



Days of Fall 2026
Prayer & Fasting
Guidebook

*So if anyone cleanses himself of what is unfit,
he will be a vessel for honor. sanctified, useful to
the Master, and prepared for every good work.*

2 Timothy 2:21



Week 1

Cleansing the Foundation

Day 1 **Sunday**

Unconfessed Sin

"If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."

1 John 1:9

God cannot fill a vessel that is already full of hidden mess. Confession is not about guilt; it is about clearing the runway for God's power. Take time today to name your sins specifically and receive His fresh cleansing.

Reflection:

What am I holding onto that I need to hand over to God's mercy?

Day 2 **Monday**

Bitterness and Anger

"Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice."

Ephesians 4:31

Bitterness acts like a slow poison in our spiritual lives, choking out the fruits of the Spirit. Forgiveness does not excuse the wrong done to you, but it frees you from the weight of resentment.

Reflection:

Who do I need to release from the debt of my anger today?

Day 3 **Tuesday**

Idolatry

"I will sprinkle clean water on you, and you shall be clean from all your uncleannesses, and from all your idols I will cleanse you."

Ezekiel 36:25

An idol is anything we look to for security, identity, or satisfaction apart from God. When your phone, career, or relationships matter more than His voice, it is time to realign your heart.

Reflection:

What is taking up the highest place of priority in my life right now?

Day 4 **Wednesday**

Deception and Lies

"Therefore, having put away falsehood, let each one of you speak the truth with his neighbor, for we are members one of another."

Ephesians 4:25

We cannot walk in God's true calling while wearing a mask of deception. Living honestly—both with yourself and others—establishes a firm foundation of integrity that God can build upon.

Reflection:

Am I hiding behind half-truths or pretenses to control how others view me?

Day 5 Thursday

Pride

"Pride goes before destruction, and a haughty spirit before a fall."

Proverbs 16:18

Pride tells us we do not need God, which disqualifies us from the grace required to fulfill His purpose. Humility is not thinking less of yourself; it is thinking of yourself less and thinking of God more.

Reflection:

In what areas of my life am I relying on my own strength instead of submitting to God?

Day 6 Friday

Greed

"For where your treasure is, there your heart will be also."

Matthew 6:21

A tight grip on material possessions prevents us from holding onto heavenly assignments. True freedom comes when we recognize that we are stewards, not owners, of everything God provides.

Reflection:

Is my checkbook or calendar proof that I am chasing earthly gain or heavenly purpose?

Day 7 Saturday

Sexual Immorality

"Flee from sexual immorality. Every other sin a person commits is outside the body, but the sexually immoral person sins against his own body."

1 Corinthians 6:18

God designed intimacy to be sacred, and misuse of it fractures our spiritual focus. Fleeing means taking immediate, practical steps to remove temptation and honor God with your physical choices.

Reflection:

What boundaries do I need to establish or rebuild to keep my heart and body pure?

Week 2

Purifying Mind and Speech

Day 8 **Sunday**

Doubt and Fear

*"Immediately the father of the child cried out and said with tears,
'Lord, I believe; help my unbelief!'"*

Mark 9:24

God does not demand perfect faith, but He asks for an honest heart.

When doubt threatens to paralyze your next steps, bring your uncertainty directly to Him and ask for supernatural courage.

Reflection:

What specific fear is holding me back from stepping out in obedience?

Day 9 **Monday**

Slander and Gossip

"Do not speak evil against one another, brothers."

James 4:11

The words we speak show the state of our hearts. Tearing down others with gossip only creates static that prevents us from clearly hearing God's voice and direction.

Reflection:

Did my words yesterday build up those around me,
or did they tear someone down?

Day 10 **Tuesday**

Laziness

"Go to the ant, O sluggard; consider her ways, and be wise."

Proverbs 6:6

God gives us visions and callings, but fulfillment requires steady discipline. Spiritual and physical idleness drains our momentum and keeps us stuck in a cycle of unfulfilled potential.

Reflection:

Where have I been passive or lazy when I should be actively working?

Day 11 **Wednesday**

Envy and Jealousy

***"A tranquil heart gives life to the flesh,
but envy makes the bones rot."***

Proverbs 14:30

Comparing your timeline, gifts, or blessings to someone else's will blind you to your own assignment. Celebrate what God is doing for others, knowing He has a tailored plan just for you.

Reflection:

Who am I comparing myself to, and how can I turn that envy into a prayer of blessing for them?

Day 12 Thursday

Hypocrisy

"You hypocrite, first take the log out of your own eye, and then you will see clearly to take the speck out of your brother's eye."

Matthew 7:5

It is exhausting to live a double life: acting holy at church or around certain people while harboring hidden habits. God desires authenticity; He can fix a broken vessel, but He cannot fill a fake one.

Reflection:

Is there a gap between my public Christian identity and my private life?

Day 13 Friday

Unhealthy Attachments

"Do not be unequally yoked with unbelievers. For what partnership has righteousness with lawlessness?"

2 Corinthians 6:14

The people you pull closest to you will either push you toward your destiny or pull you away from it. Evaluate your closest circles to ensure they challenge you to grow in faith.

Reflection:

Are my closest relationships drawing me closer to Christ or pushing me further away?

Day 14 Saturday

Unforgiveness

"For if you forgive others their trespasses, your heavenly Father will also forgive you."

Matthew 6:14

Unforgiveness builds a wall between you and the blessings God wants to pour into your life. Forgiving others frees up the emotional and spiritual energy you need to pursue your calling.

Reflection:

Who am I still holding guilty in my heart, and am I ready to let God handle the justice?



Week 3

Living Out the Calling

Day 15 **Sunday**

Worries and Anxiety

***“Do not be anxious about anything, but in everything by prayer
and supplication with thanksgiving let your requests
be made known to God.”***

Philippians 4:6

Worry is a form of control that leaves us exhausted. Exchange your worries for prayers today, remembering that the God who calls you is the exact same God who sustains you.

Reflection:

What am I panicking about today that I need to convert into a specific prayer?

Day 16 **Monday**

Complaining

***"Do all things without grumbling or disputing."
Philippians 2:14***

Complaining focuses on what is wrong, while gratitude focuses on who God is. A grumbling heart blindfolds us to the opportunities and miracles right in front of us.

Reflection:

Can I challenge myself to go the rest of the day without uttering a single complaint?

Day 17 **Tuesday**

Vain Pursuits

***"Let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us."
Hebrews 12:1***

Not everything that slows you down is a sin; sometimes it is just a weight. Distractions, endless scrolling, or trivial hobbies can steal the time God wants you to use for His purposes.

Reflection:

What "good" thing is keeping me from chasing God's "best" thing?

Day 18 **Wednesday**

Uncontrolled Thoughts

***"For if you forgive others their trespasses, your heavenly Father will also forgive you."
Matthew 6:14***

Your mind is the battlefield for your destiny. If you allow anxious, toxic, or defeatist thoughts to take root, your actions will soon follow. Take every thought captive and test it against God's word.

Reflection:

What recurring negative thoughts do I need to replace with scripture today?

Day 19 **Thursday**

Immoral Media & Entertainment

"I will not set before my eyes anything that is worthless."

Psalm 101:3

What we watch and listen to shapes our desires and desensitizes our conscience. Guard your gates—your eyes and ears—so that your spiritual sensitivity remains sharp for God's leading.

Reflection:

Does the media I consume make it easier
or harder for me to live a holy life?

Day 20 **Tuesday**

Rebellion

"Submit yourselves therefore to God.

Resist the devil, and he will flee from you."

James 4:7

You cannot experience victory over spiritual warfare without total submission to God. Rebellion insists on doing things your way, but power comes when you say, "Not my will, but Yours be done."

Reflection:

What instruction from God have I been ignoring or delaying?

Day 21 **Tuesday**

A Divided Heart

"No one can serve two masters,

for either he will hate the one and love the other,

or he will be devoted to the one and despise the other."

James 4:7

You are now ready to go where He sends you. A divided heart hesitates, but a fully surrendered heart is unstoppable. Give God your total allegiance today, and step out into what He has spoken.

Reflection:

Am I fully all-in for Jesus today, or am I keeping one foot in the world?