



7 Days of Prayer and Fasting Guide

As we begin 2025, our mission statement is “**We are the reconcilers bringing God’s Kingdom in people,**” and our 2025 theme is “**Crossing Over with Deeper Spiritual Shift.**” We must ask God to help us as we desire to see His Village Church grow. We need to lean on the Spirit of God to strengthen and sustain us, to empower and embolden us. Nothing expresses our need and desire for God to work in and through us, like fasting and praying. As we begin these 7 Days of Prayer and Fasting, I want to encourage you to prepare your heart and mind. Read through the fasting tips below and how to make the most of your prayer times. To guide us through this week, you can find daily Scripture reading and prayer points. Let your prayer at the start of the week be, “**God, have your way in me!**”

Plan Your Fast

The Bible has examples of one-day, three-day, seven-day, and forty-day fasts, as well as fasting certain foods, and doing only liquids, or water only fast. Before you start, pray and see what type of fast the Lord would lead you to.

Daniel Fast: No meat, sweet foods, or strong drinks (see Daniel 10:2-3). This can be done for an extended period. This could also be considered a vegetarian diet because there is no meat or animal products eaten.

Partial Fast: This would be not eating one main meal you would usually eat on a daily routine, such as breakfast, lunch, or dinner. This meal would be skipped until the fast was over.

Half-Day Fast: Fast from sundown the previous day until 3 p.m. This is commonly called the John Wesley, which he practiced weekly on Wednesday and Friday during his ministry (see also Acts 10:30-31).

Complete Fast: This would require you to abstain from all solid foods, consuming liquids only. When Jesus fasted in the desert, the Bible says, “After fasting forty days and forty nights, He was hungry”. This verse does not mention Jesus being thirsty (see Luke 4:1-2).

- *Please note that if you have any medical conditions that could make fasting dangerous, please do not fast until you have cleared fasting with your medical practitioner.*
- *Pulling away from media and entertainment will help you stay focused during your prayer time.*

Pray and Get in God’s Presence

Fasting is dedicating more time to pursuing the Lord. If you can get away more than normal, being with God will give you strength during your fast. Fasting is a time to study God’s Word, meditate, and pray. Look for verses you want to memorize and meditate upon. When Jesus and the disciples fasted, it was always accompanied by prayer. Spend time talking to God and allowing Him to reveal Himself to you in His Word.

Have a Place

Jesus often retreated to a secluded place to pray. The point of retreating to such a place was to remove distractions and enable greater intimacy with God. Whether your place stays the same or



needs to change throughout the week, aim to find a place that helps you focus on God and enjoy being in His presence.

Have a Time

If you are fasting throughout the week, seek to replace your times of eating with prayer. The same would apply if you're fasting from social media or entertainment. At a minimum, pick one time slot throughout the day and spend extended time in prayer and Bible reading, whether it's first thing in the morning, at lunch, or at night.

Have a Plan

Every person will have different preferences, but we would encourage you to have your Bible and a journal.

Day 1: Repentance and Confession: 1 John 1:9; Matthew 3:2; 2 Corinthians 7; Proverbs 28:13

- Confess known and unknown sins, asking for God's forgiveness and cleansing.
- Pray for a renewed heart and mind, aligning yourself with God's will.
- Thank God for His grace and mercy.

Day 2: Spiritual Renewal: Psalm 51:10; Romans 12; 2 Corinthians 4:16; 2 Corinthians 5:17

- Ask God to fill you with the Holy Spirit, empowering you to live a life dedicated to Him.
- Pray for deeper intimacy with God through studying scripture and prayer.
- Seek God's guidance in your daily life and decision-making.

Day 3: Hunger for God's Word: Psalm 107:20; Psalm 119; Matthew 4:1-11; John 6; 1 Peter 2:1-3

- Confess any ways in which you've neglected God's Word.
- Pray for God to help you grow in knowledge and love for His Word.
- Pray for God to bear fruit through the preaching of God at His Village Church

Day 4: Intercession for Others: Ephesians 6:18; Romans 8:34; Matthew 5:44; Acts 12:5

- Pray for your family, friends, and community, lifting up their needs to God.
- Pray for leaders and those in authority, asking for God's wisdom and guidance.
- Intercede for the sick, hurting and lost.

Day 5: Breakthrough and healing: 1 Peter 2:24; Psalm 30:2; Psalm 130:5-8; Samuel 17:45-47

- Pray for specific areas where you need a breakthrough, whether in health, finances, relationships, or career.
- Declare God's healing power over your body, mind, and spirit.
- Ask God to remove any spiritual strongholds hindering your progress.

Day 6: Love for Your Church: Matthew 16:15-20; John 13:31-35; Acts 2:42-47; Ephesians 3-4

- Pray for God to strengthen and encourage our church to grow in holiness
- Pray that we might be marked by unity and love for one another
- Pray that we might grow in evangelism and discipleship
- Pray that God would use us in our new location to serve our community and to reach people with the gospel



Day 7: Commitment to God's Mission: Matthew 28; Acts 13-14; Colossians 4:2-6

- Pray that God would provide our church with a permanent residence in 2025 and help us be intentional about planting more churches.
- Pray that God would open doors for the gospel in our community and that we would boldly make Christ known and invite others to follow Him.
- Ask that God open your eyes to how He wants to use you in His mission—whether in our community, through church planting, or through international missions.

Closing: Thanksgiving and Praise:

- Reflect on God's faithfulness and goodness in your life, expressing gratitude for all His blessings.
- Praise God for His character and attributes, including His love, mercy, and power.
- Declare His praises to the world.
- Reflect on your journey during the fast and commit to living a life more aligned with God's will.
- Pray for continued guidance and accountability to stay faithful in your walk with God.
- Thank God for the opportunity to deepen your relationship with Him.
- Important considerations:

Focus on prayer and scripture reading:

Spend significant time in prayer and meditating on God's Word throughout the fast.

Maintain a humble attitude:

Approach the fast with a spirit of repentance and seeking God's presence.