

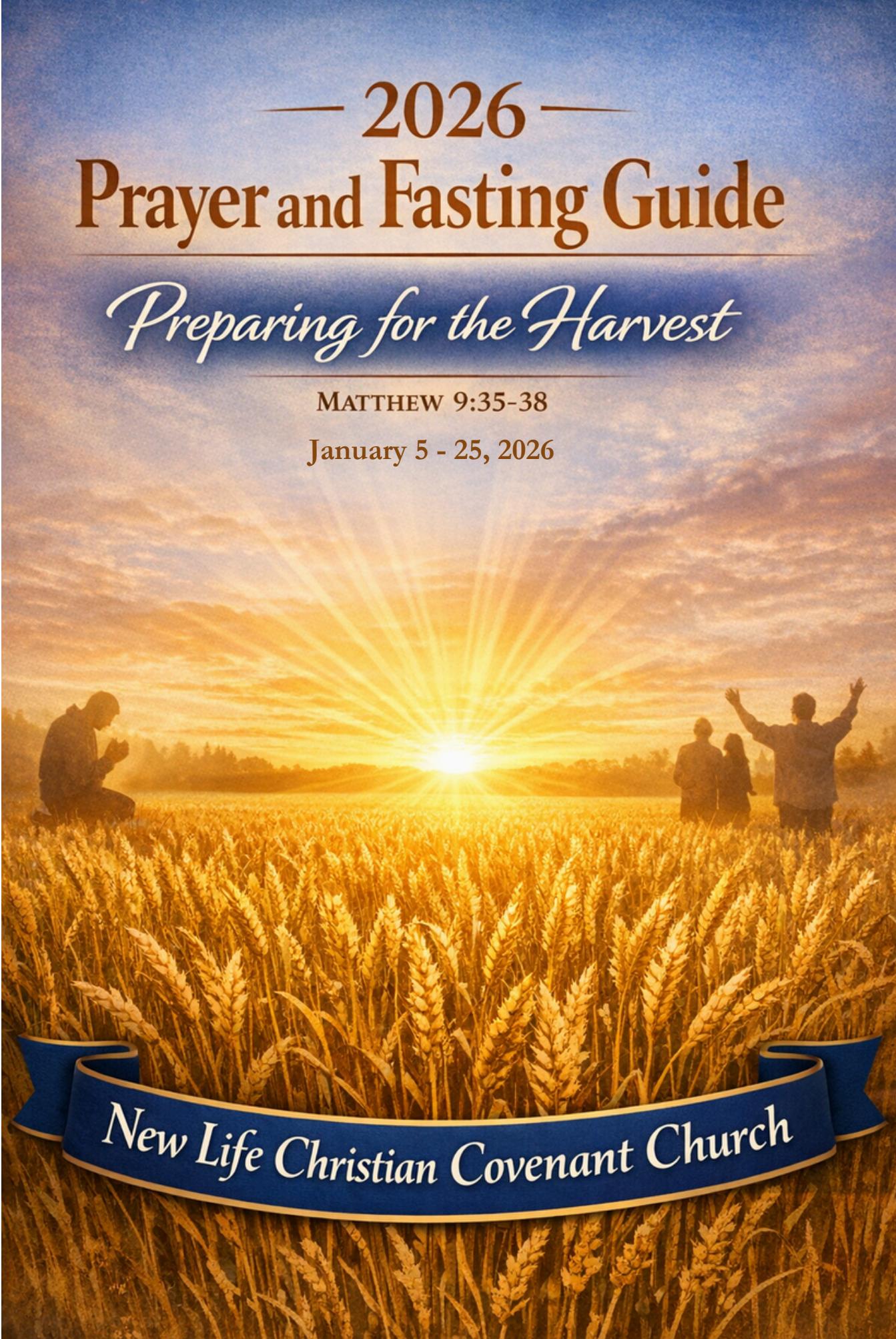
— 2026 —

Prayer and Fasting Guide

Preparing for the Harvest

MATTHEW 9:35-38

January 5 - 25, 2026



New Life Christian Covenant Church



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From the Pastoral Leadership Team...



Family,

As we enter the new year of 2026, we believe the Holy Spirit is whispering a clear word to our congregation: **Prepare for the Harvest.**

We often spend our prayer and fasting time asking God to change our circumstances, fix problems or remove obstacles from our way, but this year, we are answering a different call. As we begin a transitional journey, in order for us to grow, thrive, and be successful in the eyes of God, we will ask God to change *us*. In Matthew 9, Jesus doesn't tell the disciples to pray for the harvest to grow—He tells them the harvest is already plentiful. The crisis isn't the harvest; the crisis is the readiness of the workers. Are you ready?

This year's 21-day fast is about **preparation**. If God is going to bring us to it, He will bring us through it! A farmer does not wait for the rain to start before he prepares the soil; he readies the tools, clears the rocks, and creates the capacity to hold what is coming. Through prayer and fasting, we are clearing the "rocks" of distraction, rebuking any fear, pushing aside busyness, and releasing doubt from our hearts. We are making room for the "Great Increase" God has promised. He has promised to never leave us nor forsake us, and we will stand on His word!

During this fast, our focus will be three-fold:

1. **Personal Readiness:** "Lord, prepare us." Asking God to sanctify us and give us a "harvest heart". Looking inwardly to shape our hearts and mold it to be one that beats for the lost and the broken.
2. **Collective Boldness:** Praying for New Life Christian Covenant Church to be a place of refreshing for our church family and where new believers can find a home, healing, and discipleship.
3. **Divine Send-Off:** Asking the Lord of the Harvest to give us holy boldness to go out into the highways and byways, into our neighborhoods, workplaces, and schools with fresh authority and purpose in 2026.

Let us enter 2026 with Expectation! Expectation is the atmosphere for miracles. As you set aside food, social media, and other comforts or pleasures, do so with the joy of a laborer who knows the crop is coming in. Let us pray with one voice: *"Lord, send us. We are ready for the harvest."*

May the blessing of Jesus Christ cover you all,

In His Service,

NLC3 Pastoral Leadership Team

Our Goals for 2026

Biblical prayer and fasting always has to do with eliminating distractions for a spiritual purpose; it renews us from the inside out. This year New Life Christian Covenant Church has a desire to become more intimate with God. We want to celebrate the goodness and mercy of Our God and prepare ourselves and our hearts for all the good things God desires to bring into our lives in this new year!

Week 1: Preparing the Soil

Focus: Personal Consecration and Heart Alignment

This week, we aren't looking at the "field" yet. We are looking inward. We are asking the Holy Spirit to pull the weeds of distraction and break up the "fallow ground" of our hearts, so that we will be effective workers.

Week 2: Strengthening the Laborers

Focus: NLC3 Unity, and Congregational Readiness

This week, we pray for our NLC3 church family. We are asking God to knit us together, provide us with the right tools, and give our leaders, teachers, and our congregation the wisdom to welcome, manage, teach and train, the "increase" that is coming.

Week 3: Bringing in the Harvest

Focus: The Lost, The City, and The Miraculous

This week, we pray with "Harvest Authority." We are asking the Lord, in the coming year, to bring in the souls of our neighbors, family members, new friends, and coworkers. We pray for the "fruit" of our labors to remain throughout 2026.

Holy Spirit

*LORD, WE ASK
FOR YOUR
PRECIOUS
SPIRIT TO FALL
FRESH ON US
DURING THIS
TIME OF BEING
IN YOUR
PRESENCE - Your Children of
New Life Christian
Covenant Congregation*



Why... Prayer?

NLC3 desires, at the beginning of each year, to embark upon a time of consecration. We hope to understand God's purpose for NLC3 by initiating the year with a time of Prayer and Fasting. This guide is not an all-inclusive study of prayer and fasting. But, it is meant to be an aid in our time of coming together, being in one-accord during our 21 days of prayer and fasting. We encourage all NLC3 members to join in this time of consecration and respond with participation in whatever level of fasting is appropriate for you. The key is that we come together as one and put God first. Then, we move forward together as the body of Christ and watch what God will do!

We pray because Jesus told us to pray (Luke 11:1-4). We pray because Jesus Himself prayed (John 17:20-23). We pray because it changes us (Matthew 7:7), and we pray because it brings about the will of God in our family, church, and in our society (1John 5:14; 1Thess. 5:17).

There are several reasons why this is important:

- Deepen our relationship with God.
- Seek God's purpose and direction for our lives and our church for the new year.
- Loving our neighbors, near and far, is a time of prayer for those who are in need locally and globally.

What changes through prayer is not the "mind" of the Almighty. What changes through prayer is us. By recognizing the source of all of our blessings - our sustenance, our health, our success, our very existence - we bring ourselves to a higher spiritual level. We elevate ourselves by drawing closer to the Almighty. And through this act of elevation, we become more "fitting" to receive those things we've prayed so hard for. In having grown through prayer, we can now use our gifts more properly to perfect ourselves and the world around us. Prayer is most effective when combined with effort. We live in a world of "doing". Prayer helps us to focus on what we need to do in order to succeed.

From the very first day we begin the fast, we must ensure that we are approaching God with a clean heart. We focus on this during the first week. If anything can hinder our prayers from being heard, it's a heart that is not right with God. Our prayers are all in vain if we are not willing to let go of offenses and approach God with a repentant and clean heart, because SIN WILL HINDER our prayers from ever reaching the throne room of Heaven. No matter what it was, forgive and let go, so that God will hear our individual and collective prayers.



Why... Fasting?

There are many good reasons, as well as, health benefits, for fasting. However, our New Life Christian Covenant 21-Day Prayer and Fasting for 2026 has three primary reasons to fast:

- Fasting gives us more time for prayer.
- Fasting demonstrates the depth of our desire when praying for change and breakthrough.
- Fasting releases God's supernatural power.

We draw closer to the Father and have a deeper relationship with Him when we discipline our flesh through fasting. Many saints are unaware or unwilling to set aside their flesh for a season, to seek God in the way that Jesus taught us. Fasting and praying together will overcome the impossible, because of the FAITH birthed inside of you, and can come NO OTHER WAY but through FASTING.

You can use the time normally spent eating, as time in prayer for what God wants to do! Fasting shows how serious you are about your prayer request, enough to pay a personal price. God honors the deep desire to pray and fast by faith. Fasting is a tool saints can use when there is opposition to God's will. United prayer and fasting has always been used by God to deal a decisive blow to the enemy. When was the last time you entered an extended time of prayer and fasting for a breakthrough?

Are you ready for a FAITH, BIRTHED THROUGH FASTING?

Paul continually emphasized the powerful fact of keeping the body under subjection. He beat down his own flesh and kept it subdued by "FASTING OFTEN" (2 Cor. 11:27). There is great warfare between the flesh and the Spirit, a fight between the appetites of man and the desire for spiritual progress. For this reason, we must combine consecration with our fast.

We FAST from something... to FEAST on more of something with God!

Levels of Fasting

As you commit your time to this fast or any other fast, be determined to keep it. If you say you will fast for 21 days, keep that commitment and don't stop in the middle of the fast, and give up. Let your sacrifice be a statement of your faith in God. Pray every day as you fast for God to make changes in your life, guide you, or heal and deliver you. The level of your spiritual commitment will be reflected in your persistent prayer during this fast. Spiritual Fasting is not the goal for weight-loss; and although it may be a side benefit of fasting, wrong intentions will find the weight back on quickly, and usually it brings additional weight with it!

Type	Details	Suggestion
Full Fast	This is the true fast -- drinking only water. Note: Never go without water during a fast.	The Greater the Sacrifice, the Greater the Rewards, Spiritually and Physically.
Partial Fasting	One Meal Per Day. Abstain from food from 6am - 6pm NLC3's Preferred 21-Day Fast	Eat a normal portioned meal and drink plenty of water. Your body can function for weeks without food, but only 3 days without water!
Activity Fasting	Fast from activities such as hobbies, television, internet, sports, etc.	If this is not a struggle or a sacrifice, then it will not be a true fast. You can not fool God. Consider carefully.
Medical Condition Fasting	This fast consists of having small meals with medicine, or with vegetable or fruit juices to replace meals	Consult your doctor. Be sure to get the nutrients your body needs for your health condition.



How to Begin...

Prepare Spiritually

The very foundation of fasting and prayer is repentance. Unconfessed sin will hinder your prayers. Here are some scriptures to prepare your heart:

- Confess every sin that the Holy Spirit calls to your remembrance and accept God's forgiveness (1 John 1:9)
- Seek forgiveness from all whom you have offended, and forgive all who have hurt you (Mark 11:25; Luke 11:4; 17:3,4).
- Begin your time of Prayer and Fasting with an expectant heart (Hebrews 11:6).
- Meditate on the attributes of God, His love, sovereignty, power, wisdom, faithfulness, grace, compassion, and others (Psalm 48:9,10; 103:1-8, 11-13).

Set Goals and Write Them Down

Begin with clear personal goals as well as breakthrough goals for your church. Be specific. Why are you fasting? Do you need direction, healing, restoration of your marriage or resolution of family issues? Are you facing difficulties? Pray and ask the Holy Spirit for guidance.

See Appendix B, C & D for recording your specific prayer request goals.

Keeping a journal throughout your fast is a great way to track and remember all God does during your fast.

This year in 2026, NLC3 will be praying for God to prepare us for the coming Harvest! We will first pray for our Lord to prepare our hearts and align us with His plans for our purpose. Then we will lay our church family before Him to knit us together; and lastly, we will pray for the "fruit" of the Harvest.

Prepare Physically

Fasting requires reasonable precautions. Consult your physician first, especially if you take prescription medication or have a chronic ailment. Physical preparation makes the drastic change in your eating routine a little easier, allowing you to turn your full attention to the Lord in prayer.

- Wean yourself off sugar and coffee 5 - 7 days before the fast to avoid the headache from sugar or caffeine withdrawal.
- Eat raw fruit and vegetables for two days before starting a fast.
- Prepare your body. Eat smaller meals before starting a fast. Avoid high-fat and sugary foods.



How to Begin....

Have a Schedule

For maximum spiritual benefit, set aside ample time to be alone with the Lord and listen to His leading. NLC3 encourages a 6am - 6pm Prayer and Fasting time. Here is an example schedule:

Morning 6am

Begin your day in praise and worship. Read and meditate on The Word. Invite God through Holy Spirit to work in you to do His will according to Philippians 2:13

Noon

Return to prayer and God's Word. Take a short prayer walk. Each day of the week, spend time in intercessory prayer.

Evening 5-6pm

Get alone for an unhurried time of "seeking His face." If others are fasting with you, meet together for prayer. Avoid television or any other distraction that may dampen your spiritual focus.

Suggestion for Married Couples:

When possible, begin and end each day in prayer with your spouse for a brief time of praise and thanksgiving to God. Remember, this is also an individual walk, so schedule some time to spend alone with God.

Expect God to Move

Enter your fast by faith. The Word of God says, "And without faith it is impossible to please God, for anyone who comes to him must believe that he exists and that He rewards those who earnestly seek Him" (Hebrews 11:6). Spiritual fasting is a supernatural endeavor that has shaped and transformed God's people for centuries. If you have doubts, ask God to meet you in your doubts and lead you in overcoming them, just as the apostles prayed, "Increase our faith!" (Luke 17:5).

End the Fast Gradually

Be careful not to overeat on the last day of your fast or while breaking your fast the next day, begin eating gradually. Try several smaller meals or snacks each day. If you end the fast gradually, the beneficial physical and spiritual effects will result in continued good health.

**See Page 15 for additional advice.

Our 21- Day Weekly Plan

Week - 1 : Preparing the Soil

Week - 2 : Strengthening the Laborers

Week - 3 : Bringing in the Harvest



Week 1: Preparing the Soil

Focus: Personal Consecration and Heart Alignment

This week, we aren't looking at the "field" yet. We are looking inward. We are asking the Holy Spirit to pull the weeds of distraction and break up the "fallow ground" of our hearts, so that we can be effective workers.

Day	Scripture Focus	Prayer Point
Day 1	Hosea 10:12	Breaking Fallow Ground: Ask God to soften any areas of your heart that have become cynical, cold, or indifferent to His Word.
Day 2	Psalm 51:10	Pure Motives: Pray for a clean heart. Ask God to purify your reasons for fasting—that it would be for His glory and not personal gain.
Day 3	John 15:5	Abiding in the Vine: Recognize that the worker can do nothing without the Vine. Pray for a deeper daily dependence on Jesus.
Day 4	2 Timothy 2:21	A Vessel for Honor: Ask the Lord to cleanse you from "common" distractions so you can be a "special" instrument, useful to the Master.
Day 5	Isaiah 6:8	The "Yes" Factor: Today, simply practice saying "Here am I, send me." Pray for a spirit of instant obedience to the Holy Spirit's prompts.
Day 6	Ephesians 3:17	Deep Roots: Pray that you would be rooted and grounded in love. A plant with shallow roots cannot survive the weight of a heavy harvest.
Day 7	Matthew 5:6	Hunger & Thirst: Pray that your physical hunger during this fast would be replaced by a spiritual hunger for God's righteousness.

Reflection Question for Week 1:

"If the Lord answered every prayer I prayed this week, would it only change my life, or would it change the lives of the people in the 'harvest field' around me?"

Week 2: Strengthening the Laborers

Focus: NLC3 Unity and Congregational Readiness

This week, we pray for our church family. We are asking God to knit us together, to provide us with the right tools, and to give our leaders the wisdom to manage the "increase" that is coming.

Day	Scripture Focus	Prayer Point
Day 8	Ecclesiastes 4:9-10	The Power of Two: Pray for "divine partnerships" within our church. Ask God to connect you with fellow laborers who will encourage and sharpen you.
Day 9	1 Corinthians 12:12	One Body, Many Parts: Pray for every department and volunteer team in our church (Ushering, Kids, Worship, etc.) to function in perfect unity.
Day 10	Acts 4:29-30	Boldness to Speak: Ask God to grant our congregation a "holy boldness" to share the Gospel in our community without fear.
Day 11	Colossians 4:3	Open Doors: Pray specifically for our Pastors and Leaders. Ask God to open doors for the Word, and to clearly proclaim the message of the harvest.
Day 12	Galatians 6:9	Renewing the Weary: The work of the harvest is tiring. Pray for those in our church who feel burnt out—ask God to give them "second wind" strength.
Day 13	Philippians 2:2	Like-Mindedness: Pray against the spirit of division or gossip. Ask the Holy Spirit to keep our church "one in spirit and of one mind."
Day 14	Nehemiah 4:6	A Mind to Work: Pray for a renewed work ethic in the Spirit. Ask God to give us the focus to "rebuild the walls" and prepare the storehouses.

Reflection Question for Week 2:

"Who in my church family can I reach out to this week to encourage? How can I serve my 'team' of laborers more effectively?"

Week 3: Bringing in the Harvest

Focus: The Lost, The City, and The Miraculous

This week, we pray with "Harvest Authority." We are asking the Lord to give us the souls of our neighbors, family members, and coworkers. We pray for the "fruit" of our labors to remain.

Day	Scripture Focus	Prayer Point
Day 15	Luke 15:7	The One: Pray specifically by name for one person you know who doesn't know Christ. Ask the Holy Spirit to draw them in this year.
Day 16	Psalm 2:8	Our Neighborhood: Ask God for the "inheritance" of your specific city or zip code. Pray for the light of Christ to push back darkness in local schools and government.
Day 17	Mark 16:20	Signs and Wonders: Pray that as you share the Gospel, God would "confirm the word" with healing and miracles that prove His power to the lost.
Day 18	2 Peter 3:9	God's Patience: Pray for those who have walked away from the faith (the prodigals). Ask God to use this year to bring them back to the Father's house.
Day 19	Matthew 28:19	Beyond our Walls: Pray for your church's missions partners and global impact. Ask God to make your local harvest part of a global movement.
Day 20	John 4:35	Urgency: Pray for a "Holy Urgency." Ask God to help you see the world through His eyes—not as "eventually" ready, but as ready now.
Day 21	Psalm 126:6	The Joy of the Harvest: On this final day, pray a prayer of thanksgiving. Thank God in advance for the "sheaves" (the souls and testimonies) you will carry home in 2026.

Reflection Question for Week 3:

"What can we do differently to share or show God's love in our community? What is the role I will participate in to support our laborers?"

HOW TO FINISH YOUR FAST IN A HEALTHY WAY

Breaking a 21-day fast is as critical as the fast itself, requiring a slow, disciplined reintroduction of food to protect your resting digestive system and organs. Begin the first day with water and pure juices, such as grape or orange, and then, for the next 48 hours, gradually add soft fruits, steamed vegetables, or thin vegetable broths. Avoid heavy starches, meats, dairy, and fats; and eat small portions to accommodate your reduced stomach capacity and stop before you feel full to ensure a safe transition.

In terms of resuming any sort of exercise routine, the advice is the same. Start out slowly, allowing time for your body to re-adjust to its usual regime.

RESULTS OF FASTING

- Fasting results in our being more attentive to God and the things of God.
- Fasting results in our being more aware of our inadequacies and His adequacy.
- Fasting results in believers being changed in ways so they are empowered to change the world!
- Fasting results in God moving powerfully in our lives and in the church in ways that allow Him to show Himself to this generation.

Fasting brings results. When believers fasted in the Bible, things happened.

Here are a few:

- The fast answered problems and gave godly wisdom and direction. (Ezra 8:21-23)
- The fast broke negative mental and emotional habits. (1 Kings 19)
- The fast brought revival for the saved and salvation for the unsaved. (1 Samuel 7:2-11)
- Fasting will result in God doing something supernatural in our lives. God will also do something supernatural in the lives of others, in the life of our church and in our world.

And so much more!!

Day - 21: Prayer and Fasting Closing Prayer for 2026

Dear Heavenly Father,

Lord of the Harvest, we thank You for these 21 days of consecration and for the spiritual ground we have gained. As we close this guide, we recognize that we are not finishing an assignment, but launching a mission.

We ask that the fire ignited during this fast would become a steady flame that carries us through all of 2026. Clothe us with Your power, fill us with Your compassion for the lost, and give us the boldness to go where You lead.

May New Life Christian Covenant Church be a place of refuge, revival, and reaping for Your Kingdom.

We go forth now as prepared workers, expectant and ready to bring in the harvest. In the mighty name of Jesus, that name that is above every name. Our Lord, Our Savior and our soon coming King!

Amen.

May The Blessings In Jesus Christ Cover You All!

The time of Prayer and Fasting has ended...

What's next for you in 2026?

The 21-day fast may be over, but our devotion continues!

Here are some practical ways that you can continue what you have started in 2026 during this time of Prayer and Fasting. Pick 2 or 3, or all, and be committed to continue to do these all year long... then watch and see what God does in response to your commitment!

1. Tuesday and Friday Fasting - We invite every member to stay in the flow of the Spirit by continuing our church-wide tradition of fasting from sunrise to sunset every Tuesday and Friday. Use these days to specifically petition the Lord for the harvest we've sown in prayer. Seek God for the prayers you placed before the LORD during the Fast, or other issues, challenges, and people in your personal life. Remember to drink plenty of water on those days.

The Call to Action: Mark your calendars on Tuesday and Friday of each week, and participate! Let's keep the soil of our hearts soft all year long.

2. Join Wednesday Night Hour of Power in Prayer - NLC3 has a prayer meeting for 1 hour every Wednesday night at 6pm. Join the Zoom and add your prayers or support others in prayer. This is where we sharpen one another, share the "Harvest Reports" of what God is doing, and stand in the gap for our community together. All are welcome!

The Call to Action: Don't stop praying for yourself, church family and the community. Join The Hour of Power Prayer group, where connectivity is the key to endurance.

3. Let's start a "Harvest Jar" Testimony Station - Visual reminders of answered prayers build faith for the whole church.

The Idea - Place a large jar next to our preaching podium. Whenever someone sees a "harvest" (a prayer answered, a neighbor coming to church, a personal breakthrough), they write it on a slip of paper and put it in the jar.

The Call to Action: God will be moving on behalf of NLC3! Share your 'Harvest Story' by dropping a note in the jar, so that we can celebrate what God is doing through our prayers.

4. Join in on Service Opportunities - Blessing Bags, Holiday Baskets and others... Shift from prayer to action. Reach out to church leaders that need "laborers" (volunteers) to fulfill their mission. Members can help reach beyond the walls of the church through various service opportunities throughout the year.

A Call to Action: We've prayed for the laborers; now, it's your turn to be one! Be on the look out during the year, where you can help bring in the harvest: [Children's Ministry, Blessing Bags, Food Ministry, Greeting Team, etc.].

NOTES, JOURNAL, IDEAS

A faint, watermark-like image of a field of tall, golden grasses or wheat stalks is visible in the background, centered on the page. The grasses are rendered in a light beige or cream color, blending with the paper's texture. The lines for writing are horizontal black lines spaced evenly down the page, starting from the top and ending near the bottom of the grass image.

NOTES, JOURNAL, IDEAS

A faint, watermark-like image of a field of tall, golden grasses or wheat stalks is visible in the background, centered behind the horizontal lines of the journaling area.

Handwriting practice lines (20 lines) for journaling.

Appendix A

There is not enough space in this small guide to include all the scripture and reasons for fasting and prayer. Here are some important additional reasons:

Prayer and Fasting is to loose the bonds of wickedness in your life or coming against your life.

- Prayer and Fasting is to undo heavy burdens, rejection, and debt, etc.
- Proper Prayer and Fasting is to let the oppressed go free. Something natural or spiritual that is oppressing the individual.
- Prayer and Fasting is to break every yoke that is attached to the saint.
- Use Prayer and Fasting to intercede for others.
- Prayer and Fasting will cause your light to break forth as the morning. This means answers, revelations, inspiration; knowledge from heaven will come as sure as the morning sun. If you are perplexed, confused and looking for answers, prayer and fasting can allow heaven's light to spring forth.
- Prayer and Fasting will cause your health to spring forth speedily.
- Prayer and Fasting will cause righteousness to go before you. This means that saints will start to living holy lives in areas that once lacked holiness by overcoming unconquered areas, allowing the saints to live righteous lifestyles.
- Prayer and Fasting will provide healing and deliverance.
- Prayer and Fasting will cause the glory of the Lord to be your rear guard. God will protect your back, the part of your life that you cannot see.
- Prayer and Fasting allows your spirit to hear from God clearly.
- Prayer and Fasting provide us with supernatural Holy Ghost guidance. This will satisfy our souls, our feelings and emotions.

"Fasting helps to express, to deepen and to confirm the resolution that we are ready to sacrifice anything, even ourselves, to attain the Kingdom of God."

~Andrew Murray

Appendix B

Focused Prayers for Family, Friends, Co-Workers, Colleagues, Neighbors and the corresponding scripture

Appendix C

Focused Prayers for the Community, including our City, Society, Government (local and national), World Issues and the corresponding scripture

Appendix D

Focused Prayers for Our Church Goals and the corresponding scripture

Acknowledgements

Holy Scriptures, KJV, NIV, NASB

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Render to all what is due them... Honor to whom honor.

Romans 13:7a,e

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