

# PRAYER & FASTING



freedom  
centre

FEBRUARY  
9-15, 2026

# DAYS OF PRAYER & FASTING

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FASTING



# FOREWORD

We believe in the power of prayer and fasting at Freedom Centre. They intimately go hand in hand. We know that giving ourselves fully to 7 days of prayer and fasting will build us personally and corporately as a church as we position ourselves to SEEK JESUS.

The key verse for our time of prayer and fasting is Isaiah 43:18-19  
“Remember not the former things, nor consider the things of old. Behold, I am doing a new thing; now it springs forth, do you not perceive it? I will make a way in the wilderness and rivers in the desert.”

We are in a new season, not only as a church, but as individuals and also corporately as believers. God is doing a new thing and the next great awakening is upon us! As we pray and fast together let's lean in to all God is going to do and be filled with faith and anticipation for life changing encounters with Him in the next 7 days!

Follow this guide for everything you need to know, including a prayer focus for each day, information about fasting, FAQ's and more.

# TABLE OF CONTENTS

Our Prayer For You	04
What is Fasting?	07
Why Prayer & Fasting?	08
Medical Information	09
Fasting With Your Kids	11
Pick Your Fast	14
When You Fast	15
Daily Focus	17
<hr/>	
Day 1 — 2	18 — 19
Day 3 — 4	20 — 21
Day 5 — 6	22 — 23
Day 7	24
<hr/>	
Notes	26 — 27

# OUR PRAYER FOR YOU

Our prayer is that after these next 7-days  
you will know Jesus more!

We want you to encounter God, be equipped and  
be released.

We are believing to hear of your own unique  
prayer-and-fasting testimony.

We desire to become the Church Christ is calling  
us to be! A people who are called to Love God,  
Love Others and Make Disciples!

May what God does within these 7-days  
ripple out and turn into a tidal wave of revival  
and spiritual awakening across our nation.

Ps. Adem and Grace Guneyi.



# EN- COUN- TER EQUIP RE- LEASE

FREEDOM  
CENTRE  
2026



**WHAT  
IS  
FAST-  
ING?**



Fasting is a spiritual discipline that is taught in the Bible. Jesus expected His followers to fast, and He said that God rewards fasting.

Fasting, according to the Bible, means to voluntarily reduce or eliminate your intake of food for a specific time and purpose.

“And when you fast, don’t make it obvious, as the hypocrites do, for they try to look miserable and disheveled so people will admire them for their fasting. I tell you the truth, that is the only reward they will ever get. But when you fast, comb your hair and wash your face. Then no one will notice that you are fasting, except your Father, who knows what you do in private. And your Father, who sees everything, will reward you.”

Matthew 6:16-18 (NLT)

Ultimately, fasting is more about replacing than abstaining. It is filling our lives with God’s word instead of with food, social media or entertainment. It is finding satisfaction and enjoyment in God and in God alone. Fasting helps us humble ourselves before the Lord and positions us to experience spiritual breakthroughs in our lives.

- Fasting is not so much about food as it is about focus.
- Fasting is not so much about saying no to the body as it is about saying yes to the Spirit.
- Fasting is not a means of seeking God’s blessings, as much as it is a means of seeking God’s face.
- Fasting is feasting on the Lord. Looking to him for comfort, power, strength, guidance, forgiveness, and hope.

We recognize as we begin this 7-day fast and prayer commitment that as God’s people we need to boldly worship Him and proclaim what He is saying over our Church and the world.

# WHY PRAYER & FASTING?

If you do not already know of the power and importance of fasting, here are some very important facts:

Fasting and prayer can restore the loss of the “first love” for your Lord and result in a more intimate relationship with Christ.

Fasting was an expected discipline in both the Old and New Testament eras. For example, Moses fasted at least two recorded forty-day periods. Jesus fasted 40 days and expected His followers to fast, “when you fast,” not if you fast.

Fasting is a biblical way to truly humble yourself in the sight of God (Psalm 35:13; Ezra 8:21). King David said, “I humble myself through fasting.”

Fasting enables the Holy Spirit to reveal your true spiritual condition, resulting in brokenness, repentance, and a transformed life. The Holy Spirit will quicken the Word of God in your heart and His truth will become more meaningful to you!

Fasting can transform your prayer life into a richer and more personal experience.

Fasting can result in a dynamic personal revival in your own life—and make you a channel of revival to others.

Fasting and prayer are the only disciplines that fulfill the requirements of II Chronicles 7:14: “If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then will I hear from heaven and will forgive their sin and will heal their land.”





## MEDICAL INFORMATION

Pregnant or nursing mothers should never fast all food and/or drink, as fasting could be very dangerous to their baby's development and health, as well as their own personal health. Pregnant or nursing mothers could engage in types of fasting such as giving up certain kinds of food.

People who have struggled with eating disorders in the past should undertake any fasting with wisdom and caution. Fasting should never be used as a motive for weight-loss; it is important to gradually enter back into "normal" healthy eating after a long fast.

If you have a diagnosed illness and/or are taking prescription medicine, fasting should only be done under the direct supervision of a doctor or healthcare professional.

**FASTING  
WITH  
YOUR  
KIDS.**



We believe God wants to work in the hearts of kids through prayer and fasting, just like he does for adults. Kids will respond and grow spiritually when we teach them and give them the opportunity to participate. If kids are going to be lifelong followers of Jesus, they must experience him in a real and personal way. A time of prayer and fasting is a great way for kids to encounter Jesus' presence. We also believe that when a child fasts, it should come under the guidance and direction of his or her parents.

The following points will help us teach our kids why we fast:

- Fasting helps us focus on God instead of our comforts and conveniences.
- Fasting reminds us that God provides every good and perfect gift.
- Fasting helps us open our hearts to hear from God, no matter our age.

Here are some practical ways to fast with kids:

- Make different food choices. We do not recommend that children skip meals or drastically reduce their food intake, but a modification of their diet might prove to be an easy place to start. Fasting from specific items such as sweets, fried foods, sodas, or even meat and bread is a great way for children to participate in a safe and healthy way. Choose healthy foods for snacking. Please note, you should always check with your child's paediatrician before beginning any food fasting with your children.
- A digital fast. Another great way to fast is by reducing some of the time and energy spent watching TV, playing video games, or using the computer or phone. Instead, encourage them to spend time praying, reading their Bible, or serving others. This could be as simple as not using the DVD player in the car or as advanced as complete abstinence for 7 days.
- Write down a few prayer requests and pray together for those things throughout the fast. Remind your child each time they want "that thing" they are fasting from, they should use their desire as a reminder to pray and spend time focusing on God and telling him how much they love him. Seek God, pray big prayers, pray for people to come to Christ, and ask God for breakthroughs for ourselves and others. We believe we will see God do some amazing things during these 7 days.



The background is a deep blue with a fine, grainy texture. A single, slightly irregular vertical white line runs from the top to the bottom of the frame, positioned slightly to the left of the center. The text 'LET'S GET' is superimposed on this background.

**LET'S GET**



A large, semi-circular shape on the left side of the image, filled with a dense, grainy blue texture. The right edge of this shape is a smooth arc that curves towards the center of the image.

**STARTED**



## Normal Fast

Going without food for up to 40 days (Exodus 34:28, Mark 2:18, Act 13:2-3).

## One Meal Fast

Sacrificing one meal a day.

## Daniel Fast

Abstaining from certain foods. (Daniel 10:3). There was a three-week period in which he abstained from “delicacies”, i.e. meat and wine (Daniel 10:3) and only ate vegetables. The foundation of the Daniel fast is fruits and vegetables.

## Liquid Fast

A liquid fast is simply consuming vegetable/fruit juice and water instead of solid food. Many people include whey protein in their liquid plan as well.

## Water Fast

A water-only fast is the normal fast referred to in the Bible. This is how Jesus and the New Testament church fasted.

*Ask the Holy Spirit which one you should do.*



# WHEN YOU FAST:

## Set Goals & Write Them Down

Begin with clear personal goals as well as breakthrough goals for your church. Be specific. Why are you fasting? Do you need vision, direction, healing, restoration for your life? Are you facing difficulties? Pray and ask the Holy Spirit for guidance. Write these requests in a journal or a notebook, or create a digital journal using your favourite note taking program or app.

## Pray With Others

There is great power when we pray together in His name. God promises that His presence is with us, and Jesus said that heaven comes to earth through the agreement of two or three people, Matthew 18:19. Spend time over the 7-day journey in prayer with your spouse, your children, your friends and the freedom family through zoom or in person gatherings.

## Feast on the Word of God

Fasting is ultimately an expression of humility and dependence on God. It is about replacing the daily intake of food, entertainment and human contact with focused times of prayer, spending large amounts of time feeding on the Word of God and spiritual listening. You can continue your normal Bible reading program or try the YouVersion Bible App, for a variety of 7-day Bible reading programs.

## Open Your Life Before God

One of the great benefits of spiritual fasting is a heightened awareness of God's presence and power in our lives. It is not that God has moved but that we have. Fasting has a great way of moving us towards a deeper spiritual dependency and away from wilful self-dependency. The greatest breakthrough will take place when you make time to examine your life and discover what areas you need to find freedom in. We ask that you fast for spiritual breakthroughs for your church family and its mission endeavours as well as for yourself. Enter your fast by faith. The Word of God says, "And without faith it is impossible to please God, for anyone who comes to him must believe that He exists and that he rewards those who earnestly seek him" (Hebrews 11:6). Spiritual fasting is a supernatural endeavour that has shaped and transformed God's people for centuries. If you have doubt, ask God to meet you in your doubts and lead you in overcoming them, just as the apostles prayed, "Increase our faith!" (Luke 17:5).

Enter your fast by faith. The Word of God says, "And without faith it is impossible to please God, for anyone who comes to him must believe that He exists and that he rewards those who earnestly seek him" (Hebrews 11:6). Spiritual fasting is a supernatural endeavour that has shaped and transformed God's people for centuries. If you have doubt, ask God to meet you in your doubts and lead you in overcoming them, just as the apostles prayed, "Increase our faith!" (Luke 17:5).

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## Expect God to Move

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*"And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you..."*

— Matthew 6:6-18





# DAILY PRAYER FOCUS



Each day contains a prayer focus. This includes one or two Scriptures to declare and meditate on and also prayer points. Please note that the prayer points are only suggestions so feel free to pray into each area in the way the Holy Spirit leads. All we ask is that you take some time to pray each day for the theme that's given. Remember, miracles are our expectation!



## 01

Day One

**PRESENCE**

Today we set our hearts to seek the presence of God with fresh expectation. We believe this is a season for more, not more activity, but more of Him. More awareness, more intimacy, more of the Holy Spirit at work in our lives.

We come with open hearts, trusting that God meets us personally and powerfully. As we hunger for Him, we invite His presence to shape us, fill us, and lead us. Today we pray for encounters that awaken faith, sharpen vision, and draw us deeper into a relationship with Him.

We ask for the Spirit of God to be poured out on every generation - on our lives, our families, and our community. May this be a day marked by openness, surrender, and expectancy for what God wants to do.

2 Corinthians 3:18

*“And we all, who with unveiled faces contemplate the Lord’s glory, are being transformed into His image with ever increasing glory, which comes from the Lord, who is the Spirit.”*

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# 02

Day Two

## SOULS

Today we pray with urgency and faith for people to encounter Jesus. We believe this is a time of harvest and that many hearts are ready to respond to the gospel. We ask God to open eyes, soften hearts, and draw people to Himself.

In these last days, we pray that many would choose to follow Jesus wholeheartedly. We ask for lives marked by true repentance, faith, and obedience. May people not only respond to the message of the gospel, but commit to walking closely with Jesus and living for Him.

We lift up prodigals who have wandered from faith. We pray for sons and daughters, friends and family members who do not yet know Jesus. We ask that they would experience the love of God in undeniable ways and find their way home.

We pray for boldness and clarity as the gospel goes out. May conversations be filled with grace and truth, and may many respond with faith. We believe for lives to be saved and for people to step into a lifelong journey of following Jesus.

Today we choose to be a mouthpiece for the gospel. We believe that salvation will come as we faithfully witness and share the testimony of Jesus through our words and our lives.

John 4:35

*“Don’t you have a saying, ‘It’s still four months until harvest’? I tell you, open your eyes and look at the fields. They are ripe for harvest.”*

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# 03

Day Three

## OUR CITIES

Today we turn our prayers outward and lift up the cities God has placed on our hearts. We pray for Tauranga, Christchurch, and Wellington, and for every person who calls these places home. We ask God to be at work in our neighbourhoods, workplaces, schools, and streets.

We pray for wisdom and discernment for city councils and leaders as they make decisions that affect thousands of lives. May righteousness, compassion, and justice guide their leadership.

We also pray for those gathering across New Zealand in watch parties and homes. We lift up Rotorua Local, and we stand together in prayer as one church across many cities. If you are joining us from another location, take time today to intercede for your own city and the people God has placed there.

We believe God desires to move in our cities in ways that exceed anything we have seen before. We pray for hearts to be awakened, lives to be changed, and communities to be transformed by the power of God.

As we gather for Open Heaven in Tauranga this evening, we pray with faith and expectation. May God meet us as we come together, and may what He releases tonight overflow into our cities and beyond. If you are able, take time today to prayer walk your city and declare God's promises over the places you live and serve.

1 Timothy 2:1–2

*"I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people, for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness."*

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## 04

Day Four

**THE NEXT  
GENERATION**

Today we bring the next generation before God. We pray for our children, youth, and young adults, asking for His protection to surround them in every season of life. We ask that their minds would be clear, their hearts would be steady, and their lives would be anchored in truth.

We pray that the purposes God has placed within them would unfold in His timing. No matter what they are facing right now, we trust that God is present and actively at work. We ask that confusion would be replaced with clarity, fear with faith, and pressure with peace.

We believe God is raising a generation who will know Him deeply and follow Jesus wholeheartedly. May they walk with confidence, live with conviction, and step boldly into all that God has prepared for them.

Psalm 78:4–7

*"We will not hide them from their descendants; we will tell the next generation the praiseworthy deeds of the Lord, His power, and the wonders He has done...so the next generation would know them, even the children yet to be born..."*

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# 05

Day Five

## MARRIAGES & SINGLES

Today we pray for marriages and for those who are single. We acknowledge that God designed covenant and that marriage reflects His heart, His faithfulness, and His love. We pray for marriages to be strengthened, protected, and renewed.

We recognize that marriages often face pressure and opposition. We pray for unity, grace, and perseverance where there has been strain. We ask God to restore what has been worn down and to guard marriages against division and discouragement.

We also lift up those who are single. We pray for those who are waiting and believing for a godly partner. We ask God to bring healthy, Christ-centred relationships and to form unions that are built on faith, commitment, and purpose. May every relationship be positioned to honour God and reflect His design.

Genesis 2:24

*“That is why a man leaves his father and mother and is united to his wife, and they become one flesh.”*

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## 06

Day Six

**BUILDING PROJECT**

Today we pray for the building and the land it sits on, that God has entrusted to us. We thank God for His provision and faithfulness in bringing us to this point, and we look ahead with faith for what is still to come.

We ask God to continue to open doors, remove obstacles, and bring clarity and alignment in the final stages of the project. We pray that every decision would be marked by wisdom and cooperation, and that progress would continue smoothly. We lift up every volunteer, contractor, and team member involved in this project, asking for unity, strength, and shared purpose. May every detail and step forward be guided clearly by God, and may each person carry this responsibility with grace and faith.

We also pray over the land itself. We acknowledge the history of this space and ask that God would redeem, restore, and unlock all that He intends for it. We declare that this building will be a blessing to the city and a place where lives are changed, hope is restored, and revival finds a home.

Isaiah 54:2

*“Enlarge the place of your tent, stretch your tent curtains wide, do not hold back. Lengthen your cords, strengthen your stakes.”*

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## 07

Day Seven

**THE CHURCH**

Today we pray for the Church, the body of Christ. We lift up the capital C Church and every denomination, and acknowledge the pressure and challenge the Church faces in this season. We pray for God's protection, wisdom, and grace to surround His people.

We pray for church leaders across the nation and beyond. We ask for strength, integrity, humility, and endurance as they lead faithfully. We pray for healing where there has been hurt, restoration where there has been brokenness, and renewed trust where it has been shaken.

We pray for unity within the Church. Help us to guard our hearts, to walk in love, and to pursue peace with one another. May the Church be known for love, compassion, truth, and faithfulness to Jesus. We believe God is at work, refining His people and drawing His Church together.

Ephesians 4:3

*"Make every effort to keep the unity of the Spirit through the bond of peace."*

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**ON THIS  
ROCK  
BUILD  
YOUR  
CHURCH  
GOD**



# PROPHECIES, DREAMS & VISIONS

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# SCRIPTURES

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# ANSWERED PRAYERS

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# TESTIMONIES

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