



Dear Citizen Heights,

Welcome to our 21 Days of Possible Prayer and Fasting Guide! I personally believe prayer and fasting is one of the most powerful ways you can start a new year! Throughout these 21 Days of Possible, it is not only possible, but probable that God will speak into your life. I believe God is calling your name, in this season—it's time for a fresh start! A new beginning. What if God is about to give you a fresh start and the merge ramp into some of His blessings is simply leveling up your prayer life? We want to help!

This season of 21 Days of Possible will be aided and accompanied by several tools in the following guide, that will help, including: a Biblical guide to fasting, different fasting options, an outline of The Lord's Prayer and a daily prayer guide we'll journey through together.

We cannot wait to see what the Lord will do for us, in us and through us during these very special 21 days, and beyond in 2026, as we learn how to pray together. I believe during these 21 Days of Possible, the presence of God is going to change your life and set you up for a turnaround in 2026.

Once you learn how to pray, prayer can become a part of everyday life.

- Before the day begins
- Before you go to bed
- Before you go to work or school
- Before you send that text
- Before you react
- Before bad things happen
- Before you eat, drive, or travel
- In every situation — PRAY FIRST!

Prayer changes everything!

*Ps Michael Giroux*

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.

**EPHESIANS 1:17-19**

# How to Use This Fasting & Prayer Guide

We don't have to follow a specific formula to talk with God, but practicing the discipline of daily prayer can help us find deeper purpose and connection to Him.

The goal of using this guide is not to add pressure or overwhelm you. The goal is simply to create a daily rhythm of prayer and fasting for our community as we begin a new year.

To make your prayer time even more meaningful, you can write notes and prayer requests and play worship music. You can submit your own prayer requests to our Pastoral and Prayer Team at <https://citizenheights.com/prayer>. The most important step is committing to regularly entering God's presence through prayer on a daily basis.

The heart of this guide is to help you find a new level of purpose, effectiveness, and enjoyment in your prayer and fasting life. While prayer and fasting does take commitment and can require discipline to develop into a daily habit, we also want to remember that it's a "get to" not a "have to" experience. It's an incredible opportunity to go to God in prayer, and we're thankful that you're choosing to take this journey with us.

## CREATING A LIFESTYLE OF PRAYER

Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where He prayed. **MARK 1:35**

Prayer is most effective when it isn't something we do every now and then, but when it's a lifestyle we cultivate. To understand how to have a lifestyle of prayer, we can look at the example Jesus gave during His life on earth.

## HAVE A TIME TO PRAY

Jesus got up early in the morning to spend time with His Heavenly Father. Make a daily appointment with God — whether it's first thing in the morning, at lunch, or in the evening — and faithfully keep it.

## HAVE A PLACE TO PRAY

Jesus had a specific place He went to pray. Having a designated place to pray helps us remove distractions and frees us to worship and pray out loud.

## HAVE A PLAN WHEN PRAYING

When Jesus taught His disciples how to pray, He gave them a prayer outline. We call it "The Lord's Prayer." This outline is available in this guide. As we pray every day, our plans for our prayer time can vary, maybe including worship music, Bible reading, and quiet time to listen to God. It doesn't always have to look the same; it just helps when we have a plan for connecting regularly with God.

Reading the Bible is an important way to learn how to pray. As a church, we'll be taking the journey of The One Year Bible together. Here are the instructions to access a totally free version of this plan - and many, many more!

- **Step 1:** Download the YouVersion app on Google Play or iTunes
- **Step 2:** Open the app and go to "Plans" from the bottom menu.
- **Step 3:** Click the search icon, in the top right corner, and type "The One Year Bible."

- **Step 4:** Select the Bible plan, and click the button "Start Plan." You can start this plan alone, or with a friend!

# What does the Bible say about fasting?

## BIBLICAL FASTING INVOLVES ABSTAINING FROM EATING (AND/OR DRINKING) FOR SPIRITUAL PURPOSES.

In the Old Testament, Israel celebrated certain annual fasts, the most prominent being the Day of Atonement. There were also occasional fasts tied to specific historical events, sometimes individual and sometimes corporate. Here are a few of the occasions for fasting: at a time of grief (1 Samuel 31:13; Nehemiah 1:4), at a time of repentance (1 Samuel 7:6; 1 Kings 21:27), as an expression of humility (Ezra 8:21; Psalm 69:10), and as an expression of a need for God's guidance and help. What all of these fasts share in common is that they were an expression of dependence on God.

## SEVERAL NEW TESTAMENT PASSAGES GIVE US INSIGHT ABOUT FASTING.

***Fasting teaches us that God's Word nourishes us.***

Matthew 4:1-4 records the only example of Jesus fasting, just prior to His being tempted in the wilderness. He faced temptation with these words, "Man shall not live on bread alone, but on every word that proceeds out of the mouth of God." Jesus is quoting Deuteronomy 8:3-5 which talks about the 40 years Israel spent in the wilderness, depending daily on manna to sustain them. He says that God humbled them and let them be hungry in-order-to teach them to depend on God's Word to sustain them. By His example of fasting, Jesus reminds us that food alone can't sustain us. We need to be nourished by God's Word.

***Fasting teaches us that doing God's will sustains us.***

John 4:31-35 records Jesus' encounter with the woman at the well. When the disciples return, they encourage Jesus to eat. He responds by saying, "I have food to eat that you know not of." Then He adds, "My food is to do the will of the Father." Again, Jesus reminds us that food alone is not enough. We are sustained by doing God's will.

***Fasting teaches us that Jesus Himself sustains us.***

In John 6:48-50 Jesus says, "I am the bread of life. Your fathers ate the manna in the wilderness, and they died. This is the bread which comes down out of heaven, so that one may eat of it and not die." We see this pictured symbolically in the bread and the cup of the Lord's supper. Jesus is the source of eternal life. Fasting is feasting on Jesus. We are sustained by Jesus Himself.

Jesus assumed that fasting would be a part of His disciple's spiritual life. In Matthew 6:16-18, He says, "when you fast," not "if you fast." He warns us not to fast to impress people, but to be near to the heart of God.

# What is the purpose of fasting?

Fasting is designed to intensify our dependence on God by weakening our dependence on food and other things. How does it do that?

Fasting reveals and heals our dependence on food (and other things) to fill the discomfort caused by low self-esteem, unfulfilling work, unloving relationships, loneliness, restlessness, sinful urges and uncontrollable circumstances, etc. It removes the false peace derived from the pleasure of eating.

Richard Foster says, "More than any other discipline, fasting reveals the things that control us. This is a wonderful benefit to the true disciple who longs to be transformed into the image of Jesus Christ. We cover up what is inside us with food and other good things, but in fasting these things surface. If pride controls us, it will be revealed almost immediately.

David writes, 'I humbled my soul with fasting' (Psalm 69:10). Anger, bitterness, jealousy, strife, fear—if they are within us, they will surface during fasting. Fasting teaches us that we can go without getting what we want and survive. Fasting can free us from having to have what we want. Therefore, fasting can teach moderation or self-control, not only in relation to food, but in other areas as well. It teaches contentment. (1 Timothy 6:6)

Fasting expresses and deepens our hunger for God. Richard Foster says, "Fasting reminds us that we are sustained 'by every word that proceeds from the mouth of God' (Matthew 4:4)." Food does not sustain us; God sustains us. In Christ, "All things hold together" (Colossians 1:17). Therefore, in experiences of fasting, we are abstaining from food or other activities and feasting on God's Word.

Fasting must always, first and foremost, center on God. It must be about Him.

## STEP 1 / CLARIFY THE PURPOSE OF YOUR FAST

Why are you fasting? A deeper hunger for God? Reconciliation with an estranged spouse? Salvation for a family member? All of the above? Ask the Holy Spirit to clarify His leading and objectives for your fast. This will enable you to pray more specifically and strategically. Fasting is most effective when coupled with spirit-led prayer. That means that He fuels a desire to fast and pray.

## STEP 2 / SPECIFY THE KIND OF FAST YOU WILL DO

Pray about the kind of fast you should undertake. Jesus implied that all of His followers should fast. (Matthew 6:16-18; 9:14,15) For Him it was a matter of when believers would fast, not if they would do it. Before you fast, decide the following up front:

- **How long you will fast** - one meal, one day, one week, several weeks, certain days. If you are new to fasting, you should start slowly, building up to longer fasts.
- **The type of fast God wants you to undertake** - discussed in the Types of Fasts section below.
- **What physical or social activities you will restrict**
- **How much time each day you will devote to prayer and God's Word**

Making these commitments ahead of time will help you sustain your fast when physical temptations and life's pressures tempt you to abandon it.

## STEP 3 / PREPARE YOUR HEART, MIND AND BODY FOR FASTING

Fasting is not a spur-of-the-moment thing. It is planned. We must prepare. The very foundation of fasting and prayer is repentance. Unconfessed sin can hinder your prayers. There are several things you can do to prepare your heart

- Fasting requires reasonable precautions. Consult your physician first, especially if you take prescription medication or have a chronic ailment. Some persons should never fast without professional supervision.
- Do not rush into your fast. Prepare your body. Eat smaller meals before starting a fast. Avoid high fat and sugary foods. Eating raw fruit and vegetables prior to your fast is helpful. Physical preparation makes the drastic change in your eating routine a little easier so that you can turn your full attention to the Lord in prayer.
- Prepare your heart and mind: Remember that God is your Father and He loves you and is for you.
- Confess every sin that the Holy Spirit calls to your remembrance and accept God's forgiveness (1 John 1:9). Seek forgiveness from all whom you have offended, and forgive all who have hurt you (Mark 11:25; Luke 11:4; 17:3,4). Make restitution as the Holy Spirit leads you.
- Surrender your life fully to Jesus Christ (Romans 12:1, 2). Meditate on the attributes of God, His love, sovereignty, power, wisdom, faithfulness, grace, compassion, and others. (Psalm 48:9,10; 103:1-8, 11-13).
- Begin your time of fasting and prayer with an expectant heart. (Hebrews 11:6).
- Do not underestimate spiritual opposition. Satan sometimes intensifies the natural battle between body and spirit (Galatians 5:16,17).
- Finally, and of deep importance, Jesus warns us in Matthew to not focus too much on discussing our fast with others. The details of the fast should not be something you constantly talk about to others. For the most part, it should remain between you and God.

# Types of Fasts

Now that we have explored the Old and New Testament teaching and instruction on fasting, we can proceed to discuss specific kinds of fasts. Let us begin with the helpful words of Richard Foster in his classic, Celebration of Discipline: "As with all the Disciplines, a progression should be observed; it is wise to learn to walk well before we try to run."

Biblical fasting almost always concerns food. Since the purpose of fasting, as we saw above, is to focus on God, to humble ourselves and to remind ourselves that we are sustained by every word that proceeds from the mouth of God, then the task in fasting is connecting our "going without" to "hungering for God." This takes time, focus and the act of praying. Please do not expect to be an "expert" at fasting right away. Fasting is a discipline that can take a very long time to understand well. Also, do not let fasting distract you from praying or intimidate you.

Fasting is not unlike a beautifully written masterpiece of literature. It is simple enough for a youth to understand and enjoy, and yet magnificently rich enough for a scholar to devote their entire life to it.

**1.) Abstaining from certain types of foods (meat, sweets, etc.) - Daniel 10:3**

This type of fast is a good one for beginners to fasting or those with health needs and special or restrictive diets.

- Choose to abstain from something like breads, sweets, sodas, coffee, or even red meat.
- Perhaps spend some time reading through Daniel's fast in Daniel chapter 1 and chapter 10. Stick to only fruits and vegetables like he did or something similar.
- Determine the timing and duration of your fast and begin. You may choose to go without this specific type of food on only certain days like Fridays, or you may go without during the weekdays only or perhaps every day. Finally, choose the duration of your fast. This fast is 21 days but that does not mean you must go without for all of the 21 days. Determine the timing and duration ahead of time and stick to it. Rather, pray through it.

**2.) Abstaining from all food - Esther 4:16; Acts 9:9**

This kind of fast is more difficult but can be broken up by timing and duration. This seems to be the most prevalent of the fasts we see in the Bible. It is also the most intimidating, but refuse to let it scare you. Fasting from all food is not scary if you determine beforehand when you will do so and for how long. Here are some ideas:

- Start slowly. Begin with fasting for only a part of a day (lunch, or lunch and dinner). Do this for one day a week, or perhaps three days a week. You determine the timing and duration. Take a step of faith. Fasting involves our faith.
- Next, try fasting from food but not beverages. This means that according to your timing and duration, you would not eat any solid foods but only water, juices, smoothies, or perhaps simple soup broths.
- Do this for the first one or two weeks. Devote the time that you normally would eat to Scripture reading and prayer. Focus on Jesus' statements about food.
- Next, try a 24-hour fast. This means that you get up and eat a good breakfast and drink only water or juice until the following breakfast the next day. Set aside specific time, during normal meal times if possible, to pray and seek God.
- Finally, you may progress to a two or three day fast. For some, progression may lead to a multi-day, even multi-week fast. But remember the purpose of your fast - it's not just abstaining from food, it's connecting with God.

# The Lord's Prayer

We can't think of a more appropriate or effective way to pray than the one that Jesus taught his disciples. We believe that The Lord's Prayer is really more of a template or model, rather than a recitation. Using the outline that Jesus gave us, we can pray with effectiveness and faith - covering a multitude of topics.

"One day Jesus was praying in a certain place. When He finished, one of his disciples said to him, 'Lord, teach us to pray.'" **LUKE 11:1**

This, then, is how you should pray:

"Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one, for yours is the kingdom and the power and the glory forever." **MATTHEW 6:9-13**

**Praise:** I begin by expressing praise to God.

*"Our Father in heaven, hallowed be your name..."*

**Purpose:** I commit myself to doing God's will.

*"Your kingdom come, your will be done, on earth as it is in heaven..."*

**Provision:** I ask God to provide my daily needs.

*"Give us today our daily bread..."*

**Pardon:** I ask God to forgive my sins.

*"Forgive us our debts..."*

**People:** I pray for other people.

*"...as we have also forgiven our debtors."*

**Protection:** I ask for God's protection.

*"And lead us not into temptation but deliver us from the evil one."*

As you use The Lord's Prayer, we believe that you will grow and develop this spiritual habit. We also think you'll find that you can spend much more time in prayer than you may have originally thought!

# WEEK 1

## Prayers of Thanksgiving

It's powerful to begin the year with prayers of thanksgiving. When we do this, we set a tone of thanksgiving, and put our focus on the greatness of who God is. This takes our eyes off of ourselves and puts them on Him. Thanksgiving towards God keeps us humble, it helps us to have a right perspective and it's the easiest way to express praise to Him.

### DAY 1 / JANUARY 4TH

#### THANKSGIVING FOR WHO HE IS

God loves when we worship Him, and come before him with prayers of thanksgiving, gratitude and joy. A great way to begin learning to pray prayers of Thanksgiving is by starting with the attributes of God by using his names.

- **God is Righteousness** – He makes you clean
- **God is Sanctifier** – He calls and sets you apart
- **God is Healer** – He is able and willing to heal
- **God is Banner of Victory** – He defeats your enemies
- **God is Shepherd** – He leads and guides you
- **God is Peace** – He is our peace in every situation
- **God is Provider** – He supplies all of your needs

The name of the Lord is a strong tower; the righteous man runs into it and is safe. **PROVERBS 18:10**

Read through the above descriptors of God, and say them out loud. Then, thank Him for being who He is. I am that I am - every thing we need Him to be, right when we need Him to be it. When we proclaim who He is, we not only worship Him, but we also remind ourselves how powerful and great our God is.

#### PRAYER:

*God, I am in awe of You. I come before you with thanksgiving. I'm grateful that your name is a strong tower, a place of protection and safety for me. I praise You as my Healer, my Shepherd, and my Banner of Victory. Thank you for being my Peace, my Provider, my Righteousness, and my Sanctifier. Your name is great, and I worship You.*

### DAY 2 / JANUARY 5TH

#### THANKSGIVING FOR SALVATION & GRACE

Today, we're focusing on thanking God for salvation that's found in Christ alone. As we meditate on the work of Jesus - the grace He offers and the access we have to God through Jesus' death, burial and resurrection - let's thank and praise God for His goodness to us.

"If you declare with your mouth, 'Jesus is Lord,' and believe in your heart that God raised him from the dead, you will be saved."

**ROMANS 10:9**

"For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God—not by works, so that no one can boast."

**EPHESIANS 2:8-9**

"Truly my soul finds rest in God; my salvation comes from him."

**PSALM 62:1**

#### PRAYER

*Father God, today we're truly grateful for salvation that's found in you alone. Thank you, Jesus, for the work you accomplished on the cross. Thank you for that gift of salvation and that I can stand firm in knowing I am saved by your grace through my confession of faith. I confess today as the psalmist wrote, "my soul finds rest in God; my salvation comes from him." In Jesus name, Amen.*

### DAY 3 / JANUARY 6TH

#### THANKSGIVING FOR GOD'S FAITHFULNESS IN EVERY SEASON

One thing we can be sure of is that God is ALWAYS faithful. He never changes, never fails and never lies. Take a few moments to meditate today on the different ways God has shown His faithfulness to you. Write them down and refer back on days when maybe you're feeling discouraged or experiencing doubt. Thank God that His faithfulness is not dependent upon seasons or circumstances!

"Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness."

**LAMENTATIONS 3:22-23**

"Know therefore that the Lord your God is God; he is the faithful God, keeping his covenant of love to a thousand generations of those who love him and keep his commandments."

**DEUTERONOMY 7:9**

"Jesus Christ is the same yesterday and today and forever."

**HEBREWS 13:8**

#### PRAYER

*God, we thank you for your faithfulness! We believe your Word and stand firm on your promises that you keep your covenant and your compassions never fail. We thank you that you are the same yesterday, today and forever - that means that my circumstances don't change the fact that you remain faithful. Thank you for being steadfast in my life. Even when I lack faith, I praise you because you remain faithful! In Jesus name, Amen.*

### DAY 4 / JANUARY 7TH

#### THANKSGIVING FOR DAILY PROVISION & BLESSINGS

Take a few moments today to thank God for his provision. Whether you feel like you're in a season of overflow or are still waiting on your breakthrough - you are blessed! Thank God for small things like food on the table, a roof over your head, and a church family. And for the big things like jobs and better jobs, abundant provision, overflow of health, finances and most importantly - the presence of God!

"And my God will meet all your needs according to the riches of his glory in Christ Jesus."

**PHILIPPIANS 4:19**

"The Lord is my shepherd, I lack nothing."

**PSALM 23:1**

"And God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work."

**2 CORINTHIANS 9:8**

#### PRAYER

*Thank you today for your many provisions and blessings, God. Today I choose to see the ways in which I am blessed. I choose to focus on who you are and not on my lack. I confess that you are my shepherd, so I lack nothing. I have all I need in you. God, I thank you for your Word that instructs and encourages me to trust that you aren't the God of barely enough, but the God who brings abundance and blessing. In Jesus name I pray, Amen.*

### DAY 5 / JANUARY 8TH

#### THANKSGIVING FOR RELATIONSHIPS & COMMUNITY

God created us to be in relationship with Him and with others. Today, we set some time aside to thank Him for the relationships in our lives and the community he has placed us in. Thank God today for family, friends, neighbors, co-workers and your church community.

"Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up."

**ECCLESIASTES 4:9-10**

"How good and pleasant it is when God's people live together in unity!"

**PSALM 133:1**

"We always thank God, the Father of our Lord Jesus Christ, when we pray for you."

**COLOSSIANS 1:3**

#### PRAYER

*Father God we come today to say thank you for relationships!! First of all, thank you for the relationship that we have with you. Thank you that we can call you our father. I thank you today for the people you have brought into my life (take some time here to list family members, friends, etc). Lord, we thank you that we are better together. I ask that you'd help me to be aware of your goodness in my relationships and to be someone who lives in unity with a prayerful heart for those you have brought into my life. We pray in Jesus' name, Amen.*

### DAY 6 / JANUARY 9TH

#### THANKSGIVING FOR PURPOSE, CALLING & GROWTH

Today we thank God for His divine purpose and calling working in and through our lives. And we thank Him that as a result of this work, we are growing up into all that He has called us to be!! We remind ourselves that God has a specific purpose and plan for each of our lives - and that it is good.

"For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do."

**EPHESIANS 2:10**

"And we know that in all things God works for the good of those who love him, who have been called according to his purpose."

**ROMANS 8:28**

"Commit to the Lord whatever you do, and he will establish your plans." Proverbs 16:3

"Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ."

**EPHESIANS 4:15**

"Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will".

**ROMANS 12:2**

#### PRAYER

*God I thank you today that you have called me. I confess my thanks to you for creating, designing and calling me to do your good works here on the Earth. God, thank you for choosing me, thank you for calling me, and thank you for equipping me with everything I need. Thank you that as I walk in your calling and purpose for my life, I will experience growth that honors you and blesses those around me. I commit my plans to you today and choose to go throughout my day with a grateful heart. In Jesus name, Amen.*

### DAY 7 / JANUARY 10TH

#### THANKSGIVING FOR GOD'S PRESENCE, PEACE & GUIDANCE

Today we focus on the reality of God's presence in our lives. Thank God that His presence brings with it peace and guidance for each and every day. True peace is not necessarily the lack of chaos or storms in our lives, but instead it's an awareness on our part of the manifest presence of God. Spend some time today thanking God that He is the Prince of Peace.

"You make known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand."

**PSALM 16:11**

"The Lord replied, 'My Presence will go with you, and I will give you rest.'"

**EXODUS 33:14**

"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."

**ISAIAH 41:10**

#### PRAYER

*God, we are truly grateful for your peace today. We pray that you would make us more aware of your presence. Help us to see the areas we need to further submit to you in order to experience your perfect peace. We are so thankful that we do not have to fear. We know that as we seek you, that you will lead and guide us in your perfect peace. In Jesus name, Amen.*

## WEEK 2

### Prayers of Faith

One of our biggest assignments as believers is to do just that - believe. This week, we will be praying BIG prayers of faith as we magnify our God who is truly able to do above and beyond anything we could ask, think or imagine! As a church, we are believing God for breakthrough, for Silos that have been stocked for these lean seasons, and for our God to do what others might claim is impossible. Let's pray with faith and watch what God will do!

#### DAY 8 / JANUARY 11TH

##### FAITH FOR THE IMPOSSIBLE

Our God is so much bigger than we could ever imagine. He's the Creator of the universe, and nothing is impossible for Him. Today, we're going to ask God for what we might have thought would be impossible! Today, we're going to trust in who He is and believe together that He is more than able!

Jesus looked at them and said, "With man this is impossible, but with God all things are possible." **MATTHEW 19:16**

"Truly I tell you, if you have faith as small as a mustard seed, you can say to this mountain, 'Move from here to there,' and it will move. Nothing will be impossible for you." **MATTHEW 17:20**

What, then, shall we say in response to these things? If God is for us, who can be against us? **ROMANS 8:31**

"Now to him who is able to do far more abundantly than all that we ask or think, according to the power at work within us, to him be glory in the church and in Christ Jesus throughout all generations, forever and ever. Amen." **EPHESIANS 3:20**

##### PRAYER

*God, we stand firm on your word today and pray with faith and expectation. We pray that our mountains will be moved in the name of Jesus. We pray for our own situations that might seem impossible (take a few moments to pray what's on your heart), and we trust you with them. We stand on your Word with confidence that even with faith as small as a mustard seed, mountains will be moved. NOTHING is impossible with you. We give you the glory ahead of time, and we ask for the impossible in 2026. In Jesus' name we pray, Amen.*

#### DAY 9 / JANUARY 12TH

##### FAITH FOR HEALING | PHYSICAL & MENTAL HEALTH

We know that God cares about the details of our lives and that our physical bodies matter to Him. We believe that God can bring healing to our bodies and our minds, as we submit them to Him. Today, we're praying with faith that God will heal! He is Jehovah Rapha - The Lord our Healer. If there's someone in your home who is believing for healing, we encourage you to lay hands on and pray for that person. Let's pray and watch God do the miraculous.

"But he was pierced for our transgressions... and by his wounds we are healed." **ISAIAH 53:5**

"Praise the Lord... who forgives all your sins and heals all your diseases." **PSALM 103:2-3**

"But I will restore you to health and heal your wounds," declares the Lord." **JEREMIAH 30:17**

"...they will place their hands on sick people, and they will get well." **MARK 16:17-18**

##### PRAYER

*God, we thank you that you are our healer. We pray with great faith today that you will do a work in physical bodies bringing them into alignment to your original design in Jesus name. We thank you for your Word that confirms through the wounds of Jesus and the blood that He shed, we are healed. We pray in faith for miraculous signs and wonders of healing that would be undeniable proof of the power of God. We thank you for healing minds and bodies. In Jesus name, Amen.*

#### DAY 10 / JANUARY 13TH

##### FAITH FOR PROVISION | JOBS, FAVOR & PROMOTIONS

Praying with faith for provision is not selfish - it's actually one of the ways the world sees the favor of God on our lives. We can pray powerful, faith-filled prayers asking God to lead and guide us in the area of our vocation. He desires for us to find great fulfillment in the work of our hands. Whether you're looking for a job, believing for increase or asking for His favor...let's believe He is able!

"May the favor of the Lord our God rest on us; establish the work of our hands for us." **PSALM 90:17**

"Do you see someone skilled in their work? They will serve before kings..." **PROVERBS 22:29**

"For promotion cometh neither from the east, nor from the west, nor from the south. But God is the judge..." **PSALM 75:6-7**

##### PRAYER

*Jehovah Jireh, we thank you that you are our provider. We bring our requests to you today with faith that you are going to work on our behalf. We thank you for establishing the work of our hands. We believe that you are setting us up for success and aligning our lives to bring great glory to your name. We commit to using our areas of influence to shine your light to the world around us. We thank you that promotion and provision don't come from our workplace, our boss, our paycheck...but it all comes from you. We ask in faith for jobs, better jobs, provision, promotion and influence that will cause for the testimony of our lives to be the faithfulness of God. We believe all these things in Jesus' name, Amen.*

#### DAY 11 / JANUARY 14TH

##### FAITH FOR MARRIAGES & RELATIONSHIPS

Relationships are one of the most important parts of our lives. God did not intend for us to do life alone, and He gives us help to have good, godly, life-giving relationships. Marriage is a gift from God and is meant to add great value and stability to our lives. As we pray in faith today, we believe that marriages and relationships here at Citizen Heights are strong, god-honoring and healthy.

"Love is patient, love is kind... It always protects, always trusts, always hopes, always perseveres." **1 CORINTHIANS 13:4-7**

"The Lord is the witness between you and the wife of your youth... she is your partner, the wife of your marriage covenant." **MALACHI 2:14 (NIV)**

"And over all these virtues put on love, which binds them all together in perfect unity." **COLOSSIANS 3:14**

"Two are better than one, because they have a good return for their labor. If either of them falls down, one can help the other up... Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken." **ECCLESIASTES 4:9-12**

##### PRAYER

*Father God, we bring our relationships to you today. We pray for healthy marriages that honor your name. We ask for those marriages that might be on the rocks (pray specifically here) and ask for a turnaround and breakthrough in the name of Jesus. We pray that love would bring unity in relationships, friendships and marriages in our lives. God, remind us that two are better than one. We pray that your church would be known as different from the world. Give us strength, wisdom, kindness and faith to believe that you are able to turn even the most broken relationship around. We stand in faith and pray in Jesus' name, Amen.*

#### DAY 12 / JANUARY 15TH

##### FAITH FOR SALVATIONS & TRANSFORMATIONS

God's desire is that none would perish, but that all would have eternal life through Jesus Christ. Part of our purpose and calling is to share that truth with those around us, but the work itself is something only God can do. As we believe for salvation in our homes, our workplaces, our neighborhoods, our city, the DMV and the world, let's pray prayers of faith that God would transform hearts and minds to be more like Him. Make a list today of the people you are praying for to receive salvation and commit to praying for them daily.

The Lord is not slow in keeping his promise, as some understand slowness. Instead he is patient with you, not wanting anyone to perish, but everyone to come to repentance. **2 PETER 3:9**

Salvation is found in no one else, for there is no other name under heaven given to mankind by which we must be saved." **ACTS 4:12**

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. **2 CORINTHIANS 3:18**

##### PRAYER

*God we come before you today asking BIG. We pray for revival. We pray for an increase in salvations in our city, our nation and the world. We pray for hearts to be open and for the gospel message to go forth with power. We thank you that your heart is for none to perish. We ask that you would give us your heart for people today. We pray for salvation (bring your list of names specifically to the Lord and pray on their behalf). We thank you that salvation can only be found in you. Would you turn hearts to your loving kindness this year - that record numbers of people would be transformed by your goodness in 2026. In Jesus name, Amen.*

#### DAY 13 / JANUARY 16TH

##### FAITH FOR ENDURING TRIALS

One of the greatest ways to grow in our faith is by enduring trials and tribulations. These types of situations cause our roots to go down deeper, our trust to be built on the solid rock of Jesus Christ and our hope to be placed in the one who does not fail. We don't complain when trials come our way, but instead embrace them with joy, as we believe for God to cause us to become more like Him through each one. No matter what you're going through today - remain steadfast in faith and humble before the Lord.

Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything. **JAMES 1:2-4**

Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us. **ROMANS 5:3-5**

##### PRAYER

*God, we thank you that when trials and tribulations come our way, they are not reason to doubt or worry. Instead, they cause us to grow, develop, and be strengthened in you! We pray that you would make us "perfect and complete, lacking nothing." God, would you carry us through our trials and give us the stamina we need to endure so that we can have perseverance, character and hope built in us. The kind of hope that does not disappoint because it's the ministry of the Holy Spirit at work in us. We pray for an overcoming spirit and a trust in you that deepens as we approach our seasons of trials with great faith. In Jesus' name we pray, Amen.*

#### DAY 14 / JANUARY 17TH

##### FAITH FOR A MOVE OF THE HOLY SPIRIT

The ministry of the Holy Spirit is so important for us as believers. When we received Jesus as our Lord, the Holy Spirit came into our lives to give us supernatural strength, discernment and help. Additionally, we can receive the baptism of the Holy Spirit with the evidence of speaking in tongues. The Holy Spirit has many areas of ministry in us: hope, comfort, miracles and the remembrance of the Word. Today, as we pray in faith for a move of the Holy Spirit, let's ask with great faith, believing for the supernatural in us, through us and all around us.

But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you. **JOHN 14:26**

And I will ask the Father, and he will give you another advocate to help you and be with you forever—the Spirit of truth. The world cannot accept him, because it neither sees him nor knows him. But you know him, for he lives with you and will be in you. **JOHN 14:16-17**

"But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth." **ACTS 1:8**

'In the last days, God says, I will pour out my Spirit on all people. Your sons and daughters will prophesy, your young men will see visions, your old men will dream dreams. Even on my servants, both men and women, I will pour out my Spirit in those days, and they will prophesy. I will show wonders in the heavens above and signs on the earth below...' **ACTS 2:16-19**

##### PRAYER

*God, we pray for an outpouring of the Holy Spirit in our world. Holy Spirit, we invite you into our lives, our homes, our church, our conversations, our workplaces...into every part. We pray in faith for the miraculous! Holy Spirit, would you pour out healing, restoration and revival through undeniable signs and wonders that would bring glory to your name and draw many people to you. We pray for very real encounters with the Holy Spirit and that we would walk in the reality of your wonder-working power on display in and through our lives. Holy Spirit, come!*

## WEEK 3

### Warfare Prayer | The Armor of God

The Armor of God is a series of tools that God gives us to protect our heart, mind and spirit - and is our greatest tool for spiritual warfare. The Bible instructs us to put on the full armor of God daily so that we can stand against the devil's schemes. This means that we are guaranteed to face opposition in our lives BUT God gives us what we need to not just battle, but to WIN! This week we will focus on praying warfare prayers, by praying through the individual pieces of the Armor of God together.

“Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand.” **EPHESIANS 6:13**

#### DAY 15 / JANUARY 18TH

##### BELT OF TRUTH

The first tool that the Bible describes in the Armor of God is the Belt of Truth. The truth of God's Word is a crucial foundation for us to build our lives around. The Belt of Truth is what provides strength and gives us sturdiness in our day-to-day lives. The Belt of Truth is also the piece that holds all of the Armor together - without it, we as Christians would lose our gravitational center. It is God's truth that holds us together.

Resolve to make a daily habit of putting on the Belt of Truth by valuing the Word of God. Read, study and apply it to your life and watch as it brings strength, stability and a firm foundation to your life.

Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the belt of truth buckled around your waist... **EPHESIANS 6:13-14**

##### PRAYER:

*Father, we thank you for the Armor You've given us and today we resolve to put on the belt of truth. Today we wrap ourselves in Your Word, choosing to have a Biblical worldview that honors and applies Your truth above any other thing. We speak Your truth over our lives and resolve to make it our priority to speak it, read it and apply it to our lives and the lives of those around us. We resist the lies of the enemy and counter those lies with your truth today. In Jesus name, Amen.*

#### DAY 16 / JANUARY 19TH

##### BREASTPLATE OF RIGHTEOUSNESS

The second piece described in the Armor of God is the breastplate of righteousness. Keep in mind that the Belt of Truth secures the breastplate of righteousness. So, once we've applied that truth, we can protect our hearts from whatever lies or challenging situations that come our way. The breastplate of righteousness is important because it comes from an understanding that we are covered by the Lord in a way we could never accomplish for ourselves. We are made righteous only because of what Jesus has done for us. The blood shed on the cross is what allows us to be seen through a filter of righteousness by God the Father. Let's choose to put righteousness on every day.

Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, ...with the breastplate of righteousness in place... **EPHESIANS 6:13-14**

...But you were cleansed; you were made holy; you were made right with God by calling on the name of the Lord Jesus Christ and by the Spirit of our God. **1 CORINTHIANS 6:11**

##### PRAYER:

*God, today we pray that You would help us to see ourselves the way You see us - through the sacrifice of Jesus. We thank you that we could never be righteous on our own, but because of what Jesus has done for us, we are washed white as snow! Today we put on the breastplate of righteousness and ask that You protect our hearts. Protect the vital parts of who we are, wrapped in the truth of your word, as we go about our day. Protect our hearts from the lies of the enemy and all anxiety or fear that may come against us. We trust You, and stand in Your righteousness today. In Jesus' name, Amen.*

#### DAY 17 / JANUARY 20TH

##### BOOTS OF THE GOSPEL OF PEACE

The third piece of the Armor of God are the Boots of Peace. One of the greatest revelations is understanding that peace is not the absence of conflict, but instead the very presence of God. When we choose to put on the boots of peace, we choose to take the presence of God with us into every situation. The Bible even promises us that wherever we set our feet, we're on land God has given us. As you consider putting on the Boots of Peace today, consider how you can invite the presence of God more readily into every part of your day.

And with your feet fitted with the readiness that comes from the gospel of peace. **EPHESIANS 6:15**

I promise you what I promised Moses: ‘Wherever you set foot, you will be on land I have given you. **JOSHUA 1:3**

I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid. **JOHN 14:27**

##### PRAYER:

*Holy Spirit, I thank You that You go with me. I thank You that You live inside of me, and that every place I go, I take Your presence along. I pray today that You would help me to invite You into every area of my life. I pray that You would help me to put on the Boots of Peace in such a way that I truly take You into every meeting, conversation, room, relationship, etc. Help me to rest knowing that I am not alone, that You are with me, and that I take the security and protection of Your peace with me with every step.*

#### DAY 18 / JANUARY 21ST

##### SHIELD OF FAITH

The Shield of Faith is a crucial piece of the Armor of God, and one we need to ensure we're praying through each day as we use the tools God has given us for spiritual warfare. Faith is such a powerful weapon against the lies and schemes of the enemy that it doesn't just bounce off his attacks - it extinguishes them. This is not just protection for ourselves, but for those around us as well. Consider how you can grow in the area of faith and ask God to help you use the Shield of Faith today and every day to protect yourself and those around you from the lies and attack of the enemy.

In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. **EPHESIANS 6:16**

So faith comes from hearing, that is, hearing the Good News about Christ. **ROMANS 10:17**

##### PRAYER:

*Father, we thank You that faith comes from hearing the Good News of Jesus. Jesus is the Living Word of God and we welcome the truth of the Word into our every day so that we can grow in faith. God, help us as we use the shield of faith. We pray that our faith would extinguish every lie of the enemy, not just for ourselves, but for our spouses, our children, our friends, our workplace, our leaders, our church and our city. We ask that as our faith grows, so will our ability to shut down the schemes and lies of the enemy so that we can overcome in a way that brings glory to Your name. Let us pick up our shield of faith daily and grow as we apply Your truth to our lives.*

#### DAY 19 / JANUARY 22ND

##### HELMET OF SALVATION

The helmet of salvation is a key piece of the Armor of God. It's the tool God has given us to protect our minds. When we wear the Helmet of Salvation, we choose to think through the filter of the freedom that we have found in Jesus. Wearing the Helmet of Salvation protects our minds from the lies of the enemy and the lies of this world. When we intentionally put on this piece of armor, we choose to think the way the Bible instructs us. We allow God to literally change the way we think. This gives us the ability to make wise choices, to not live in fear or anxiety, but instead in the reality of who God is and what He has done for us.

Finally, be strong in the Lord and in his mighty power. Put on the full armor of God, so that you can take your stand against the devil's schemes...put on the helmet of salvation... **EPHESIANS 6:10, 11, 17**

And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. **PHILIPPIANS 4:8**

Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect. **ROMANS 12:2**

##### PRAYER:

*God today we put on the Helmet of Salvation. We choose to protect our minds from the lies of the enemy and think on what Your Word has instructed us. We pray that as we put on the Helmet of Salvation, you would change the way we think. You can help us fix our thoughts on the things that bring honor to You, and silence the doubt, fear, anxiety, discouragement and hopelessness that the enemy would try to impose on us. We thank You that You have given us the tools to protect our minds, and so we put on the Helmet of Salvation today, secure in who we are because of what You have done for us. We walk fully in that freedom today. In the mighty name of Jesus, Amen.*

#### DAY 20 / JANUARY 23RD

##### SWORD OF THE SPIRIT

The Sword of the Spirit is the only actual “weapon” prescribed in the Armor of God. The Sword of the Spirit is the Word of God. We fight the enemy best when we quote, pray, speak, believe and apply the Word of God to our lives. When the Bible instructs us to pray in the Spirit, it's instructing us to use the Word of God as a weapon. There is power in the Word of God because it is living and active! Let's resolve to fight the lies of the enemy, the fears of our own minds, and the doubts of those around us with the Word of God today.

Take some time today to identify Bible verses that address the areas you need God to help you overcome. Some ideas: overcoming fear, trusting God, healing, protection, growing in faith. Pray and speak these verses over yourself.

Take the helmet of salvation and the sword of the Spirit, which is the word of God. And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people. **EPHESIANS 6:17-18**

For the word of God is alive and powerful. It is sharper than the sharpest two-edged sword, cutting between soul and spirit, between joint and marrow. It exposes our innermost thoughts and desires. **HEBREWS 4:12**

##### PRAYER:

*Jesus, we thank You that You are the Living Word. We wield the Sword of the Spirit today by praying and believing the Word of God over our lives. We pray today that you would help us absorb the Word in a way we have never before experienced. We don't fight the enemy or this world with our own theories or thoughts or education...instead we speak and pray the Word of God over ourselves, our families and the world around us. We believe there is power in your Word and choose to speak it, bringing life into every situation in Jesus' name. Amen.*

#### DAY 21 / JANUARY 24TH

##### WHOLE ARMOR OF GOD

There's wisdom in putting on the full armor of God. Each piece is crucial in our day-to-day lives, but this passage instructs us not once, but twice to put on the FULL armor of God. Take some time to pray through each part of the Armor of God, naming each piece and all of the ways in which it helps protect and provide us with everything we need today.

Finally, be strong in the Lord and in his mighty power. Put on the full armor of God, so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. **EPHESIANS 6:10-13**

##### PRAYER:

*Father, today and every day, we choose to put on the full Armor of God. Help us to put on the Belt of Truth as we choose to look at the world through the truth of Your Word and not the lies of the enemy or the beliefs of this world. Let us value and prioritize Your truth today. God, help us to wear the Breastplate of Righteousness, knowing it is something that we could never secure for ourselves, but instead is granted by Your grace and the sacrifice of Jesus. Help us to secure our feet with the Boots of Peace, knowing that we take Your presence with us every place we set our feet. Let us be more aware of Your presence in every moment. Help us to put on the Helmet of Salvation as we see ourselves and others through Your eyes. Let our minds be washed by the water of Your Word so that our thoughts align with Your will and Your way. Let us take up the Shield of Faith that protects us and those You have put in our lives. Let us have complete and total victory in the name of Jesus today! Help us to wield the Sword of the Spirit by speaking, praying and believing Your Word. Let us value Your Word over any other thing and use it as a weapon to fight the enemy. Let us truly put on the whole Armor of God so we can stand secure and ready to be the overcomers that You have called and resourced us to be. In the name of Jesus Christ we pray, Amen.*