

Prayer & Fasting

January 5-14, 2006



Join a Group

**We invite you to
deepen your
relationship with
Jesus and with each
other. Each group will
create opportunities
for growth,
encouragement
and biblical
community!**



BG

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Welcome To Seven Days of **PRAYER & FASTING 2026**

At the beginning of each year, we as a church set aside time for prayer and fasting. We believe God deserves our full attention and our best, and we consider this a sacred time. Before filling our calendars for the year, we want to pause and listen carefully to what the Spirit is saying.

The goal of fasting is to draw near to God. And fasting doesn't have to be food—some people fast caffeine, sugar, social media, or activities they enjoy. Your fast should be a challenge, but it should never put your health or safety at risk. Ask God in prayer to guide your fast and then follow the Holy Spirit's leading.

Biblical fasting is about intentionally removing distractions so we can focus on God. Ironically, fasting slows us down—but that's the point. In our fast-paced world, hurry is not a substitute for holiness. Too often, being rushed leads to missed opportunities to hear from God and even to unintended consequences.

As you step into this week, position yourself to hear from Him. Take a few moments each day to quiet your mind, still your heart, and ask the Holy Spirit, **“What do You want to say to me today?”**

Be aware, there will be opposition where God is moving. The enemy will try to distract, discourage, or even intimidate you. But as Pastor Randy has said many times, “The devil is a loser, but he's not a quitter.” Stand firm, put on the full armor of God (Ephesians 6), and trust that His Spirit is greater than any obstacle.

This year, our focus is **“Come and Abide.”** Jesus invites us relationally: **Come** to Him with our burdens, our hopes, and our hearts. Then He calls us to **Abide** to remain, dwell, and stay close to Him daily. Abiding isn't passive; it's an active posture of intimacy, surrender, and dependence on Jesus that produces lasting fruit in our lives.

Each day of this devotional will guide you to come to Him, reflect on His Word, respond to His voice, and pray intentionally. Some days you will be invited to step out in love, some days to rest deeply in His presence, and some days to abide in community with your church family.

We pray this devotional will spark reflection, growth, and a personal encounter with God. Let's realign, be revived, and give Him the first place in our hearts and our year. As we come and abide, God promises that everything else will flow from His presence and purpose.

Welcome to this sacred time — let's step into it together!

Day One

JANUARY 5

“Abiding Together in Love” - Unity

When we think of revival, our minds often go to powerful worship nights, crowds lifting their hands, and moments where heaven feels especially close. But true revival doesn't begin in a room full of people — it begins in one heart that decides to make room for God. It starts with a choice to abide — to remain deeply connected to Jesus and rooted in His love.

As we step into a new year, before we chase goals, plans, or resolutions, Jesus invites us to begin with Him — to come close, to stay near, to dwell in His presence, to revive something inside of us. “As the Father has loved me, so have I loved you. Now abide in my love.” (John 15:9) To abide means to settle your soul where His presence is. It's a daily choice to make your home in Him, to let His Word shape your thinking, and His Spirit lead your steps.

But abiding in Jesus isn't only vertical — it's deeply horizontal. Out of that closeness with Him flows a life of love toward others. Jesus continued, “Love each other as I have loved you.” (John 15:12) When we remain in His love, it naturally compels us to remain faithful, present, and connected to His people. We can't claim to abide in Christ while staying disconnected from the body He loves — the Church.

This is where the challenge meets us: Don't start this year alone. Don't let isolation or busyness pull you away from the relationships that bring life. Revival doesn't grow in independence — it grows in unity. True community isn't about convenience; it's the soil where transformation takes root. The early church didn't see the world changed by massive gatherings, but by believers who were united in heart, shared everything they had, and prayed as one.

That same spirit of revival still begins when we choose connection — when we decide to show up, to serve, to commit, and to belong. It's experienced in small groups that pray and share life together. It's seen when families read Scripture and pursue faith as one. It's strengthened when you take your next step — whether it's joining the Growth Track, volunteering, or simply reaching out and inviting someone new. Every act of connection is an act of abiding.

As you fast, pray, and seek God this week, don't just ask Him to move around you — ask Him to move within you. Let His love shape your habits, your relationships, and your priorities this year. Choose to remain in Him and with His people.

Because when you abide in His love and stay united in His body, you don't just witness revival — you live it.

Reading the Word:

JOHN 15

PSALM 133:1

COLOSSIANS 3:12-15

Reflecting on the Word

- What is the Holy Spirit speaking to you through this devotional?
- What does it look like for you to abide—to stay rooted—in Jesus this week?
- Who in your life helps you stay connected to God's love and truth?
- How could being more connected to your church family strengthen your walk with Jesus?

Responding to the Word:

This week, take a step toward abiding in community.

- Join a Small Group — Surround yourself with people who help you grow and stay grounded.
- Start the Growth Track — Learn the heart and vision of your church family and find where you belong.
- Reach out — Text or call someone who may feel disconnected. Pray with them or invite them to church.

Prayer

Jesus, thank You for inviting me to abide in Your love. Teach me to remain close to You in every season and to walk in unity with others. Knit my heart together with the family of God so that Your love becomes visible through my life. Let true revival begin in me—and spread through every relationship You've placed around me. In Jesus' name, Amen.

Day 1 Reflection Journal

“Abide - Rhythms of Rest and Renewal” ***- Personal Renewal***

How would you describe the condition of your inner world — your soul? Is it at rest? Refreshed? Or is it tired? Numb? It happens almost imperceptibly, doesn't it? You start carrying emotional weight you were never meant to bear. Life's fast pace and endless to-do lists drive you faster and faster, and the spiritual rhythms such as Bible reading and prayer that once brought life now feel dry and lifeless. Scriptures that used to stir your heart now read like ink on a page. Sound familiar?

When this happens, it's tempting to push through — to try harder, to “do” more. But spiritual renewal rarely arrives through striving. That bears repeating: **spiritual renewal rarely arrives through striving.** More often, it happens when we say yes to the invitation to slow down, to be still, and to become aware of His presence in and with you. Spiritual renewal doesn't happen through trying, but through surrender of our time and agendas — through laying down our need to hurry and letting our souls settle into the unhurried pace of Jesus.

Renewal begins when we resist the urge to rush past our fatigue and instead begin to notice and name what's true of us in the present. It starts with an honest conversation between you and the Living God — perhaps something as simple as, “Please help.” When we pray like that, we open the door for His restoring work to begin.

From the opening pages of Scripture to the final promise of Christ's return, the epic theme of God's story has always been rescue and renewal. Revelation 21:5 declares, “He who was seated on the throne said, ‘I am making everything new!’ Then He said, ‘Write this down, for these words are trustworthy and true.’” Jesus is speaking of the renewal of all things. Brother, sister: that includes you. To be made new is not about new year resolutions or reinvention; it is about returning - returning to the Father and remembering the moment He called you by name. If you are feeling disconnected spiritually, could it be you have been cultivating sinful habits? King David said, “Wash away all my iniquity and cleanse me from my sin... Create in me a pure heart, O God, and renew a steadfast spirit within me.” (Psalm 51:2, 10)

So today, Be encouraged that the One who knows you best loves you the most. Right where you are, right as you are. Take a moment to slow down. Breathe. Invite the Holy Spirit to do what only He can do in you—to restore what's been lost, to refresh what's been weary, and to return to you the joy of your salvation. He is ready to make you new — right where you are, right as you are.

Reading the Word

MATTHEW 11:28-30

PSALM 51:2, 10

ISAIAH 40:31

REVELATION 21:5

PSALM 23:1-3

Reflecting on the Word

- What is the Holy Spirit speaking to you through this devotional?
- Take 5 minutes today to sit silently. Ask God: What in me is tired? What needs to be surrendered? Do not rush the answer. Wait. Listen for the Holy Spirit to answer.
- You can live busy but not hurried. Consider your calendar; What could you say “no” to that will create margin for stillness?

Responding to the Word

- Read Psalm 23:1-3 slowly, letting each word settle in your heart. Listen for one word or phrase that stays with you. Using the psalmist’s words, turn it into a prayer. Consider committing it to memory.
- Pray quietly: “Come Holy Spirit. Renew my mind, my heart, my will. Create in me the joy of new life again.”
- What are your spiritual rhythms? Do they include solitude, silence, or Scripture meditation? Consider trying one this week.

Prayer

Jesus, by the power of Your Spirit, would You renew and refresh my soul and spirit? I need help – come Holy Spirit, come. In Jesus’ name, Amen.

Day 2 Reflection Journal

“Come, Learn, and Lead” **- The Family & The Next Generation**

Family is God's first classroom of discipleship. Before there were churches or programs or ministry titles, there was a home — a place where faith was lived, stories were told, and truth was passed from one generation to the next.

Psalm 127:3–5 reminds us that “children are a heritage from the Lord... like arrows in the hands of a warrior.” Every child, every young person, every life entrusted to our influence is not an interruption to our purpose — they are part of it. God designed the family and the church to be where learning and leadership take root.

Jesus said, “Learn from Me, for I am gentle and humble in heart.” (Matthew 11:29) This invitation isn't just for us — it's our model for how we lead others. Parents, mentors, and spiritual leaders are called to lead like Jesus — through gentleness, consistency, and truth. True discipleship happens when we stop performing for others and start learning from Him.

When John wrote in 3 John 1:4, “I have no greater joy than to hear that my children are walking in the truth,” he captured the heart of every parent, pastor, and mentor who's ever invested in someone younger. There's no greater joy than seeing faith take hold in the next generation. But that kind of faith doesn't grow by accident — it grows through example.

Training isn't about control — it's about consistency. It's showing what it looks like to walk with Jesus on ordinary days, through both victories and struggles. The next generation doesn't just need to hear about our faith; they need to see it lived out in how we forgive, how we worship, how we handle pressure, and how we love. Every act of kindness, every conversation about faith, every moment we slow down to listen or guide—it all builds a bridge for those coming behind us to walk across.

So today, let's remember: we are not just called to **come and learn** — we are called to **learn and lead**. The lessons Jesus teaches us are meant to flow through us into others. Our homes, workplaces, and churches are all classrooms where His character is caught more than it's taught.

Reading the Word

MATTHEW 11:29

PROVERBS 22:6

PSALM 127:3-5

3 JOHN 1:4

1 TIMOTHY 4:12

Reflecting on the Word

- What is the Holy Spirit speaking to you through this devotional?
- Who are you leading by example right now?
- How can you slow down and invite the next generation to “come and learn”?

Responding to the Word

- Is there a younger person or family member who is younger than you can encourage this week? Ask God to show you one small way to invest in someone’s spiritual growth. Be willing to be an encourager, a coach, or even a mentor as a part of someone else’s journey growing in the Lord.

Prayer

Jesus, help us lead by learning from You. Teach us to lead with humility, gentleness, and truth. Let the next generation find rest, purpose, and courage as they follow You. Strengthen families, raise up mentors, and let our homes become places where disciples are formed. In Jesus’ name, Amen.

Day 3 Reflection Journal

“Come Home” - *The Lost*

Few chapters reveal the heart of God like Luke 15. In it, Jesus tells three stories—a lost sheep, a lost coin, and a lost son. Each one paints the same picture from a different angle: a God who searches, a Spirit who calls, and a Father who runs. It's the story of unimaginable grace and relentless pursuit—the kind of love that refuses to quit until every lost one is found and home again.

When the shepherd realizes one sheep is missing, he doesn't write it off as an acceptable loss. He doesn't scold the sheep for wandering. He goes after it. He climbs, searches, and calls out until he finds it. Then, instead of dragging it home in frustration, he joyfully carries it on his shoulders. That's the Gospel in motion. That's the heart of Jesus.

These examples aren't just about a sheep or a coin—it's about people. Every single person matters to God. Every name, every story, every heart. He notices who's missing, and He moves toward them in love. The lost aren't just statistics on a mission board or faces in another country. They're friends, coworkers, neighbors, and family members who have drifted, often quietly, from the Shepherd's care.

2 Peter 3:9 tells us that God is patient, “not wanting anyone to perish, but everyone to come to repentance.” His patience isn't passive—it's purposeful. God waits because He wants every wandering heart to come home. And when one person does, all of heaven rejoices. Jesus says, “There is more joy in heaven over one sinner who repents than over ninety-nine who never wandered.” That means heaven throws a party every time someone turns back toward God.

As followers of Jesus, we're called to share that same heart. We are the hands and feet of the Shepherd, carrying His compassion into a world full of weary wanderers. When we see someone drifting, our role isn't to judge—it's to remind them of home. To speak hope where shame has silenced. To show grace where guilt has weighed heavy.

Romans 10:9–13 reminds us that anyone who calls on the name of the Lord will be saved. No one is too far gone, too broken, or too lost for His love to reach. The Shepherd still searches. The Spirit still calls. The Father still waits on the porch, ready to run.

Maybe today, God will bring someone to your mind—a name, a face, a story that stirs your heart. Don’t ignore it. That’s not coincidence; that’s calling. Some of us are being sent to go after the lost—to pursue, to invite, to bring someone home to Jesus. Others are in a season of waiting and believing for someone we love to find their way back. Both are acts of faith. Whether you’re going or waiting, trust that the same Shepherd who came for you is still moving toward them.

Reading the Word

LUKE 15

2 PETER 3:9

ROMANS 10:9–13

Reflecting on the Word

- What is the Holy Spirit speaking to you through this devotional?
- Who in your life is spiritually weary or wandering?
- How can you be the voice of invitation this week?

Responding to the Word

- Pray for the one who comes to mind. Ask the Holy Spirit to open a door for connection and courage to step through it. Then act—reach out, send a message, or simply remind them that God hasn’t forgotten them and loves them. You might be the one God uses to bring them home.

Prayer

Jesus, thank You for being the Shepherd who came after me when I was lost. Your love carried me when I couldn’t find my way. Today, use me to help bring others home to Your heart. Give me your eyes to seek and find. Let my compassion echo Yours, and let heaven rejoice through the lives You rescue. In Jesus’ name, Amen.

Day 4 Reflection Journal

“Abide Together” - The Church Leadership

In the Garden of Gethsemane, Jesus prayed alone. In the quiet darkness, His disciples—whom He had asked to keep watch—fell asleep, weary from the Passover meal and confused by His words. Yet, while they rested, Jesus pressed into prayer. Just Him and the Father.

In that sacred space, He wasn’t only praying for strength to endure the cross—He was praying for His followers. He prayed for the disciples who would soon scatter, for Peter who would deny Him, for Thomas who would doubt Him, and even for Mary who would weep at the tomb.

But His prayer reached further still. Looking toward heaven, sweating drops of blood, and filled with compassion, Jesus prayed: “I am praying not only for these disciples but also for all who will ever believe in Me through their message. I pray that they will all be one, just as You and I are one... I am in them and You are in Me. May they experience such perfect unity that the world will know You sent Me and that You love them as much as You love Me.” (John 17:20–23)

That means Jesus prayed for you. Before the cross, before resurrection morning, before the Church even existed, Jesus interceded for His people—for His Church—to walk in unity and love. He prayed that we would abide together, rooted in the same Spirit that unites Father, Son, and Holy Spirit.

And yet, since the earliest days of the Church, unity has been tested. Differences in belief, practice, and personality have fractured what Jesus meant to remain whole. But the call still stands: to be one body, one Spirit, one family—held together not by perfect agreement, but by perfect love (Ephesians 4:4–6).

Today, we join Jesus again in that same prayer. We pray for our church—to be one with God, one with each other, and one in mission to the world. We pray for our pastors, leaders, and believers to walk in grace, humility, and truth. We pray that the Church would not be a picture of division, but a display of divine love—so that the world might see Jesus through our unity and love for one another.

Reading the Word

JOHN 17

EPHESIANS 4:4–6

1 THESSALONIANS 5:12–13

HEBREWS 10:24–25

Reflecting on the Word

- What is the Holy Spirit speaking to you through this devotional?
- Who in your life is spiritually weary or wandering?
- How can you be the voice of invitation this week?

Responding to the Word

- Write an encouraging message or note to a church leader or member—thank them for how they love and serve the body of Christ.
- Pray for a church different from your own this week.
- If you are not abiding in community, check out a Small Group to join or an area of the Dream Team to serve on.

Prayer

Lord, may Your Church be one just as You and the Father are one. Teach us to abide in Your love and let Your love abide in us. Heal what's divided, restore what's broken, and let the world see Your heart through our unity. Help our pastors and leaders hear your voice, guard their hearts, and bless them for the blessing they are to so many. In Jesus' name, Amen.

Day 5 Reflection Journal

“Abiding in the Kingdom, Not in Chaos” ***- Our Nation***

In uncertain times, when the world feels loud and unstable, Jesus gives us a steady invitation: “Abide in Me.” The word “abide” means to remain, to stay connected, and to dwell continually. It’s not just a Sunday decision—it’s a daily position of the heart.

While kingdoms rise and fall, God’s kingdom remains unshaken. Daniel declared, “He changes times and seasons; He removes kings and sets up kings.” (Daniel 2:21) In every generation, God’s sovereignty stands above the noise of nations and the shifting of powers. When we abide in Him, we step out of the chaos and into the calm of His rule.

Abiding doesn’t mean ignoring what’s happening in the world—it means interpreting it through the lens of Heaven. It’s choosing to rest in the truth that God is not nervous about the future. Proverbs reminds us that “the king’s heart is in the hand of the Lord.” (Proverbs 21:1) Every ruler, policy, and political outcome is still under His authority.

When we forget this, fear begins to speak louder than faith. We scroll endlessly, we stress over headlines, and we start to sound more like the world than the Word. But when we abide—when we remain rooted in Christ—His peace guards our hearts and minds. Philippians 4:6–7 reminds us not to be anxious, but to pray about everything, giving thanks in every circumstance. Not reactive, but responsive; not panicked, but prayerful.

Maybe the invitation today is simple: before you advocate, abide. Before you post, pause. Before you speak, seek His presence. The kingdom of God doesn’t advance through outrage but through abiding—through people who stay connected to the Vine, bearing fruit that looks like peace, wisdom, and love in a chaotic world.

As you sit with God, let His peace replace your panic. Let His perspective replace your worry. From that place of stillness, we can pray with real authority—asking God to move in our leaders, to guide those in power, and to bring His kingdom to earth as it is in Heaven. This is how the Church becomes a voice of stability in unstable times. As we remain in Christ, we become carriers of His calm, ambassadors of His kingdom, and lights in a restless generation.

Reading the Word

LUKE 15

2 PETER 3:9

ROMANS 10:9-13

Reflecting on the Word

- What is the Holy Spirit speaking to you through this devotional?
- Are your prayers for the government filled with fear or with faith?
- What would it look like to abide before you advocate?
- Where might you need to quiet the noise and realign your heart with God's peace?

Responding to the Word

- Spend five minutes in silence before God. Let your thoughts settle and your breathing slow. From that stillness, pray for discernment and wisdom for those governing your community, your nation, and the world.

Prayer

Lord Jesus, You sit above every throne and government. While the nations rage, You remain unshaken. Anchor my heart in Your kingdom today. When I'm tempted to fear, remind me who truly reigns. Fill me with Your peace so that my prayers flow from faith, not frustration. I want to pray Your hand over our nation, Your guidance over its leaders, and Your will to be done, on earth as it is in heaven. Let Your authority bring order to chaos, and may Your kingdom light shine through my life to show your love. In Jesus' name, Amen.

Day 6 Reflection Journal

“Come and Go” - Missions

As this week of prayer and fasting comes to a close, something powerful has happened in your spirit. When we slow down, empty ourselves, and draw near to God, we begin to see more clearly what beats within His heart. And here's the truth: the more we abide in Jesus, the less our lives become about us—and the more our hearts turn outward to others. Deep communion with God always leads to deep compassion for people.

The Great Commission wasn't given to the spiritually elite—it was given to everyday disciples whose lives had been transformed by being with Jesus. When we truly know Him, we cannot help but carry His mission. As our hearts become aligned with His, we begin to notice the hurting, the overlooked, the marginalized, the disconnected, and the unreached. Fasting breaks the grip of self-focus, and prayer opens our eyes to the needs around us. And the needs are great—both locally and globally.

Right here in our own city, there are single moms struggling to keep their homes together, children who go to bed hungry, widows who feel forgotten, and people battling addiction, loneliness, and hopelessness. There are neighborhoods that need the light of Christ, schools that need encouragement, and workplaces ripe for the gospel. Loving our city is not optional for the people of God—it is foundational.

But God's heart also stretches far beyond our borders. As a church, we have strategic mission partners in **Cuba, Ireland, Israel, Nepal, and Zimbabwe** who are faithfully preaching the gospel, caring for the poor, strengthening the church, and reaching people who may otherwise never hear the name of Jesus. They stand in spiritually challenging, culturally diverse, and often physically difficult places—yet they go with boldness because the love of Christ compels them, and that same love must compel us.

As you end this fast, ask yourself: “How will I leverage my life for the sake of the gospel this year? How will I move from comfort to calling? How will I go, give, pray, and serve so others can encounter the hope I have found in Jesus?” You may not be called to get on a plane for every nation—but you are absolutely called to play a part. You can pray daily for our partners, give sacrificially to advance their work, join a short-term mission trip, support outreach initiatives in our city, serve the vulnerable, or simply open your heart and hands to the people God has already placed around you. Is your heart burning yet?

The Lord's is—burning for the lost, the unreached, the broken, and the forgotten. The closer you get to the Father's heart, the more you care about what He cares

about. So today, don't let this seven-day journey end with you... let it flow through you. Let your renewed hunger for God become a renewed passion for His mission. Step into the Great Commission with fresh fire. Love boldly. Serve generously. Pray continually. Give sacrificially. Go courageously.

Reading the Word

MATTHEW 28:19-20

ROMANS 10:13-15

JOHN 20:21

Reflecting on the Word

- What is the Holy Spirit speaking to you through this devotional?
- How has this week of prayer and fasting shifted your heart from self-focus to God's mission for others?
- Who in your everyday world—neighbor, coworker, classmate—needs the love, compassion, or hope of Jesus right now?

Responding to the Word

- Pray intentionally for one of our strategic mission partners today—ask God to strengthen the church and open hearts in that nation.
- Look for one practical way to serve someone in need this week—a widow, single parent, immigrant, homeless neighbor, or someone overlooked.
- Take a tangible step by sharing your faith, joining a campus outreach, giving to missions, or signing up for information about an upcoming mission trip.

Prayer

Prayer: Jesus, thank You for drawing me closer to Your heart this week. Now send me out with Your love. Strengthen our mission partners in Cuba, Ireland, Israel, Nepal, and Zimbabwe. Break my heart for what breaks Yours and empower me to serve locally and globally. Let my life reflect Your mission. In Jesus' name, Amen.

Day 7 Reflection Journal



**Looking for ways to
get more deeply
connected to your
faith? Go to our
resources page at
mybayside.church for
links to devotionals,
past messages,
reading plans, and
more!**

Resources



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