



7 DAYS *of*

**PRAYER, FASTING
& DEVOTION**

YEAR OF IMPACT

MATTHEW 5:13-16

“You are the salt of the earth, but if salt has lost its taste, how shall its saltiness be restored? It is no longer good for anything except to be thrown out and trampled under people's feet.

“You are the light of the world. A city set on a hill cannot be hidden.

Nor do people light a lamp and put it under a basket, but on a stand, and it gives light to all in the house.

In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven.

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DAY 1

DECREASE SO GOD MAY INCREASE



JOEL 2:12

“Even now,” declares the Lord, “return to me with all your heart, with fasting, weeping, and mourning.”

REFLECTION

Fasting is more than skipping meals - it's a sacred invitation to **decrease so God may increase**. It quiets the flesh, sharpens spiritual focus, and creates space to hear God's voice clearly. True fasting flows from a heart of sincerity, humility, and repentance, not habit or routine.

APPLICATION

- Build intentional time and space to focus on God.
- Deny fleshly desires to sharpen spiritual sensitivity.
- Practice fasting with humility and honesty, trusting God to move.

DAILY DECLARATION

As I fast, I decrease so that God may increase, and I hunger for His presence above all else.

PRAYER

Heavenly Father, I return to You with an open heart. Teach me to fast in a way that honors You. Help me lay down my flesh, focus on Your presence, and trust that You are near and ready to move. Amen.

DAY 2

HE MUST BECOME GREATER

JOHN 3:30

“He must become greater and greater, and I must become less and less.”

REFLECTION

Fasting begins with **surrender**. by denying fleshly appetites, distractions, and self-centered desires, we allow Christ to increase in our lives. This shift from self to Savior lays the foundation for spiritual clarity and deeper obedience.

APPLICATION

- Deny personal comfort and desires for the sake of Christ.
- Focus on Christ-centered living rather than self-promotion.
- Let fasting create space for God to lead and transform your heart.

DAILY DECLARATION

Today I chose to deny my flesh, decrease my desires, and allow Christ to increase and lead my life.

PRAYER

Heavenly Father, I surrender my will, my appetite, and my desires to You. As I fast, help me deny the flesh and live fully by Your Spirit. Increase Your presence, Your voice, and Your authority in my life. Amen.

DAY 3

CHOICES

DEUTERONOMY 30:19–20

“Today I have given you the choice between life and death, blessings and curses... Oh that you would chose life.”

REFLECTION

Our choices determine the impact we make. Listening to God leads to life and blessing; listening to the enemy or the flesh leads to destruction. Fasting silences the voice of the flesh and distractions, sharpening our ability to hear and obey Holy Spirit.

APPLICATION

- Identify the voices influencing your decisions.
- Use fasting to quiet the flesh and focus on God's truth.
- Choose obedience, trusting God to produce lasting impact.

DAILY DECLARATION

Today I chose life by denying the flesh and following the voice of Holy Spirit.

PRAYER

Heavenly Father, as I seek You through fasting, work in me both the desire and the power to do what pleases You. Lead me by Your Spirit and use my obedience to impact others. Amen.

DAY 4

FASTING, PRAYER & PEACE



ISAIAH 26:3-4

“You keep him in perfect peace whose mind is stayed on you... Trust in the Lord forever.”

REFLECTION

Prayer is the heart of fasting. When we deny the flesh and distraction, we can fully focus on God. Honest prayer invites Him into every concern, worry, and question. Fasting sharpens our spiritual sensitivity and positions our hearts to receive His peace.

APPLICATION

- Begin your day with prayer and meditation on Scripture.
- Speak God's truth over your circumstances.
- Rest in His peace and allow Him to guide your decisions.

DAILY DECLARATION

As I fast and pray today, I fix my mind on the Lord, and I receive His perfect peace and guidance.

PRAYER

Heavenly Father, I give You everything. As I fast, help me seek You in prayer and trust You fully. Speak to me and align my heart with Yours today. Amen.

DAY 5

EMPOWERED BY THE SPIRIT



1 CORINTHIANS 12:11

“All these are empowered by one and the same Spirit, who apportions to each one individually as he wills.”

REFLECTION

Fasting creates space to receive gifts God has chosen for us. By denying the flesh and relying on the Spirit, we become more sensitive to the unique ways He equips and makes an eternal impact.

APPLICATION

- Desire spiritual gifts with humility.
- Use fasting to increase sensitivity to the Spirit's leading.
- Commit to stewarding God's gifts for His glory.

DAILY DECLARATION

As I fast, I open my heart to receive and steward the spiritual gifts Holy Spirit has given me.

PRAYER

Heavenly Father, thank You for knowing what is best for me. Fill me with Your Spirit and impart the gifts You've chosen for my life. Teach me to steward them so well to bring honor and impact others. Amen.

DAY 6

RENEWED MIND & OBEDIENCE

ROMANS 12:1-2

“Do not conform to the pattern of this world, but be transformed by the renewing of your mind..”

REFLECTION

Fasting leads to transformation. As we experience freedom from distractions and the flesh, our minds are renewed. Obedience becomes easier, and we begin living out God’s will in practical life-changing ways.

APPLICATION

- Deny the flesh to renew your mind and perspective.
- Practice obedience in small and large decisions.
- Let fasting produce lasting transformation in thought and action.

DAILY DECLARATION

As I fast, my mind is renewed, and I obey God fully, allowing Him to transform my life.

PRAYER

Lord, help me to live in obedience and let my thoughts and actions reflect Your will. Use this fast to renew my mind and align me completely with You. Amen.

DAY 7

LIFE-CHANGING IMPACT



ISAIAH 55:11

“So shall my word be that goes forth from my mouth; it shall not return to me void...”

REFLECTION

Fasting prepares us to let God’s Word work fully in our lives. Denying the flesh, listening to His voice, and obeying His Word empowers us to impact the world around us. Even ordinary actions become eternal when guided by Scripture.

APPLICATION

- Meditate on God's Word during the fast.
- Act on what He reveals to create lasting impact.
- Use your life to reflect His love, kindness, and truth.

DAILY DECLARATION

As I fast, I quiet my flesh and allow God's Word to transform me and increase my impact.

PRAYER

Lord, thank You for Your living Word. As I fast, help me stay sensitive to Your voice. Let Your Word accomplish Your will in my life and use me to impact others for Your Kingdom. Amen.

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