

PURPOSE
FULFILLED

7 DAYS
PRAYER AND
FASTING
FOR
G R A C E
&

A B U N D A N C E



“Welcome to this 7-day journey of fasting and prayer. During this fast, we will focus on seeking God’s grace and abundance in every area of life. Each day includes a Bible verse, reflection, prayer focus, and journal prompt to help you connect with God deeply.”

Key Scriptures for Fasting:

- Joel 2:12 – “Even now,” declares the Lord, “return to me with all your heart, with fasting and weeping and mourning.”
- Matthew 6:16-18 – “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.”

DAY 1: Grace to Begin Anew

2 CORINTHIANS 12:9 – “BUT HE SAID TO ME, “MY GRACE IS SUFFICIENT FOR YOU, FOR MY POWER IS MADE PERFECT IN WEAKNESS.” THEREFORE, I WILL BOAST ALL THE MORE GLADLY ABOUT MY WEAKNESSES, SO THAT CHRIST’S POWER MAY REST ON ME”

<p>What areas of your life do you need God’s grace to transform?</p> <p>1.</p> <p>2.</p> <p>3.</p> <p>4.</p> <p>5.</p> <p>6.</p> <p>7.</p>	<p>Reflection:</p> <p>“God’s grace empowers us to start fresh and trust Him with our weaknesses.”</p> <p>Prayer Focus:</p> <p>Ask God for strength to begin this fast with a humble and open heart.</p> <p>Guided Prayer:</p> <p>Oh Lord,</p> <p>I come before You with a humble heart. Teach me to value others above myself. Help me to see the beauty in every soul You have created. Grant me patience, Father. When I am quick to anger, remind me of Your endless grace. Help me to pause and reflect on Your love. Strip away my pride, Lord. Let me not seek recognition or praise but to serve with a pure heart. Guide me to walk in Your footsteps with humility.</p> <p>When I am tested, give me strength. Let me bear trials with grace and perseverance. Fill my heart with Your peace, so that I may extend it to others. Help me to be an instrument of Your love and compassion.</p> <p>I surrender my will to You, trusting in Your wisdom and timing. Mold me into the person You want me to be.</p> <p>In Jesus’ name, I pray.</p> <p>Amen.</p>
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DAY 2: Abundant Provision

PHILIPPIANS 4:19 – “AND MY GOD WILL MEET ALL YOUR NEEDS ACCORDING TO THE RICHES OF HIS GLORY IN CHRIST JESUS.”

Where do you need to trust God more in your life?
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Reflection: “God is your ultimate provider. As you fast, trust Him to meet both your spiritual and physical needs. Surrender your anxieties about provision and focus on His unwavering faithfulness.”
Prayer Focus: Pray for faith to trust in God’s provision and abundance.
Guided Prayer: Oh Lord, I seek Your guidance in all I do. Illuminate my path and show me the way. When decisions overwhelm me, let Your wisdom prevail. Open my heart to hear Your voice and follow Your lead. Help me to trust in Your plan, even when I cannot see the end. Thank You for being my constant guide. In Jesus' name, Amen.

DAY 3: Grace in Weakness

ROMANS 5:20 – “THE LAW WAS BROUGHT IN SO THAT THE TRESPASS MIGHT INCREASE. BUT WHERE SIN INCREASED, GRACE INCREASED ALL THE MORE,”

Where do you require more of God's grace in your life?	Reflection:
1.	“God rains down grace on all mankind. He gave us the beauty and wonders of nature that we see each and every day”
2.	Prayer Focus:
	Pray to surrender, humility, and receive grace.
3.	Guided Prayer:
	Oh Lord,
4.	We come before You with open hearts, asking for Your grace to be a light in our lives. Grant us the wisdom to understand more deeply the power of God’s amazing grace, to recognize it as a gift of Your love, freely given, not something we can earn.
5.	
6.	Help us trust that we are worthy of Your grace, undeserving yet chosen. May we also be ever mindful to share Your grace with others, extending the same mercy and grace that You have extended to us.
7.	Let us be forever grateful for the gift of Your grace. In Jesus’ name, we pray.
	Amen.

DAY 4: Strength in Waiting

ISAIAH 40:31 - “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”.

In what areas of your life do you struggle to wait on God? How can you trust Him more during this fast?

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Reflection:

“Fasting often requires patience and perseverance. Trust that as you wait on God, He is renewing your strength and preparing you for greater things.”

Prayer Focus:

Pray for patience and a heart that trusts God’s perfect timing. Ask for renewed strength to stay committed to this fast.

Guided Prayer:

Oh Lord,

Renew my spirit today. Refresh my soul and give me new strength.

Help me to let go of the past and embrace the new things You are doing. Let Your renewal bring life and vitality to my being.

Thank You for making all things new. In Jesus’ name,

Amen

DAY 5: Walking in God’s Purpose

JEREMIAH 29:11 - “FOR I KNOW THE PLANS I HAVE FOR YOU, DECLARES THE LORD, PLANS FOR WELFARE AND NOT FOR EVIL, TO GIVE YOU A FUTURE AND A HOPE.”

How can you better align your daily choices with God’s purpose for your life?

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Reflection:

“God’s plans for you are full of hope and purpose. Use this fasting time to seek His guidance and align your heart with His divine will for your life.”

Prayer Focus:

Ask God to reveal His purpose for your life and the steps you need to take to align with His plan.

Guided Prayer:

Oh Lord,

We thank you for your grace and mercy. We are grateful for your constant love and guidance, even in moments of trial and suffering.

We come to you knowing that you are a God of forgiveness and blessings. Open our hearts and minds to receive your grace with humility. Fill us with the courage and strength to embrace grace in all its forms. May we be grateful for your gift of grace and use it to serve and glorify you.

Help us to forgive others and ourselves, to accept your blessings, and to be guided by your wisdom. Give us the courage to accept your grace with open arms, so that we can spread your love to the world. In Jesus’ name we pray,

Amen.

DAY 6: Peace Beyond Understanding

PHILIPPIANS 4:7 - “AND THE PEACE OF GOD, WHICH SURPASSES ALL UNDERSTANDING, WILL GUARD YOUR HEARTS AND YOUR MINDS IN CHRIST JESUS.

<p>What thoughts or situations disrupt your peace? How can you invite God’s presence into those areas today?</p>
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Reflection:

“Fasting can quiet your mind and bring peace that surpasses understanding. Trust that God’s peace will fill your heart as you surrender your worries to Him.”

Prayer Focus:

Pray for God’s peace to guard your heart and mind, even in challenging situations. Ask Him to help you release any lingering anxieties.

Guided Prayer:

Oh Lord,

Fill me with hope. When life feels uncertain, remind me of Your promises. Help me to hold on to hope and trust in Your plan.

Let Your hope be a light in my darkest moments. Thank You for being the source of all hope. In Jesus' name,

Amen.

DAY 7: The Joy of the Lord

NEHEMIAH 8:10 - "DO NOT GRIEVE, FOR THE JOY OF THE LORD IS YOUR STRENGTH."

Reflect on moments when God’s joy gave you strength. How can you embrace His joy more fully today?

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Reflection:

“The joy of the Lord is a gift that strengthens us, even in times of fasting. His joy can transform your perspective and energize your spirit as you focus on Him”

Prayer Focus:

Pray for the joy of the Lord to fill your heart and strengthen you as you fast. Ask for a renewed sense of gratitude for His blessings.

Guided Prayer:

Oh Lord
Fill me with Your joy. Help me to find joy in every situation and circumstance.

Let Your joy be my strength and my song. Teach me to rejoice always and give thanks in all things. Thank You for the gift of joy. In Jesus' name,

Amen.

Yearly Habit — Tracker

Once you have finalized this fast, I urge you to track the bad habits that are keeping you away from God's abundance. Actively acknowledge those habits and replace them by reading the word of God. For example, if gossiping is one of your bad habits. Every time you have the urge to gossip. Stop reflect and read the bible. Find a good word to speak instead of gossip. use the tracker here to track your progress.

JANUARY

Habit

FEBRUARY

Habit

MARCH

Habit

APRIL

Habit

MAY

Habit

JUNE

Habit

(Half yearly thoughts)

Yearly Habit — Tracker

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DECEMBER	Habit	
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(End of year thoughts)