

FASTING & PRAYER GUIDE

CULTIVATE CHURCH

FEBRUARY 1-28, 2026

OBJECTIVE OF FASTING & PRAYING

Throughout scripture, in both the Old and New Testament, fasting and prayer was common in the practice of the people of God.

It is a time where we ask and allow God to speak into our lives and for us to focus our attention on Him. It is a time to facilitate an attitude where we can reflect on our priorities and make the necessary adjustments to place God first.

Fasting can demonstrate the depth of your desire when praying for something. It shows that you are serious enough about your prayer request to pay a personal price. We believe that God honors deep desire and praying in faith.

THE SPECIFIC CALL TO CULTIVATE CHURCH TO FAST & PRAY

There are different kinds of fasts.

We are asking all that are led by God to participate in this fast to consider things that would be a personal sacrifice to fast from.

Here are some examples of things one might choose to fast from:

- Certain types of foods (meats/sugary foods/etc.)
- Certain types of drinks (soda/alcohol/coffee/tea/etc.)
- Social Media
- Television (News/sitcoms/movies)
- Reading certain types of material
- Regular purchases of convenience (drive-thru/take-out/clothing/etc.)
- Secular Music
- A specific Meal (Breakfast/Lunch/Dinner)
- Video Games

The Holy Spirit may direct you with additional areas in which He wants you to fast from. **HERE'S THE POINT:** Seek the Lord and OBEY the Lord in this matter.

INCLUDED IN THIS GUIDE:

1. A prayer "theme" to focus on for 3 days.
2. A passage to read and meditate on for 3 days.
3. Guides for you to Pray from your heart as the Lord leads.
4. Specific Prayer requests for each 3-day period.
5. Prayer of Repentance (Appendix 1)
6. Spiritual Warfare Prayer (Appendix 2)

INSTRUCTIONS:

- Make an appointment to get alone with the Lord at some point during each the day.
- Take time to read, meditate, and pray on the scripture provided. Allow the Holy Spirit to guide you to other passages to study on.
- Begin your prayer with prayers of Worship and adoration.
- Move into a time of confession and repentance as the Lord leads.
- Move into a time of INTERCESSION and at that time please use the prayer requests and other prayers available in this guide.
- Conclude with praying for specific things that the Lord lays on your heart.
 - o *That may include things that are not on the list, or they may be personal matters and burdens that you desire to bring before the Lord.*

PRAYER GUIDE

FEBRUARY 1st, 2nd, 3rd (RE-FOCUSING ON CHRIST)

- Matthew 6:5-18
- Prayers of Praise & Adoration
- Prayer of Repentance
- Prayers of Petition and Intercession

- o A church centered around JESUS CHRIST
- o A people filled with the Spirit of God
- o Sensitivity to the things of God
- o A Hunger for the Word of God

- Other prayers as the Holy Spirit leads

FEBRUARY 4th, 5th, 6th (TURNING TO GOD)

- Joel 2:12-14
- Prayer of Praise & Adoration
- Prayers of Repentance
- Prayers of Petition and Intercession

- o Turn the hearts of every person in our church toward You, God.
- o Send your Blessings on our church.
- o Pour out your spirit during our worship services.
- o Break our hearts for sin and convict us to turn from our sin.
- o Prayers of repentance – (*use Prayer of Repentance –Appendix 1*)

- Other prayers as the Holy Spirit leads

FEBRUARY 7th, 8th, 9th (SPIRITUAL & PHYSICAL PROTECTION)

- Ezra 8:21-23
- Prayers of Praise & Adoration
- Prayer of Repentance
- Prayers of Petition and Intercession

- o Prayers for God's protection over every person, every family/household. (Including Children and Students).
- o Prayer for God's protection over our Pastor and family

- o Prayers for God's protection over our Staff and Elders and families.
- o Prayers for God's protection over every Bible Study Teacher.
- o Prayer for God's protection over every volunteer and lay leader.

- Other prayers as the Holy Spirit leads

FEBRUARY 10th, 11th, 12th (SPIRITUAL FREEDOM)

- Isaiah 58 (entire chapter)
- Prayers of Praise & Adoration
- Prayer of Repentance
- Prayers of Petition and Intercession

- o Pray that our hearts be pure before the Lord during this time of fasting
- o Pray that we fervently seek the hand of the Lord on all of our lives.
- o Pray to rid us of a Spirit of Religion, or empty religious piety that is an outward show and not pleasing to the Lord.
- o Pray for Freedom of the Spirit within our church.
- o Pray that people would be set free from the bondage of sin within our congregation.
- o Pray that there is unity and love among our church through the power and moving of the Holy Spirit
- o Pray that our actions are not dictated by self-serving motive, but out of love and to please and serve the Lord.

- Other prayers as the Holy Spirit leads

FEBRUARY 13th, 14th, 15th (LEADERSHIP)

- Acts 13:1-12
- Prayers of Praise & Adoration
- Prayer of Repentance
- Prayers of Petition and Intercession

- o Pray that God raise up Godly leaders within our church and send additional leaders to Cultivate.
- o Pray that the leadership of Cultivate be anointed by God and walk in that anointing and power.
- o Pray that every leader would walk in the spirit and have their spiritual senses heightened.

- o Pray for spiritual discernment of every believer at Cultivate Church
- o Pray that sin and evil be exposed and expelled from within the body.
- o Pray that anything trying to hinder our church from growth and experiencing all that God has for us be thwarted and defeated.

- Other prayers as the Holy Spirit leads

FEBRUARY 16th, 17th, 18th (PROTECTION FROM TEMPTATION)

- Luke 4:1-13
- Prayers of Praise & Adoration
- Prayer of Repentance
- Prayers of Petition and Intercession

- o Prayer for strength for our church to turn away from temptation from the enemy.
- o Prayers that we would not doubt the truth of the Word of God.
- o Prayers to keep us from pride as a church and to rely on God's provisions.
- o Prayers of Spiritual warfare against the enemy. (*use Spiritual Warfare Prayer – Appendix 2*)
- o Pray that we would be full of the Holy Spirit, ready to withstand the attacks of the enemy.

- Other prayers as the Holy Spirit leads

FEBRUARY 19th, 20th, 21st (FINANCES)

- Proverbs 3:9-10
- Prayers of Praise & Adoration
- Prayer of Repentance
- Prayers of Petition and Intercession

- o Pray that the people of Cultivate Church would honor the Lord with their first fruits and offerings.
- o Pray that God would bless in financial provision for our church.
- o Pray for wisdom in stewardship of the finances of our church.
- o Pray for an overflowing to be released from the storehouse of the Lord.
- o Pray that God would call people to generosity towards Cultivate Church.

- Other prayers as the Holy Spirit leads

FEBRUARY 22nd, 23rd, 24th (SALVATION)

- Acts 16:30-33
- Prayers of Praise & Adoration
- Prayer of Repentance
- Prayers of Petition and Intercession

- o Pray that the Holy Spirit would draw people to salvation in Jesus Christ
- o Pray that God would draw people who need to be saved to Cultivate Church
- o Pray that the Gospel Message be proclaimed boldly in every Bible Study Class and from the Pulpit.
- o Pray that the Holy Spirit would create divine appointments for us to share the Gospel with the lost.
- o Pray that the Holy Spirit would prepare us as a church to love and minister to unbelievers when they come to Cultivate.
- o Pray that we would see many people baptized at Cultivate Church.

- Other prayers as the Holy Spirit leads

FEBRUARY 25th, 26th, 27th (GROWTH)

- Hebrews 5:12-14
- Prayers of Praise & Adoration
- Prayer of Repentance
- Prayers of Petition and Intercession

- o Pray for significant spiritual growth of every person at Cultivate Church.
- o Pray for a supernatural understanding of the Word of God.
- o Pray for every person at Cultivate Church to have a deeper understanding of who they are in Christ.
- o Pray that the Lord reveals Himself, His character, His ways, and His will, to every person at Cultivate Church.
- o Pray that Cultivate Church would grow numerically by bringing new people hungry for the truth of the Word of God and to grow in their walk with the Lord.
- o Pray that God would send us families with Children and Students.
- o Pray that God would send us leaders.
- o Pray that God would send us strong people of faith.
- o Pray that God would send us hurting, wounded, and broken people.
- o Pray that God would send us unsaved people.

- Other prayers as the Holy Spirit leads

FEBRUARY 28th, (LOVE FOR ONE ANOTHER)

- Ephesians 4:2-3

- Prayers of Praise & Adoration

- Prayer of Repentance

- Prayers of Petition and Intercession

o Pray that Love would abound within our church.

o Pray that we would forgive others as Christ has forgiven us.

o Pray that we would seek the best in others.

o Pray that we would extend Grace to others.

o Pray that we would run to the opportunity to resolve conflicts among us.

o Pray that we would preference each other over ourselves.

o Pray that there would be no comparisons, but that we would celebrate each other's gifts and blessings, and would help carry each other's burdens.

o Pray that the Holy Spirit shows you someone(s) within our church that you need to pray for specifically or minister to within the next 30 days.

- Other prayers as the Holy Spirit leads

APPENDIX 1

PRAYER OF REPENTANCE FOR THE CHURCH

FATHER, I bow before you in humility, in reverence and in fear to petition you for your forgiveness for the sins of your bride, the Church.

I recognize that you, Lord, have been most patient with us and in your mercy have withheld your WRATH on us as we deserve. But we are under your active judgement. We have abandoned your precepts and compromised your HOLY WORD in the name of RELEVANCE and ACCEPTANCE.

We have been silent on issues of SIN, and the REPENTANCE OF SIN as to make you more palatable to our culture.

We have settled for a COUNTERFIET move of GOD, we have belittled, marginalized, and ignored YOU, HOLY SPIRIT and have become afraid of You and therefore diminished your role in our lives and in our churches.

Because of this, we have CUT OFF our ability to know and understand the truth of who YOU are and YOUR WAYS...and while ignoring, You HOLY SPIRIT and the POWER that you PROVIDE to us from the THRONE OF GOD, We have been left to playing our games, in our own strength, and with our own carnal wisdom to attempt to recreate something only YOU CAN DO.

O FATHER, FORGIVE US.

We have forfeited our ground and our rights to the enemy by believing his lies, curtailing to our culture, propping up our IDOLS in your houses of worship.

Songs of WORSHIP that we're penned and intended for your GLORY, we have stolen for our own religious preservation of sensationalism.

Pulpits across our nation have been desecrated with messages that satisfy and justify our own sin.

We have sought after conformity instead of UNITY.

We have chased religion instead of relationship.

We have traded our humility for self-righteous judgmentalism.

We have been lured away from YOU, our FIRST LOVE, by tolerating the **WICKED JEZEBEL SPIRIT** that has seduced us to POWER, STATISTICS, MONEY, STATUS.

And because of this, we have committed spiritual ADULTERY by giving ourselves over to these idols.

And in the end, we have nothing to show for it, FATHER.

And now, we are weakened and compromised, unready and unfit for these LAST DAYS.

WE as the BRIDE have not been diligently preparing for your coming. Our lamps have no oil, our wicks are not trimmed, our light is but a flicker.

SO, FATHER, I humbly approach you with your WORD and plead this before you on behalf of our churches,

PSALM 51

1 Have mercy on us, O God, because of Your unfailing love. Because of your great compassion, blot out the stain of our sins.

2 Wash us clean from our guilt and purify us from our sin.

3 We recognize our rebellion; it haunts us day and night.

4 Against you and You alone have we sinned; We have done what is evil in your sight. You will be proved right in what you say, and your judgement against us is JUST.

7 Purify us from our sins and we will be clean. Wash us and we will be whiter than snow.

8 Oh give us back our joy again. Break us, so we can rejoice.

10 Create in your BRIDE a clean heart, and renew a steadfast, a right spirit within us.

11 Do not banish us from your presence, and do not take your HOLY SPIRIT away from us.

12 Restore to us the joy of salvation and make us willing to obey you.

13 Then we will teach your ways to those who have rebelled and walked away from you, and they will return to you.

15 Unseal our lips, O Lord, that the voice of your church would rise up to PRAISE YOU.

17 The sacrifice that you desire from us is a broken spirit. YOU WILL NOT REJECT A BROKEN AND REPENTANT HEART, O GOD.

18 LOOK with favor on your BRIDE and help her; rebuild our failed and broken walls.

YOU SEE US, LORD, and although our sin GRIEVES your heart, it is of no surprise to YOU.

NOW, FATHER, I ASK THAT THROUGH REPENTANCE, YOU, in YOUR matchless GRACE and beautiful MERCY would raise us up...The broken, the bruised, the

battered, the unlikely...and CLEAN US UP, FILL US UP, RAISE US UP BY YOUR HAND, and SEND US OUT!!!! To be YOUR HANDS and FEET to a lost world around us. FOR YOUR KINGDOM SAKE, YOUR GLORY, YOUR HONOR and YOUR PRAISE...

In Jesus' name, Amen

APPENDIX 2

SPIRITUAL WARFARE PRAYER

As your servant, Oh God, I confess my continued allegiance and surrender myself completely in every area of my life. I cover myself and my family with the blood of Jesus for our protection. I take a stand against all the workings of Satan and his demons that would hinder me or any family member.

I place upon myself, with thanksgiving, the Armor You have provided: The Girdle of Truth, The Breastplate of Righteousness, The Sandals of Peace, The Shield of Faith, and the Helmet of Salvation. And I take up the Sword of The Spirit.

By faith and dependence upon You I put off all fleshy works of the old man and stand in the victory of the cross where Jesus provided cleansing from the old man and has provided a way for me to live above sin.

Heavenly Father, I give You thanks that I am seated in the heavenlies, and I recognize by faith that all wicked (demonic) spirits and Satan himself are under my feet and are subject to me in the name of Jesus.

Father, I thank You that the weapons of our warfare are not carnal but mighty through God for pulling down strongholds, to casting down imaginations and every high thing that exalts itself against the knowledge of God, and to bring every thought into obedience to the Lord Jesus Christ.

Therefore, in my life today, I will tear down the strongholds of Satan and smash his plans that have been formed against me.

I tear down the strongholds of Satan against my mind, and I surrender my mind to the Holy Spirit. I affirm that my heavenly Father did not give me a spirit of fear, but a spirit of power, of love and a sound mind.

I break and smash the strongholds of Satan formed against my **emotions** today and I give my emotions to You. I smash the strongholds of Satan formed against my **will** today. I give my will to You and choose to make the right decisions of faith and obedience.

I smash the strongholds of Satan formed against my **body**, and I declare that no disease, germ, bacteria, virus, or illness of any kind can live on or in this body. I give my body to You Father recognizing that I am Your temple. I rejoice in Your mercy and goodness.

I Decree and Declare:

* All works of the enemy that are contrary to or would hinder the fulfillment of God's plan and purpose in my life are broken.

* I am liberated from all generational, spoken, or satanic curses. I sever them by the sword (Word of God), the Spirit and the blood.

* I am free from any and all demonic influences that negatively affect me physically, emotionally, psychologically, spiritually or by any other means.

* Neither Satan nor his fallen angels have any right to my finances and all the wealth of the wicked comes to me now. I command Satan to cough it up, spit it out and let it go.

* Satan cannot cause confusion nor interfere with my hearing the voice of God regarding my daily ministry assignment.

* The wisdom of God directs my life and cannot be twisted or perverted in any way.

* I will stand in victory against all attacks of the enemy and will destroy all attempts to deceive me, to ambush me or to interfere with my assigned ministry.

* Through prayer, worship, and obedience to God I will continue to defeat Satan and his unclean spirits.

In the name of Jesus, I repent of, bind up, rebuke, cast out, nullify, and forbid off myself, my wife/husband, my family, my friends, my church, and my community the following demonic spirits:

Spirit of poverty; religious & pharisaical spirits; mindsets of lack, worry & fear; spirits of witchcraft & control; selfishness; spirits of lust & sexual immorality; pride; fear & timidity; self-righteousness; spirits of apathy & Luke warmness; negative thoughts and ideas; rebellion; depression; compromise with the world; intimidation; discouragement; accusation; self-gratification; spirits of death & suicide; and all spirits associated with mental, emotional, or physical illness.

I pull down every generational curse, all hexes and word curses. ***I call all my relationships into Godly order.***

I decree and declare my life is under and in the order of God Almighty.

Father, I pray that now and through this day You would strengthen and enlighten me, show me the ways Satan is hindering and tempting and lying and distorting the truth in my life.

Enable me to be aggressive mentally, to think about and practice Your Word, and give You, Your rightful place in my life.

I pray that the Holy Spirit would bring all the work of the crucifixion, all the work of the resurrection, all the work of the glorification, and all the work of Pentecost into my life today.

In Jesus' name this life You have given me, is Yours completely. My God is Jehovah and He is the God who saves, heals, and delivers. Therefore, I refuse to be discouraged, to worry or to speak negatively. You are the God of hope. Teach me to speak blessings and not curses.

You have proven Your power by resurrecting Jesus from the dead, and I claim in every way this power and victory over all satanic forces in my life.

I pray this prayer in the name of the Lord Jesus Christ with thanksgiving. I seal this prayer by the blood of the Lamb.

In Jesus' name, Amen.