

Month of Prayer Guidebook



Kingdom Life Church – Anchorage
August 3 – 30 2026



A CALL TO FASTING AND PRAYER

The Kingdom Life Church (KLC) has a unique history: one that has come with seasons of great challenge and seasons of growth. With a history of "punching outside of our weight class" we've never been afraid of trying new things for Jesus our King. So we take this Month of Fasting and Prayer to turn our faith focus towards expanding the Kingdom of our Lord through the ministries of KLC. With confirmed prophetic mandates and the leading of the Holy Spirit, we now aim to:

- Honor the Holy Spirit more in our corporate meetings (being Presence-driven);
- Raise up more ministry and marketplace leaders;
- Strengthen families, individuals, while discipling our children and youth; and
- Perform more outreach to the community by expanding the Gospel to unreached people within our city.

But there is an even more important reason for fasting and prayer. It is for freedom and spiritual breakthrough in your own life, so that you are filled to the "measure of all the fullness of Christ."

Ephesians 4:13-15

¹³until we all attain... the measure of the stature of the fullness of Christ, ¹⁴so that we may no longer be children, tossed to and fro by the waves and carried about by every wind of doctrine, by human cunning, by craftiness... ¹⁵Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ...

Most Christians have things in their lives that they would love to be FREE of. For example, worry, stress, selfishness, lust, anger, or unforgiveness. Do any of these resonate with you?

Take heart! During this month of fasting and prayer we believe that the Lord WILL set you FREE!

Is Fasting and Prayer for Me? Can I Do It?

YES!!! There are many ways to fast, and every single person can benefit from fasting when it is paired with prayer!

Why Should We Fast?

Because it is a clear expectation of Jesus that we WILL!

In **Matthew 6:16** Jesus taught "When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full."

Note that Jesus said "WHEN" you fast, not "IF" you fast. He expects His followers to fast.

How to Be Successful in a Fast.

Have a clear purpose and set schedule in mind. Are you facing a difficult situation? Are you looking for spiritual guidance? Do you need healing? Are you hungry for a deeper relationship with Christ? These are good purposes for a time of fasting,

When Does Fasting Begin?

Monday, August 3rd.

When Does Fasting End?

Sunday, August 30th (We will break our fast together with communion during our 11 am service at Kingdom Life.)

What Is The Goal of Fasting?

The ultimate goal of fasting is to bring your flesh (with all its fears, pride, selfishness, lusts, etc.) under subjection to the authority of the Holy Spirit so that you can have a deeply personal encounter with the Living God.

That said, people fasted in the Bible for many different reasons. The primary purpose of their fast was to worship God through their obedience.

But we also see many unique times of private and corporate fasting in the Bible.

- Receiving Revelation from God.....Exodus 34:27-28
- For Help in Battle.....Judges 20:26
- To Strengthen One Facing Great Trials.....Esther 4:16

- Mourning.....Daniel 10:1-3
- Repentance.....Jonah 3:5
- Preparation to Overcome the Flesh.....Matthew 4:2
- Spiritual Power Over the Enemy.....Mark 9:29
- Commissioning People to Ministry.....Acts 14:23

BEFORE YOU MAKE A COMMITMENT TO A FAST...

Consider what kind of fast you are willing to undertake. Pray about this. (Look at the 'types of fasts' on this page.)

How physically active is your work? Are you pregnant or nursing? Do you have medical conditions to consider? How much time are you willing to devote to reading God's Word and to prayer?

Types of Fasts:

- Complete Fast (the pattern of fasting found in the Bible)
 - Which requires abstaining from all food, and drinking only water (may include non-calorie drinks)
- Solid Food Fast
 - Which requires an abstaining from all solid foods, and allows for drinking juices or broth.
- Partial Fast (Like the Prophet Daniel)
 - Abstaining from certain foods (meat, sugar, carbs, etc.)
- Eating only one or two meals per day
- Alternating days of fasting with days of eating regular meals
 - Example: 7 days fast, 7 days meals, 7 days fast, 7 days meals, 3 days fast
 - Example: 3 days fast, 3 days meals, 3 fast, 3 meals, 3 fast, 3 meals, 3 fast, etc.
- Alternative Fast
 - Abstaining from the use of social media, television, video games (or any other habitual activity that consumes an unhealthy amount of your time). This is especially helpful if done in conjunction with one of the food fasts.

"I'VE CHOSEN MY TYPE OF FAST, WHAT'S NEXT?"

PREPARE YOUR HEART

Repentance, Honesty, and Sobriety with God are critical at this point. Don't hide things or approach your fast casually (like a diet you dread starting). Confess your sins and allow God to forgive you. Fully surrender your heart and life before you begin, and ask God to speak to you during this time. Remember God is not into condemnation. The fast is your partnering with God to be changed more into His image.

Ways to Prepare Your Heart

- Ask the Holy Spirit to reveal any unconfessed sin. Often, He will show you something that you have forgotten or were not aware of.
- Confess all sin and ask God's forgiveness.
- Make right every wrong you can. Have you offended someone? Have you sinned against them? Did you borrow and never repay? Seek their forgiveness.
- Confess and release all unforgiveness you hold toward another person. This is sin, and must be dealt with in order to move forward spiritually.
- Beware of the temptation of Spiritual Pride ([See Matthew 6:16-18](#)).

Prepare Your Body

- Contact your physician if you have any medical concerns or conditions that may impact your ability to fast food or water for periods of time.
- Pregnant women and nursing mothers should NEVER enter a food, juice, or water fast that limits essential calories or nutrients.
- Allow your body to dictate your level of strenuous exercise during a fast. You may need to eliminate or tone down some workouts.
- Be ready to experience several days of sharp hunger, and perhaps headaches as well. Your body is cleansing itself and will protest when not getting what it wants.

*Rest as much as your schedule allows.

DAY ONE – August 3, 2026

Repentance & Purity

Scripture Memory Verse

I John 1:7, ESV

“But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus his Son cleanses us from all sin.”

Daily Power Up

Today is day one of our 31 days of prayer and fasting. Our journey together through this fast and through these prayer meetings will be a journey filled with POWER! Not the power of man but the power of the Holy Spirit.

I John 1:7 shows us two important things. First, it says "if we walk in the light." Walking in the light is a choice that we need to make with every step we take. It is a choice much like fasting is a choice. Choosing to deny your body the food and/or media it craves, prioritizes feeding your spirit over your flesh. Choosing to walk in the light is denying your flesh the temptations of sin around you.

Secondly, this scripture points out that there is an importance placed on the fellowship of the Believers. This 31 day journey will be challenging, but you are not in this alone. Every night of this fast find time to worship and pray. We encourage you to attend as many KLC Sunday, Monday, and additional prayer gatherings as you can. Each time you come, you will be surrounded with believers that will encourage, equip, and strengthen you through the fellowship.

Making the choice to fast and pray, combined with fellowship, results in the purification of the soul and spirit, through the blood of Jesus. And a clean heart and right spirit (Psalm 51:10) is what God is looking for.

A PURE HEART - EMPTY OF SELF - THROUGH PRAYER AND FASTING - MAKES ROOM FOR MORE HOLY SPIRIT POWER.

DAY TWO – August 4, 2026

Repentance & Purity

Scripture Memory Verse

I John 1:9, ESV

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

Daily Power Up

It is simple, if we confess our sins, God who is faithful and just, WILL forgive us. But not the kind of forgiveness that you and I understand. You know how when someone apologizes to you and you tell them you forgive them, but you still have the memory of how they wronged you?

Sometimes whatever happened in that situation shapes your opinion of them even though there are no more "hard feelings." This is not the case with the forgiveness of God. The Bible tells us that God hurls our transgressions into the sea (Micah 7:18-19) and that sea is as far as the East is from the West (Psalm 103:12). When God forgives you, He holds no record against you. And better yet, He purifies you from the residue that sin leaves on you.

But first you must confess. It is important that we learn to live our lives in a constant state of confession. Not in a "Woe is me, I'm just a worm" mindset. Confession as a protocol of relationship with God through Christ. In healthy confession, we monitor our relationship with God for any willful and unintentional sins and stand ready to confess them so that we remain cleansed and purified. But also, it is important that we confess our sins to one another. The Bible tells us that there is a healing that takes place when we do this (James 5:16). Because the prayer of a righteous person has great power as it is working.

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DAY THREE - August 5, 2026

Repentance & Purity

Scripture Memory Verse

Ezekiel 36:25-26, ESV

"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. ²⁶ And I will give you a new heart, and a new spirit I will put within you. And I will remove the heart of stone from your flesh and give you a heart of flesh."

Daily Power Up

A silversmith had a very specific process he went through to purify raw silver. He would place the silver into a pot and then would turn up the fire. At a certain temperature, all of the impurities (dross) would rise to the surface and the silversmith would just scoop that top layer off. And then he would repeat this process again and again. The silversmith knew the silver was properly tested and purified once he could see his own reflection in the silver.

This is a beautiful picture of what the purification process looks like with God. He will keep bringing you to this place of repentance and testing, time and time again, to remove from you all of your impurities. The goal being that we would be a perfect reflection of Jesus to the world around us.

In Ezekiel 36 verse 25, it specifically mentions being cleansed from all of your idols. Today our idols look different than they did in the biblical times. But an idol is anything that we place significant importance on that competes with God's place on the throne of our hearts. It could be your phone, finances, social media, self-image, it can even be a friend, a child, or spouse.

Examine your heart and ask the Lord to show you if there are any idols in your life that are competing with God's place on the throne of your heart. Write them down below and commit yourself to tearing down these idols and not reconstructing them again.

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DAY FOUR – August 6, 2026

Filled with the Holy Spirit

Scripture Memory Verse

Psalm 51:10-12, ESV

“Create in me a clean heart, O God, and renew a right spirit within me. ¹¹ Cast me not away from your presence, and take not your Holy Spirit from me. ¹² Restore to me the joy of your salvation, and uphold me with a willing spirit.”

Daily Power Up

After we have spent the last 3 days talking about being in a place of repentance and being cleansed and purified by the blood of Jesus, we will begin to talk about what it means to be filled. We have repented of our sin, we have given up some old habits, we have laid down our idols. Now what?

What is going to fill the cleansed and empty heart of yours? Are you going to soil it again with sin, or return to your old habits and idols? Will you allow the things of this world to occupy your heart again? Or, as King David prayed in Psalm 51, will you allow the Holy Spirit to fill your heart with the Joy of your salvation that will sustain you?

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DAY FIVE – August 7, 2026

Filled with the Holy Spirit

Scripture Memory Verse

Luke 11:13, ESV

“If you then, who are evil, know how to give good gifts to your children, how much more will the heavenly Father give the Holy Spirit to those who ask him!”

Daily Power Up

My father is a man that has always been hard to buy a gift for. Not because he is ungrateful, but because he has everything: the latest technological gadgets, he dresses nice, has fairly new car, he's not hurting for cash, and has a backlog of gift cards received from others over the years.

But as we both grow older, I realize that the best gift - the most meaningful gift I could give him was me...my time...in building relationship. Aside from all the other gifts I've ever given him, I realize that time with my father is the best gift I have ever given.

Take a quick minute to think about the best gift you have ever given and write it down below.

Now think: How much more? How much more will your Father in Heaven give you the best gift: the Holy Spirit to those who ask Him? Have you asked for more of the Holy Spirit? Are you asking for more of the Holy Spirit during this time of prayer and fasting?

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DAY SIX – August 8, 2026

Intimacy with God

Scripture Memory Verse

John 14:21

“Whoever has my commandments and keeps them, he it is who loves me. And he who loves me will be loved by my Father, and I will love him and manifest myself to him.”

Daily Power Up

The Bible talks so much about the love of God. There are so many attributes of His great and unfailing love. His love is: eternal, sovereign, uninfluenced, infinite, immutable, holy, and gracious. But when the Bible talks about our love for God, it is very clear, simple, and to the point. If you love Him, you will obey Him.

Many interpret this scripture as "I have to prove my love to God by obeying Him" but it's quite the opposite. Obedience is not the proof or the evidence of your love for God. Obedience is the demonstration of your love for God. Now, disobedience hinders a love relationship with God, but our obedience flows from a place of love. And the more we practice obeying Him, the more we love Him. And love leads to spiritual intimacy with God.

God is inviting us into ever-deepening intimacy with Himself. How would you describe your current relationship with God-The-Father through God-The-Son? Have you fallen in love with Jesus? Would you describe your time with Jesus as intimate? Think about all that He has done for you. He endured the sufferings of the cross to pay your ransom from sin so that you could be reunited with God for the rest of eternity. When we think about that and count the price He paid, this should evoke a greater Love for Jesus!

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DAY SEVEN – August 9, 2026

Intimacy with God

Scripture Memory Verse

John 15:4, ESV

“Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me.”

Daily Power Up

Small infants don't have to do anything to be held by their parent(s), they simply abide in the embrace of their mother or father.

This is a picture of what it looks like to abide in Jesus. You don't have to try to be held, you don't have to earn your place in His arms. All you have to do is just BE held, just BE in His presence.

When an infant becomes a toddler, and when they want to be held, what do they do? They reach their arms as high as they can toward a parent and say "up!" This also is a depiction of our intimate relationship with God.

People often raise their arms in worship. Sometimes it's out of surrender, sometimes it is out of awe and wonder, and sometimes it is out of a longing to simply be held within the presence of God. Maybe you've never raised your arms in worship, or maybe you have and never thought about why. I want to encourage you, during this time of prayer and fasting, to regularly stretch your arms out to heaven and tell Jesus "I want to abide in you!"

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DAY EIGHT – August 10, 2026

Power through the Holy Spirit

Scripture Memory Verse

Romans 8:11, ESV

“If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ Jesus from the dead will also give life to your mortal bodies through his Spirit who dwells in you.”

Daily Power Up

The Bible tells us in Acts 1:8 that when the Holy Spirit comes upon you, **YOU WILL RECEIVE POWER**. Power to do what? Power to be His witnesses in our community, in our city, in our state, in our country, and to the ends of the Earth.

This is an amazing concept to grab ahold of: that if you ask for the Holy Spirit, like we talked about on day 5, God will continually fill you with the Holy Spirit (the Baptism in or with the Holy Spirit). And you will receive more power to do exploits in Jesus Name (Daniel 11:32, KJV)!

God is very smart and cannot be manipulated. He fills us with Power not according to our greed (because we want to show off or look good), but according to His purpose He wants to accomplish through us.

What is so extravagant about Holy Spirit Power? It is the very same power that raised Jesus from the dead. That means that the same power that Jesus used to conquer death, hell, and the grave is living inside of you - a follower of Christ!

So what are you using this power to do for Christ? To be a witness - a living testimony of the resurrection of Jesus! You know that feeling you get in your stomach when you believe the Holy Spirit is prompting you to talk to someone about Jesus, only for another voice to arise that talks or scares you out of doing it?

That other voice is the devil trying to distract you from the fact that you have resurrection power living on the inside of you and when you speak, you have the power of life flowing out of you (Prov 18:21; John 7:38).

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DAY NINE – August 11, 2026

Power Through The Holy Spirit

Scripture Memory Verse

Acts 4:31, ESV

“And when they had prayed, the place in which they were gathered together was shaken, and they were all filled with the Holy Spirit and continued to speak the word of God with boldness.”

Daily Power Up

Shaken... The walls were shaken. The ground beneath their feet was shaken. The roof was shaken. Perhaps some decorations on the walls were knocked over, and some jars of clay were shattered. There was probably a lot of noise and cause for concern.

When I think about this word shaken, I am reminded of the walls of Jericho crashing down. I think about the violent earthquake that shook open the prison doors when Paul and Silas were singing songs of praise though they were in chains. I think about how there was a giant earthquake when the veil was torn in two after Jesus was crucified. Something powerful happens when God decides to shake things up.

What was not shaken? The people of God, filled with the Holy Spirit and the power of God. What was the purpose of this movement of the Holy Spirit? For the Word of God to be spoken BOLDLY.

God gives us the Holy Spirit when we ask, the Holy Spirit gives us the same power that raised Jesus from the dead, and we are given the boldness to speak the Word of God. Not just in prayer meetings or within the church, but in city centers and public spaces. Recall back to Acts 1:8 with me, Jesus said: "and you will be my witnesses."

Where is it that you need boldness to speak the Word of God?

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DAY TEN – August 12, 2026

Power Through The Holy Spirit

Scripture Memory Verse

Matthew 10:7-8, ESV

“And proclaim as you go, saying, ‘The kingdom of heaven is at hand.’ ⁸ Heal the sick, raise the dead, cleanse lepers, cast out demons. You received without paying; give without pay.”

Daily Power Up

The power we receive through the Holy Spirit is multidimensional. On the one hand, the pursuit of signs, wonders, and miracles are part of the Kingdom of God and the ministry of the Church, they are a means to a greater end: proclaiming the Gospel/the Kingdom of God to the saving of souls!

This scripture starts out by saying "as you go, preach this message." The Power of the Holy Spirit is signs, wonders, and miracles, but it is also one of Evangelism.

Yes, the Holy Spirit is our comforter, and yes He guides us and gives us wisdom. But there is a missional purpose behind the power! Are you seeing this kind of power in your life? That is a good question to ask yourself, but the other question you should also ask yourself is, "Am I speaking the message of Christ to lost people?"

This gift of salvation and the power of the Holy Spirit was freely given to us. This is the best gift of all! The best life you could ever live is one that is sold out to the work of the Gospel. You have freely received, but have you freely given Christ? You have the Holy Spirit. You have the power. Now it is time to demonstrate!

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DAY ELEVEN – August 13, 2026

Purity in Our Thought Life

Scripture Memory Verse

Philippians 4:8, ESV

“Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.”

Daily Power Up

This is a powerful list of things that Paul gives us to think about. Sometimes we can find ourselves getting stuck in negative thinking. But the way that we think is so important to our walk with Jesus. Specifically, the way we think about other people and the way we think about ourselves is just as important too.

The Bible tells us to “take captive every thought and make it obedient to the knowledge of Christ” (2 Cor. 10:15). If we find ourselves struggling with negative thinking, we just need to recognize it for what it is, Sin.

During this time of prayer and fasting, we must take every thought captive, and treat them as though you are in an interrogation room. For example: Question your thoughts with intensity “Who do you work for and what are you trying to do?”.

If your thoughts do not align with what is: true, noble, right, pure, lovely, admirable, or praiseworthy, then you must cast those thoughts away allowing only those thoughts that reflect the mind of Christ.

Psalms 19:14, ESV reads: “Let the words of my mouth and the meditation of my heart be acceptable in your sight, O Lord, my rock and my redeemer.”

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DAY TWELVE – August 14, 2026

Freedom and Power over Sin

Scripture Memory Verse

2 Corinthians 3:17, ESV

“Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom.”

Daily Power Up

When Jesus endured the brutal death on the cross for a lost, broken, and dying world, His blood purchased two amazing gifts for us, the Church:

The freedom from the penalty of sin

The freedom from the power of sin

All Christians understand the first gift. We know that it was His blood that washed us clean and set us free from the penalty of death. But the second gift sometimes gets forgotten about or lost in translation. In Romans 6:7, the apostle Paul wrote: **“For when we died with Christ we were set free from the power of sin.”**

What does this look like? What does this mean? It means that we have the freedom of choice through Christ to say “No” to sin and walk in right standing with God! The power of sin has no hold on us unless we allow it to.

Now, where the Spirit of the Lord is, there is freedom. Are you still asking God, Who gives generously, for the Holy Spirit? The Holy Spirit is living in you, if you have accepted Jesus Christ as Savior and Lord! You have the freedom and you have the power over sin! Not just when you're at church with other believers, but in every step you take, every thought you think, and every word you speak!

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DAY THIRTEEN – August 15, 2026

Drawing Near to God

Scripture Memory Verse

Psalm 42:1-2, ESV

“As a deer pants for flowing streams, so pants my soul for you, O God. ² My soul thirsts for God, for the living God.”

Daily Power Up

Deer are among the most cautious and skittish woodland creatures. They have to be, because they are lower on the food chain among many predators. Yet, a thirsty deer will throw caution to the wind and risk life and limb for a drink water when it becomes desperate and yearning enough.

"So my soul pants for you, my soul thirsts for the living God" paints this picture of longing and yearning with passionate pursuit as one yearns desperately for water. The memory of water is great, but no one can be satisfied with the memory of a past blessing. I want more of you God! Jesus desires us to desire Him with spiritual intimacy. We are His bride, after all.

James 4:8 says "Draw near to God, and He will draw near to you." Do you want more of the living God? Keep drawing near to Him.

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DAY FOURTEEN – August 16, 2026

Drawing Near to God with Confidence

Scripture Memory Verse

Hebrews 10:22, ESV

“Let us draw near with a true heart in full assurance of faith, with our hearts sprinkled clean from an evil conscience and our bodies washed with pure water.”

Daily Power Up

During the American Civil War, a young soldier in the Union Army lost both his older brother and his father in the Battle of Gettysburg. The soldier decided to go see President Lincoln to ask for an exemption from military service so that he could go back to the family farm. Approaching the front gate of the White House, he asked to see the president. The guard on duty told him, "You can't see the president, young man! The president is a very busy man! Now go away, son! Get back out there on the battle lines, where you belong!"

While sitting on a park bench not far from the White House a little boy came up to him and asked what was wrong. The soldier began to share his sad story. The little boy listened and said "I can help you, soldier." He took the soldier by the hand and led him back to the front gate of the White House. They weren't stopped, they walked straight inside the White House front doors and past all the generals and high ranking officials and no one said a word. Finally they reached the Oval Office and the boy didn't even knock, he just walked right in with the soldier. There behind the desk was Abraham Lincoln. The president glanced at the soldier and then looked at the boy with a smile. "Good afternoon, Tad. Can you introduce me to your friend?" And Tad Lincoln, the son of the president of the United States, said, "Daddy, this soldier needs to talk to you."

With full assurance of faith, we can draw near to God. As children of God we have this access. **Hebrews 4:16** tells us that we can approach God's throne of grace with confidence.

During this time of prayer and fasting, practice using your authority to come boldly before the Lord in thanksgiving, intercession, and petition prayer.

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DAY FIFTEEN – August 17, 2026

Renewed Strength through God

Scripture Memory Verse

Isaiah 40:31, ESV

“...but they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.”

Daily Power Up

Have you ever been weary? Weary is tiredness and exhaustion on a whole other level! Maybe you've grown weary of things at your job, or struggles in your finances. Maybe the continuous grind of life has you feeling tired and exhausted. Those who hope in the Lord will renew their strength. Is your hope placed in the Lord?

The Lord is our provider... that means that provision isn't just something He does, it is who He is. The Lord is our protector, the Lord is our peace, the Lord is our healer, the Lord is our shepherd, the Lord is our redeemer, our salvation, our ever-present help in times of need. Those aren't just things that He does, that is who He is! Don't place your hope in the things you can do. Things like your job, your investments, your marriage, your children. Place your Hope in the Lord and Him alone, and your strength will be renewed. You will be filled to an overflow.

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DAY SIXTEEN – August 18, 2026

Repentance to Remain Pure

Scripture Memory Verse

Psalm 139:23-24, ESV

“Search me, O God, and know my heart! Try me and know my thoughts! ²⁴ And see if there be any grievous way in me, and lead me in the way everlasting!”

Daily Power Up

It is important as a believer to keep returning to this place of repentance and cleansing, even in our highest moments with the Lord. This prayer for the Lord to search us, to examine our hearts, and to show us anything that is not of Him, is such a beautiful example of this pursuit.

The evidence of a believer's growth is that we look more and more like Jesus in the way that we speak, think, and act: in the way that we serve one another and love one another. Sometimes in our human nature we can do something that offends the Holy Spirit, or maybe there is an unconfessed sin in our lives that we have simply forgotten about. Ask the Lord to search your heart this week, to show you any of these things, and then lay them back down through repentance.

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DAY SEVENTEEN – August 19, 2026

The Juice is Worth the Squeeze

Scripture Memory Verse

Galatians 5:22-23, ESV

“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, ²³gentleness, self-control; against such things there is no law.”

Daily Power Up

You can tell what kind of tree you are looking at by the fruit it produces! This analogy flawlessly explains the contents of our heart. When you squeeze an orange what is it that comes out? Orange Juice! How about when you squeeze an apple? Apple Juice! Whenever we squeeze our favorite fruit, we know that the juice is worth the squeeze.

The 9 fruit of the Spirit are what produces juice (or the evidence that the Holy Spirit is within you) when your life gets squeezed. It is easy to love someone that is lovely. It is easy to have joy when everything is going good in life. It is easy to be patient, kind and gentle with someone you really like. But what will come out of you when the pressures of life won't let up? God knows that the juice our lives produce is worth the squeeze, He allows to come.

Who doesn't want more love in their life? Who doesn't want more joy and peace in their life? Who doesn't need more patience and kindness and goodness, faithfulness, gentleness, and self-control? It comes through the squeeze. Ask the Lord for more juice, for Jesus said in **Luke 11:13** “How much more then will your Father in Heaven give the Holy Spirit to those who ask.”

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DAY EIGHTEEN – August 20, 2026

Hunger that Drives You Closer to God

Scripture Memory Verse

Psalm 73:28, ESV

“But for me it is good to be near God; I have made the Lord God my refuge, that I may tell of all your works.”

Daily Power Up

The writer of **Psalm 84:10** says “Better is one day in your courts than a thousand elsewhere; I would rather be a doorkeeper in the house of my God, than dwell in the tents of the wicked.”

Wow! What is the writer saying here? That he would rather spend one day in the presence of God than a thousand days doing anything else?

As you are reading this segment, I know that you are hungry for more of God. I know that you want more of Him in your life. But what are some practical ways that hunger can spur you nearer to God in your daily tasks? How can you make room in your life to better host the presence of God every hour and every minute?

Write down a few ideas below, and when you are finished, find some time to share your ideas with a friend or a small group.

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DAY NINETEEN – August 21, 2026

Friends of God

Scripture Memory Verse

John 15:15, ESV

"No longer do I call you servants, for the servant does not know what his master is doing; but I have called you friends, for all that I have heard from my Father I have made known to you."

Daily Power Up

"Who am I that You are mindful of me, that You hear me when I call? Is it true that You are thinking of me, how You love me? It's amazing!"

These are some lyrics from the song "Friend of God" by Israel Houghton and Michael Gungor. And these lyrics capture the struggle we often have with comprehending why the Maker of the Universe (God) would call us His friend.

As sincere follower of Jesus we often pray "Lord, use me today as a witness to lost people around me." But God doesn't just want to use you, He wants to know you and be known by you.

For example: God used Pharaoh, but He knew Moses. God used Saul, but He knew David. God used Judas, but He knew the other 11 disciples. God didn't just create you so He can use you. He created you so that He can know you and to be known by you.

Jesus has called you His friend. And He bore His soul when He died on cross for you. There is no greater love than this, and; therefore, He has called you friend.

What kind of friend have you been to Jesus? Are you the best friend who wants to talk with Him about everything or are you more like the long-distance friend who only calls to check up when you need something? Use this time of prayer and fasting to change the narrative to the former.

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DAY TWENTY – August 22, 2026

Spiritual Warfare: Strengthen Your Armor

Scripture Memory Verse

Ephesians 6:13, ESV

“Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm.”

Daily Power Up

Our spiritual battle is not against flesh and blood. The apostle Paul makes it clear that there is spiritual warfare going on all around us at every moment. It is no secret that the devil uses his demons and schemes against the people of God. We are at war in the Heavens. What happens in the natural realm begins with what happens in the spirit realm.

The devil does not like that we have been redeemed and delivered, set free and empowered. He hates the Christian who is actively engaged in the battle.

God has not left us defenseless. He has given us armor to put on. The belt of truth to hold all things together. The breastplate of righteousness to guard your heart. Our feet fitted with the readiness of the Gospel of peace. The shield of faith which can extinguish ALL the flaming arrows of the evil one. The helmet of salvation to guard your mind. And the Sword of the Spirit which is the word of God, "For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart." (Hebrews 4:12).

Would a football player play in the Superbowl without his helmet and pads? Would a basketball player wear flip flops while attempting to dunk the winning shot? Should we, as followers of Christ, face a day filled with spiritual warfare without the armor God has given us? Not at all.

This time of prayer and fasting is warfare. It strengthens our armor and results in spiritual power to better serve Jesus.

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DAY TWENTY-ONE – August 23, 2026

Spiritual Endurance: Daniel's 21 Day Fast for Breakthrough

Scripture Memory Verse

Daniel 10:2; 12-14, ESV

²In those days I, Daniel, was mourning for three weeks. ³I ate no delicacies, no meat or wine entered my mouth, nor did I anoint myself at all, for the full three weeks.

¹²Then he said to me, "Fear not, Daniel, for from the first day that you set your heart to understand and humbled yourself before your God, your words have been heard, and I have come because of your words. ¹³The prince of the kingdom of Persia withstood me twenty-one days, but Michael, one of the chief princes, came to help me, for I was left there with the kings of Persia, ¹⁴and came to make you understand what is to happen to your people in the latter days. For the vision is for days yet to come."

Daily Power Up

You will remember at the beginning of this booklet, we said that the most important reason for fasting, combined with prayer, was for spiritual breakthrough in your personal life.

Daniel entered into a 21 day of fasting and praying for breakthrough. The goal of his fast: revelation or an answer from God concerning the region of Persia and Israel. How did he achieve this? He humbled himself and endured in the fast. It was a faith act of persistence. He could have broken his fast on day 8 or 13, but he endured because he was desperate for an answer from God.

He persisted in his time of fasting and prayer and received the breakthrough that he sought on day 21.

Physicians that prescribe medication often instruct "Do not stop taking the medication even if you start to feel better." Today, we encourage you not to stop this 31-day journey on day 21, simply because you feel more spiritual relief; but remember the spiritual breakthrough you named when we began and endure.

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DAY TWENTY-TWO – August 24, 2026

Building Spiritual Stamina for Breakthrough

Scripture Memory Verse

II Kings 13:18-19, ESV

¹⁸ And he [Elisha] said, “Take the arrows,” and he took them. And he said to the king of Israel [Joash], “Strike the ground with them.” And he struck three times and stopped. ¹⁹ Then the man of God was angry with him and said, “You should have struck five or six times; then you would have struck down Syria until you had made an end of it, but now you will strike down Syria only three times.”

Daily Power Up

A well know Christian Artist, Author, Pastor, and Worship Leader, William McDowell, uses an intriguing phrase when encouraging people to pursue God in worship: “Push past where you normally stop.”

What he means is, worship takes effort and energy. Drawing near to God takes effort and energy. Like working out in the gym. The devil wants us to stop the workout with just 1 or to repetitions. But God, our Personal Trainer, wants to build stamina in us, so He encourages us to “Push past where we normally stop.” 2 or 3 repetitions should increase to 5 or 6 the more we learn about God, realizing that Worship is mainly about Him.

Joash did not endure. He stopped striking the ground too soon. God wants us to pursue Him, which means we endure in singing and worship [we keep striking the ground] until we have less awareness of our surroundings and desires, and more awareness of His Holy presence and desire for our lives. We build stamina toward our breakthrough.

On this 22nd day, don't quit, but endure by spending a little bit more time singing or praying or simply lifting your hands in surrender to the worthiness and majesty of God.

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DAY TWENTY-THREE – August 25, 2026

Areas of Needed Breakthrough

Scripture Memory Verse

Galatians 5:19-21, ESV

“Now the works of the flesh are evident: sexual immorality, impurity, sensuality, ²⁰idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, ²¹envy, drunkenness, orgies, and things like these. I warn you, as I warned you before, that those who do such things will not inherit the kingdom of God.”

Daily Power Up

Paul, the apostle, gave a beginning list of areas that the Galatian church needed breakthrough in. But notice that the list is not exhaustive; rather he resolves the list with the phrase “and things like these,” meaning that there are more works of the flesh we need to conquer.

What are the specific areas you need spiritual breakthrough to conquer? Your issue may not be included in Paul’s list, but we all need breakthrough in some area.

Take a moment and write down the specific area(s) that you need The Lord’s help to conquer - to breakthrough to victory in.

Over the next 7 days, we will highlight some common areas many followers of Christ need to fast and pray over in order to conquer them.

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DAY TWENTY-FOUR – August 26, 2026

Areas of Needed Breakthrough: **Apathy**

Scripture Memory Verse

Revelations 3:15-17, ESV

“I know your works: you are neither cold nor hot. Would that you were either cold or hot! ¹⁶ So, because you are lukewarm, and neither hot nor cold, I will spit you out of my mouth. ¹⁷ For you say, I am rich, I have prospered, and I need nothing, not realizing that you are wretched, pitiable, poor, blind, and naked.”

Daily Power Up

Apathy is a sin that makes Jesus sick. Think about your food or drink choices. You routinely prefer to enjoy a meal or a beverage that is either extremely hot or extremely cold. Anything in between is a challenge to the palate and to the belly (if you manage to swallow).

Jesus is no different. He prefers a hot relationship with His followers, but can work with a cold one as a beginning point for revival. But a lukewarm approach to a good, merciful, ever-giving, ever-loving, almighty God is sickening to Him, because it is the breeding ground for sin and an insult to a God Who has proven Himself to be all we need.

Many people are lukewarm followers of Christ, not knowing that He has rejected them.

Today, consider your own life. Are there areas where you need to “step up” your game? Areas where Holy Spirit is challenging you to give more? Make that area today's focus of Prayer. Spit apathy out of your life.

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DAY TWENTY-FIVE – August 27, 2026

Areas of Needed Breakthrough: **Addiction**

Scripture Memory Verse

Exodus 20:1-3, ESV

“And God spoke all these words, saying, ²“I am the Lord your God, who brought you out of the land of Egypt, out of the house of slavery. ³You shall have no other gods before me.”

Daily Power Up

Can't be any plainer than that. No other gods. But *addiction* is a god. It is an idol that commands the attention and affection of the worshipper.

When we think of *addiction*, we typically think of someone strung out on meth or marijuana, alcohol or some designer drug (and this is accurate). But *addiction* can be emotional and/or spiritual when our attention and affection are drawn toward something or someone more than to God: People, Porn, Political Ideology a Passion (Hobby) or something else.

God is not against enjoyment, for Paul, the apostle, confirms that “God...richly provides us with everything to enjoy” (I Timothy 6:17b). But where does your heart lie? Do you rejoice in something or someone else more than God?

Take a moment and write down the specific area(s) of addiction in your own life that you need The Lord's help to conquer - to break through to victory in.

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DAY TWENTY-SIX – August 28, 2026

Areas of Needed Breakthrough: **Apostasy**

Scripture Memory Verse

Hebrews 10:38-39, ESV

“but my righteous one shall live by faith, and if he shrinks back, my soul has no pleasure in him.” ³⁹ But we are not of those who shrink back and are destroyed, but of those who have faith and preserve their souls.

Daily Power Up

It is generally understood that *apostasy* is the rejection of Christ by one who has been a Christian. An apostate is one that voluntarily and consciously abandons their faith in the God and the Lord Jesus Christ.

Now, the fact that you are on Day 26 of this time of prayer and fasting is strong evidence that you are in no danger of abandoning the Lord, but there may be areas of temptation to compromise.

The devil works to corrupt what he cannot control, and this means that the one sold-out to Jesus still must be on guard against corrupting temptations to “shrink back” in fear or doubt from following the Lord with a full heart and conviction in these end times.

Take a moment and write down the area(s) (if any) the enemy may be tempting you to “shrink back.” Areas in your own life that you need The Lord’s help to conquer - to breakthrough to victory in.

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DAY TWENTY-SEVEN – August 29, 2026

Areas of Needed Breakthrough: Negative Behavior Cycles

Scripture Memory Verse

Ephesians 4:22-24, ESV

“...put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, ²³and to be renewed in the spirit of your minds, ²⁴and to put on the new self, created after the likeness of God in true righteousness and holiness.

Daily Power Up

Everyone has struggled with some type of negative behavior cycle (NBC): addiction, fear, isolationism, restlessness (moving from church to church), depression, doubt, self-sabotage, self-doubt, or simply never finishing a task (always quitting).

If you struggle with NBCs, use this time of prayer and fasting to ask the Lord to help you identify and break your cycle.

Take a moment and write down any NBCs. Cycles in your life that you need The Lord's help to conquer so that you walk in greater authority over your body and your soul.

NBCs are part of the old nature - they are part of a pre-Christian cycle that Jesus wants to break out of your life now that you have come to Him.

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DAY TWENTY-EIGHT – August 30, 2026

Communion

Scripture Memory Verse

Philippians 3:10-11, ESV

“that I may know him and the power of his resurrection, and may share his sufferings, becoming like him in his death, ¹¹ that by any means possible I may attain the resurrection from the dead.”

Daily Power Up

This is the final day of our fast. Today we break our fast with a time of communion together as a body of believers.

Through this fast we have encouraged one another in great times of worship, prayer, and through the word of God. We have gone through cycles of repentance and confession, asking the Lord to fill us, drawing near and intimacy with the Lord, and Power of the Holy Spirit.

Over the last 30 days you have journeyed to “**know him and the power of his resurrection, and [to]...share [in] his sufferings [through fasting], becoming like him in his death [by dying to the will of your flesh].**”

As we come to the end of this month of prayer and fasting, make the commitment to guard your new heart from your old mind. Commit to never return to the things fasting and prayer have set you free from. Commit to a regular routine of prayer and fasting to keep your relationship with Christ fresh.

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