

This **Victory Push** is an opportunity to step away from the distractions of life, seek God, draw closer to Him, strengthen our faith, surrender our will to His, and listen for His direction.

We are not fasting to manipulate God or force Him to give us what we want. **We are fasting to position our hearts before God.**

My prayer is that when these five days are over, you will be able to say: **"I came closer to God." "My faith became stronger." "I learned to trust Him more."**

As we begin these five days of prayer and fasting, know that there are some things in life we cannot fix, change, or carry in our own strength. **We need to bring them to God.**

Matthew 6:33 NKJV: “But seek first the kingdom of God and His righteousness, and all these things shall be added to you.”

Whether you are praying for your family, your health, your finances, your future, your job, your church, or simply asking God to draw you closer to Him. **Bring it with faith and an open heart.**

Don't compare your fast with someone else's. If you need to modify the fast for health or other legitimate reasons, do so wisely. **God is looking at the heart behind the sacrifice.**

The goal is not to make ourselves sick it is to make more room for God.

Romans 12:1 NKJV “Present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service.”

5-DAY FASTING PLAN

During the fast, focus on prayer, God's Word, and drawing closer to Him.

Daily Rhythm Guide

6:00 AM — Begin with God
Read the day's devotional and spend time in prayer.

12:00 PM — Midday Prayer
Take 10–15 minutes or more, if your schedule allows, to pause and pray.

6:00 PM — Evening Devotion
Pray, and write down anything God places on your heart.

Before Bed — Thanksgiving
Thank God for His presence, His protection, and His faithfulness.

During the Fast
As you are able:

- Drink water throughout the day.
- Choose simple, wholesome foods
- Avoid meat, sweets, desserts, fried/fast foods, sugary drinks or whatever foods/drinks you need discipline in.
- Limit social media, entertainment, excessive television, and other distractions.
- Avoid gossip, arguments, negativity, and unnecessary conflict.
- Use the time you would normally spend on distractions to **pray, read Scripture, worship, listen to encouraging music, and listen for God's direction.**

IMPORTANT: Approach this fast wisely. If you have a medical condition, take prescription medication, are pregnant or breastfeeding, or have another health concern, speak with your healthcare professional before changing your diet or food intake.

DAY 1 Devotion — PUSH IN
Draw Near to God
Scripture: James 4:8 NKJV "Draw near to God and He will draw near to you."

Today's Focus: Victory begins with our relationship with God.
This first day is not about asking God for everything we want. It is about getting closer to Him. Sometimes life becomes so busy that we push prayer aside, the Word gets neglected, and distractions become louder than God's voice.

Today, slow down. Give God your attention. **Fewer distractions. More prayer. More Word. More trust.**

Prayer Focus: "Lord, help me draw closer to You. Remove the distractions that have taken my attention away from You. Renew my desire for Your Word and Your presence."

Declaration: I am drawing closer to God, and I will not allow distractions to pull me away from Him.

What God is saying to me:

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DAY 2 Devotion — PUSH THROUGH
Don't Quit in the Middle

Scripture: Galatians 6:9 NKJV "And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart."

Today's Focus: The middle can be difficult. You started praying, but you haven't seen the answer yet. You started believing, but the situation hasn't changed. You started the journey, but now you're tired. **Don't quit in the middle.** God has not forgotten you because you are waiting. Keep praying. Keep trusting. Keep obeying. Keep believing. The farmer doesn't stop planting because he doesn't see the harvest immediately.

Prayer Focus: "Lord, give me strength when I become tired. Help me remain faithful while I wait on You."

Declaration: I will not quit in the middle. I will keep trusting God.

What God is saying to me:

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DAY 3 Devotion — PUSH PAST THE OBSTACLE
Faith Keeps Moving

Scripture: Mark 2:4 NKJV "And when they could not come near Him because of the crowd, they uncovered the roof where He was."

Today's Focus: The four men in Mark 2 brought their friend to Jesus, but the crowd blocked the way. They could have turned around. Instead, they found another way. Sometimes the obstacle in front of you is not the end of your journey. It may simply mean you need to trust God for another way. Don't allow what is blocking you to determine where you are going. And notice something else: **they carried someone else to Jesus.**

During this fast, don't just pray for yourself. Pray for somebody who needs strength. Pray for somebody who is sick. Pray for somebody who has lost hope. Pray for somebody who needs Jesus.

Prayer Focus: "Lord, help me see beyond the obstacles. Give me faith to keep moving and compassion to carry others to You."

Declaration: Obstacles will not determine my outcome. I will keep moving in faith.

What God is saying to me:

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DAY 4 Devotion — PUSH IN PRAYER
Don't Lose Heart

Scripture: Luke 18:1 NKJV “Men always ought to pray and not lose heart.”

Today's Focus: Jesus knew that waiting could cause people to become discouraged. That's why He taught His disciples to keep praying. Prayer allows us to bring our hearts before Him and trust Him with the outcome. Sometimes God says yes. Sometimes He says no. Sometimes He tells us to wait. But whatever the answer, **God remains faithful.** Don't let unanswered questions cause you to stop praying.

Prayer Focus: “Lord, teach me to trust You even when I don't understand what You are doing. Keep my heart from becoming discouraged.”

Declaration: I will pray, I will trust, and I will not lose heart.

What God is saying to me:

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DAY 5 Devotion — PUSH INTO VICTORY
Stand in What God Has Promised

Scripture: 1 Corinthians 15:57 NKJV "But thanks be to God, who gives us the victory through our Lord Jesus Christ."

Today's Focus: Today we come to the end of the fast, but this is not the end of our pursuit of God. Our victory is not simply that we completed five days. Our victory is found in **Jesus Christ.** The fast may end, but prayer continues. The fast may end, but the Word continues. The fast may end, but our trust in God continues. Don't return to the same distractions, habits, or attitudes you asked God to help you overcome. Take what God has done in these five days and continue walking with Him.

Prayer Focus: "Lord, thank You for carrying me through these five days. Help me continue seeking You, trusting You, and walking in the victory I have through Jesus Christ."

Declaration: GOD GIVES ME THE VICTORY THROUGH JESUS CHRIST!

What God is saying to me:

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FINAL VICTORY PUSH: We didn't enter this fast simply to give something up. We entered it to **draw closer to God.** We pushed in. We pushed through. We pushed deeper in prayer. And now we stand in the victory we have through Jesus Christ.

THE FAST MAY END — BUT THE PURSUIT CONTINUES. KEEP YOUR EYES ON JESUS. GOD IS FAITHFUL!

ADDITIONAL NOTES:

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