



SEVEN *days of* PRAYER *and* FASTING

seven *days*

PRAYER & FASTING

1/18 - 1/24

day 1

Transformation Through Surrender

day 2

Comfort Through Lament and Worship

day 3

Spiritual Gifts Through Serving

day 4

Intimacy Through Trust

day 5

Guidance/Discernment Through Listening and
Obedience

day 6

Healing Through Confession and Repentance

Day 1

Transformation Through Surrender

Scripture (NLT):

Acts 1:8

“But you will receive power when the Holy Spirit comes upon you. And you will be my witnesses, telling people about me everywhere—in Jerusalem, throughout Judea, in Samaria, and to the ends of the earth.”

Corporate Prayer:

Holy Spirit, we acknowledge that true power and change does not come from striving but from surrender. We lay down our will, our pride, and our distractions before You, confessing our dependence on Your grace. Cleanse us, set us apart, and form us into vessels fit for Your purposes. Shape our desires so they align with Yours, and refine us through Your sanctifying work. We yield our hearts fully, trusting that You can produce more in us than we can on our own. Amen.

Pray this for our church:

Holy Spirit, sanctify Your Church. Lead us as a people to surrender fully to You so that our witness to the world reflects Your holiness, humility, and power.

Pray these for yourself:

- Holy Spirit, reveal the areas of my life where I am resisting surrender, and give me grace to release control.
- Sanctify my thoughts, words, and actions, and form in me a heart that delights in holiness.
- Empower me to live set apart, trusting that Your power is made perfect in surrender.

As you go, you can pray 2 Corinthians 12:9, “My grace is sufficient for you, for My power is made perfect in weakness.”

Prayer: “Your power is enough for me, Lord. Be strong in my weakness.”

Action Step:

Identify one habit or attitude to intentionally surrender today and replace it with a spiritual practice (prayer, Scripture, restraint, simplicity).

Day 2

Comfort Through Lament and Worship

Scripture (NLT):

John 14:16, 26

“And I will ask the Father, and he will give you another Advocate, who will never leave you. ... But when the Father sends the Advocate as my representative—that is, the Holy Spirit—he will teach you everything and will remind you of everything I have told you.

Corporate Prayer:

Holy Spirit, You are our Comforter in sorrow and our song in suffering. We bring You our grief, confusion, and weariness, knowing You do not turn away from our pain. Receive our honest emotions and meet us with Your nearness and compassion. As we worship, lift our eyes beyond our circumstances and anchor our hearts in Your faithfulness. Teach us to grieve with hope, to praise You in every season, and to trust that You are present even in our tears. Amen.

Pray this for our church:

Holy Spirit, comfort those in our church and around the world who are grieving, suffering, or overwhelmed. May Your presence bring hope, healing, and peace where there is deep pain.

Pray these for yourself:

- God, I bring You my sorrow and disappointment, trusting You to hold my pain with tenderness.
- Teach me to worship You honestly, even when my heart feels heavy or weary.
- Holy Spirit, comfort me with Your presence and remind me of Your steadfast love.

As you go, you can pray: Psalm 34:18, “The Lord is close to the brokenhearted and saves those who are crushed in spirit.”

Prayer: “You are near to the brokenhearted, Lord. Be near to me today.”

Action Step:

Spend time today naming your grief before God, then intentionally worship through music, Scripture, or spoken praise.

Day 3

Spiritual Gifts Through Serving

Scripture (NLT):

1 Corinthians 12

“There are different kinds of spiritual gifts, but the same Spirit is the source of them all. ... A spiritual gift is given to each of us so we can help each other.”

Corporate Prayer:

Holy Spirit, You generously equip Your people with gifts for the building of Your Church and the blessing of the world. Free us from fear, comparison, and self-reliance that keep us from serving fully. Awaken in us a desire to offer what we have for the good of others. As we step out in obedience, reveal Your power through our love and unify us in humility. May our gifts reflect Your grace and point others to Christ. Amen.

Pray this for our church:

Holy Spirit, activate the gifts within Your Church. Raise up servants who joyfully use their gifts to strengthen the body, serve the vulnerable, and establish Your kingdom in the world.

Pray these for yourself:

- Holy Spirit, show me how You have gifted me and where You are inviting me to serve.
- Remove fear and insecurity that keep me from offering myself freely to others.
- Use my faith, however small it feels, to strengthen and encourage those around me.

As you go, you can pray: 1 Peter 4:10, “God has given each of you a gift from His great variety of spiritual gifts. Use them well to serve one another.”

Prayer: “Spirit, help me use what You’ve given me to serve others well.”

Action Step:

Choose one tangible way to serve someone—at church, work, or home—without seeking recognition.

Day 4

Intimacy Through Trust

Scripture (NLT):

Romans 8:26-27

“And the Holy Spirit helps us in our weakness. For example, we don’t know what God wants us to pray for. But the Holy Spirit prays for us with groanings that cannot be expressed in words. And the Father who knows all hearts knows what the Spirit is saying, for the Spirit pleads for us believers in harmony with God’s own will.”

Corporate Prayer:

Holy Spirit, draw us deeper into communion with You.. Teach us to pray with trust rather than anxiety, and faith rather than control. As we connect with you, align our hearts with Your compassion and purposes. Deepen our intimacy with You as we partner in prayer for our needs and the needs of the world. Help us rest in Your sovereignty, confident that You hear and act according to Your will. Amen.

Pray this for our church:

Holy Spirit, lead our church into deeper intimacy—a greater understanding of ourselves, each other, and of you. Teach us to see each other the way you see us and to be a part of each other’s redemption stories.

Pray these for yourself:

- Holy Spirit, place on my heart those You are inviting me to pray for faithfully.
- Teach me to trust You fully with situations I cannot fix or control and to understand what is producing the emotion I am experiencing.
- Draw me closer to Your heart as I intercede for others with love and perseverance.
- Show me if there is anyone (including myself) who I have not seen the way you see them and help me change that.

As you go, you can pray: Philippians 4:6-7, “Do not worry about anything; instead, pray about everything... and the peace of God will guard your hearts and minds.”

Prayer: “Spirit, remind me to pray about everything and rest in Your peace.”

Action Step:

Set aside dedicated time today to intercede for one person or situation, trusting God with the results.

Day 5

Guidance/Discernment Through Listening and Obedience

Scripture (NLT):

John 15:26; 16:13; Galatians 5:16

“But I will send you the Advocate—the Spirit of truth. ... When the Spirit of truth comes, he will guide you into all truth. ... So I say, let the Holy Spirit guide your lives. Then you won’t be doing what your sinful nature craves.

Corporate Prayer:

Holy Spirit, we quiet our hearts before You and welcome Your voice. Forgive us for the ways we rush ahead, resist Your leading, or drown out Your guidance with noise and distraction. Teach us to listen attentively and to discern Your truth with humility. Grant us courage to obey, even when the way forward feels uncertain. We trust that Your guidance is faithful, wise, and rooted in love. Amen.

Pray this for our church:

Holy Spirit, guide Your Church in wisdom and unity. Lead our leaders, ministries, and decisions so that we walk faithfully in obedience to Your will and reflect Christ to the world.

Pray these for yourself:

- Holy Spirit, still my heart and help me recognize Your voice above all others.
- Give me courage to obey You promptly, even when obedience feels costly.
- Lead my steps today and shape my decisions according to Your will.

As you go, you can pray: Psalm 143:10, “Teach me to do Your will, for You are my God; may Your good Spirit lead me on level ground.”

Prayer: “Teach me to do Your will, Lord. Lead me by Your Spirit today.”

Action Step:

Practice silence today—listen in prayer and take one concrete step of obedience God reveals.

Day 6

Healing Through Confession and Repentance

Scripture (NLT):

Acts 10:38

“And you know that God anointed Jesus of Nazareth with the Holy Spirit and with power. Then Jesus went around doing good and healing all who were oppressed by the devil, for God was with him.

Corporate Prayer:

Holy Spirit, search our hearts with Your mercy and truth. We come honestly before You, confessing our sin, our brokenness, and our deep need for You and Your healing grace. Lead us into genuine repentance that turns our hearts fully towards You. Wash us clean, restore the wounded places, and bring freedom where there has been bondage. Make us whole by Your redeeming power and renew us in joy and peace. Amen.

Pray this for our church:

Holy Spirit, bring healing and restoration to Your Church and to our world. Where there is division, sin, sickness, or brokenness, lead us into repentance and release Your healing power.

Pray these for yourself:

- God, I confess my sin and brokenness before You, trusting in Your mercy and forgiveness.
- Lead me into true repentance that changes my heart and the way I live.
- Restore the broken places within me and help me to receive Your grace freely, without shame.

As you go, you can pray: Psalm 139:23-24, “Search me, O God, and know my heart... lead me along the path of everlasting life.”

Prayer: “Search me and heal me, Lord. Lead me in Your way.”

Action Step:

Confess sin to God (and a trusted believer if appropriate) and intentionally turn toward obedience and restoration.

