



2026 FASTING & PRAYER GUIDE

We are thrilled to invite you to join us for the 2026 Time of Fasting and Prayer at The Light of the World. This is an incredible opportunity to start the new year by putting God first and aligning our hearts with His plans for our lives.

For 21 days in January, we will embark on a journey of spiritual renewal and focus, committing together to:

- No Meat
- No Sweets
- No TV During the Week

This intentional time of fasting and prayer is not just about sacrifice—it's about drawing closer to God, eliminating distractions, and allowing Him to reset and renew our hearts.

WHY FAST?

Biblical fasting always has a spiritual purpose. It is a time to deepen our relationship with God and seek His presence. Fasting is like hitting the reset button for our soul, reminding us to prioritize what matters most. It helps us celebrate God's goodness and mercy while preparing our hearts for the blessings and opportunities He has for us in 2026. Fasting changes things. If you're ready to see breakthrough, transformation, and God's hand in your life, this is where it begins!

HOW TO PARTICIPATE

- Commit to the 21-Day Fast: As a church, we fast for 21 days each January. You are also encouraged to fast at other times throughout the year for your spiritual growth.
- Choose Your Fast: While the church-wide focus is on no meat, no sweets, and no TV during the week, you can tailor your fast to your spiritual needs. It could be fasting from a single meal, fasting for a day, or even fasting for longer periods.
- Focus on God: The timing or type of your fast is less important than the strength of your focus. Make time for prayer, worship, and reading Scripture as you fast.

BENEFITS OF FASTING

- Spiritual Renewal: Draw closer to God and experience His presence in new ways.
- Clarity and Direction: Hear God's voice more clearly for the decisions and challenges ahead.
- Breakthrough: Fasting creates room for God to move powerfully in your life and circumstances.

We believe this time of fasting and prayer will not only prepare us for what God has in store for us individually but will also unite and strengthen our church family as we walk into 2025 with purpose and expectation.

Let's stand together, putting God first and trusting Him for the breakthroughs and blessings to come. We can't wait to hear the incredible testimonies that will arise from this season!



FASTING Q&A

HERE ARE SOME OF THE MOST-ASKED QUESTIONS ABOUT FASTING

Q1 HOW DO I BEGIN? WHAT CAN I DO TO PREPARE FOR MY FAST?

Before beginning a fast, think it through. Write down a plan so that you do not waiver or start justifying your appetite during the fast. Make a verbal commitment to the Lord. Start your fast with a committed heart.

Q2 WHAT CAN CHILDREN FAST?

The best way to show your children the power of fasting is to lead by example. If they want to participate in fasting or if you want to have a family fast, consider giving up desserts. Or soft drinks. Or one item of food that would be a sacrifice to each of you. Just lead by example and they will understand. In addition to giving up an item of food, you could also give up television as a family and spend that time reading and discussing Bible stories.

Q3 WHAT IF I HAVE A MEDICAL CONDITION?

Consult your doctor before starting any fast. Decide together what is possible. If your health condition prohibits you from fasting food, try fasting something else that would be a sacrifice or distractions for you and replace that time concentrating on prayer and Bible Study.

Q4 WHAT IF I START AND CAN'T FINISH OUT MY FAST ... HAVE I FASTED FOR NOTHING?

Seeking God through prayer and fasting is never a waste of time. When you make the effort, God takes notice. Just determine within your heart that you will make an even better effort next time. Or maybe you need to try finishing up with a partial fast.

Q5 I FORGOT AND ATE SOMETHING; DO I NEED TO START AGAIN?

No, think of fasting as a marathon, rather than a sprint. Don't give up! If you fall down, get up and keep trying. Conquering "king stomach" is difficult, but you'll make it.

Q6 WHAT TYPE OF FAST ARE YOU GOING ON? DO I HAVE TO DO THE SAME FAST?

Fasting is a private and personal discipline. You don't have to go on the same type of fast as someone else to see God's hand at work. Just do your best.

Q7 DO I HAVE TO FAST FOOD? WHAT ABOUT TV, SPORTS, ETC?

Fasting food is the traditional type of fast that is outlined in Scripture. However, if you are unable to fast food for health reasons, feel free to give up something else that might have control in your life or be preventing you from experiencing spiritual growth. Replace that time with prayer and study of God's word.

Q8 WHAT IF I HAVE A MANUAL LABOR JOB?

If you have a job that requires you to expend a lot of physical energy, you may want to consider a partial fast that allows you to receive enough nutrition to perform your job.

Q9 CAN MY SPOUSE AND I BE INTIMATE DURING OUR FAST?

There is a scriptural reference for abstaining from sex during times of fasting in 1 Corinthians 7:2-5 and especially verse 5. Here is the breakdown: v.3 – the husband is to "render" to his wife the affection (sexual relations) due her and likewise the wife also to her husband. v.4 – The husband does not have authority over his body and neither does the wife, but rather the marriage partner has the authority over the partner. v.5 – So do not deprive one another (of sexual relations) EXCEPT WITH CONSENT, for a time ... that you may give yourselves to fasting and prayer. So - the answer is yes, scripture allows this and even provides for this depriving or going without for the purpose of fasting and prayer, BUT this is only to be done by mutual consent. Both have to be on board to fast from sexual relation For fasting is to be honorable before the Lord.



BE THE LIGHT: PRAYER GUIDE

1. Burden for the Lost

Scripture: Romans 10:1 – “Brothers and sisters, my heart’s desire and prayer to God for the Israelites is that they may be saved.”

Prayer Focus:

- o Pray that God would give the church His heart for the lost.
- o Ask Him to break apathy and stir compassion for those far from Christ.
- o Pray that every member would see evangelism as their calling, not just a few.

2. Bold Witness

Scripture: Acts 4:31 – “They were all filled with the Holy Spirit and spoke the word of God boldly.”

Prayer Focus:

- o Ask God for boldness to share the gospel clearly and without fear.
- o Pray for opportunities to naturally speak about Jesus in conversations.
- o Intercede that the church would not water down the gospel but speak truth in love.

3. Open Hearts and Minds

Scripture: 2 Corinthians 4:4 – “The god of this age has blinded the minds of unbelievers...”

Prayer Focus:

- o Pray for God to remove spiritual blindness from unbelievers.
- o Ask the Lord to soften hardened hearts and prepare them to receive the Word.
- o Pray that lies of the enemy would be exposed and replaced with truth.

4. Power of the Holy Spirit

Scripture: Acts 1:8 – “You will receive power when the Holy Spirit comes on you; and you will be my witnesses...”

Prayer Focus:

- o Pray that the church would rely on the Spirit’s power, not human effort.
- o Ask for signs, wonders, and answered prayers to accompany the gospel message.
- o Intercede that believers would live Spirit-filled lives that attract people to Jesus.

5. Love in Action

Scripture: John 13:35 – “By this everyone will know that you are my disciples, if you love one another.”

Prayer Focus:

- o Pray that the church’s love for each other and the community would be undeniable.
- o Ask for wisdom to meet practical needs in ways that point to Christ.
- o Pray that unbelievers would encounter God’s love through the church’s kindness.



BE THE LIGHT: PRAYER GUIDE

6. Laborers for the Harvest

Scripture: Matthew 9:37–38 – “The harvest is plentiful but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into his harvest field.”

Prayer Focus:

- o Pray for God to raise up more soul-winners, missionaries, and evangelists.
- o Ask the Lord to equip every believer to be an effective witness in their sphere.
- o Intercede for church ministries, outreach teams, and missions to bear lasting fruit.

7. Lasting Fruit

Scripture: John 15:16 – “You did not choose me, but I chose you and appointed you so that you might go and bear fruit—fruit that will last...”

Prayer Focus:

- o Pray for new believers to be rooted and disciplined in the faith.
- o Ask God to protect them from the enemy’s schemes after salvation.
- o Intercede for the church to be ready to mentor, disciple, and nurture spiritual growth.

8. Pray for the Salvation of the Lost

Scripture: John 3:16 (NIV) – “For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.”

Prayer Focus:

- o Ask God to open the eyes of those who do not yet know Him
- o Soften their hearts to receive the truth, draw them to salvation through Jesus Christ.
- o Pray that they will repent, believe, and experience the power of the Gospel.



FASTING PLAYLIST

YouTube Playlist:

<https://youtube.com/playlist?list=PLKOztEI-x1Y5mVhQokhszk0APyBi2AKUP&feature=shared>

Weapons of Fasting 1-4:

<https://open.spotify.com/episode/0HfeltIbK4f30Pt4OWLprs?si=sbRhmJ4dRUOc3lcgTw0ggg>
<https://open.spotify.com/episode/5NfOEozmy2fYdL4trt7CXO?si=EZxHzUhORUCxi-ulbm3urQ>
<https://open.spotify.com/episode/6kIVdv6d4nYgTSw0wUAXI2?si=k1gYfGHkRZid9VLKCv047w>
<https://open.spotify.com/episode/7MltDY0491CP3zGCiL7tVk?si=Qrxnyli2SBC0dY87FjLSHw>

Fasting God's Way 1-3:

https://open.spotify.com/episode/0uf7NVhmp3Ut9mbgl6zWgi?si=Z_xpZtBnTMuYIDrINRYaMg
<https://open.spotify.com/episode/1LJcDix6hCfjuGzE4PGUtd?si=Lg6yGDfERISREAvjV0e69A>
<https://open.spotify.com/episode/5M1fllOQVEdriNlKlgVJTa?si=9TfrCRsuTfys6GVVLKPaig>

Fasting and Prayer Weapons 1-3:

<https://open.spotify.com/episode/37vZplemSSJ7Kl7cgUBUBy?si=YGFDSXpS5eUQoJ9N9WmlA>
<https://open.spotify.com/episode/2rYPxM84YClFRPeS8J60XD?si=wMKJXSSiTk6635ocA5tXcQ>
<https://open.spotify.com/episode/0ktFxT2jqf6QnNuzyFc9Fs?si=zMyVqM0cRr6WFmXe27QBRg>

Fasting and Breaking Free 1-4:

<https://open.spotify.com/episode/1PvPJp8BtgkSUyivs3sDhu?si=cg1jxm1IRTKSgXKTuRwwg>
https://open.spotify.com/episode/1sis5GiGJ9nMR2vmXdgM3T?si=20QKNSgkSTq_eOQK3wIRCg
https://open.spotify.com/episode/28AQ6M9CUIvR58NPqfJ5t?si=YFRRqTIsT7yyCKO-_HBPmw
<https://open.spotify.com/episode/2VRsW9dRsQvn9cWmi5hrFd?si=0J3E23NrQmyC-mXESXESKw>



LOWCF 2026 FASTING & PRAYER CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
JAN 5	JAN 6	JAN 7	JAN 8 [Complete Fast]	JAN 9	JAN 10	JAN 11
<ul style="list-style-type: none"> • 6 AM Prayer • Noon Prayer • 7 PM Prayer 	<ul style="list-style-type: none"> • 6 AM Prayer • Noon Prayer • 7 PM Prayer 	<ul style="list-style-type: none"> • 6 AM Prayer • Noon Prayer • 7 PM IN-PERSON PRAYER 	<ul style="list-style-type: none"> • 6 AM Prayer • Noon Prayer • 7 PM Prayer 	<ul style="list-style-type: none"> • 6 AM Prayer • Noon Prayer • 7 PM Prayer <p>IMPACT Men's Prayer</p>	<ul style="list-style-type: none"> • No Corporate Prayer 	<ul style="list-style-type: none"> • 8:30 AM Pre-Service Prayer
JAN 12	JAN 13	JAN 14 [Complete Fast]	JAN 15 [Complete Fast]	JAN 16	JAN 17	JAN 18
<ul style="list-style-type: none"> • 6 AM Prayer • Noon Prayer • 7 PM Prayer 	<ul style="list-style-type: none"> • 6 AM Prayer • Noon Prayer • 7 PM Prayer 	<ul style="list-style-type: none"> • 6 AM Prayer • Noon Prayer • 7 PM IN-PERSON PRAYER 	<ul style="list-style-type: none"> • 6 AM Prayer • Noon Prayer • 7 PM Prayer 	<ul style="list-style-type: none"> • 6 AM Prayer • Noon Prayer • 24Hr Prayer 6PM-6AM 	<ul style="list-style-type: none"> • No Corporate Prayer 	<ul style="list-style-type: none"> • 8:30 AM Pre-Service Prayer
JAN 19	JAN 20 [Complete Fast]	JAN 21 [Complete Fast]	JAN 22 [Complete Fast]	JAN 23	JAN 24	JAN 25
<ul style="list-style-type: none"> • 6 AM Prayer • Noon Prayer • 7 PM Prayer 	<ul style="list-style-type: none"> • 6 AM Prayer • Noon Prayer • 7 PM Prayer 	<ul style="list-style-type: none"> • 6 AM Prayer • Noon Prayer • 7 PM IN-PERSON PRAYER 	<ul style="list-style-type: none"> • 6 AM Prayer • Noon Prayer • 7 PM Prayer 	<ul style="list-style-type: none"> • 6 AM Prayer • Noon Prayer • 7 PM Men Only Prayer 	<ul style="list-style-type: none"> • No Corporate Prayer 	<ul style="list-style-type: none"> • 8:30 AM Pre-Service Prayer

All prayer meetings will be held via the prayer line, with the exception of Wednesday Night In-Person Prayer and the 24-Hour Prayer. Prayer Call Information: (717) 275-8940 Access Code: 5808261