



Wednesday January 7 - Saturday February 15

In 40 Days of Prayer and Fasting, let us center our lives on God in 2026 and this Year of 40 by drawing closer to God, depending on God, dwelling on God, and devoting ourselves to the mission of God. As a church, may we grow deeper in God, get desperate for God, and go make disciples for God!

In prayer, we access the power of God. In fasting, we advance faith in God.

Prayer Gatherings at Cardinal

“Prayer & Fasting” & Prayer Time Wed. January 7 7-8 pm

Night of Prayer & Praise Wed. January 14 7-8 pm

Prayer Time for our Church & the Lost Wed. January 21 7-8 pm

Weekend of Prayer Fri./Sat./Sun. February 13-15

Prayer

Prayer is personally communing and communicating with our personal God. Set aside specific time(s) to get away from distractions, and have intentional, focused prayer with God and be in His Word.¹ And in free moments throughout the day-in your car, at your office, at school, in the middle of situations-learn to pray.

Fasting

Fasting is when a Christian voluntarily gives up something (often food) to focus on God. You could choose to fast for the whole day, for one meal a day or week, or from something like coffee or sweets over the next 40 days. You may modify the fast (if you aren’t able to fast from food or want to choose something other than food) by fasting from something like social media, television, videogames, projects, etc., and instead spend that time with God when you would do those things.

¹ Unless otherwise stated, all Scripture in this guide is from the Christian Standard Bible (CSB).

Day 1 – Wednesday January 7

Nehemiah 1:1-11

When I heard these words, I sat down and wept. I mourned for a number of days, fasting and praying before the God of the heavens. -Neh. 1:1

Pray:

- *For God to make you desperate for Him in these next 40 days.*
- *That you will grow deeper and desirous for prayer.*
- *For God to lead you in fasting and keep you sustained in your fast.*
- *For God to center you on Him in these next 40 days.*

Day 2 – Thursday January 8

Matthew 6:16-18

Whenever you fast, don't be gloomy like the hypocrites. -Matt. 6:16

Pray:

- *About what the Lord may lead you to fast from IF He calls you.*
- *For God to give you strength and joy to fast.*
- *For the Lord to advance your faith as you fast.*
- *That you will be humble as you fast finding Him dependable.*

Day 3 – Friday January 9

Matthew 6:9-15

Therefore, you should pray like this: Our Father in heaven, your name be honored as holy. Your kingdom come. Your will be done on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And do not bring us into temptation, but deliver us from the evil one. -Matt. 6:9-13

Pray:

- *By expressing adoration for God.*
- *For God's will to be done in your life and for you to step into His will.*
- *For God to provide what you need. Express those needs to God.*
- *By confessing sin and asking for forgiveness of sin.*
- *To be protected from certain temptations and the evil one.*

Day 4 – Saturday January 10

Matthew 6:5-8

But when you pray, go into your private room, shut your door, and pray to your Father who is in secret. And your Father who sees in secret will reward you. -Matt. 6:6

Pray:

- *For God to remove distractions and busyness so you can have intentional time in prayer.*
- *For a growing desire and desperation for God in prayer.*
- *For God to show you what to pray for.*

Day 5 – Sunday January 11

Genesis 32:1-32

Then he said to Jacob, "Let me go, for it is daybreak." But Jacob said, "I will not let you go unless you bless me." -Gen. 32:26

Pray:

- *For God's specific blessing in areas of your life.*
- *That God would get a hold of you in a life-changing way.*
- *That you will be a blessing to others as God has blessed you.*
- *For God to make you spiritually aggressive to pursue Him.*

Day 6 – Monday January 12

Exodus 3:1-22

God replied to Moses, “I AM WHO I AM., This is what you are to say to the Israelites: I AM has sent me to you.” -Ex. 3:14

Pray:

- *By asking God to show you what He is calling you to do and how He is sending you at this stage in your life.*
- *That you will respond in faith and obedience to listen to and let the Great I AM WHO I AM lead you.*
- *For God to help you overcome inadequacies and obstacles by His power.*

Day 7 – Tuesday January 13

Exodus 4:1-31

The LORD said to him, “Who placed a mouth on humans? Who makes a person mute or deaf, seeing or blind? Is it not I, the LORD? 12 Now go! I will help you speak and I will teach you what to say.” -Ex. 4:11-12

Pray:

- *For God to give you the confidence to take a stand & speak for Him in our culture, and where you work, eat, live, and play.*
- *For God to give you His words to say to someone this week that needs to hear His Gospel and truth.*
- *For God to empower you and send you to speak His truth.*

Day 8 – Wednesday January 14

Exodus 16:1-36

The LORD spoke to Moses, “I have heard the complaints of the Israelites. Tell them: At twilight you will eat meat, and in the morning you will eat bread until you are full. Then you will know that I am the LORD your God.”

-Ex. 16:11-12

Pray:

- *For God to show you where you are complaining, forgive you for complaining, and help you not to complain.*
- *That you will trust God to provide.*
- *For God to center you on Christ and not your circumstances.*

Day 9 – Thursday January 15

Exodus 33:1-23

Now if I have indeed found favor with you, please teach me your ways, and I will know you...And he replied, “My presence will go with you, and I will give you rest.” “If your presence does not go,” Moses responded to him, “don’t make us go up from here.” ...Then Moses said, “Please, let me see your glory.” -Ex. 33:13-15, 18

Pray:

- *For God to teach you His ways as you walk in His presence.*
- *For God to reveal His glory to you and that you will know Him deeply.*
- *For God’s presence to go with you and give you rest where you are restless. Pray “If your presence does not go, don’t let me go.”*

Day 10 – Friday January 16

Exodus 34:1-10

The LORD—the LORD is a compassionate and gracious God, slow to anger and abounding in faithful love and truth, maintaining faithful love to a thousand generations, forgiving iniquity, rebellion, and sin. -Ex. 34:6-7

Pray:

- *For God to be merciful to generations who have rejected Him and bring revival in the Gospel to these generations.*
- *For God to be gracious to His people when we have been stiff-necked.*
- *For specific people to repent of sin and respond to the faithful love and truth of God.*

Day 11 – Saturday January 17

Deuteronomy 6:1-9

“Listen, Israel: The LORD our God, the LORD is one. Love the LORD your God with all your heart, with all your soul, and with all your strength.

-Deut. 6:4-5

Pray:

- *That you will love God with all your being.*
- *That God will reveal where you need to love Him first in your life.*
- *For God to shape your children and grandchildren in loving and following Him.*
- *For God to help you disciple and teach your children His Word and His way.*

Day 12 - Sunday January 18

Joshua 1:1-9

Above all, be strong and very courageous to observe carefully the whole instruction my servant Moses commanded you. Do not turn from it to the right or the left, so that you will have success wherever you go. This book of instruction must not depart from your mouth; you are to meditate on it day and night so that you may carefully observe everything written in it.

-Josh. 1:7-8

Pray:

- *That God will make you strong and very courageous to follow Him even when it is unpopular and hard.*
- *That you will meditate on His Word day and night.*
- *For God to shape you in His Word and remove anything else that is shaping you.*

Day 13 - Monday January 19

1 Samuel 3:1-21

The LORD came, stood there, and called as before, “Samuel, Samuel!” Samuel responded, “Speak, for your servant is listening.” -1 Sam. 3:10

Pray:

- *“Lord, here I am, your servant is listening. Show me where you want me to serve you.”*
- *For the Holy Spirit to put you in the right place to hear His voice.*
- *For God to remove anything that would hinder you hearing His voice.*

Day 14 - Tuesday January 20

Psalm 4:1-8

Answer me when I call, God, who vindicates me. You freed me from affliction; be gracious to me and hear my prayer. -Ps. 4:1

Pray:

- *By calling out to God to answer your prayer for what is on your heart.*
- *For God to give you peace with Him if you are frustrated with Him.*
- *For God to help you trust Him if you are struggling with faith in Him.*

Day 15 – Wednesday January 21

Psalm 46:1-10, 121:1-8

Be still and know that I am God. -Ps. 46:10 ESV

My help comes from the Lord, the Maker of heaven and earth. -Ps. 121:1

Pray:

- *By asking God to quiet your heart and help you be still.*
- *For you to trust God as your refuge and strength.*
- *For someone else in your life to be still and surrender to God.*
- *By calling on God to help you and lead you to surrender to Him.*

Day 16 – Thursday January 22

Psalm 96:1-13

Sing to the LORD, bless his name; proclaim his salvation from day to day. Declare his glory among the nations, his wondrous works among all peoples. -Ps. 96:2-3

Pray:

- *For God to give you an opportunity to proclaim salvation to your ONE or someone lost this week. Pray for your ONE.*
- *For the nations to turn from worthless idols and religion the turn to the One true God.*
- *For Christians that are facing persecution, specifically Nigerians, Iranians, and the Sudanese.*
- *For missionaries around the world to be emboldened and encouraged to proclaim the Gospel, and be protected. Name them.*

Day 17 - Friday January 23

Psalm 138:1-8

I will give you thanks with all my heart. -Ps. 138:1

Pray:

- *By giving thanks to God for all He has done for you and given you.*
- *By taking a moment to name everything you are thankful for to Him.*
- *By asking the Lord to fulfill His purposes through you where He has you in your life.*

Day 18 - Saturday January 24

2 Chronicles 1:1-13, Pro. 3:5-18

God said to Solomon, "Since this was in your heart, and you have not requested riches, wealth, or glory, or for the life of those who hate you, and you have not even requested long life, but you have requested for yourself wisdom and knowledge that you may judge my people over whom I have made you king, wisdom and knowledge are given to you. -2 Chr. 1:11-12

Pray:

- *For God to give you wisdom where you have decisions to make.*
- *For God to give you wisdom on how to live best for Him.*
- *That you will trust Him with all your heart and acknowledge Him wherever you go.*

Day 19 - Sunday January 25

2 Kings 19:14-19

*Now, LORD our God, please save us from his power so that all the kingdoms of the earth may know that you, LORD, are God—you alone.
-2 Kgs. 19:19*

Pray:

- *For God to deliver you or deliver someone else from disease, disaster, sin, or suffering.*
- *For a testimony of the Lord's glory to come from your life through His deliverance.*
- *For God's will no matter what.*

Day 20 – Monday January 26

Isaiah 6:1-8, Ps. 51:9-10

He touched my mouth and with it said : “Now that this has touched your lips, your iniquity is removed and your sin is atoned for.” -Is. 6:7

Pray:

- *By praising God as the Holy One.*
- *Confess sin in your life in light of God's holiness.*
- *By thanking God for atoning for your sin through Christ's death and thank Him for His forgiveness.*
- *By asking God how He wants to use you and send you for His mission.*