



# 2026 18-DAY PRAYER & FASTING GUIDE



Dear Gateway,

My prayer for our Church in this season is an increased hunger for God and the promises of the Bible. James 4:8a reminds us to "come near to God and he will come near to you." I'm believing with you for miracles in your life, home, and our community.

Expectantly,

Pastor Jeffery Portmann





## WHAT IS FASTING?

---

Fasting is intentionally abstaining from something to draw near to God. It is a voluntary humility of the soul—setting aside food, media, habits, or comforts—to sharpen your attention to God and awaken your spiritual hunger.

### ***Theme Verse for the Journey***

“Be renewed in the spirit of your minds, and put on the new self, created to be like God in true righteousness and holiness.”

— Ephesians 4:23-24

These 18 days are designed to help you renew your mind, put off the old self, and put on Christ.

## CHURCH-WIDE READING PLAN

*(One chapter each day, aligned with renewal, fasting, identity, and spiritual breakthrough)*

---

### Bible Reading:

January 1: Joel 2 - Returning to God with all your heart  
January 2: Matthew 6 - Fasting with purity and sincerity  
January 3: Ephesians 4 - Renewal of the mind and new self  
January 4: Isaiah 58 - The fast God chooses  
January 5: Psalm 63 - Thirsting for God above all else  
January 6: Ezra 8 - Seeking God's guidance through fasting  
January 7: Daniel 10 - Fasting for revelation  
January 8: Psalm 51 - Purity and repentance  
January 9: Matthew 4 - Jesus' model of fasting  
January 10: Acts 13 - Fasting and hearing the Holy Spirit  
January 11: Isaiah 40 - Renewed strength from waiting on God  
January 12: Psalm 139 - A searched and surrendered heart  
January 13: 2 Chronicles 20 - Fasting in the face of battle  
January 14: Romans 12 - Transformation of mind and lifestyle  
January 15: Psalm 34 - Experiencing God's goodness  
January 16: Galatians 5 - Walking by the Spirit  
January 17: Philippians 3 - Pressing toward the goal  
January 18: Isaiah 58:11-14 - A life guided and satisfied by God



# GATEWAY

CHURCH

## PRAYING THE 5

### SALVATIONS

ROMANS 10:13

### WORKERS

JOHN 4:35

### WISDOM

JAMES 1:5

### PROVISION

2 COR. 9:11

### SPACES + PLACES

ACTS 5:42

# JANUARY 1

---

**Scripture:**

Joel 2:12 — "Return to Me with all your heart, with fasting..."

**Prayer Prompts:**

- "Lord, I begin this fast returning to You with my whole heart."
- "Renew my mind and cleanse old patterns as I start this year."

**Contemplate:**

What part of my heart has drifted and needs returning?

**Notes:**

---

---

---

---

---

---

---

---

---

---

# JANUARY 2

---

## Scripture:

Matthew 6:17-18 — “When you fast... your Father who sees in secret will reward you.”

## Prayer Prompts:

- “Father, help me fast with sincerity and authenticity.”
- “Let my reward be deeper intimacy with You.”

## Contemplate:

What does a “secret” fast look like for me internally?

## Notes:

---

---

---

---

---

---

---

---

---

---

# JANUARY 3

---

**Scripture:**

Ephesians 4:23-24 — Renewal of mind and new self.

**Prayer Prompts:**

- "Holy Spirit, renew the spirit of my mind today."
- "Help me put on the new self You designed for me."

**Contemplate:**

What old mindset must be removed for the new to flourish?

**Notes:**

---

---

---

---

---

---

---

---

---

---



# JANUARY 4

---

## Scripture

Isaiah 58:6 — The fast God chooses.

## Prayer Prompts

- “Lord, break any chains in my life that hinder my walk.”
- “Use my fast to set captives free—starting with me.”

## Contemplate:

What bondage does God want to break during this fast?

## Notes:

---

---

---

---

---

---

---

---

---

---

# JANUARY 5

---

**Scripture:**

Psalm 63:1 — “My soul thirsts for You.”

**Prayer Prompts:**

- “God, increase my thirst for Your presence.”
- “Replace my earthly cravings with spiritual hunger.”

**Contemplate:**

Where do I seek satisfaction apart from God?

**Notes:**

---

---

---

---

---

---

---

---

---

---

---

# JANUARY 6

---

## Scripture:

Ezra 8:23 — “We fasted and petitioned our God for this...”

## Prayer Prompts:

- “Lord, I seek Your guidance for decisions ahead.”
- “Align my steps with Your wisdom and timing.”

## Contemplate:

What decisions need God’s direction this year?

## Notes:

---

---

---

---

---

---

---

---

---

---

# JANUARY 7

---

**Scripture:**

Daniel 10:2-3 — Daniel's season of partial fasting.

**Prayer Prompts:**

- "Strengthen my resolve as I fast like Daniel did."
- "Give me spiritual understanding and clarity."

**Contemplate:**

What do I need clarity or revelation about?

**Notes:**

---

---

---

---

---

---

---

---

---

---

---

---

# JANUARY 8

---

**Scripture:**

Psalm 51:10 — “Create in me a clean heart...”

**Prayer Prompts:**

- “Cleanse my motives and purify my desires.”
- “Restore joy and a steadfast spirit within me.”

**Contemplate:**

What impure motives may God want to purify?

**Notes:**

---

---

---

---

---

---

---

---

---

---

---

---

# JANUARY 9

---

**Scripture:**

Matthew 4:4 — “Man shall not live by bread alone but by every word that proceeds from the mouth of God...”

**Prayer Prompts:**

- “Jesus, be my true nourishment today.”
- “Feed me with Your Word and strengthen my inner life.”

**Contemplate:**

What am I relying on for strength besides God?

**Notes:**

---

---

---

---

---

---

---

---

---

---

# JANUARY 10

---

**Scripture:**

Acts 13:2 — “While they were worshiping and fasting, the Holy Spirit said...”

**Prayer Prompts:**

- “Speak, Holy Spirit—I am listening.”
- “Make me sensitive to Your voice and assignments.”

**Contemplate:**

How can I create more space to hear God clearly?

**Notes:**

---

---

---

---

---

---

---

---

---

---

---

# JANUARY 11

---

**Scripture:**

Isaiah 40:31 — “Those who wait on the Lord shall renew their strength.”

**Prayer Prompts:**

- “Lord, renew my strength as I wait on You.”
- “Lift me above weariness and give me endurance.”

**Contemplate:**

What area of my life most needs renewed strength?

**Notes:**

---

---

---

---

---

---

---

---

---

---



# JANUARY 12

---

**Scripture:**

Psalms 139:23-24 — "Search me, O God..."

**Prayer Prompts:**

- "Search my heart and reveal anything that offends You."
- "Lead me in Your everlasting way."

**Contemplate:**

What is God gently revealing that needs surrender?

**Notes:**

---

---

---

---

---

---

---

---

---

---

# JANUARY 13

---

**Scripture:**

2 Chronicles 20:3-4 — Jehoshaphat proclaimed a fast to call on God.

**Prayer Prompts:**

- “Lord, I look to You when I feel surrounded.”
- “Fight my battles as I stand in faith.”

**Contemplate:**

Where do I need to shift from fear to faith?

**Notes:**

---

---

---

---

---

---

---

---

---

---

---

# JANUARY 14

---

**Scripture:**

Romans 12:1-2 — We are transformed by renewing of our minds.

**Prayer Prompts:**

- “Transform me from the inside out.”
- “Renew my thinking so I can discern Your will.”

**Contemplate:**

Where is my mind still resisting transformation?

**Notes:**

---

---

---

---

---

---

---

---

---

---

---

# JANUARY 15

---

**Scripture:**

Psalm 34:8 — “Taste and see that the Lord is good.”

**Prayer Prompts:**

- “Let me experience Your goodness today.”
- “Shift my desires toward what delights Your heart.”

**Contemplate:**

How have I experienced God’s goodness recently?

**Notes:**

---

---

---

---

---

---

---

---

---

---

---

# JANUARY 16

---

**Scripture:**

Galatians 5:16 — “So I say, walk by the Spirit and you will not gratify the desires of the sinful nature...”

**Prayer Prompts:**

- “Holy Spirit, empower me to walk in step with You.”
- “Crucify the desires of my flesh during this fast.”

**Contemplate:**

What area of my life most needs Spirit-led discipline?

**Notes:**

---

---

---

---

---

---

---

---

---

---

---

# JANUARY 17

---

**Scripture:**

Philippians 3:13-14 — “Forgetting what is behind... pressing toward the goal.”

**Prayer Prompts:**

- “Help me release the weight of last year.”
- “Give me vision to pursue what You’ve set before me.”

**Contemplate:**

What do I need to let go of to move forward spiritually?

**Notes:**

---

---

---

---

---

---

---

---

---

---

# JANUARY 18

---

**Scripture:**

Isaiah 58:11 — “The Lord will guide you continually...”

**Prayer Prompts:**

- “Guide me continually beyond this fast.”
- “Satisfy my soul and make me fruitful this year.”

**Contemplate:**

How will I maintain spiritual hunger after the fast ends?

**Notes:**

---

---

---

---

---

---

---

---

---

---

---



# PRAYER + FASTING GUIDE 2026

---

