



# 14 ALIGNED

## 14 DAYS OF PRAYER & FASTING

JANUARY 12TH (MIDNIGHT) - JANUARY 26TH (MIDNIGHT)

- **Matthew 6:16-18 (AMP)** Jesus said, “And whenever you are fasting, do not look gloomy like the hypocrites, for they put on a sad and dismal face [like actors, discoloring their faces with ashes or dirt] so that their fasting may be seen by men. I assure you and most solemnly say to you, they [already] have their reward in full. But when you fast, put oil on your head [as you normally would to groom your hair] and wash your face so that your fasting will not be noticed by people, but by your Father who is in secret; and your Father who sees [what is done] in secret will reward you.”
- **I Chronicles 16:11 (AMP)**: “Seek the Lord and His strength; yearn for and seek His face and to be in His presence continually”

### What is Fasting:

Fasting is the voluntary decision to abstain from eating and/or drinking for an extended period of time. In a broader sense, “eating” and “drinking” can also represent **anything we regularly consume** that may be holding us back from God.

What are you consuming in terms of **social food, intellectual food, spiritual food, and emotional food?** Are these things aligning you with God’s will, or are they distracting you from your relationship with Him?

While fasting may produce many benefits—such as cleansing the body, sharpening focus, or breaking unhealthy habits—the **primary purpose of fasting is alignment with God**. It is a time to bring our bodies, minds, and spirits back into agreement with Him. Fasting is not about focusing on what we are giving up, but on **what we gain through prayer, surrender, and sacrifice**—greater clarity, deeper intimacy, and renewed spiritual alignment.

### Why Are We Praying & Fasting?

At the beginning of this new year, we choose to start by acknowledging our **total dependence on Jesus Christ, our Savior**. Through prayer and fasting, we are intentionally realigning our hearts, priorities, and decisions with Him.

We are fasting to invite the Lord to **lead, guide, and direct us in every area of our lives**, so that we may make the necessary changes in accordance with His will for 2026. This season is about bringing our lives into agreement with heaven—submitting our plans, desires, and direction to God—so that we can walk aligned, positioned, and prepared for all that He desires to do in and through us.

## **What Are the Guidelines?**

*\*If you are under doctor's orders or have health restrictions, please make the necessary modifications\**

### **Food:**

Eat:

#### **One (1) Meal Per Day**

*You may have water, gum/mint, a small quantity of nuts if needed until your meal*

#### **You May Have:**

Fish, (Chicken only if you have a fish allergy), Fruits, Veggies, Nuts, Whole Wheat Bread, Water, 100% Fruit Juice, Herbal Tea, Sugar Free Gum or Mint

#### **You May NOT Have:**

Chicken, Turkey, Beef, Pork, Shrimp, Crab, Sweets (Candy, Cakes, Cookies, Pies etc.), Rice, Pasta, Grits, Oats, Fried or Junk Food, Soda, Coffee, Milk

### **Prayer Times & Targets:**

*\*You can use your time of prayer, to pray for anything. Use a prayer journal to record what you are believing God for, so that you are consistent each day. Below are some areas you may choose to include:*

**Time:** 3xs per day    **6:00am | 12:00noon | 7:00pm**

#### **Optional Prayer Target Examples:**

Spiritual: Walk in purpose, closer relationship, discernment in this season, .

Family: Spouse, children, parents, generational wealth, love, unity, reconciliation, for future husband/wife, etc.

Self: Time management, health, wisdom, business, debt cancellation, wealth, patience, for God to reveal your gifts and calling.

Church: Unsaved, Kingdom workers, unity, finances to do the work of ministry, revival and increase in membership.

### **Other: Limit TV/Social Media/Distractions**