



Mansfield Baptist Church Week of Prayer and Fasting Guide | January 19-23

This week we are setting aside focused time to pray and fast together as a church family. Fasting helps quiet our flesh so that we can listen more closely to the Lord. Prayer aligns our hearts with His will, strengthens our faith, and fuels obedience. You may choose to fast one meal, one day, or the whole week. Let physical hunger remind you to pray, to worship, and to find your strength in God.

Each day you will find a scripture to read that guides you into different places in scripture where fasting is present. You will be encouraged through passages of personal renewal, personal obedience, personal courage, and living on mission. There are different prompts to pray personally and to pray as a family.

There are many examples of fasting in the Bible, as well as instruction on how to fast. For example, Moses fasted before he received the Ten Commandments (Exodus 34:8). The Israelites fasted before a miraculous victorious battle in 2 Chronicles 20. Daniel fasted to receive guidance from the Lord. Jesus fasted while He was tempted in the desert (Luke 4:2). In Acts 13 we read that the first Christians fasted when making important decisions.

The Bible does not “suggest” God’s people fast, but rather expects them to do so. Matthew 6:17-18 says, “But when (not if) you fast, anoint your head and wash your face, that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you.” Just like any other spiritual discipline, fasting requires the believer to set aside worldly distractions to focus on God.

Steps to Fasting:

1. Ask the Lord to show you what you should fast from and for how long. Be sensitive to the Spirit as you discern this.
2. Set aside time for prayer and quiet reflection during your fast. Journal as God impresses things on your heart during your fast.
3. Spend time in God’s Word. His Word is one of the primary ways God speaks to us.
4. Set aside specific time in the day to read, study, and meditate on God’s Word.

5. Sing and worship God throughout your day.
6. Remember to watch for the movement of God in your life as a result of your fast look for answers, action, or a new perspective.

Types of fasts:

1. Complete fast: No food, water/broth only
2. Partial fast: This could include fasting 6am to 6pm (intermittent fast), fasting one or two meals a day, not eating certain foods (sweets for example), or only drinking liquids (juices, protein shakes etc.)
3. Daniel fast: Fruits, veggies, water only. Some include whole grains
4. Soul Fast: A soul fast focuses on abstaining from certain activities or distractions instead of fasting from food.

Day 1 | Humbling Ourselves Before God | Monday Scripture: Joel 2:12-13

Renewal Scripture: Psalm 51:10-12

Personal Prayer: Ask God to search your heart and reveal anything that needs repentance or surrender. Confess sin honestly. Ask God to renew your joy, hunger for His Word, and sensitivity to the Holy Spirit.

Family Prayer: Talk about what it means to say sorry to God and to one another. Pray together for clean hearts and joyful obedience in your home.

Kingdom Focus: Pray for spiritual renewal across Mansfield Baptist Church. Ask God to awaken hearts toward holiness, repentance, and worship.

Day 2 | Seeking God's Direction | Tuesday Scripture: Acts 13:2-3

Obedience Scripture: Proverbs 3:5-6

Personal Prayer: Ask God for clarity and wisdom in decisions you are facing. Surrender your timeline and preferences to His leadership.

Family Prayer: Pray for wisdom in school, work, finances, and relationships. Ask God to help your family listen to His voice and follow His Word.

Kingdom Focus: Pray for God's direction in our church's future, leadership, and ministry strategy.

Day 3 | Strength for Spiritual Battles | Wednesday Scripture: Matthew 4:1-11

Courage Scripture: Ephesians 6:10-13

Personal Prayer: Ask God to strengthen you against temptation, discouragement, and spiritual attack. Pray for spiritual courage and discipline.

Family Prayer: Talk about making wise choices and resisting temptation. Pray for protection over your children and home.

Advancement Prayer: Pray for spiritual protection over our church families, community, and believers worldwide.

Day 4 | Renewal and Spiritual Growth | Thursday Scripture: Ezra 8:21-23

Renewal Scripture: Isaiah 40:29-31

Personal Prayer: Ask God to renew your spiritual strength and consistency in prayer, Scripture, generosity, and obedience.

Family Prayer: Pray for patience, endurance, and spiritual growth in your home.

Kingdom Focus: Pray for growth in discipleship, leadership development, and spiritual maturity in our church.

Day 5 | Courage & Obedience for the Mission | Friday Scripture: Esther 4:15-16

Mission Scripture: Matthew 28:19-20

Personal Prayer: Pray for boldness to share the Gospel and courage to obey God's leading. Lift up lost friends and family by name.

Family Prayer: Pray for people your family knows who need Jesus. Ask God to use your home as a light in the community.

Kingdom Focus: Pray for salvations, baptisms, and lasting Kingdom impact locally and globally.