



# PRAYER & FASTING

**SCHEDULE**  
**12th - 30th JANUARY 2026**

**Week 1:** Renewal and Cleansing by the Holy Spirit

**Week 2:** Infilling, Empowerment, and Gifts of the  
Holy Spirit

**Week 3:** Guidance, Fruitfulness, and Impact



## WHAT IS FASTING

Fasting is a biblical spiritual discipline in which a believer intentionally abstains from food for a set period in order to seek God in prayer with greater focus, humility, and dependence.

## WHY WE PRAY AND FAST

- We fast to humble ourselves before God and express total dependence on Him. Fasting helps subdue the flesh and submit to God's will. "I humbled my soul with fasting" (Psalm 35:13; Ezra 8:21).
- We fast to seek God's direction and intervention, especially in seasons of need or uncertainty. - "So, we fasted and entreated our God for this, and He answered our prayer" (Ezra 8:23).
- We also fast for repentance and spiritual renewal, responding to God's call to return to Him wholeheartedly. "Return to Me with all your heart, with fasting" (Joel 2:12; Nehemiah 9:1).
- Fasting is practiced in times of making critical life decisions and ministry direction. "While they were worshiping the Lord and fasting, the Holy Spirit said, 'Set apart for Me Barnabas and Saul for the work to which I have called them'" (Acts 13:2-3).
- We fast to experience deliverance and grow spiritually. 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? **Isaiah 58:6**



## **TYPES OF PRAYER AND FASTING**

**Normal Fast/Water Fast** - This involves abstaining from food while drinking water. Jesus fasted for 40 days and 40 nights before beginning His ministry (Matthew 4:2). Moses and Elijah also fasted for 40 days by God's strength (Exodus 34:28; 1 Kings 19:8).

**Partial Fast/Daniel fast** - This fast limits certain foods rather than total abstinence and may last a few days or several weeks. Daniel observed a 21-day partial fast, avoiding rich foods as he sought understanding from God (Daniel 10:2-3).

In modern days it is also practiced as 6:00am to 6:00pm fast or where one opts to eat one meal a day

**Corporate Fast** - A corporate fast is observed by a group of believers for a common purpose. Queen Esther called for a three-day fast among the Jews for divine intervention (Esther 4:16). Israel also engaged in national fasts (Joel 2:15).

**Dry Fast** - A dry fast is fasting without both food and water for a limited period. Queen Esther called for 3 days dry Fast. Do not eat or drink for three days, night or day" (Esther 4:16).

We encourage this type of fast to be done in caution and should not exceed 3 days.

## **OUR RALLYING CALL FOR THIS PRAYER AND FASTING AS NBC**

1. As our theme this year: By the Holy Spirit, that we may walk in step with the Holy Spirit in all that we do. Knowing his will, empowered by him and doing his will.
2. For our leaders and co-workers, and for wisdom in the election of new leaders.
3. For the current state of the church, that we may experience a fresh move of the Lord as never before.
4. For the unlocking of resources, including human and other capital resources, to advance God's work in our midst.



**MONDAY 12TH - SUNDAY 18TH JANUARY**

## **WEEK 1: RENEWAL AND CLEANSING BY THE HOLY SPIRIT**

**Titus 3:5** He saved us through the washing of rebirth and renewal by the Holy Spirit."

### **FOCUS**

Week one focus on inward renewal. Inviting the Holy Spirit to cleanse our hearts, revive our love for God, and restore spiritual sensitivity. Praying for repentance, fresh surrender, and a renewed walk in holiness both individually and as a church.



**MONDAY 12TH JANUARY**

## **A PRAYER FOR REPENTANCE**

Wash me, and I shall be whiter than snow

**Psalms 51:7, Ezekiel 36:26 27.**

- Pray for the Lord to forgive you of all sin and transgressions.
- Pray for a genuine sorrow for sin, not just fear of consequences.
- Ask the Lord to forgive us as a church where we have fallen short, and ask him to continue to restore his church.
- Ask God to help us forsake sinful habits, thoughts, and patterns.
- Pray that God would transform our hearts and minds to desire righteousness.
- Pray that you shall be conscious of sin and pursue holiness.



TEUSDAY 13TH JANUARY

## A PRAYER FOR PURITY

Create in me a clean heart, O God, and renew a right spirit within me. **Psalms 51:10, Romans 12:1-2**

- Ask for God's grace to renew your heart and turn you from sin to holiness
- Ask God to renew our minds and help us focus on what is holy and pleasing to Him.
- Pray for the Lord to grant you a renewed passion for the things of the kingdom
- Pray that your heart shall be pure and ask the Lord to store His goodness in it
- Pray for control over our words, so that what we speak glorifies God and encourages others..
- Pray that our relationships in the family, friends, marriage and church will reflect godly love and honour.
- Ask for the Holy Spirit to sustain you and help you to be an effective follower of Christ



**WEDNESDAY 14TH JANUARY**

# **A PRAYER OF SURRENDER**

The LORD is my rock, my fortress and my deliverer; my God, my rock, in whom I take refuge, my shield and the horn of my salvation, my stronghold.

**Psalms 18: 2 Psalms 62:1**

- Through brokenness, allow the Lord to search your heart and deal with anything that is a hindrance to worship.
- In total surrender allow the Lord to minister His grace and peace to your heart
- Pray that your faith shall not be shaken by anything that the world offers but steadfastly you shall grow deeper through all situations
- Pray that the church shall continually seek God for direction and clarity in all seasons
- Pray that your heart shall surrender totally to the voice of God.





THURSDAY 15TH JANUARY

## A PRAYER FOR THE LORD TO BE OUR DWELLING PLACE

Whoever dwells in the shelter of the Most High, will rest in the shadow of the Almighty I will say of the LORD, "He is my refuge and my fortress, my God, in whom I trust.

Psalms 91:1-2, Psalms 4:8

- Pray for a personal and continuous relationship with God
- Pray that the Lord would be our true refuge, safety, and resting place in every season.
- Pray that the Lord shall dwell in His church and that it may please Him to sustain His bride
- Ask the Lord to fill our hearts and homes with His peace as we dwell in Him. Pray for choices that honour God, through your lifestyle and commitment
- Pray for a life of worship and dedication.
- Pray for your heart to become a pure dwelling place for God, filled with His love, peace, and grace.



FRIDAY 16TH JANUARY

## A PRAYER FOR STEADFASTNESS

Hold unswervingly to the hope we profess, for he who promised is faithful-Hebrews 10:23, Acts 2:42

- Ask God to fill us with hope that keeps us steadfast even in difficult seasons.
- Pray that our faith would remain firm and unshaken in Christ, regardless of circumstances.
- Ask God for grace to endure hardships without giving up or turning away from Him.
- Pray for discipline to remain faithful in prayer and in studying God's Word.
- Ask the Lord to anchor your soul in Him and strengthen you for His works



**SATURDAY 17TH JANUARY**

# **A PRAYER TO LEAN ON GOD**

Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight. **Proverbs 3:5-6**

- Pray for complete reliance on God, and trust God's wisdom in all situations
- Pray that in seasons that we will depend on God's timing in all seasons.
- Pray that God would order our steps and guide our decisions as we lean on Him daily.
- Surrender your plans to the Lord and let Him guide you through every plan that you may have.
- Ask for patience, faith and peace to guard our hearts as we place our full confidence in Him
- Ask the Lord to make your paths straight and to remove the obstacles that hinder your life.



SUNDAY 18TH JANUARY

## A PRAYER FOR FRUITFULNESS

"And God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work." 2 Corinthians 9:8, John 15:5-6

- Thank the Lord for His promise of fruitfulness and abundance in your life
- Pray for fruitfulness in your spiritual walk with Christ, that our lives will reflect the fruit of the Spirit.
- Declare fruitfulness in the career, family life and the church
- Pray against anything that hinders your growth and progress spiritually and physically
- Intercede for the church to grow through the power of the Holy Spirit
- Pray that the church shall maximise its potential and opportunities to reach out.



**MONDAY 19TH - 25TH JANUARY**

## **WEEK 2: INFILLING, EMPOWERMENT, AND GIFTS OF THE HOLY SPIRIT**

**Titus 3:6** "Whom He poured out on us generously through Jesus Christ our Savior."

### **FOCUS**

Week two: seek the fresh infilling of the Holy Spirit. Praying for renewed empowerment to live holy and victorious lives, and for the activation of spiritual gifts for service and ministry. Asking the Holy Spirit to equip us with wisdom, boldness, discernment, and love, so that the body of Christ may be built up and God's work advanced effectively.



MONDAY 19TH JANUARY

## PRAY FOR THE INFILLING OF THE HOLY SPIRIT

"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!"

Luke 11:13, Acts 1:8

- Pray for a hunger and a desire to be filled by the Holy Spirit
- Pray that we will experience the infilling and renewal that comes from the Holy Spirit.
- Pray for sensitivity in hearing the Holy Spirit and trusting his leading
- A prayer of faith that God, through His Spirit, may grant Himself as a gift for us who believe.
- A prayer that as a church we may walk in the power that the Spirit gives, in all our endeavours, plans and decisions, He may give guidance.





TUESDAY 20TH JANUARY

## PRAYER FOR RELIANCE ON THE SPIRIT FOR OUR NEEDS

And my God will meet all your needs according to the riches of his glory in Christ Jesus.

Philippians 4:19, Psalms 65:9-13

- Pray for His provision for the Daily needs we have as individuals.
- Repent of instances where you have depended on other things or people to satisfy more than God.
- Pray for satisfaction in God as a church and individuals that we may be satisfied in Him alone.
- Pray for the different needs in our respective churches that God may grant us answers, but rest in His providing hand.



**WEDNESDAY 21ST JANUARY**

## **PRAYER FOR SPIRITUAL GIFTS**

There are different kinds of gifts, but the same Spirit distributes them. There are different kinds of service, but the same Lord. There are different kinds of work, but in all of them and in everyone, it is the same God at work. Now to each one the manifestation of the Spirit is given for the common good. **1st Corinthians 12:4-7**

- Pray that the Holy Spirit may reveal to you any gifts that He has laid in us for the sake of the service of His people.
- Pray that He may help us use the already existing gifts for the sake of His glory.
- Trust Him and pray for the gifts of His Spirit to be poured out in our respective Churches that we may experience growth as we work through our gifts to bring about His glory.
- Pray that He may use us to encourage, rebuke, teach and grow each other through our various gifts.



THURSDAY 22ND JANUARY

## PRAYER FOR DISCERNMENT

These are the things God has revealed to us by his Spirit. The Spirit searches all things, even the deep things of God. For who knows a person's thoughts except their own spirit within them? In the same way, no one knows the thoughts of God except the Spirit of God. What we have received is not the spirit of the world, but the Spirit who is from God, so that we may understand what God has freely given us. **1st Corinthians 2:10 -12, John 10:27**

- Pray for the gift of discernment, in hearing God's voice over your life, that the Holy Spirit may help you hear God more clearly.
- Pray that as you read the word of God, the Holy Spirit may help you understand God's character, nature and being.
- Pray for the Spirit's guidance in choosing friends, partners, and mentors who align with God's will.
- Pray over the choices and decisions that seem to be weighing you down and need clarity
- Pray that the Holy Spirit may help us as a church to understand his voice and be quick to obey it
- Pray for our leaders that they will always discern the voice of God and be bold to lead according to the will of God



FRIDAY 23RD JANUARY

## PRAYER FOR SPIRITUAL NEEDS

Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom. And we all, who with unveiled faces contemplate[a] the Lord's glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit.

2nd Corinthians 3:17-18, Ephesians 6:10-18

- Pray for spiritual insight to make decisions aligned with God's will and to discern truth from error.
- Pray that as a congregation we may also rely on God for the needs of our church, and we may be in tune with His Spirit to grow in our faith.
- Pray for the different generations represented in the congregation to be rooted in Christ through His Spirit, that we may experience Spiritual growth in our midst.
- Pray that through every interaction as a body of Christ, we may be able to see God's glory and power displayed in our midst.
- Pray for a deeper, consistent, and effective prayer life, connecting intimately with God.
- Pray for revival and unquenchable hunger for God in the church.
- Pray for protection against spiritual attacks, temptation, and the schemes of the enemy.



**SATURDAY 24TH JANUARY**

## **PRAY FOR LOVE AND UNITY THROUGH THE SPIRIT**

Make every effort to keep the unity of the Spirit through the bond of peace. There is one body and one Spirit, just as you were called to one hope when you were called; one Lord, one faith, one baptism; one God and Father of all, who is over all and through all and in all.

**Ephesians 4:4-6, 1 Corinthians 12:12-13**

- Pray that God, through His Spirit, may grant us to love one another and to live in unity, since He is a Spirit of unity.
- Pray that we may stand as a united church despite our diversity, that cultural, generational, or personal differences would not divide the church, and that the Spirit would unite us in purpose and vision.
- Pray that disagreements, divisions, and conflicts in the church would be resolved through the Spirit, bringing peace and harmony.
- Pray that the Holy Spirit may grant us conviction to forgive and ask for forgiveness to those who have hurt us and we have hurt, as Christ forgave us.
- Pray that He may bring Healing in those spaces where the church has brought hurt to us.



**SUNDAY 25TH JANUARY**

# **PRAYER FOR THE LEADERSHIP**

**12** Now we ask you, brothers and sisters, to acknowledge those who work hard among you, who care for you in the Lord and who admonish you. **13** Hold them in the highest regard in love because of their work. Live in peace with each other.

**1st Thessalonians 5:12-13**

- Pray for the different leaders of the Church:
  - The Chair of the Council and The Council
  - The Senior Pastor
  - The Lead Pastors
  - Pastoral Team
  - Admin Staff
  - The Elders Courts (Of All Assemblies)
  - Ministry Teams
- Pray that leaders will have God-given wisdom to make decisions that honour Him and benefit the people they serve.
- Pray for the Church leadership, that they may be filled with the Holy Spirit and bold in their profession and proclamation.
- Pray for God's protection over leaders' lives, guarding them from temptation, attacks, and discouragement.
- Pray also for the leaders of the nation that they will receive clarity of vision and purpose, and that they will guide the country effectively toward God's plan for our country.
- Pray that all the Support they need to do His work He may supply by His Spirit.



**MONDAY 26TH - FRIDAY 30TH JANUARY**

## **WEEK 3: GUIDANCE, FRUITFULNESS, AND IMPACT**

**Romans 8:14:** "Those who are led by the Spirit of God are the children of God."

### **FOCUS**

Week Three: Seeking divine direction and lasting fruit. Praying for the Holy Spirit to guide our decisions, align us with God's will, and make us fruitful in good works. Praying that our lives and church will impact on our community and nation by the power of the Holy Spirit.



MONDAY 26TH JANUARY

## POWER TO ABIDE AND STRENGTH TO PRAY

**26** But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you.

John 14:26, Romans 8:26-27

- Power to Abide, that the Holy Spirit may give us strength and a willing heart to abide in Christ, that we may bear lasting fruit.
- Pray over those areas that are not submitted to God, and pray that the Holy Spirit may reveal them and bring you to repentance
- Pray that the Holy Spirit may grant you strength to live in Obedience, to abide in the vine that is Jesus Christ and that you may find sustenance in Him alone.
- Pray that the Holy Spirit may give us strength to pray more fervently, consistently and without ceasing.
- Pray against any distractions, that the Holy Spirit may reveal things that may cause us not to be at the feet of God in prayer.
- Pray for sustained strength in our devotions as individuals, that the Spirit may give us strength to rile ourselves to be in the place of prayer as we continue to seek God in prayer.



**TUESDAY 27TH JANUARY**

# **OUR WILLS TO BE ALIGNED WITH GOD**

Teach me to do your will, for you are my God; may your good Spirit lead me on level ground.

**Psalm 143:10, Matthew 26:39**

- Pray that the Holy Spirit may help us to align our wills with Him in every choice that shall be made this year.
- Pray for His strength to be able to do what He desires of us through the year.
- Pray for the church leadership that God may grant them wisdom and understanding on what He is doing at NBC that they may lead us through that .
- Pray that as a congregation we may be constantly renewing our minds and thus be able to discern the will of God.
- Pray that your thoughts, words, and actions consistently reflect God's desires.
- Pray against any form of sin and pride that may hold us from truly seeing what God is doing.



WEDNESDAY 28TH JANUARY

## EFFECTIVENESS

Be very careful, then, how you live—not as unwise but as wise, making the most of every opportunity, because the days are evil. Ephesians 5:15-16, Philippians 4:13

- Pray that God blesses our labour and multiply the results of your efforts for His glory.
- Pray that the Holy Spirit may reveal different social needs that He desires you to reach out to and meet.
- Pray for the Church that we will be of impact in the different societies in which He has put us.
- Pray for our mission stations, that the Holy Spirit may strengthen the labourers there to do the work of the gospel
- Pray that God may use us as a church to reach the unreached and thus spread the Gospel, that the Spirit may grant boldness to speak of Him in those spaces



THURSDAY 29TH JANUARY

## THE NATION

If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land.

**2 Chronicles 7:14, Isaiah 1:17**

- Pray that leaders will govern with wisdom, integrity, and justice, seeking God's guidance in every decision.
- Pray that justice will prevail in the nation and the rights of the vulnerable, poor, and oppressed are protected.
- Pray that leaders enact laws and policies that promote justice, welfare, and godly principles.
- Ask God to bless educational systems, innovation, and opportunities for youth growth and national development.
- Pray that the nation upholds godly values, and that Christians serve as lights and salt in society.



FRIDAY 30TH JANUARY  
**THANKSGIVING**

**Psalm 118**

1 Give thanks to the Lord, for he is good;  
his love endures forever.

- Thank God for the sake of His Holy Spirit, that as Jesus promised, He has not left us as orphans, rather He has given His Spirit to guide
- Thank God for showering us with Spiritual gifts, for those that have been revealed, and those we are trusting Him for.
- Thank God that He has listened to the cries of our hearts and our needs, thank Him that through this whole period of prayer and fasting, He has been listening and answering.
- Thank God that He is and will always be the sustainer of Nairobi Baptist Church, and may His name be praised.