



**2025 Prayer and Fasting Guide**  
**January 6th - 12th**

## **DAY 1 - Purpose for Prayer and Fasting**

Fasting is built around prayer. Prayer includes the acts of conversation and intercession. Conversation with God is simply talking to God and giving space for Him to talk back. Intercession is contending for God's word to manifest on the earth. Without prayer, fasting is just a diet! While your flesh is being denied food, your spirit is able to be fed through His presence in prayer and scripture. To encounter God is to receive your daily bread. Every scripture you meditate on is feeding your spirit. Every word you hear in His presence is feeding your spirit. He is your daily bread! When you are with Him, you are changed by Him and begin to look more like Him!

As you fast and pray, keep in mind that **Matthew 17:21** highlights the power and authority that results from this discipline. There is a contrast between what the disciples were able to do without prayer and fasting versus what Jesus was able to do through His prayer and fasting. The two must go hand in hand. Without prayer, fasting is just a diet!

Fast to keep your flesh in submission to God.

**1 Corinthians 9:27** In 1 Corinthians 9:27, Paul communicates that fasting is something he chooses to do, regardless of any outside factor. He has made up in his mind that fasting keeps his flesh in submission to God and his spirit in authority. We have no reason to believe that Paul only starts a fast when the Holy Spirit tells him to. Rather fasting is a discipline he cultivated regularly to keep His flesh in submission to God.

Fast when the Holy Spirit calls you to fast. **Joel 2:12**

When the Holy Spirit calls us into a fast, we must obey! In **Matthew 4:1**, we see that Jesus was "led by the Spirit" to be tempted by the enemy and fast. In **Joel 2:12**, God calls His

people to fast. Though we can fast when we choose, we must leave room for the Holy Spirit to call us into a fast.

No matter how you are called to a fast, remember, it is an expectation of Jesus that His disciples will fast (**Matthew 6:16-17**). Fasting is about connecting with God.

**Prayer:**

Father, thank You for the honor to partner with You in fasting. I declare that hard things will become easy in Your presence. I give You my entire being. Come and have Your way in me. You have my ears. Speak Lord, your servant is listening. I hunger for your living Word. Reveal to me what You are doing in the spirit wherever I go.

Father, I commit this time of fasting to You. I commit to be faithful to your ways and not fulfill the lusts of the flesh. Daily I will choose to consume your Word and not that of the world. Thank You for showing me how to live a life that is focused and pleasing to You.

I confess my sins, wrongdoings, and wrong thoughts to You, accepting your forgiveness in the Name of Jesus. I declare that my heart and mind are covered by the blood of Jesus and there is no condemnation.

I have confidence in You and your Word. Father, I pray today that You will show me your ways and teach me your paths. Remove every limitation that I have put on myself. You are my Righteousness, my Peace, my Shepherd, my Healer, my Savior, and my Miracle Worker. I trust You to manifest Yourself in my life, my church, my finances, my health, my career, and my children. I choose to renew my mind so that I can think like You, forgive like You, and love like You. I am confident that You will perfect everything concerning me. I release faith now for Miracles, Favor

& Open Doors! This is my year to possess your promises. I pursue You with all that is within me. No fear this year, I declare **2025 a year of Great Expectations!** I expect to see God's promises come alive in our lives. Our hopes are sky-high! I expect **His** incredible promises to fill our hearts with joy and our homes with praise in Jesus' name Amen.

**Scriptures to read**

**Matthew 6:16-17**

**1 Corinthians 9:27**

**Matthew 17:21**



## **DAY 2 - Gratitude Determines Attitude We need a spirit of gratitude, and what we are praying for is that we will be thankful.**

One thing fasting does is, it clears your mind. It removes all of the distractions of normal life, and you begin to develop a gratitude for your salvation and the fact that your name is written in heaven.

Fasting reminds you of the fact that you have a covenant with God. When you fast, all of the problems of life that were so big before you started fasting begin to shrink. They become small when you get in the presence of God. I hope you'll do that today as you worship.

Put on some worship music, and create an attitude of gratitude. Begin to thank God. Bless Him, out loud. Say praise words and praise phrases to God, and tell Him thank You for everything, for the small things and the great things. He's worthy of the praise. People with great faith approach situations differently because they know the battle is won before they ever enter the room. They take the high road of praising God, giving Him the glory.

Say, "Lord, I want You to give me on this fast a fresh attitude of gratitude." If you do that, you'll see the goodness of the Lord in your life. "These things I have spoken unto you, that in Me, you may have peace. In the world, you will have tribulation," Jesus said, "But be of good cheer, I have overcome the world."

Listen to that. "Be of good cheer."  
(**John 16:33**) Get an attitude of gratitude, smile, and thank God for His goodness in your life today. Give us that spirit that says, "God, I'm grateful."

### **Your Gratitude Determines Your Attitude**

In every situation you encounter, there is always one thing you have complete control over: your attitude. Your attitude determines your approach and your approach to a situation or another person can escalate or de-escalate, bring tension or calm, trust or turmoil.

If you truly believe that the Lord works all things together for your good, then start there. Start knowing that God is going to bring something good into every situation – that He has your best interest in mind.

I have learned through experience that a person's attitude can tell me a lot about their level of faith. People with great faith approach situations differently because they know the battle is won before they ever enter the room. They take the high road because they know it's not all about them. If you want to go higher with the Lord, be humble; if you want to soar with eagles then learn patience and perseverance in the valley, knowing you are in God's hands.

**Prayer:**

Father, bless and keep me today, and give me the spirit that says, "God, I'm grateful. If You never did anything else for me other than sending Your Son to die for me, it would be more than enough. Forgive me for the times I lose sight of that and develop an attitude of complaining and griping. Develop in me an attitude of gratitude that cannot be shaken. Today I will give thanks for You are good and Your love endures forever." Amen.

**Scriptures to Read**

**John 16:33**

**Isaiah 43:1-2**

**Psalms 138**





### **DAY 3 - Knowing the Battle has Already Been Won Should Affect How You See the Problems and Challenges You Face.**

It always amazes me to see people get so worked up about the evil that exists in the world. Don't get me wrong, the Bible says that we are to hate evil...and I do, but not as one who lives in fear that evil might win. The victory for all time was won at Calvary and the deal was sealed with the empty tomb. The end result has never been in doubt in God's eyes.

That's a perspective far too many overlook. If you will allow the Lord to open your eyes to what's true about the enemy Satan; you will see a desperate being who knows his time is short and his final end is near.

Knowing you are in a fight where the outcome has already been decided should change the way you carry yourself when difficulties arise and when discouragement comes knocking at your door. You carry an extraordinary mantle of victory and the banner of the King's child into every situation you encounter. If we ever really understood who we are and knew that we would always win we would carry ourselves very differently in every situation.

Victory doesn't always look like victory in a particular moment but every war has its battles and one battle does not win the war. You win when setbacks do not leave you feeling at a loss. You win when you truly model with your countenance that you are victorious because the battle has already been won.

**Prayer:**

Lord, in the final few days of this fast, I submit everything to You, knowing I am victorious already because the battle has been won! I humbly ask for Your will in all I do with the time I have here on earth. You are sovereign, God, and I trust You, even when I don't understand everything. I completely surrender to You. Take out of me the will to try to control and play God, because You are God and I am not. Lord, I submit all things to You in prayer and fasting today. And I know Your will is going to be done and Your will is always right. So, God, I bless You. In Jesus' name, I commit and submit all things into Your hand. Amen and Amen.

**Scriptures to Read****John 16:33****Joshua 1****John 16:25-33**



## DAY 4 - Spiritual Warfare

In Christ, you already have victory in every battle you face. Though your situations or circumstances may sometimes overwhelm you, you must remember that your challenges can be spiritual, not just tangible, mental, or emotional. Your emotions are very real, but they aren't your final say. **Ephesians 6:12** reminds us, "For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this world's darkness, and the spiritual forces of evil in the heavenly realms." It's important to remember you are not just fighting against tangible things, so the way you fight looks different than how you would in the world.

Despite these challenges, you need not fear, as you walk in the victory of Jesus Christ, who conquered death through His resurrection! You exercise your authority in Christ through the power of prayer and worship to fight your spiritual battles. By surrendering your worries and fears to God, you place your confidence in Him. Prayer should be your first response, not your last resort; pray about everything! Being equipped with the Holy Spirit, prayer, the Word of God, and finding scriptures to fight back in the Spirit, pushes you to the will of God.

**Prayer:**

Lord, I repent for the times I've sought earthly solutions to spiritual problems. I pray that You sharpen my discernment in spiritual matters. Heighten my awareness of spiritual attacks and the resources You have equipped me with to fight and win these battles. Thank You that no weapon formed against me shall prosper!

I ask for Your intervention on my behalf and on behalf of my loved ones. I pray against any attack of the enemy over my mind, health, and spirit. I claim victory and protection in Jesus' name. Amen.

**Scriptures to read****Ephesians 6:12****2 Corinthians 10:4-5****1 Peter 5:8**



## **DAY 5 - Spiritual and Growth Church**

As Pastor, I want to see our church grow both deep and wide. In other words, I want to see our church grow spiritually while also expanding the number of people we reach with the gospel. Prayer is essential for fostering spiritual growth in our church.

We see this in how Paul prayed for the church in Ephesus:

**Ephesians 1:17-19** “I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better. I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people, and his incomparably great power for us who believe.”

Paul understood that prayer was necessary for the church to truly know God and grow in their faith. He knew that God was the only one who could grant spiritual growth. And so he prayed passionately that God might open their eyes to see the glory of all they had in Christ Jesus.

Through prayer, God does mighty things in our church. He transforms hearts, renews minds, and grows faith. Prayer is a powerful tool for spiritual growth because it allows us to partner with God in His work in the church.

When we pray for our church members, we are asking God to do what only He can do - change lives and transform souls.

**Prayer:**

Jesus, I will continually pray for the spiritual growth of my church. I pray they'll be filled with the knowledge of Your will through the wisdom and understanding that the Spirit gives. Help us live a life worthy of You. Equip us to please You in every way! Cause us to bear fruit in every good work, and to constantly be growing in the knowledge of God. Strengthen us with all power according to Your glorious might so that we may have great endurance and patience. Develop a desire within us to worship the Father with gratitude. Thank You for qualifying us to share in the inheritance of Your holy people in the kingdom of light and for rescuing us from the dominion of darkness! We are grateful. You've given us the kingdom, redemption and the forgiveness of sins. Continue to work within us. I pray this in Your name, Amen.

**Scripture to Read****2 Peter 3:18****Colossians 1:10****1 Thessalonians 3:12**





## **DAY 6 - Marriage/Singles Confessions**

### **Confession for Husbands**

Father, in Jesus' Name, I embrace the truth of Your Word and I commit it to my life. I commit to change whatever needs to be changed in my life in order to bring every thought into captivity to Your Word and will for my life.

I am a mighty man of valor and I see my wife as a virtuous woman. I love my wife as Your Son loved the church. The light of Your Word shines on my path. My heart safely trusts my wife. She is good to me and good for me. I place a high value on her preciousness to me. My wife is spiritually focused and emotionally strong and she has unquestionable character.

Father, in Jesus' Name, if there is any damage I have caused my wife through my own deep-rooted, misguided expectations, I commit to make restitution. I will help her develop as a person, and I will let her help me. I will shine on her as the sun shines on the earth. I bring her warmth, nurture, protection, and security.

Because of the joy it will bring to both of us, I will gladly drink of the cup that was prepared before we married. I will gladly bear the cross of our relationship, allowing my wife to be herself. I will die to the things that are killing our relationship. We will experience a new creation marriage where old things are passed away and all things are become new.

## **Confession for Wives**

Father, I thank You that I am a capable, intelligent, virtuous woman; the heart of my husband does safely trust in me. I do my husband good all the days of his life. I will respect my husband as a man of God and I will always speak good things about him to others. When I embarrass and speak negatively about my husband, it is rottenness in his bones, so I choose to speak only good things about him in our relationship.

I am a good thing that my husband has found and because of me, he has obtained the favor of the Lord. My husband dwells with me according to knowledge, and he gives honor to me as unto the weaker vessel. My husband loves me as Christ loves the church.

My husband and I have wonderful, intimate times together. It is my desire to please my husband as he submits to your pattern for our lives. I love my husband and do him good all the days of our lives. God satisfies us with long life and peace. My husband and I walk hand in hand, side by side, united in spirit and purpose. I choose to die to those things that are killing our relationship. We are experiencing a new life together where old things are passed away and behold all things are become new.

**Prayer:**

Dear Lord, bless our marriage with love that grows stronger each day. Grant us the patience, understanding, and strength to support one another in every circumstance. May our relationship always reflect your grace and truth, serving as a testament to the love You have for us. Keep us united and faithful, and let our partnership glorify You in all things. Amen.

**Scriptures to Read****Proverbs 18:22****1 Corinthians 13:4-7****Matthew 19:4-6**

## **Confession for Unmarried/Singles**

Jesus Christ is Lord over my spirit, soul, and body. I am a child of God, loved by the Father. I live a victorious, overcoming life. Every need in my life is met. I choose to walk in the Spirit, and the lust of my flesh has no power over me. The Holy Spirit leads and guides me, for my steps are ordered by God.

If I desire to be married I believe God is preparing the perfect mate for me, and when the Spirit of God causes our paths to cross, I will have favor in his/her eyes. I choose to keep myself Holy until marriage. I walk in divine health; sickness and disease have no place in my body because I am covered by the Blood of Jesus.

I only think those things that are true, honest, pure, and of good report. I am committed to be diligent in the things of God, because God is a rewarder of the diligent. I spend quality time helping others in the Kingdom of God, and I am involved in my local church. I walk by faith and not by sight.

### **Prayer:**

God, help me to find contentment and joy in my current season of singleness. Teach me to embrace this time for personal growth and to trust that You have a plan for my future.

I pray that your Spirit would enable me to keep my heart with all diligence, show me how to guard my heart and walk out your truth. In Jesus Name, Amen.

### **Scriptures to Read**

**Philippians 4:11**

**Proverbs 4:3**

**Psalms 119:9**

