



# CONNECTING THROUGH PRAYER

2026 FASTING & PRAYER GUIDE

JANUARY 18, 2026 – JANUARY 31, 2026

*Biblical Foundation*

*Foods to Avoid & Enjoy During Fasting*

*Recipe Ideas*

*Devotions for Adults*

*Devotions for Youth*

*Worship Music*

*Prayers*

*For where two or three are gathered together in my name,  
there am I in the midst of them. – Matthew 18:20*



# BIBLICAL FOUNDATION

For 14 days, commit to partial fasting, praying & studying the Word of God

## WHAT IS BIBLICAL FASTING AND PRAYER

### Fast | Fasting

Abstaining from food (or another activity that would be considered a personal sacrifice) for a spiritual purpose.

Practicing self-denial.

Making a choice to give up something you seek for satisfaction in order to seek God for a greater transformation.

**DO NOT abstain from eating food if it would compromise your health.**

### Pray | Prayer

Converse/talk with God and listen. It may be oral or mental, occasional or constant, formal or informal, individually or corporately.

## WHY FAST AND PRAY

An act of worship / Keeps You Sensitive to the Holy Spirit – Acts 9:9, Acts 10, and Romans 12:1.

Part of a Christian life – Matthew 6:16-18.

Clarity and direction from God – John 10:27-28.

Brings specific answers from God – Daniel 9:1-23 and Daniel 10:1-14.

Spiritual growth – Matthew 4:1-11, 5:6, and Acts 14:23.

Protection As a Result of Spiritual Warfare – Matthew 17:21 and Ezra 8:21-23.

Breaking ties of habitual sin – Isaiah 58:1-14, Joel 2:12, Jonah 3:5-9 and & 2 Matthew 17:21.

## TYPES OF FAST

### Partial Fast

(Daniel 1:12 and Daniel 10:2-3). WBC has chosen this fast.  
- Avoid meat, dairy products, sugar, caffeine, alcohol.  
- Include fruits, vegetables, water, unsalted nuts & legumes.

### Absolute | Total Fast (Esther 4:16)

Do not eat or drink.

### Time of Consecration

Things that we seek for satisfaction that can be used for spending time with God.

### Media

- Avoid television
- Avoid social media platforms
- Limit cell phone usage
- Avoid spending money/shopping

## HOW TO PREPARE

Prepare your heart: Ask God to reveal hidden sins, confess them and accept His forgiveness.

Seek forgiveness from anyone you have hurt and forgive those who may have hurt you.

Invite the Holy Spirit

Plan ahead to schedule:  
More prayer time.  
More time reading and studying bible scriptures.

Listen to praise and worship music. Consider not listening to secular (R&B, Rap, Pop, Rock) music during this time.

Meal plan ahead and grocery shop according to the fast. WBC has chosen the Partial Fast.

Consult your physician if you have health concerns.

## WHAT TO EXPECT

Some physical discomfort – headaches, light-headedness and irritability. Press through it will pass. Ask the Holy Spirit for help.

Temptation of negative thoughts, actions, and deeds. Don't give in. Ask the Holy Spirit for help.

Invitations to outings & eateries. Politely decline if not aligned with the fast. You do not have to give an explanation or boast you are fasting. Remember Matthew 6:16-18.

Cravings or to give up. Reach out to your supportive partner(s) for strength and encouragement.

To hear from God.

God to move on your behalf!

# FOODS TO **AVOID** & **ENJOY**

## DURING FASTING



### Foods to **AVOID**

**Meat / Animal Product:** Bacon, beef, bison, chicken, lamb, pork, turkey, eggs, and fish

**Dairy:** Butter, cheese, cream, milk, yogurt

**Sweets:** Agave nectar, artificial sweeteners, brown and white sugar, cane sugar, syrup, honey, molasses, raw sugar, chocolate, semi – sweet chocolate, dark chocolate, and cacao

**Refined grains:** White flour and white rice

**Deep Fried Food:** Chips, French fries, & onion rings

**Beverages:** Alcohol, coffee, caffeinated tea, sodas, juice, and energy drinks

### Foods to **ENJOY**

**Whole Grains:** Amaranth, barley, brown rice, buckwheat, millet, oats, purple rice, quinoa, rye, spelt, teff, whole grain pasta, whole wheat, and wild rice

**Beans:** Black beans, black-eyed peas, cannellini beans, garbanzo beans (chickpeas), great northern beans, kidney beans, lentils, pinto beans, and split peas

**Nuts & Seeds:** Almonds, Brazil nuts, cashews, hazelnuts, macadamia nuts, nut butters, peanuts, pecans, pepitas (pumpkin seeds), pine nuts, pistachios, poppy seeds, walnuts, sesame seeds, and sunflower seeds

**All Vegetables:** Fresh, frozen, dried, juiced, and canned

**All Fruit:** Fresh, frozen, dried, juiced, and canned

**Beverages:** Water, distilled, filtered, sparkling spring, and mineral water

# RECIPE IDEAS



westside

## BREAKFAST

[Green Smoothie Bowl Recipe](#)

[The Best Vegan Green Smoothie - Nora Cooks](#)

[Vegan Almond Butter Banana Oatmeal Smoothie - Ambitious Kitchen](#)

[Nutty Fruit Cereal - Ultimate Daniel Fast](#)

[Discover Our Easy and Delicious Recipes - The Plant Based School](#)

## LUNCH & DINNER

[Best Lentil Soup Recipe - Cookie and Kate](#)

[Easy Minestrone Soup – A Couple Cooks](#)

[Spicy Three-Bean Chili - Ultimate Daniel Fast](#)

[Easy Grain Bowl – A Couple Cooks](#)

[Burrito-Stuffed Sweet Potatoes - Cookie and Kate](#)

[Easy Sheet Pan Dinner – A Couple Cooks](#)

[Discover Our Easy and Delicious Recipes - The Plant Based School](#)

# DEVOTIONS FOR ADULTS

## WEEK 1 JAN 18 – 24, 2026

Hebrew 10:25  
Romans 10:9-10  
2 Timothy 3:16  
Matthew 21:12-13  
Matthew 5:23  
Matthew 17:20  
Hebrews 4:12



## WEEK 2 JAN 25 – 31, 2026

1 Peter 2:2  
2 Corinthians 9:7  
1 Peter 4:10  
Acts 1:8  
Matthew 5:16  
Matthew 28:16-20  
Isaiah 58:8-9

### COMMIT TO PRAY FOR

- WBC a Place to Belong, Believe, Become & Beyond
- Repentance/Salvation
- Protection
- Healing
- Ministry Engagement
- Unity
- Body of Christ
- Spiritual Transformation
- Righteousness
- WBC House of Prayer & Pure Worship
- Obedience to Christ
- Stewardship
- Discernment
- Evangelism
- Discipleship

### FOR YOUR CONSIDERATION

- Journaling
- Writing out prayers
- Early time with God
- Attend Sunday School
- Attend Bible Study
- Attend Prayer (SHOP)
- Memorize Scripture
- Schedule Corporate Prayer time within Your Ministry
- Posting Scriptures
- Joining a Ministry
- Praying for someone
- Inviting someone to service
- Attend Prayer/Stewardship Summit (January 31, 2026)

# DEVOTIONS FOR YOUTH



## WEEK 1: JANUARY 18 – 24, 2026

### Focus Scripture: Joshua 24:15 & Ezra 8:21-23

1. How do you plan to read the bible and pray more? Make the commitment.
2. List things you may have done that were not good. Ask God for forgiveness. Read 1 John 1:9.
3. Give up your devices (head-phones, iPad, computer, video games, phone) for one hour to read and pray before going to bed. Read Ezra 8:21-23.
4. Memorize the scripture Joshua 24:15.
5. Write a letter to Jesus on the things you expect Him to change about you to be closer to Him.
6. Say a prayer for yourself, friends, family, and church family using scripture 2 Chronicles 7:14.
7. Read Galatians 5:22-23 and practice the fruits of the Spirit.

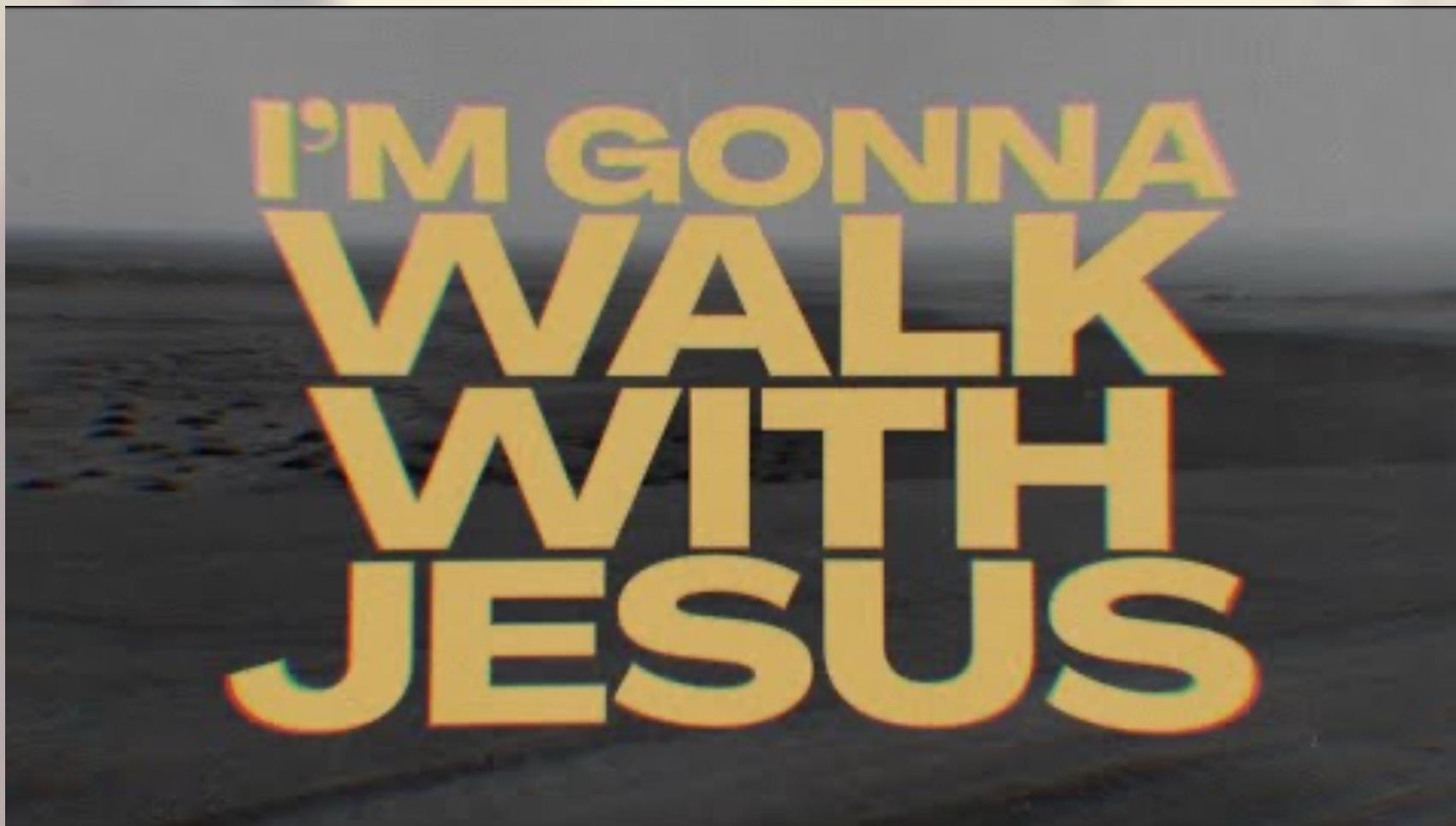
## WEEK 2: JANUARY 25 – 31, 2026

### Focus Scriptures: 2 Timothy 3:16 and Daniel 2:17-19

1. Read Daniel 2:17-19. Think of 3 of your closest friends that will pray with you in time of need. Thank God for those friends.
2. Read scripture 2 Timothy 3:16. Each time you inhale and exhale, let that be a reminder that God's word is alive, active, the truth, and know that the bible can be trusted.
3. Write an encouraging letter or text to someone you know who may be struggling.
4. Post your favorite scripture on a mirror to read when brushing your teeth or getting dressed.
5. Find scriptures on healing and pray them for someone who needs healing.
6. Learn a new Worship, Gospel, or Christian song. Write a song to sing to Jesus.
7. Invite someone to church.

# WORSHIP MUSIC

<https://youtu.be/6GPzrNxlyYo?si=IEuHrBuoE-35SrO0>



# PRAYERS TO TOUCH & AGREE



*Lord, we come before you in hopeful expectation that You will use this time of fasting and prayer to continue to strengthen WBC for the ministry to which we've been called, which is to share the good news of Jesus Christ.*

*As we commit to a new year of walking in obedience, Lord, we ask that You would help us to seek Your wisdom (Proverbs 3:13), holding tightly to You as we move forward with plans to grow as a body of believers.*

*Help us to be good stewards over all that You have entrusted to us (1 Cor. 4:2), let us remain united amidst a culture of divisiveness, strengthen each of our leaders at Westside, its members, and every ministry (Eph. 4).*

*Lord, we ask that You would reveal to us any areas where our thoughts, words, or actions have been displeasing to You, give us hearts of repentance, and guide us back onto Your right path (Ps. 25:4,5).*

*Finally, Lord, we ask that You keep us strong for the work ahead so that we do not become weary as we seek to serve You (Gal. 6:9) and let us be all the more diligent to engage fully in the assignments You have for each of us. In Jesus' name we pray. Amen.*

*Praying for the guidance of the Holy Spirit  
for the Ministry at WBC.*

*Dear Father, may WBC find hope in Jesus Christ. The world will bring disappointments, heartbreaks And failures, but we as Christians find our hope in God's promises and His faithfulness. We stand on Romans 15:13 – "May the God of hope fill you with All joy and peace as you trust in him, so that you May overflow with hope by the power of the Holy Spirit."*

*Lord, I pray you will empower leadership and help us to unite so that God's will remain our focus over our desires. Empower Leadership: Pray for wisdom, humility, and strength for pastors and leaders.*

*Lord, I pray for a permanent Day of Pentecost experience, where we are all with one accord in one place, filled with the Holy Ghost, and others are amazed. When preaching goes forth thousands are converted.*

*Lord, my prayer is WBC being in unity and on one accord. Focused on having an authentic shared mind, purpose, and spirit. Expressing the urgency for the leadership of WBC and the congregation, ALL believers in Christ Jesus, to be of one mind, speak the same thing, avoid divisions, and operate in harmony like one body with Christ. The scripture that I relate to this hope is Ephesians 4:3-6 NIV. It reads: 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 be one hope when you were called; one Lord, one father, one baptism; one God and Father of all, who is over all and through all in all.*

Heavenly Father,

*I am believing for transformation at Westside Baptist — that it will be a beacon for those who need light. I believe that as we come together in prayer and fasting, we will see You move not only in our personal lives, but also in the life of Westside and in each community represented here.*

*I ask that as we enter this time of prayer and fasting, miracles will happen — chains will be broken, and captives will be set free. Let there be a reset, a renewal, and a reformation to carry out the work and service You have designed Westside to be. I ask for true healing from past hurt, betrayal, and disappointment. Release us from false guilt, and let us all operate in a Spirit of forgiveness — truly letting the past go, forgetting those things that are behind, and pressing toward the mark.*

*Lord, we are Your bow, and our prayers are Your arrows. We cannot draw the bow of prayer if our arms and our aim are not aligned with Your mission and Your plan. We want to hit the target, dear Lord, and sometimes that means taking a deeper look within ourselves and getting things right with You, with ourselves, with our neighbors, and with our family members. When we have done all we can, we will press toward the mark.*

*Guide Westside in every ministry. Some ministries will be released, and some will be added — all according to Your plan. For You are the head of Westside, and You have given our shepherd, Dr. Atchison, the vision for the deacons, the ministers, and the ministries.*

*I thank You for the precious privilege of fasting and prayer, and for moving in our lives. In Jesus' name, Amen.*

*Father God, in the name of Jesus, we come before You and ask that You would renew the body of Westside and bring us back to our first love—fresh devotion to Christ, heartfelt worship, and obedience to Your Word. Purify our hearts and align our desires with Yours, that we would glorify You in all things, make disciples with courage and compassion, and build up believers into maturity through sound teaching, prayer, and genuine fellowship. Form us into a holy community marked by repentance, humility, unity, and love, where Your Spirit leads, and Your presence is honored. Empower us to carry the gospel into the world with boldness and grace, serving the hurting, lifting the weary, and shining as light in our city. Restore what has grown cold, strengthen what remains, and make Westside faithful and fruitful for Your glory—until You are fully pleased. Amen.*

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BAPTIST CHURCH

**PRAYER**  
& Stewardship  
SUMMIT 2026  
"PUTTING ON THE  
WHOLE ARMOR OF GOD"

Culminate your fast by coming together corporately at the  
**2026 Prayer & Stewardship Summit**  
on Saturday, January 31<sup>st</sup>.