

21 Days of Prayer & Fasting

January 12 - February 1, 2026



Scripture Prayer Guide

"This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us."

(1 John 5:14)

The Invitation

We are convinced that Emmanuel Church has been growing in the practice of prayer, and we're equally convinced this brings pleasure to our Lord! But we haven't arrived yet! There is still plenty of room for further growth! And so, like last year, we will embark on a 21-day journey of prayer and fasting during January.

The journey will include four Sunday messages (starting on January 11), three online prayer gatherings, encouragement and an opportunity to fast, and this Prayer Guide.

The main purpose of this booklet is to help you establish or practice a healthy prayer rhythm. To accomplish this, we have included a short Scripture for each day. Please read it at least three times (you may want to read the surrounding passage in your bible). Meditate on it. Ask, What is God saying through it? Journal it. Pray it.

We encourage you to use the P.R.A.Y. acronym (Praise, Repent, Ask, Yield), and you are encouraged to journal – either in the space provided in this booklet, or elsewhere. By the way, if you have another method that works for you – wonderful!

As the weeks unfold, you will be challenged to discern specific prayer needs for Emmanuel Church's ministry. Please pass your insights on to our elders. They will do their best to discern our 3 BIG Prayers for the coming year from your feedback.

Finally, I want to encourage you to actively participate in all components of this 21-Day Prayer & Fasting journey. Though some of these parts may challenge you, they are designed to draw you into a closer walk with Jesus, and that's our collective goal: To 'Know, Grow, and Show Christ'!

Sincerely,
Your Pastor & Elders

The Online Prayer Meetings

With it being winter, we have chosen to provide three online prayer gatherings; each at a different time of day

- Sunday, January 11 at 6:30 pm
- Wednesday, January 21 at 7 am
- Friday, January 30 at noon

You can join these meetings via Zoom either over the internet or by phone. Another option is for you to join someone with internet at their home for the online meeting. Ask around and see what you can work out!

Join Zoom via the internet

<https://us02web.zoom.us/j/85462228091>

Meeting ID: 854 6222 8091

Passcode: 364922

Sunday, January 11

Plan to join on Zoom at 6:30 pm for a community prayer gathering!

During today's worship service, we considered different reasons why we should pray. (If you missed the service, please see www.emmanuelchurch.ca for a link!) Starting tomorrow, we will pray about one of these reasons each day for the remainder of this week.

As mentioned in the introduction, we will be using the P.R.A.Y. acronym to guide our prayers.

P = Praise

R = Repent

A = Ask

Y = Yield

Regarding the 'yield'; the idea is to commit to doing what God is calling you to do no matter the consequences. Again, we encourage you to take notes, either in the space provided in this booklet or in a journal or digital format.

Monday, January 12 – GUIDANCE

Show me your ways, Lord, teach me your paths.

Guide me in your truth and teach me, for you are God my Savior, and my hope is in you all day long. (Psalm 25:4-5)

Praise – *try to include the Scriptures provided as you pray*

Repent – *confess any sin and commit to turning from it*

Ask –

Yield –

Tuesday, January 13 - PROTECTION

One thing I ask from the Lord, this only do I seek:
that I may dwell in the house of the Lord all the days of my life,
to gaze on the beauty of the Lord and to seek him in his temple.

For in the day of trouble he will keep me safe in his dwelling;
he will hide me in the shelter of his sacred tent
and set me high upon a rock. (Psalm 27:4-5)

Praise – *try to include the Scriptures provided as you pray*

Repent –

Ask – *Ask God to reveal 3 BIG personal prayer requests this week. Be sure to write them down and to pray them each day.*

Yield -

Wednesday, January 14 – HELP IN NEED

Hear me, Lord, and answer me, for I am poor and needy.
Guard my life, for I am faithful to you; save your servant who trusts
in you. You are my God; (Psalm 86:1-2)

Praise –

Repent –

Ask – *Did you discern your 3 BIG personal prayer requests?*

Yield -

Thursday, January 15 - HEALING

I will exalt you, Lord, for you lifted me out of the depths and did not let my enemies gloat over me. Lord my God, I called to you for help, and you healed me.(Psalm 30:1-2)

Praise – *Remember to P.R.A.Y through each day's Scripture!*

Repent –

Ask –

Yield -

Friday, January 16 - STRENGTH

My flesh and my heart may fail, but God is the strength of my heart and my portion forever. (Psalm 73:26)

Praise –

Repent –

Ask –

Yield -

Saturday, January 17 - BLESSING

You desire but do not have, so you kill. You covet but you cannot get what you want, so you quarrel and fight. You do not have because you do not ask God. 3 When you ask, you do not receive, because you ask with wrong motives, that you may spend what you get on your pleasures. (James 4:2-3)

Praise – *Has God already begun to answer your 3 BIG prayers? Be sure to thank Him!*

Repent –

Ask – *Keep praying your personal 3 BIG prayer requests!*

Yield -

Sunday, January 18 – HOW TO PRAY

During today's message, we considered different ways of praying. We will focus on one specific way each of the next 6 days.

In addition, Emmanuel's elders need your help in discerning this year's 3 BIG Prayers for our church! Would you ask Jesus to reveal what we should be praying for this year. Please, spend lots of time listening and be sure to journal anything that comes to mind. Then, at the end of the week, please communicate to the elders what you discerned. Thank you!

Monday, January 19 - PRAY ALONE

“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. (Matthew 6:5-6)

Praise –

Repent – *Confess any lack of prayer*

Ask – *Ask God to reveal what we need to pray for as a church this year. (Jot down anything that comes to mind, and let the elders know at the end of the week)*

Yield -

Tuesday, January 20 – PRAY TOGETHER

There will be an online prayer gathering tomorrow at 7 am

They all joined together constantly in prayer, along with the women and Mary the mother of Jesus, and with his brothers.
(Acts 1:14)

Praise –

Repent –

Ask –

Yield – *Commit to praying with others*

Wednesday, January 21 – LISTENING IN PRAYER

Remember: online prayer at 7 am today!

Whether you turn to the right or to the left, your ears will hear a voice behind you, saying, “This is the way; walk in it.” (Isaiah 30:21)

Praise –

Repent – *Repent of ‘doing all the talking’ in prayer (if applicable)*

Ask – *Keep asking what we need to pray for as a church!*

Yield -

Thursday, January 22 – PRAYING LAMENT

I remember my affliction and my wandering, the bitterness and the gall. I well remember them, and my soul is downcast within me.

Yet this I call to mine and therefore I have hope: Because of the Lord’s great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness. I say to myself, “The Lord is my portion; therefore I will wait for him.” (Lamentations 3:19-24)

Praise –

Repent – *Repent of blaming God for your difficulties (if applicable)*

Ask –

Yield -

Friday, January 23 – PRAYING FOR EACH OTHER

And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people. (Ephesians 6:18)

Praise – *Praise God for answering one of last year's BIG prayers – the one about growing intergenerational dynamics at Emmanuel!*

Repent –

Ask – *Ask Jesus to reveal who you should pray for*

Yield -

Saturday, January 24 – WORSHIP & PRAISE

“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.
(Matthew 6:9-10)

Praise – *Thank God for revealing to you what Emmanuel Church needs to pray about (and please pass this on to the Elders)*

Repent –

Ask – *Pray what God has revealed to you for Emmanuel Church*

Yield -

From the Pastor - A Note About Fasting

Few people in our churches are excited about fasting. That said, when people experiment with fasting and are intentional in using the time to spend in prayer, they often report on how good it was! And so, I want to take the opportunity to encourage you to make fasting part of this prayer initiative.

Allow me to make a few suggestions to help you have a good experience with fasting.

- Start small – Plan to skip lunch and spend that time praying instead of eating
- Build on previous success. For example, skip a lunch this week, and add skipping breakfast to it next week.
- Some people fast from things other than food. Though a biblical fast referred to food, fasting from other things can be useful. For example, you can fast from social media, watching the news, etc. Get creative! But be sure to replace it with spending time in intimacy with your Saviour.
- Tell those who need to know (i.e. a spouse or roommate)
- Depending on your health, you may have to discuss any plans for a food fast with your health care provider.

We have included this page at this point to encourage you to include some form of fasting during the coming week.

At our online prayer meeting on Sunday evening, we will take some time to talk and pray about fasting as well.

Finally, we will provide an opportunity to fast together this coming Friday.

Sunday, January 25 - FASTING

"When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting.... But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you. (Matthew 6:16-18)

Praise –

Repent – *Repent of an unwillingness to fast*

Ask – *Ask for a growing desire to draw closer to Jesus through fasting*

Yield -

Monday, January 26 – WHAT IS FASTING?

When I weep and fast, I must endure scorn; when I put on sackcloth, people make sport of me. (Psalm 69:10-11)

Praise –

Repent –

Ask –

Yield – *Yield to any sense of conviction regarding fasting*

Tuesday, January 27 – WHEN TO FAST

When I heard these things, I sat down and wept. For some days I mourned and fasted and prayed before the God of heaven.

(Nehemiah 1:4)

Praise –

Repent –

Ask – Ask Jesus what he wants you to fast from, when to do this, and how to go about it.

Yield -

Wednesday, January 28 – WHERE TO FAST

Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. After fasting forty days and forty nights, he was hungry. The tempter came to him and said, “If you are the Son of God, tell these stones to become bread.” Jesus answered, “It is written: ‘Man shall not live on bread alone, but on every word that comes from the mouth of God.’” (Matthew 4:1-4)

Praise –

Repent –

Ask –

Yield -

AN OPPORTUNITY TO FAST TOGETHER

As our 21 Days of Prayer draws to a close this weekend, we want to provide an opportunity to experience fasting together on Friday, January 30.

We encourage you to at least skip lunch on that day (feel free to do a longer fast!) and to spend it praying with others. We will host a 45-minute online prayer gathering at noon on Friday. Here is the login information:

Join Zoom via the internet

<https://us02web.zoom.us/j/85462228091>

Meeting ID: 854 6222 8091

Passcode: 364922

Please bring this prayer guide and/or your journal to the gathering, as there may be an opportunity to share from your notes in a small group setting.

Thursday, January 29 – WHY FAST

So we fasted and petitioned our God about this, and he answered our prayer. (Ezra 8:23)

Praise –

Repent –

Ask –

Yield -

Friday, January 30 – HOW TO FAST

We encourage you to fast today and to join us for an online prayer gathering at noon today!

I ate no choice food; no meat or wine touched my lips; and I used no lotions at all until the three weeks were over. (Daniel 10:3)

Praise –

Repent –

Ask –

Yield -

NOTES FOR DAY OF PRAYER & FASTING

Saturday, January 31 – FASTING AS PART OF REPENTANCE

“Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke? Is it not to share your food with the hungry and to provide the poor wanderer with shelter—when you see the naked, to clothe them, and not to turn away from your own flesh and blood? (Isaiah 58:6-7)

Praise –

Repent – Ask God to ‘search your heart’ (Ps. 139:23)

Ask –

Yield -

Sunday, February 1 – BREAKING FAST & WORSHIP

We have come to the end of our 21-day journey of prayer and fasting! We trust these past three weeks have been beneficial to your walk with Jesus, and now encourage you to focus on worship. Instead of praying our regular P.R.A.Y. rhythm, we encourage you to write a psalm of praise to your Saviour. Try to include your prayer experiences of this journey.

And, we hope you will join the worship service at Emmanuel Church this morning!

Prepared & provided to you by:

Emmanuel Congregational Christian Church

Middleton, NS

January 2026

“Know, Grow & Show Christ”

www.emmanuelchurch.ca