

# GLORY REVEALED

WEEK OF PRAYER + FASTING  
JANUARY 4 - 10, 2026

evangel  
assembly of God

## **Prayer Gatherings During Week of Prayer + Fasting**

*All are welcome to join for prayer at any of the following times.*

*Prayer will last about 1-1.5 hours.*

### **Sunday | 6:00 PM**

*Chapel*

### **Monday | 6:00 PM**

*Chapel*

### **Tuesday | 6:00 AM**

*Sanctuary*

### **Wednesday | 6:30 PM**

*Adults, youth, and kids will start at 6:30 PM in their usual respective areas, and all groups will end with prayer together in the Chapel*

### **Thursday | 6:00 PM**

*Chapel*

### **Friday | 6:00 AM**

*Sanctuary*

***Evangel Assembly of God***

*9920 W. Good Hope Rd.  
Milwaukee, WI 53224*

***[myevangel.com/prayer](http://myevangel.com/prayer)***

# INTRODUCTION TO FASTING

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## **What is fasting?**

Quite simply, it's the Biblical practice of abstaining from food for spiritual purposes.

## **What is the purpose of fasting?**

Fasting is a means of humbling yourself before God. It enables the Holy Spirit to reveal your true spiritual condition, resulting in brokenness, repentance, and a transformed life.

## **Did Jesus want all believers to fast?**

In Matthew 6:16, Jesus taught fasting as a believer's duty, saying, "When you fast ...." Notice He said *when* you fast, not *if* you fast. Jesus expected His disciples to fast as a natural result of discipleship — just as He expects us to give to the needy and pray passionately (Matthew 6:2,5,16).

## **What type of fast should I do this week?**

Together as a church, we are doing a Daniel fast, named for the prophet Daniel from the Old Testament who gave up "royal food and wine" and ate only fruit, vegetables, and water as he sought the Lord. (Daniel 10:3)

## **What if I cannot do a Daniel fast for health reasons?**

It is important for you to be wise when fasting. If you have health concerns, chronic medical conditions, etc., seek your doctor's instruction before you begin fasting. If you are unable to fast, we welcome you to participate in praying and worshipping fervently with the church this week.

# WHAT THE BIBLE SAYS TO DO

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## **Scriptures that direct us to pray and fast as believers**

- Matthew 6:16-18 (What to do when you fast)
- Matthew 9:14-15 (When to fast)
- Luke 18:9-14 (Parable of the Pharisee & Tax Collector)

## **Relation of fasting *with* prayer and reading of God's Word**

- Daniel 9:3, 20 (prophet Daniel)
- Joel 2:12 (people of Israel)
- Jonah 3:5-10 (people of Nineveh)
- Luke 2:37 (prophetess Anna)

## **Examples of fasting from the Bible**

- Jesus (Luke 4:1,2)
- Nehemiah (Nehemiah 1:4)
- David (Psalm 35:13)
- Mordecai and the Jews (Esther 4:3,16)
- The Early Church (Acts 13:2, 14:23)

# DANIEL FAST

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## **Foods to eat on the Daniel fast**

- All fruits
- All vegetables
- All whole grains - barley, oats, whole wheat, brown rice, popcorn, oatmeal & grits, quinoa, and tofu
- All nuts and seeds (unsalted)
- All legumes - beans, peas, lentils
- All quality oils - canola, coconut, olive, peanut
- Water, 100% fruit/vegetable juice (no added sugar)

## **Foods to avoid on the Daniel fast**

- Meat and animal products - meat, poultry, fish
- Dairy - cheese, milk, butter, yogurt, eggs, cream
- Sweeteners - sugar, sugar substitutes (Splenda, etc.), high fructose corn syrup, molasses
- Leavened bread and yeast
- Refined and processed foods - white bread, flour, rice, and food additives
- Deep-fried foods
- Beverages - alcohol, carbonated drinks, coffee, energy drinks

# SCRIPTURE + JOURNALING

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In the following pages, you'll find material to guide your time with the Lord each day. To help you center yourself on God this week and create opportunities to hear from Him, here are some suggestions on how to plan your week as you pray and fast:

1. Plan ahead and set aside specific time to seek God in prayer and worship every day. If we do not plan for this significant time, it will either be rushed or missed altogether.
2. Repent of sin and ask God's forgiveness so there is no barrier between you and the Lord as you seek him.
3. Read God's Word - take time to listen as God's speaks to you through His Word. Write things down to remember what God spoke to you.

GLORY REVEALED

# SUNDAY, JANUARY 4

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## **Isaiah 49:3**

He said to me, "You are my servant, Israel, and you will bring me glory."

**PROMPT:** Release your thoughts, expectations and desires to God. Ask Him how can you bring Him glory.

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**SCRIPTURE:** What is something you learned from the Scripture you read today?

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**PRAYER TIME AT CHURCH TODAY:** 6:00 PM

*[myevangel.com/prayer](http://myevangel.com/prayer)*

# MONDAY, JANUARY 5

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## **Psalm 145:1-7**

<sup>1</sup>I will exalt you, my God and King, and praise your name forever and ever. <sup>2</sup>I will praise you every day; yes, I will praise you forever. <sup>3</sup>Great is the Lord! He is most worthy of praise! No one can measure his greatness. <sup>4</sup>Let each generation tell its children of your mighty acts; let them proclaim your power. <sup>5</sup>I will meditate on your majestic, glorious splendor and your wonderful miracles. <sup>6</sup>Your awe-inspiring deeds will be on every tongue; I will proclaim your greatness. <sup>7</sup>Everyone will share the story of your wonderful goodness; they will sing with joy about your righteousness.

**PROMPT:** How can your memories make your faith stronger? Write a prayer of thanksgiving for all He has done.

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**SCRIPTURE:** What is something you learned from the Scripture you read today?

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**PRAYER TIME AT CHURCH TODAY:** 6:00 PM

# TUESDAY, JANUARY 6

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## **Isaiah 43:18-19**

<sup>15</sup>I am the Lord, your Holy One, Israel's Creator and King. <sup>16</sup>I am the Lord, who opened a way through the waters, making a dry path through the sea. <sup>17</sup>I called forth the mighty army of Egypt with all its chariots and horses. I drew them beneath the waves, and they drowned, their lives snuffed out like a smoldering candlewick. <sup>18</sup>"But forget all that—it is nothing compared to what I am going to do. <sup>19</sup>For I am about to do something new. See, I have already begun! Do you not see it? I will make a pathway through the wilderness. I will create rivers in the dry wasteland.

**PROMPT:** Do you feel like you're in the wilderness in any part of your life? God wants to do "something new" in your life. What do you need to let go of so you can embrace something new?

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**SCRIPTURE:** What is something you learned from the Scripture you read today?

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**PRAYER TIME AT CHURCH TODAY:** 6:00 AM

# WEDNESDAY, JANUARY 7

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## Psalm 119:1-8

<sup>1</sup>Joyful are people of integrity, who follow the instructions of the Lord. <sup>2</sup>Joyful are those who obey his laws and search for him with all their hearts. <sup>3</sup>They do not compromise with evil, and they walk only in his paths. <sup>4</sup>You have charged us to keep your commandments carefully. <sup>5</sup>Oh, that my actions would consistently reflect your decrees!  
<sup>6</sup>Then I will not be ashamed when I compare my life with your commands. <sup>7</sup>As I learn your righteous regulations, I will thank you by living as I should! <sup>8</sup>I will obey your decrees. Please don't give up on me!

**PROMPT:** What distractions are keeping you from giving God your whole heart?

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**SCRIPTURE:** What is something you learned from the Scripture you read today?

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**PRAYER TIME AT CHURCH TODAY:** 6:30 PM

# THURSDAY, JANUARY 8

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## **Jeremiah 29:11-14**

**11** For I know the plans I have for you," says the Lord. "They are plans for good and not for disaster, to give you a future and a hope. **12** In those days when you pray, I will listen. **13** If you look for me wholeheartedly, you will find me. **14** I will be found by you," says the Lord. "I will end your captivity and restore your fortunes. I will gather you out of the nations where I sent you and will bring you home again to your own land."

**PROMPT:** Are you are seeking answers to prayer more than seeking God? Ask Him to help you trust His timing and His direction.

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**SCRIPTURE:** What is something you learned from the Scripture you read today?

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**PRAYER TIME AT CHURCH TODAY:** 6:00 PM

# FRIDAY, JANUARY 9

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## Luke 5:4-11

<sup>4</sup>When he had finished speaking, he said to Simon, "Now go out where it is deeper, and let down your nets to catch some fish." <sup>5</sup>"Master," Simon replied, "we worked hard all last night and didn't catch a thing. But if you say so, I'll let the nets down again." <sup>6</sup>And this time their nets were so full of fish they began to tear! <sup>7</sup>A shout for help brought their partners in the other boat, and soon both boats were filled with fish and on the verge of sinking. <sup>8</sup>When Simon Peter realized what had happened, he fell to his knees before Jesus and said, "Oh, Lord, please leave me—I'm such a sinful man." <sup>9</sup>For he was awestruck by the number of fish they had caught, as were the others with him. <sup>10</sup>His partners, James and John, the sons of Zebedee, were also amazed. Jesus replied to Simon, "Don't be afraid! From now on you'll be fishing for people!" <sup>11</sup>And as soon as they landed, they left everything and followed Jesus.

**PROMPT:** The disciples had to leave everything behind to follow Jesus. What do you need to leave behind to follow Him closer (identity, doubts, fears, control)? Ask God to help you let go.

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**SCRIPTURE:** What is something you learned from the Scripture you read today?

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**PRAYER TIME AT CHURCH TODAY:** 6:00 AM

# SATURDAY, JANUARY 10

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## **Matthew 5:13-16**

<sup>13</sup> “You are the salt of the earth. But what good is salt if it has lost its flavor? Can you make it salty again? It will be thrown out and trampled underfoot as worthless.

<sup>14</sup> “You are the light of the world—like a city on a hilltop that cannot be hidden. <sup>15</sup> No one lights a lamp and then puts it under a basket. Instead, a lamp is placed on a stand, where it gives light to everyone in the house. <sup>16</sup> In the same way, let your good deeds shine out for all to see, so that everyone will praise your heavenly Father.

**PROMPT:** Are there places in my life where I've lost my "saltiness" by blending in or staying silent? Is there anything stopping you from openly living your faith? Ask God to remove self-doubt and any barriers that's stopping you from opening living out & sharing your faith with others.

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**SCRIPTURE:** What is something you learned from the Scripture you read today?

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**No prayer at church today**

**WORSHIP TOMORROW  
SUNDAY, JANUARY 11  
8:30 + 10 AM**

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