast Daniel Fast Others

DAY 7 – JANUARY 17

Normal Fast Partial Fast Daniel Fast Others

THINGS YOU CAN DO

Spend time in the Word of God.

While on fasting, make sure you spend enough time reading the Word of God. During your meal times, devote your undivided moments to be intimate with the Lord.

Read the Word of God with expectation.

Have an attitude of expectation as you read the Bible. God is more than willing to reveal Himself to us when we desire to seek Him with all our hearts.

Write on a journal God's personal revelations during your fast.

Be ready to jot down whatever revelation, instruction or personal word that God will give you during your quiet moments with the Lord. We cannot afford to miss anything that God has to say to us so have a pen and a notepad available with you every time.

Pray the Prayer Focus for the day.

Every day of our Consecration week has a prayer focus. Make that a priority in your daily intercession.

Fast from all kinds of distractions.

We also encourage everyone to abstain from distractions such as social media, movies and other forms of entertainment, video games, and other activities that may hinder you from hearing God's voice this week.

WHILE YOU FAST

Be led by the Holy Spirit.

Why are we fasting? Whether for physical healing, a miracle, spiritual renewal, guidance, restoration, financial blessings, or salvation of loved ones, let the Holy Spirit guide your prayers.

“but the Spirit Himself makes intercession for us with groanings which cannot be uttered.” ROMANS 8:26

Be in focus.

Set aside time of undistracted fellowship every day to be alone with the Lord. The more focused you are with the Lord the more intimate your time with God will become.

Example:

Be in faith.

Do everything in faith.

“But without faith, it is impossible to please Him, for he who comes to God must believe that He is, and that He is a rewarder of those who diligently seek Him.” HEBREWS 11:6

Be committed to finish.

Inform your family, doctor (if pregnant or on medication), or others involved about your fasting schedule to avoid interruptions. This step is as vital as fasting itself. Stay committed to completing your goals.

HELPFUL TIPS

Sleep early.

Our bodies would most likely fail when we fast and lack enough sleep or rest. DO NOT STAY UP LATE.

Stay focused and be committed to finish.

The first two days of fasting are the most difficult. This is a proven fact. Therefore, be aware of "hunger pangs" and "stomach growls" during the day. But don't be alarmed.

Drink water.

Drink, drink, drink, and drink lots of WATER throughout the day and throughout the fasting week.

Be prepared physically.

Please consult your doctor if you are on medication, if you are pregnant or if you have any ailment. Do not fast without their approval. Your life is at stake.



BREAKING THE FAST

Start introducing or taking solid food gradually.

Fasting should end the way you prepared for it. Please don't eat too much or too many at once as you close your fast. Your body needs some time to adjust before it goes back to its normal routine.

Stay in the attitude of prayer.

Prayer does not end when your fasting season ends. Continue seeking the Lord every day. Continue your established intimacy with the Lord in the past seven days. Continue being sensitive to the Holy Spirit.

Stay in the spirit of expectation.

Expect God to answer your prayers. Daniel's prayers were heard by the Lord the first day he began his fast. Check out your prayer list or journals and record your answered prayers.

Soak yourself in God's presence 24/7.

It takes 30 days to develop any kind of habit. Continue the kind of intimacy you have started with the Lord during the fasting week. Develop your renewed appetite and passion for the presence of God throughout the year.

PRAISE REPORT



PRAYER REQUEST

PRAYER REQUEST

DATE ANSWERED

1

.....

.....

2

.....

.....

3

.....

.....

4

.....

.....

5

.....

.....

6

.....

.....

7

.....

.....

8

.....

.....

.....

.....

PRAYER REQUEST

PRAYER REQUEST

DATE ANSWERED

9

.....

.....

10

.....

.....

11

.....

.....

12

.....

.....

13

.....

.....

14

.....

.....

15

.....

.....

16

.....

.....

.....

.....

2026 PRAYER FOCUS

Personal faith goals

Spiritual Growth, Personal Revival, Ministry Calling, Serving others, etc.

.....
.....
.....

My family

Salvation of loved ones, Healing, Restoration of relationships, etc.

.....
.....
.....

My career

Spirit of Excellence, Job Promotion , New job or career, Study, etc.

.....
.....
.....

My ministry

Growth of Life Group, Lead people to Christ, Ministry Effectivity, etc.

.....
.....
.....

2026 PRAYER FOCUS

My church

Pastors and Leaders, Growth and revival, more church plants, etc.

.....
.....
.....

My community

Effective outreach activities to reach people with the Gospel, etc.

.....
.....
.....

My nation

Revival, Gov't. Leaders- Federal, Provincial, City, Peace and Prosperity, etc.

.....
.....
.....

The lost

Salvation of unsaved loved ones, co-workers, classmates, neighbors, etc.

.....
.....
.....

NOTES

NOTES

NOTES

NOTES

NOTES

NOTES

NOTES



NOTES

“Moses my servant is dead. Now then, you and all these people, get ready to cross the Jordan River into the land I am about to give to them—to the Israelites. I will give you every place where you set your foot, as I promised Moses.”

Joshua 1:2-3