



A black and white photograph of a steep mountain slope covered in a dense forest of coniferous trees. The slope rises from the bottom left towards the top right, with a rocky peak visible at the top left.

# *Prayer & Fasting*



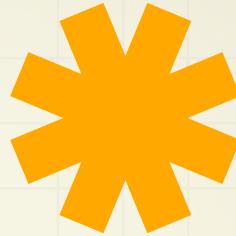
Champions  
Centre

**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 I will hear from heaven, and I will forgive their sin and will heal their land.**

**2 Chronicles 7:14**

*Set your alarm for 7:14am & 7:14pm  
as a reminder to pause and pray.*

# *The Lord's Prayer: A Blueprint for Powerful Prayer*



The Lord's Prayer isn't just something we repeat—it's a roadmap Jesus gave us for real, authentic connection with God. This prayer helps us center our lives on Him, aligns our priorities with His, and helps us to walk in daily dependence on His power. It's not about getting the words just right; it's about learning to pray in a way that draws us closer to Him.

"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 (NIV)

## ***The Lord's Prayer***

Our Father in heaven, hallowed be Your name.

Your Kingdom come. Your will be done,  
on earth as it is in heaven. Give us this day our  
daily bread. And forgive us our debts, as we  
forgive our debtors. And do not lead us into  
temptation, but deliver us from the evil one.

For Yours is the kingdom, and the power,  
and the glory forever. Amen.

Matthew 6:9–13 (NKJV)



# Father

JAN 6 — DAY 1

***"Our Father in heaven..."***

God isn't distant or hard to reach—He's a loving Father who wants a relationship with you. When we approach Him as "Father," we remind ourselves that we are His children, fully loved and completely accepted. Just as an earthly father should provide a safe place to rest and find comfort, God's love is a refuge—offering peace, hope, and strength in every season of life. No matter what you're facing, His love will never leave you, and is always ready to guide and support you as only a loving Father can.

"You have not received a spirit that makes you fearful slaves. Instead, you received God's Spirit when He adopted you as His own children. Now we call Him, 'Abba, Father.'"

**Romans 8:15 (NLT)**

Take time to connect with God relationally today. Thank Him for His love, call Him "Father," and lean into the security that comes from being His child. As you do, remember that you are never alone—He is always near.

.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....



## Praise

JAN 7 — DAY 2

***“Hallowed be Your name...”***

There's power in God's name. When we declare who He is, we're not just honoring Him—we're reminding ourselves of His greatness and faithfulness.

Here's a quick list to help you focus on the power of His name:

- **God is Righteousness:** He makes us clean.
- **God is Sanctifier:** He sets us apart for His purpose.
- **God is Healer:** He restores and makes us whole.
- **God is Peace:** He brings calm to every storm.
- **God is Provider:** He meets every need.

“The name of the Lord is a strong tower; the righteous run to it and are safe.” **Proverbs 18:10 (ESV)**

Say His name out loud in worship today. As you do, let the strength and peace that comes from remembering who He is—your Righteousness, your Healer, your Provider—wash over you. Let His presence fill you up with confidence and joy, knowing that His name is a safe place where you can find rest and security.

.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....

# Plan

JAN 8 — DAY 3

**“Your kingdom come.**

**Your will be done on earth as it is in heaven...”**

We all have our own plans, desires, and needs, but Jesus made it clear that we should put God's priorities first. Why? Because His will is not just good—it's the best thing for us. His kingdom is eternal, and when we focus on what matters most to Him, it changes our perspective on everything else. Putting His agenda first doesn't mean ignoring our needs—it means trusting that when we align ourselves with His purpose, everything else will fall into place. God knows what's best for us and for the world, so when we focus on His will, we start living in a way that brings lasting peace and purpose.

“He will always give you all you need from day to day if you make the Kingdom of God your primary concern.”

**Luke 12:31 (TLB)**

Pray for what's on God's heart today:

- That people everywhere would know Jesus.
- That leaders—whether in government, church, or business—would be wise and just.
- That the poor and vulnerable would be cared for.
- That His purpose would be fulfilled in your life.

How is fasting and praying bringing you closer to God?

.....

.....





***"Give us this day our daily bread..."***

God is your provider, and He's not just there for the big moments—He wants you to rely on Him every day. Whether you need strength for a tough day at work, peace for your anxious thoughts, or wisdom for tough decisions, He's got you covered. Sometimes, it's easy to try to handle things on our own, but God wants us to lean on Him for everything. Trust that He'll supply what you need, not just today, but everyday—relationally, emotionally, physically, and spiritually. You don't have to carry the weight alone; He's with you in all of it.

**"My help comes from the Lord, who made heaven and earth!"**

**Psalm 121:2 (NLT)**

Bring your needs to God with confidence. Trust Him to provide, and release your worries to Him. He's faithful to give you exactly what you need.

How is fasting and praying bringing you closer to God?

.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....



# *Purification*

JAN 10 — DAY 5

***“Forgive us our debts, as we forgive our debtors...”***

Forgiveness isn't just a nice idea—it's God's way of setting us free. When we receive His forgiveness, it clears the way for us to forgive others and live without bitterness. Forgiveness isn't about excusing what happened—it's about freeing yourself from the weight of it. Let God's forgiveness in your life give you the strength to do the same for others.

"If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness."

## **1 John 1:9 (NIV)**

Take a moment to reflect: Is there someone you need to forgive? It might be tough, but ask God to help you let go of any bitterness or hurt you may be holding onto.





# *Protection*

JAN 11 — DAY 6

***“And do not lead us into temptation,  
but deliver us from the evil one...”***

Life can feel like a battle sometimes, but the good news is we're not fighting it on our own. Jesus has already won the victory, and because of Him, we can stand firm against the enemy. Temptations and challenges will come, but we don't have to face them in our own strength. We can lean on God's power, knowing that He's equipped us to resist and overcome. When things get tough, remind yourself that the battle is already won, and you have the authority to stand strong in His truth.

"Our struggle is not against flesh and blood, but against . . . spiritual forces of evil in the heavenly realms." **Ephesians 6:12 (NIV)**

Pray with authority today. Declare the name of Jesus over every lie, every fear, and every attack. When we resist the enemy, he has no choice but to flee.





# *Praise*

JAN 12 — DAY 7

***“For Yours is the kingdom and the power and the glory forever...”***

There's no better way to end your prayer than by focusing on God's power and greatness. He's in control, He's able, and He's worthy of all the glory.

"Ah, Sovereign Lord . . .  
Nothing is too hard for You."  
**Jeremiah 32:17 (NIV)**

Let your faith rise as you declare:

- **“Yours is the Kingdom”** – God, You’re in charge.
  - **“Yours is the Power”** – Nothing is impossible for You.
  - **“Yours is the Glory”** – All honor belongs to You.



## *The Prayer of Jabez*

"Oh, that You would bless me  
and enlarge my territory!  
Let Your hand be with me,  
and keep me from harm . . ."

# *Ask for God's Blessing*

JAN 13 — DAY 8

"Oh, that You would bless me..."

## **1 Chronicles 4:10 (NIV)**

God loves to bless His people. His blessings aren't just for us—they equip us to overflow into the lives of others. When we ask with a heart aligned to His purpose, His blessings enrich every area of our lives.

"The blessing of the Lord makes one rich,  
and He adds no sorrow with it."

## **Proverbs 10:22 (NKJV)**

Pray for God's blessing in your life. Ask Him to bless you in ways that allow you to be a blessing to others, living with a generous and open heart.

# *Pray for Greater Influence*

JAN 14 — DAY 9

“...Enlarge my territory ...” **1 Chronicles 4:10 (NIV)**

God's purpose for your life is bigger than you think. When we ask Him for influence, we're asking Him to use us to make a difference in our families, communities, and the world.

"You are the light of the world. A city set on a hill cannot be hidden."

## **Matthew 5:14 (NIV)**

Ask God to expand your opportunities to lead and serve others. Pray for influence that brings glory to Him and opens doors for His Kingdom.

# *Depend on His Presence*

JAN 15 — DAY 10

"Let Your hand be with me . . ." **1 Chronicles 4:10 (NIV)**

We were never meant to do life alone. God's presence is our source of strength, wisdom, and confidence. When His hand is on us, we can accomplish more than we ever thought possible.

"Not by might, nor by power, but by My Spirit,  
says the Lord of hosts." **Zechariah 4:6 (NKJV)**

Invite God's presence into every part of your day. Ask Him to guide your decisions, empower your actions, and fill you with His Spirit.

# *Trust God for Protection*

JAN 16 — DAY 11

“...Keep me from harm...” **1 Chronicles 4:10 (NIV)**

Walking in God's purpose puts us on the frontlines of spiritual battles, but we don't need to be afraid. God is our protector, shielding us from what we can't see and strengthening us to stand firm in faith.

"The Lord is faithful, and He will strengthen you and protect you from the evil one."

2 Thessalonians 3:3 (NIV)

Pray for God's protection over your life, your loved ones, and your purpose.  
Trust Him to guard you from harm and equip you to overcome every challenge.

# Leave a Legacy

JAN 17 — DAY 12

"The righteous man walks in his integrity; his children are blessed after him." **Proverbs 20:7 (NKJV)**

Legacy isn't just about what we leave behind—it's about how we live right now. When we choose to live with integrity, to make choices that honor God, we're not just shaping our own lives, but also impacting those who come after us. The way we treat others, the values we pass down, and the example we set can leave a lasting mark on future generations. It's in the small, everyday decisions—living with honesty, kindness, and purpose—that we build a legacy that continues long after we're gone. Our legacy is the love, wisdom, and strength we invest in others, and the way those things ripple out into the world.

"We will tell the next generation the praiseworthy deeds of the Lord, His power, and the wonders He has done." **Psalm 78:4 (NIV)**

Ask God to help you build a life of faith and character that inspires others. Pray for opportunities to pour into the next generation and make an eternal impact.

How is fasting and praying bringing you closer to God?

.....  
.....  
.....  
.....  
.....  
.....

# *Pray for the Church*

JAN 18 — DAY 13

"Pay careful attention to yourselves and to all the flock, in which the Holy Spirit has made you overseers, to care for the church of God . . ."

## **Acts 20:28 (ESV)**

The Church is God's plan to bring hope and healing to the world. When we pray for the Church, we're partnering with God's mission and standing with His people across the globe.

"I will build My Church, and the gates of Hades will not overcome it."

## **Matthew 16:18 (NIV)**

Pray for your local church, its leaders, and its mission. Ask God to strengthen the global Church and help it thrive in sharing the love of Jesus with the world.

# *Believe for the Next Generation*

JAN 19 — DAY 14

"Blessed is the man who fears the Lord, who finds great delight in His commands. His children will be mighty in the land; the generation of the upright will be blessed." **Psalm 112:1–2 (NKJV)**

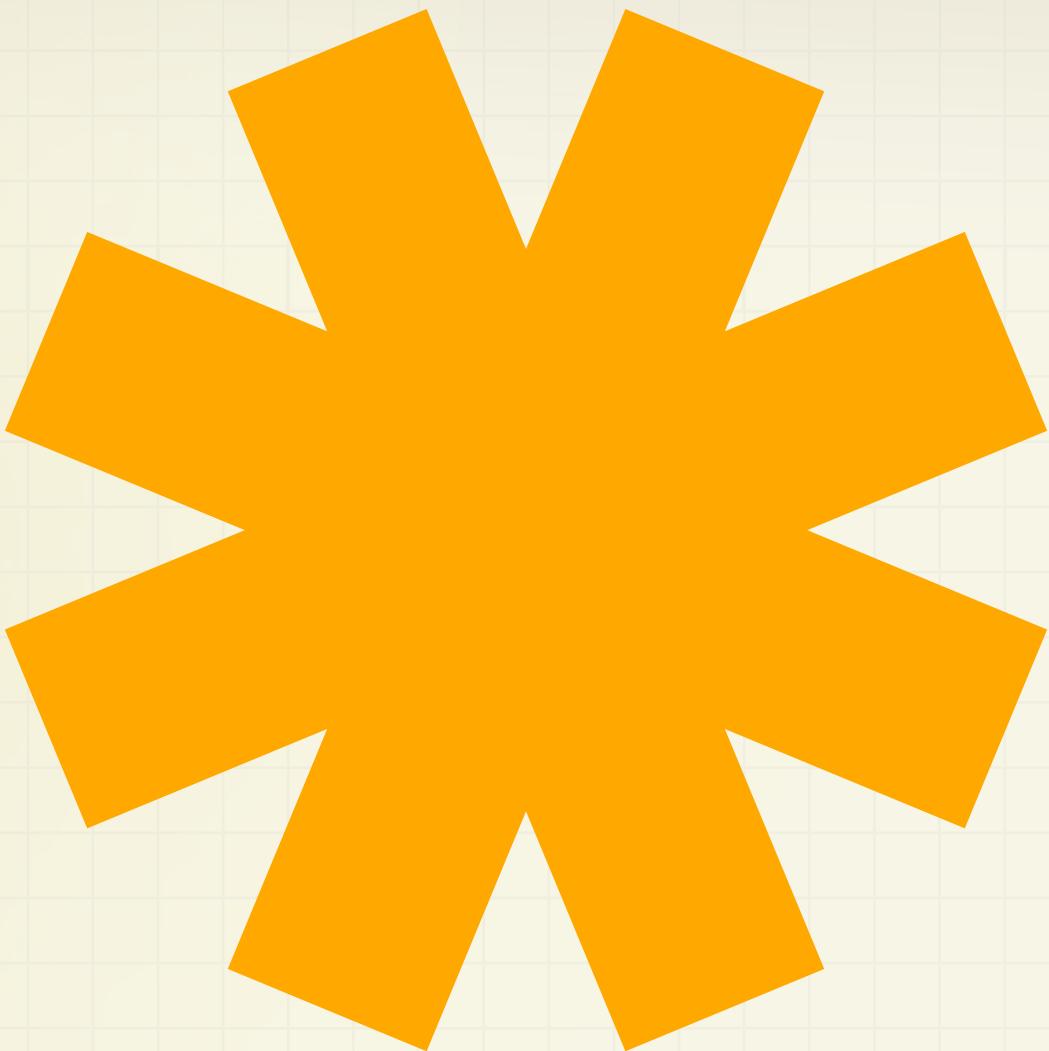
The next generation has the potential to do even greater things for God's Kingdom, and we play a crucial role in shaping that future. When we invest in their faith—whether it's through teaching, mentoring, or simply leading by example—we're helping lay the foundation for what's to come. The peace of God, which is beyond what we can even fully comprehend, will guard their hearts and minds, giving them the strength to stand firm in their beliefs. By believing in them, encouraging them, and helping them grow in their relationship with God, we're setting them up to carry the torch and make a lasting impact for God's glory. The future is bright, and it's in their hands.

"A good man leaves an inheritance to his children 's children . . ."

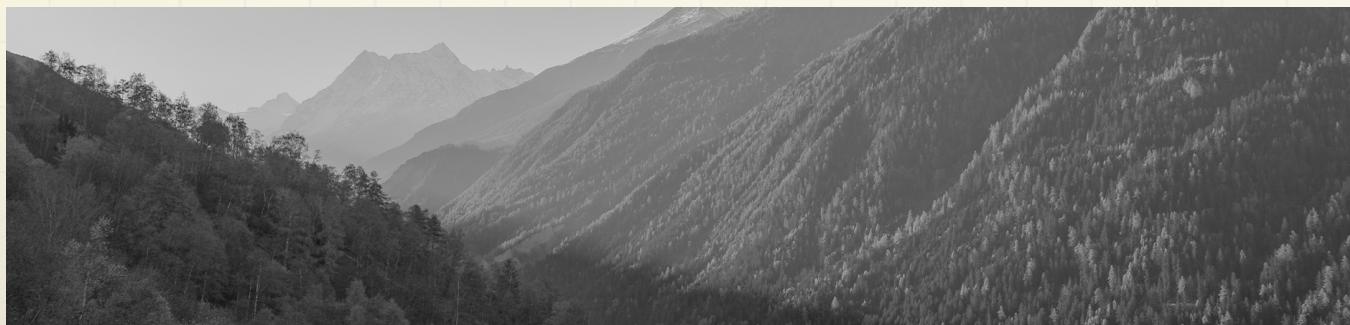
**Proverbs 13:22 (ESV)**

Pray for the next generation. Ask God to raise up leaders, give them bold faith, and help them walk in peace, wisdom, and purpose as they pursue His plan for their lives.

.....  
.....  
.....  
.....  
.....  
.....  
.....



# **FASTING**





## ***Definition and Purpose of Fasting***

- Fasting is described as voluntarily abstaining from food (or something else) to focus on God.
- The purpose of fasting is to create space for God, heighten spiritual awareness, and align oneself with God's will. It is a physical act with spiritual significance, aiming to deepen dependence on God. It is a tool for spiritual growth, self-examination, and intimacy with God.
- There's also church-wide benefits when we pray and fast together as a church.
  - In Judges 20:26, we see the Israelites fasting from sun up to sundown as they sought direction from the Lord.
  - In Ezra 8, we see Ezra proclaiming a fast to seek God together.

## ***Biblical Foundations***

- Fasting is a common Biblical practice:
  - **Moses** fasted during his time on Mount Sinai (Exodus 34:28).
  - **Jesus** fasted for 40 days in the wilderness (Matthew 4:2).
  - **The early church** fasted while seeking God's guidance (Acts 13:2–3).
- These examples show fasting as a way to seek God's presence, direction, or intervention.

## ***Spiritual Goals of Fasting***

- **Hunger for God:** Fasting helps focus our time and attention on prayer and seeking God's will for our lives.
- **Intercession:** Fasting can be a way to focus prayers for others or specific situations.
- **Repentance:** It can serve as an act of humility and contrition before God (e.g., Jonah 3:5–10).
- **Preparation for Ministry:** Like Jesus' fasting in the wilderness, fasting prepares us to hear from God and be led by the Holy Spirit.

## ***Forms of Fasting***

- **Complete Fast:** Water Only. This option has tremendous natural and spiritual benefits.
- **Food Fasts:** Skipping meals, abstaining from certain foods, or choosing a simpler diet for a period of time, like the Daniel's fast.
- **Non-Food Fasts:** Abstaining from media, entertainment, social activities, or other distractions that dominate life.
- **Partial Fasts:** Limiting food intake (e.g., Daniel's fast with vegetables and water in Daniel 1:12–16).

## ***Challenges and Risks of Fasting***

- Fasting should not become a source of pride or legalism, but maintained as a discipline of the flesh that benefits us spiritually, bringing us close to God. (Matthew 6:16–18).
- Physical fasting is not appropriate for everyone due to health reasons, and Calhoun emphasizes the importance of consulting a doctor if needed.
- Although there are health benefits in fasting, the fasting we are taught to do in scripture is focused on the spiritual benefits, not the physical.



## ***Practical Guidelines for Fasting***

- **Start Small:** Begin with short fasts, such as skipping one meal, and gradually increase as you grow more comfortable.
- **Set Clear Intentions:** Define the spiritual focus of the fast, such as deepening prayer, seeking guidance, or repenting.
- **Pair Fasting with Prayer:** Use the time you would spend eating or engaging in other activities for prayer and meditation on God's Word.
- **Be Flexible:** If circumstances require breaking the fast, extend grace to yourself and resume when possible.
- **End Gently:** Avoid overeating or indulging after a fast; ease back into regular eating habits.

## ***Spiritual Benefits of Fasting***

- **Heightened Awareness of God:** Fasting helps practitioners focus on God's presence and listen more attentively to His voice.
- **Humility:** It fosters a posture of dependence on God and discipline of the flesh.
- **Spiritual Renewal:** Fasting can bring clarity, focus, and renewed commitment to one's faith journey.

## ***Fasting as a Transformative Practice***

- Fasting is a practice that aligns the body, mind, and spirit with God's purposes.
- It is not merely an act of self-denial, but a means of transformation, making space for God to work in profound ways.

### **Resources:**

Spiritual Disciplines Handbook: Practices That Transform Us - Calhoun

Fasting: Opening the door to a deeper, more intimate, more powerful relationship with God - Jentezen Franklin

A black and white landscape photograph showing a range of mountains in the background, partially obscured by a dense forest of coniferous trees in the foreground. The mountains have rugged peaks and deep valleys. The sky is overcast and hazy.

**CC.CHURCH/PRAYER**