



7 DAYS of PRAYER & FASTING

DEVOTIONAL GUIDE

TYPES OF FASTS

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 wish to refocus certain areas of your life that are out of balance. For example, you might choose to stop using social media or watching television for the duration of the fast and then carefully bring that element back into your life in healthy doses at the conclusion of the fast.

Partial Fast

This fast is sometimes called the "Jewish Fast" and involves abstaining from eating any type of food in the morning and afternoon. This can either correlate to specific times of the day, such as 6:00 am to 3:00 pm, or from sunup to sundown. Many people choose to eliminate just one meal per day and spend that time in prayer.

Selective Fast

This type of fast involves removing certain elements from your diet. One example of a selective fast is the Daniel Fast. Another example is when people choose to eliminate pop, candy and/or junk food from their diets for their fast.

Complete Fast

In this type of fast, you drink only liquids/juices/water. It is not recommended to fast in this manner if you have never fasted previously.

During a time of fasting our aim is to seek the Lord more intentionally and surrender ourselves to Him, allowing Him to speak and move in mighty ways. Don't worry about doing it "wrong", we can never go wrong seeking our God.

TIPS FOR FASTING

1. Don't fast when you are sick, traveling, pregnant or nursing. People with diabetes, gout, liver disease, kidney disease, ulcers, hypoglycemia, cancer, and blood diseases should not fast from food.
2. Stay hydrated. Always drink plenty of water and fluids
3. Don't attempt a prolonged fast without guidance. Check with your doctor before attempting extended periods of fasting.
4. Start small by fasting from one meal a day.
5. Begin a fast after supper. Fast until supper the next day.
6. Don't break your fast with a huge meal. Eat small portions of food. The longer you fast, the more you need to break the fast gently.
7. Be sure to carry mouth wash with you if you're going to be around people. Breath will smell fiercely when fasting meals.

USING THIS GUIDE

Provided below is a daily focus, reflection, and prayer prompt if you would like to use them. Let each prompt and reading be a springboard for God to speak to you and for you to intercede for yourself, your family, our church, and nation. We anticipate God moving in each life and throughout our church body corporately during this unified time of prayer and fasting as we set our hearts and minds on Him.

DAY 1

JANUARY 5

ROOTS REQUIRE RESPONSIBILITY

Scripture

"They will be like a tree planted by streams of water..." Psalm 1:3

Devotional

Growth doesn't happen automatically. Trees receive sun, water, and soil, but the roots decide whether to stretch, reach, and absorb. In the same way, your spiritual growth is not outsourced, it's owned. God places you near "streams of water," but only you can choose to draw from them. Spiritual maturity is a partnership: God provides the source, but you determine the depth.

This year, take ownership of your growth. Don't wait for someone else to push you, fix you, motivate you, or feed you. What happens below the surface is your responsibility.

Reflection Questions

1. Where have I depended on others for growth I should be owning?
2. What is one step I can take today to "reach" for what God is providing?

Prayer

Lord, help me take ownership of my growth. Remove passivity and awaken a hunger in me to stretch and receive from You daily. Give me discernment to know what feeds my roots and what drains them. Strengthen the hidden parts of my life where true growth happens.

DAY 2

JANUARY 6

HEALTHY ROOTS PRODUCE STRONG LIVES

Scripture

"The righteous will flourish... planted in the house of the Lord."
Psalm 92:12–13

Devotional

Before a tree ever grows upward, its roots grow downward. The unseen work creates the visible strength. When roots are weak, shallow, or neglected, they surface becoming tangled, messy, and destructive. But when roots are healthy, they anchor and nourish everything above ground. Your stability, resilience, and fruitfulness all begin underground in your character, your disciplines, your thought life, your connection to God. Don't rush the visible. Prioritize the invisible.

Reflection Questions

1. What part of my hidden life needs strengthening?
2. Are there unhealthy patterns entangling my roots?

Prayer

Father, strengthen the unseen parts of my life. Heal areas where my roots have been tangled by distraction or unhealthy habits. Teach me to value the slow, quiet growth beneath the surface. Keep me grounded in truth and humility.

DAY 3

JANUARY 7

ROOTS NEED THE RIGHT ENVIRONMENT

Scripture

"Each part does its work... joined and held together..." Ephesians 4:16

Devotional

Roots don't grow in isolation. They attach to soil, people, values, culture, and community. To understand your spiritual condition, ask:

- Who are my roots connected to?
- What kind of soil am I planted in?
- Does my environment nourish me or drain me?

Apple trees thrive in proximity to other apple trees because certain growth can only happen together. Your spiritual growth accelerates when you're surrounded by the right people.

Reflection Questions

1. Are my closest relationships helping me grow?
2. How can I become "good soil" that nourishes others?

Prayer

Lord, align my connections with Your purpose. Surround me with healthy soil and godly community. Help me contribute to the growth of those around me. Make us a forest, a community of rooted people who strengthen one another.

DAY 4

JANUARY 8

ROOTEDNESS REQUIRES INTENTIONALITY

Scripture

"Let your roots grow down into Him..." Colossians 2:7

Devotional

Rooted people are not scattered, distracted, or easily shaken. They grow on purpose. They choose depth over noise, Scripture over opinions, and consistency over convenience. Intentionality is the difference between a life that looks rooted and a life that is rooted. Every day, your roots grow in a direction. They either grow toward God or away from Him. Be intentional about the habits, environments, and voices you allow to shape your inner life.

Reflection Questions

1. What distracts me from growing deeper in God?
2. What spiritual habit do I need to strengthen this year?

Prayer

Father, keep me focused on You as my source. Deliver me from distractions that pull me to the surface. Grow intentionality in my habits and relationships. Ground me in Your truth so I can withstand storms

DAY 5

JANUARY 9

GOD WORKS IN THE HIDDEN PLACES

Scripture

"Your Father who sees what is done in secret will reward you."
Matthew 6:6

Devotional

Root work is slow work. Quiet work. Hidden work. It happens where no one is clapping, watching, or posting. But below the surface is where God shapes the parts of you that matter most: your character, integrity, humility, and endurance.

The world celebrates fruit. God celebrates roots.

Don't underestimate the value of unseen obedience and private faithfulness. God sees it and God rewards it.

Reflection Questions

1. What hidden habits is God inviting me to strengthen?
2. Do I value unseen growth as much as visible results?

Prayer

Lord, meet me in the hidden places. Strengthen my private life with You so my public life reflects Your character. Help me embrace unseen growth, trusting that You reward what happens below the surface.

DAY 6

JANUARY 10

CLEARING THE SOIL

Scripture

"Break up your unplowed ground..." Hosea 10:12

Devotional

Every soil has obstacles, stones, thorns, or hardened ground. In the Parable of the Sower, these obstacles kept the seed from growing deep.

Your soil might be crowded with:

- Lingering hurts
- Unhealthy habits
- Fear
- Distractions
- Busyness
- Pride

God isn't condemning you; He's inviting you to clear the soil so your roots can go deeper. Before God grows something through you, He clears something in you.

Reflection Questions

1. What "stones" or "thorns" do I need to remove this year?
2. What is fighting for the space where God wants to plant His Word?

Prayer

Lord, show me what needs to be removed, surrendered, or healed. Clear the soil of my heart so Your Word can be planted deep. Make my heart good ground ready for growth.

DAY 7

JANUARY 11

THE CALL TO ROOTED LIVING

Scripture

"Still bearing fruit in old age..." — Psalm 92:14

Devotional

A deeply rooted life isn't seasonal, it's sustainable. God wants to establish you in a way that produces fruit in every stage, every season, every challenge.

This year, the call is simple but powerful:

- Depth over distraction.
- Ownership over passivity.
- Authenticity over appearance.
- Connection over isolation.

This is your year to grow not just taller, but deeper. Not just visibly, but spiritually. Not just on the surface, but below it.

Reflection Questions

1. What does "rooted living" look like for me this year?
2. Which of the four call-to-action statements is God highlighting most?

Prayer

Jesus, anchor me deeply in You. Help me choose depth, ownership, authenticity, and connection in every area of my life. Make me stable, steady, and fruitful. May what You grow below the surface sustain everything You want to produce above the surface.