

7 DAYS OF PRAYER & FASTING



Grace CITY Church

THE GOAL OF FASTING IS TO DRAW **NEAR** TO GOD.

It hits the **RESET** button of our soul and renews us from the inside out.

We are just so excited and expectant about what God is going to do in your life during the next **7 days**. I know we say this often, but at **Grace City Church**, we really do believe what His word promises, that “prayer moves the hand of God.”

PRAYER BRINGS **HEAVEN'S INFLUENCE** INTO EARTHLY SITUATIONS.

I'm sure we can all agree that we need Heaven's influence. More than ever, we are in desperate need of the move of God in our world, our nation, our community, and our families.

This is why we take this time to unite in Prayer because we know that Prayer is a key ingredient in navigating this journey with the hope and assurance of Jesus.

We know the God who holds the future in His hands, and we have complete access to Him through prayer!

It is in our very nature to act first and then when that doesn't work, then we want God to help our situation; however...

**PRAYER SHOULD BE OUR
FIRST RESPONSE,
NOT OUR LAST RESORT.**

When We Pray

God explains what He does when His people pray:

2 Chronicles 7:14 “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.”

Importance

OF PRAYER AND FASTING

Jesus explains the importance of prayer to His own followers after they could not perform the miracle of casting away an evil spirit:

Mark 9:29 “So He, [Jesus,] said to them, ‘This kind can come out by nothing but prayer and fasting.’”



Power of Prayer

Jesus emphasizes the power that there is when people pray together in **Matthew 18:19-20**:

“I also tell you this: If two of you agree here on earth concerning anything you ask, my Father in heaven will do it for you. For where two or three gather together as my followers, I am there among them.”

How not to Pray

Jesus teaches His disciples (and us) how NOT to pray and How to pray in a way that touches on so many areas of life and relationship with God.

Matthew 6:5-8 NIV

“And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by others.

Truly I tell you, they have received their reward in full. But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you. And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words. Do not be like them, for your Father knows what you need before you ask him. “

How to Pray

Matthew 6:9-15

9 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 if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins.”

Ultimately, it is important that we know just how much God wants communication and communion with us, how He listens and cares about our prayers, and how He has allowed our prayers to be powerful by nature.

If we stand on these things and make prayer a faithful discipline and practice, imagine all that could change. God can do more than we imagine, and He invites us to participate with our prayers!



When and Where to Pray

Practically, prayer can happen any time, any place. You can pray on your commute, before a meeting, as you fall asleep at night, or prior to eating. In fact, the Bible encourages us to pray constantly.

However, we also know that there is something powerful about setting aside a specific time dedicated to prayer. Just like other disciplines, removing distractions helps us focus better on the task at hand. Adding prayer into our daily habits reminds us to trust God, to bring our needs to Him, and to set Him as a priority in our busy-ness. It also encourages us to slow down, listen, and allow ourselves to hear God's voice.

Regular, dedicated times of prayer strengthen our relationship with God, renew our hearts and minds, and bring powerful change to people and places that need it.

Fasting

As a church, we will be doing the Daniel Fast.

However, we understand that not everyone is able to do this type of fast, so there are a few other options available.

As you prepare to fast, it's important to choose the fasting plan that works best for you. Don't let what you eat, or don't eat, become the focus of your fast.

**REMEMBER, THE MAIN GOAL
IS TO SEEK GOD**

This is a time to disconnect from our normal routines and habits so that we can connect with God in a deeper way.

Tips

BEFORE YOU BEGIN

Start where you are.

We are all at different places in our walk with God. It doesn't matter whether you've fasted before or not. Fasting should challenge you in some way, but it's also important to know your body and, above all, to seek God in prayer and ask for the Holy Spirit's direction.

Remember, the goal of fasting is not to stop eating, but to draw closer to God.

Choose your type of fast.

As you prepare, decide ahead of time what kind of fast you will do.

TYPES OF FASTS

● 1. The Daniel Fast

The Daniel Fast is a great model to follow and is very effective for spiritual focus, discipline, and purification of both body and mind.

In Daniel 1, we see that he ate only vegetables and drank water. In Daniel 10, we learn that he did not eat meat or drink wine.

The foundation of the Daniel Fast is fruits and vegetables.

● 2. Specific Food or Activity Fast

In this type of fast, you choose to give up certain foods. For example, you might eliminate meat, fast food, or sweets. Most people can adapt to this type of fast easily.

Although fasting usually refers to abstaining from physical food, you may also find it beneficial to fast from a particular activity or habit. This might include television, social media, or other distractions.

Fasting and prayer are not only about connecting with God but also about disconnecting from the world. Eliminate distractions as much as possible.

● **3. WATER FAST**

A water-only fast is also common in Scripture. This was the type of fast practiced by Jesus and the early church. It consists of drinking water only and abstaining from all food and other beverages.

A REMINDER

Remember that fasting is not a way to “earn” an answer to prayer. We cannot manipulate God through human effort.

**GOD ANSWERS
OUR PRAYERS BY GRACE,
FASTING SIMPLY PREPARES
OUR HEARTS TO RECEIVE
HIS ANSWER.**

Fast only if your health allows it. If you can only do a partial fast, do it in faith, and God will honor your intention.



Recommended Foods

VEGETABLES

Artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, corn, cucumbers, eggplant, garlic, ginger root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, peppers, potatoes, radishes, beets, green onions, spinach, squash, sweet potatoes, turnips, watercress, zucchini.

FRUITS

Apples, apricots, avocados, bananas, blackberries, blueberries, breadfruit, melons, cherries, raspberries, dates, dragon fruit, figs, grapefruit, grapes, pomegranate, guavas, melons, kiwi, lemons, limes, mangoes, mulberries, nectarines, oranges, papayas, peaches, pears, pineapples, plums, raisins, strawberries, tangerines, tomatoes, watermelon.

WHOLE GRAINS

Amaranth, barley, brown rice, corn, grits, millet, plain oats, popcorn, rolled oats, whole wheat, whole wheat pasta, whole wheat tortillas, wild rice.

NUTS AND SEEDS

Almonds, Brazil nuts, macadamia nuts, natural nut butters, homemade peanut butter, peanuts, pine nuts, pumpkin seeds, sesame seeds, sunflower seeds, walnuts.

LEGUMES

Black beans, black-eyed peas, cannellini beans, chickpeas, great northern beans, green beans, peas, kidney beans, lentils, pinto beans, split peas, white beans.

OILS

Canola oil, coconut oil, grapeseed oil, olive oil, peanut oil, sesame oil.

BEVERAGES AND OTHER ITEMS

Distilled water, coconut milk, almond milk, herbs, peppers, salt, seasonings, soy products, spices, tofu, vinegar.

Foods to Avoid

MEAT AND ANIMAL PRODUCTS

Beef, lamb, pork, poultry, seafood.

DAIRY PRODUCTS

Butter, cheese, cream, eggs, milk.

SWEETENERS

Cane juice, honey, molasses, processed sugar, syrup.

REFINED AND PROCESSED FOODS

Artificial flavors, preservatives, chemicals, enriched flour, additives, white flour, white rice.

FRIED FOODS

Corn chips, French fries.

SOLID FATS

Lard, margarine, shortening.

BEVERAGES

Soft drinks, alcohol, coffee, energy drinks.

IMPORTANT NOTE

Fasting requires some precautions. If you have health problems, please consult your doctor before beginning, especially if you are taking medication, have a chronic illness, or are pregnant or nursing.

GET THE MOST OUT OF YOUR SPIRITUAL EXPERIENCE

To receive the greatest blessing from God through fasting, you must make a solid commitment. Consecrate yourself to seeking God's face, even (and especially) when you feel weak, vulnerable, or irritable.

Read His Word and pray during the times you would normally eat. Meditate on Him when you wake up at night. Sing praises to Him whenever you feel led. Focus on your Heavenly Father and turn everything you do into an act of worship.

As you do, God will help you live out His command to "pray without ceasing" while you seek His Presence. Be aware that as you enter this time of spiritual devotion, Satan will do everything possible to distract you from praying, reading Scripture, and staying encouraged.

Pray immediately when you feel attacked, asking God to strengthen you to face challenges and temptations.

The enemy will target you because he knows that fasting is one of the most powerful disciplines of the Christian life. Satan does not want your faith to grow, and he will try to frustrate or discourage you, stirring up problems at home or at work to stop your pursuit of God.

Let prayer be your shield against these attacks.

Don't become so focused on praying for yourself or others that you forget the simple purpose of worshiping God. True spiritual fasting centers on God alone. Focus your whole being on Him, your attitudes, actions, motives, desires, and words.

This can only happen when God and His Holy Spirit are the focus of your entire attention.

Your motivation for fasting should be to glorify God, not to seek an emotional experience or personal happiness. When your motives are right, God will honor your sincere pursuit and bless your time with Him in a very special way.

As we journey together over the next 7 days, you will see that every day there is:

- 1. ONE MAIN THEME**
- 2. ONE MAIN VERSE**
- 3. ONE PRAYER POINT**

We have designed this easy to follow daily prayer guide to help you find a new level of purpose, effectiveness, and enjoyment in your prayer life. It is important to remember that while prayer does take commitment and can require discipline to develop into a daily habit, we also want to remember:

PRAYER IS A “GET TO” NOT A “GOT TO.”

Prayer is a privilege. We get to go to Him directly with everything and anything! It is our hope that you discover the beauty of daily conversation with God.

So let's pray... Before the day begins. Before you go to bed. Before you go to work or school. Before you send that text. Before you eat, drive or travel. Before you worry...in every situation, **PRAY FIRST!**

Under Open Heavens

THE YEAR OF
PERSISTENT FAITH

As we step into 2026, we sense Heaven calling us higher, into deeper faith, greater obedience, and unshakable persistence.

The story of Elijah in 1 Kings 18 is more than a miracle account, it's a prophetic picture of what it means to live under open heavens. After years of drought, God used one man's persistent faith to shift an entire nation. Elijah didn't just pray once; he prayed again and again until heaven responded with rain.

In the same way, this year God is inviting us to pray again, believe again, and expect again.

To look beyond what we see and listen for what Heaven is saying. To bow in humility, rise in faith, and walk in the rhythm of Heaven's rain.

This 7-day fast is our collective cry for Open Heaven, over our church, our homes, our city, and our future.

Let's position ourselves like Elijah: with faces turned toward God and hearts anchored in faith that will not quit.

When we persist in prayer, heaven always responds.

With much faith,
Pastors Mario + Mayra Rodríguez

DAY 1

HEARING

The

SOUND

1 KINGS 18:41

“Elijah said to Ahab, ‘Go, eat and drink, for there is the sound of a heavy rain.’”

FOCUS:

Faith begins where hearing begins. Before anyone saw the cloud, Elijah heard the sound of promise. Open heavens start with open ears.

PRAYER POINT:

Lord, tune my ears to hear Your voice clearly. Silence the noise of fear, doubt, and distraction. Let me discern what You are speaking over my life, family, and church.

DAY 2

BOWING

In

PRAYER

1 KINGS 18:42

“Elijah climbed to the top of Carmel, bent down to the ground and put his face between his knees.”

FOCUS:

Elijah's bowed posture revealed his surrendered heart. Fasting is our way of bowing before God — exchanging our will for His.

PRAYER POINT:

Lord, I humble myself before You today. Remove pride, distraction, and self-reliance. Teach me to wait in stillness and trust Your timing.

DAY 3

PERSISTENT

FAITH

1 KINGS 18:43

“Go back,” he said seven times.

FOCUS:

Faith that sees miracles is faith that doesn't stop praying. Elijah sent his servant again and again until heaven responded. This year, persistence will open what resistance has tried to close.

PRAYER POINT:

Strengthen me when the wait feels long. Help me believe even when I see nothing. Let my persistence become a testimony of Your power.

DAY 4

SEEING

The

CLOUD

1 KINGS 18:44

“A cloud as small as a man’s hand is rising from the sea.”

FOCUS:

Faith recognizes movement before it multiplies. Don’t despise small beginnings, the smallest cloud can carry the biggest breakthrough.

PRAYER POINTS:

Open my eyes to see what You are already doing. Give me vision to recognize early signs of answered prayer. Help me celebrate small beginnings with big faith.



DAY 5

RUNNING

With

STRENGTH

1 KINGS 18:46

“The power of the Lord came on Elijah and, tucking his cloak into his belt, he ran ahead of Ahab.”

FOCUS:

When the rain came, the Spirit empowered Elijah to run with supernatural speed. God gives divine acceleration to those who've waited well.

PRAYER POINTS:

Lord, anoint me for divine speed and stamina. Strengthen every weary place in me. Empower our church to advance with unity and purpose.

DAY 6

PREPARING

For

RAIN

2 KINGS 3:16–17

“Make this valley full of ditches... You will see neither wind nor rain, yet this valley will be filled with water.”

FOCUS:

Preparation proves expectation. Dig ditches in faith, create space for what you're believing God to pour out.

PRAYER POINTS:

Show me how to prepare for the blessings ahead. Stretch my capacity to carry revival and responsibility. Build infrastructure in our church for the harvest to come.

DAY 7

LIVING *Under* OPEN HEAVENS

DEUTERONOMY 28:12

“The Lord will open the heavens, the storehouse of His bounty...”

FOCUS:

Today we celebrate the rain! The heavens are open over Grace City, and we walk in divine alignment, provision, and outpouring.

PRAYER POINTS:

Thank You, Lord, for open heavens over my life, my home, and my church. Pour out Your Spirit on our city, bring revival and renewal. Seal this fast with gratitude, joy, and fresh fire.

Grace CITY
Church