

JANUARY 19th-25th

PRAYER & FASTING

2026

GUIDE

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INTRODUCTION TO PRAYER & FASTING

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PRAYER AND FASTING IS FOR YOU

Participating in Prayer & Fasting is a great place to build faith and believe God for intervention in your life, for his guidance, protection, and presence. As you practice seeking God first, He will move on your behalf. You can expect to see the power of prayer impact your inner life, relationships, work, family, and more. We would love to hear what God does in you during this season of Prayer & Fasting!

PURPOSE

Fasting is referenced over 50 times throughout the Old and New Testaments of the Bible. We encourage fasting as a spiritual next step that can bring clarity and revelation into your life. You may fast any time of the year as you seek God. We encourage regular fasting as a means to develop self-control and humility as well as for making space for God in our busy lives. It is an important spiritual discipline.

The goal of fasting is to humble ourselves before God and to draw nearer to Him. Biblical fasting always has to do with eliminating distractions for a spiritual purpose. It hits the reset button of our body and soul and renews us from the inside out. Fasting is essentially giving up food (or something else) for a period of time in order to focus your thoughts and intentions on God. While fasting, many people read the Bible, pray, or worship or engage in other activities that meet the purpose of their fast.

How long you fast is entirely up to you and the leadership of the Holy Spirit. The Bible gives examples of fasts that lasted one day or part of a day (*Judges 20:26; 1 Samuel 7:6; 2 Samuel 1:12; 3:35; Nehemiah 9:1; Jeremiah 36:6*), a one-night fast (*Daniel 6:18–24*), three-day fasts (*Esther 4:16; Acts 9:9*), seven-day fasts (*1 Samuel 31:13; 2 Samuel 12:16–23*), a fourteen-day fast (*Acts 27:33–34*), a twenty-one day fast (*Daniel 10:3–13*), forty-day fasts (*Deuteronomy 9:9; 1 Kings 19:8; Matthew 4:2*), and fasts of unspecified lengths (*Matthew 9:14; Luke 2:37; Acts 13:2; 14:23*).

A corporate fast (fasting and others) is unique and powerful. It builds unity and reminds us of our common purpose as followers/disciples of Jesus: to know Christ and the power of His might.

FAST FROM FOOD

Fasting from food—whether partially or entirely—can be a powerful way to humble oneself and seek God’s provision. Through hunger, we’re reminded of our dependence on God, and it draws us closer to Him as we focus on prayer and spiritual nourishment rather than physical sustenance. It is not always necessary to fast from food/drink to achieve the desired goal. Do not feel pressure from others to fast the same way they do. Nor should you impose your choice of fast on someone else or criticize others’ fast. Fasting is always susceptible to legalism and self-righteousness, so beware! Follow the leading of the Holy Spirit and your own conscience (not someone else’s). Here are some ways you might choose to approach participating in this corporate fast.

TYPES OF FASTS

Your personal fast should present a level of challenge, but it is also wise to know your body, your options, and most importantly, to seek God in prayer and follow what the Holy Spirit leads you to do. There are several types of fasts.

COMPLETE FAST

A complete or absolute fast entails no food or liquid of any kind (Ezra 10:6; Esther 4:16; Acts 9:9) and should only be for a very short period of time. An intense fast like this is serious and was chosen in the Bible in dire circumstances, such as in Esther when the exiled Israelites were fasting and praying for salvation because of the plot to exterminate them. It was a life/death situation that called for an intense appeal to God for deliverance.

There is also what can only be called a supernatural fast, as in the case of Moses (Deuteronomy 9:9), who abstained from both food and water for forty days (enabled to do so only by a miraculous enabling from God). We do not recommend this extreme fast unless you feel the Lord has specifically called you to do it. This fast should be planned carefully and after consultation and under the supervision of your medical doctor.

REGULAR FAST

This is also an intense type of fast from food, where you drink only liquids, typically water (or sometimes water with some juice or clear broth). This, the selective, and partial fasts are the most popular and explicitly biblical expressions of fasting. (Matthew 4:2–3; Luke 4:2). Regular fasts allow time normally spent eating and preparing meals to be spent prayer, however, the lack of calories requires you to get large amounts of rest to avoid undue physical strain. This makes these types of fasts potentially dangerous, or impractical if for more than a day or two. This fast should also be reserved for short periods, after having some experience with less arduous fasts and under the guidance of a physician.

SELECTIVE FAST

This highly flexible type of fast involves removing only certain elements from your diet. It allows you to continue consuming calories for energy and therefore potentially allows you to continue with a regular schedule. One example of a selective fast is the Daniel Fast, during which you remove meat, sweets, and bread from your diet. Daniel rejected the rich foods of the king, probably in order to keep the food laws prescribed by Moses while living in exile in Babylon. Daniel lived long-term on this diet of whole grains, legumes, raw vegetables and water in order to honour God ([Daniel 10:3](#); cf. 1:8, 12). It was a sacrifice that God honoured.

Fasting from food and calorie rich beverages has been proven to have physical as well as spiritual, benefits for many individuals. You may choose to fast from unhealthy beverages that you regularly imbibe. But you need not go "cold turkey"! If you are fasting from caffeine for example, wean yourself from coffee or sodas gradually, reducing your intake over a span of days before you stop drinking them entirely. Taking a break from caffeine dependency helps us rely on God's strength for our energy. It teaches us to rest in Him rather than stimulants, supporting a more balanced, God-centered lifestyle that honors our health and well-being

You may choose to fast from sugar or from some sort of food that is a regular part of your diet. For example, you may choose only to eat fruits or vegetables for the length of the fast, refraining from all meat (or vice versa).

Or you could choose to go on a liquid fast, consuming soups, broths & some watered electrolyte juice and refrain from eating all solid foods for a time.

PARTIAL FAST

This fast is sometimes called the "Jewish Fast", has also been popular in Christian tradition. The partial fast can correlate to fasting certain meals (such as dinner), or specific times of the day, such as 6:00 am to 3:00 pm or sunup to sundown. John Wesley, for example, fasted from sundown on Thursday to 3pm on Fridays for most of his ministry, which was the Anglican norm at the time (1700's). A partial fast may allow you to maintain a regular schedule as well. Although, some may notice slight fatigue during the early part of the day. Time normally spent eating and preparing meals allows for extra time for prayer.

SOUL FAST

This fast is a great option if you do not have much experience fasting food, have health issues that prevent you from fasting food, or if you want to refocus certain areas of your life that are out of balance.

ENTERTAINMENT FAST

You might choose to stop using social media, watching television, or going to events for the duration of the fast and then carefully bring the fasted element back into your life in healthy doses at the conclusion of the fast.

SHOPPING FAST

Taking a break from non-essential shopping redirects our focus to God's provision and helps curb material desires. This fast cultivates gratitude, enabling us to find satisfaction in God's gifts and avoid the distraction of consumerism.

ISAIAH 58

Another great addition to a soul fast is to set aside the money it would have cost to engage in your regular activities and make a donation to the hungry by making bags of food and delivering them to those who you know who could use it, donating to missions (UGM, Siloam, Lighthouse) or food banks (Winnipeg Harvest). This is a fast like the one described in Isaiah 58.

It is important to remember that some people simply cannot refrain from eating and drinking in any degree at any time. This could be due to certain medications that they cannot cease taking and often have to ingest only after eating, eating disorders or pregnancy. If you have physical circumstances that could make fasting dangerous or unhealthy, please do not alter your prescribed regimen of medication or of eating and drinking without first consulting with your physician. There is nothing to be ashamed of if you cannot fast in regard to food and drink. Simply choose another way to fast, such as those noted above.

WISDOM WHEN FASTING FROM FOOD AND DRINK

If you choose to fast food and drink, there are several things to keep in mind. First of all, remember that there are *degrees* of fasting from easy to difficult. Always start out with a sustainable goal for your fasting. Don't start out with an intense fast such as a weeklong regular (water-only) fast. Start small until you gain some experience and see how your body reacts to depriving it of what it's used to.

Second, use a *progression* to ease both into and out of your fast. This should be observed particularly if this discipline is new to you or if you are engaging in an intense fast. You may choose to begin by skipping one meal each day for two to three days leading up to the fast or by making small changes eliminating certain types of foods (very rich) before going on a restrictive fast. For example, if you drink an excessive amount of coffee and you will do a caffeine fast, begin lowering your intake of caffeinated beverages gradually for even a week or two before cutting it out completely during the fast. When you reintroduce caffeine, start with small amounts and maintain healthy portions of caffeine daily.

When coming out of your fast, reintroduce food gradually, starting with healthy, cooked, easy-to-digest foods and avoid overeating. Though you might be very hungry and crave large amounts of rich, fatty foods, avoid the temptation of overdoing it. It will help your body readjust to foods more smoothly.

If you've never fasted before, be aware that in the early days (2-4) of restrictive fast you may experience dizziness, nausea, headaches and skin disruptions such as rashes or acne. This is part of the body's cleansing process and should resolve fairly quickly. In less restrictive fasts you may not have any physical symptoms.

FASTING COMMITMENT

BY JENTEZEN FRANKLIN

1. HOW TO BEGIN

Start with a clear goal. Be specific. Why are you fasting? Do you need direction, healing, restoration of marriage or family issues? Are you facing financial difficulties? Ask the Holy Spirit for guidance. Pray daily and read the Bible.

My purpose for this fast is: _____

2. PREPARING SPIRITUALLY

Confess your sins to God. Ask the Holy Spirit to reveal areas of weakness. Forgive all who have offended you and ask forgiveness from those you may have offended (Mark 11:25; Luke 11:4; 17:3-4). Surrender your life fully to Jesus Christ and reject the worldly desires that try to hinder you (Romans 12:1-2).

I particularly confess to the Lord: _____

3. DECIDING WHAT TO FAST

The type of fasting you choose is up to you. You could go on a full fast in which you only drink liquids, or you may desire to fast like Daniel, who abstained from sweets and meats, and the only liquid he drank was water. Remember to replace that time with prayer and Bible study.

The fast I choose will be: _____

4. DECIDING HOW LONG

You may fast as long as you like. Most can easily fast from one to three days, but you may feel the grace to go longer, even as much as 21 to 40 days. Use wisdom and pray for guidance. Beginners are advised to start slow.

The length and frequency of my fast: _____

5. WHAT TO EXPECT

When you fast your body detoxifies, eliminating toxins from your system. This can cause mild discomfort such as headaches and irritability during withdrawal from caffeine and sugars. And naturally, you will have hunger pains. Limit your activity and exercise moderately. Take time to rest. Fasting brings about miraculous results. You are following Jesus' example when you fast. Spend time listening to praise and worship. Pray as often as you can throughout the day. Get away from the normal distractions as much as possible and keep your heart and mind set on seeking God's face.

6. HOW TO END

Don't overeat when the time comes to end your fast. Begin eating solid food gradually; eat small portions or snacks.

FASTING GUIDE BY JENTEZEN FRANKLIN

PRAYER OF COMMITMENT

Heavenly Father,

I come to You weak and in need of You. As I commit to this Prayer & Fasting, I confess that I am not strong enough to complete this commitment. I am humbled before You. Please send Your Holy Spirit to strengthen my will and my body so that I may complete this fast faithfully and to Your glory.

Guard me from complacency and from lack of commitment. Guard me from pride and thinking of myself more highly than I should. And guard me from the powers of darkness which do not want me to complete this fast. I ask that You use this fast to bring me closer to You, to break down the barriers that would prevent my church from completing Your mission, and for the salvation of my loved ones and others who do not yet know You as Savior and Lord. Let Your kingdom come, and Your will be done in this fast as it is in heaven. In Jesus' Name, **Amen.**

SCHEDULE

DAY 1	MONDAY JANUARY 19	7:00 PM IN-PERSON	SALVATION & SPIRITUAL GROWTH Galatians 5:13-18
DAY 2	TUESDAY JANUARY 20	7:00 PM IN-PERSON	HEALING & DELIVERANCE James 5:14-16
DAY 3	WEDNESDAY JANUARY 21	7:00 PM IN-PERSON	MARRIAGE & FAMILY RELATIONSHIPS Galatians 6:7-9
DAY 4	THURSDAY JANUARY 22	7:00 PM IN-PERSON	WORK & FINANCES Matthew 6:24 & Philippians 4:11-13
DAY 5	FRIDAY JANUARY 23	7:00 PM IN-PERSON	BCC MINISTRIES Colossians 1:9-14
DAY 6	SATURDAY JANUARY 24	7:00 PM IN-PERSON	WINNIPEG, CANADA & NATIONS 2 Chronicles 7:14
DAY 7	SUNDAY JANUARY 25	7:00 PM IN-PERSON	BAPTISM OF THE HOLY SPIRIT Acts 2:1-4

PRAYER & FASTING INFORMATION:

www.bethelwpg.com/prayer-fasting

Day 1: Salvation & Spiritual Growth

Monday, January 19th, 2026

Galatians 5:13-18 (NLT)

13 For you have been called to live in freedom, my brothers and sisters. But don't use your freedom to satisfy your sinful nature. Instead, use your freedom to serve one another in love. **14** For the whole law can be summed up in this one command: "Love your neighbor as yourself." [a] **15** But if you are always biting and devouring one another, watch out! Beware of destroying one another.

16 So I say, let the Holy Spirit guide your lives. Then you won't be doing what your sinful nature craves. **17** The sinful nature wants to do evil, which is just the opposite of what the Spirit wants. And the Spirit gives us desires that are the opposite of what the sinful nature desires. These two forces are constantly fighting each other, so you are not free to carry out your good intentions. **18** But when you are directed by the Spirit, you are not under obligation to the law of Moses.

Day 2: Healing & Deliverance

Tuesday, January 20th, 2026

James 5:14-16 (NLT)

14 Are any of you sick? You should call for the elders of the church to come and pray over you, anointing you with oil in the name of the Lord. **15** Such a prayer offered in faith will heal the sick, and the Lord will make you well. And if you have committed any sins, you will be forgiven.

16 Confess your sins to each other and pray for each other so that you may be healed. The earnest prayer of a righteous person has great power and produces wonderful results.

Day 3: Marriage & Family Relationships

Wednesday, January 21st, 2026

Galatians 6:7-9

7 Don't be misled—you cannot mock the justice of God. You will always harvest what you plant. **8** Those who live only to satisfy their own sinful nature will harvest decay and death from that sinful nature. But those who live to please the Spirit will harvest everlasting life from the Spirit. **9** So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up.

Day 4: Work & Finances

Thursday, January 22nd, 2026

Matthew 6:24 (NLT)

24 "No one can serve two masters. For you will hate one and love the other; you will be devoted to one and despise the other. You cannot serve God and be enslaved to money.

Philippians 4:11-13 (NLT)

11 Not that I was ever in need, for I have learned how to be content with whatever I have. **12** I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little. **13** For I can do everything through Christ,[a] who gives me strength.

Day 5: BCC Ministries
Friday, January 23rd, 2026

Colossians 1:9-14 (NLT)

9 So we have not stopped praying for you since we first heard about you. We ask God to give you complete knowledge of his will and to give you spiritual wisdom and understanding. **10** Then the way you live will always honor and please the Lord, and your lives will produce every kind of good fruit. All the while, you will grow as you learn to know God better and better.

11 We also pray that you will be strengthened with all his glorious power so you will have all the endurance and patience you need. May you be filled with joy,[a] **12** always thanking the Father. He has enabled you to share in the inheritance that belongs to his people, who live in the light. **13** For he has rescued us from the kingdom of darkness and transferred us into the Kingdom of his dear Son, **14** who purchased our freedom[b] and forgave our sins.

Day 6: Winnipeg, Canada & Nations
Saturday, January 24th, 2026

2 Chronicles 7:14 (NLT)

14 Then if my people who are called by my name will humble themselves and pray and seek my face and turn from their wicked ways, I will hear from heaven and will forgive their sins and restore their land.

Day 7: Baptism Of The Holy Spirit

Sunday, January 25th, 2026

Acts 2:1-4 (NLT)

1 On the day of Pentecost[a] all the believers were meeting together in one place. **2** Suddenly, there was a sound from heaven like the roaring of a mighty windstorm, and it filled the house where they were sitting. **3** Then, what looked like flames or tongues of fire appeared and settled on each of them. **4** And everyone present was filled with the Holy Spirit and began speaking in other languages,[b] as the Holy Spirit gave them this ability.

NOTES: