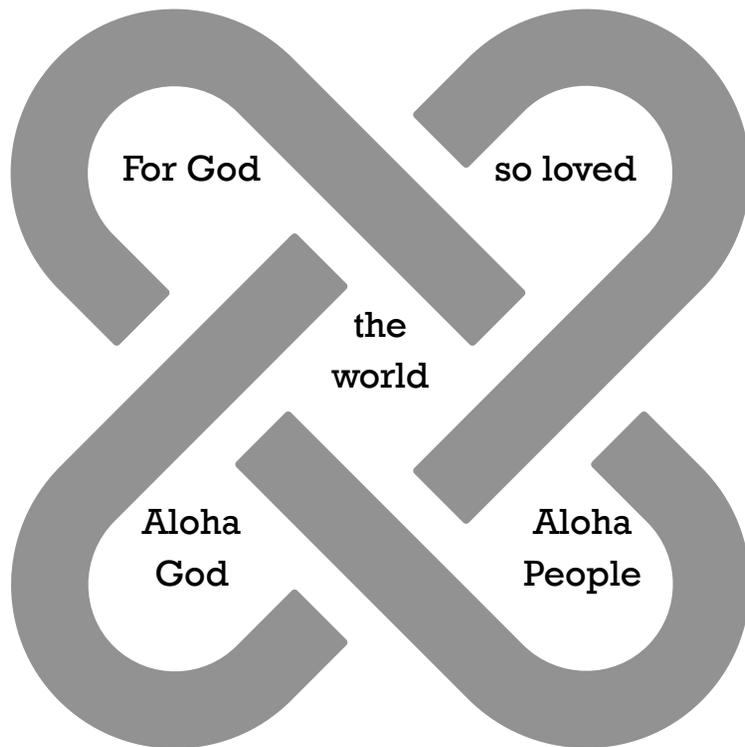


2026 | 21 Days Prayer & Fasting Guide



Sunday, January 11 - Saturday, January 31

THE INVITATION!

We are inviting our church ‘ohana to participate in a 21-day season of prayer and fasting—to reset, renew and repurpose our hearts and lives for God and His Kingdom call.

Sunday, January 11 - Saturday, January 31

OUR HEARTS DESIRE & POSTURE

Prayer and fasting is a spiritual act of worship, humbling our hearts to re-center our lives on who God is and who we are before Him. Throughout Scripture, fasting expresses dependence on God rather than reliance on ourselves—our strength or abilities. As we pray and fast, our desire is to seek God and His Kingdom first, to know and glorify Him, and to grow mānoa in our relationship with Him and with one another!

WHAT IS FASTING?

It is intentionally setting aside something that we depend on or can be distracted by in our lives, so we can focus more on our relationship with God.

Fasting is not just about what we give up, but what we make room for. As we fast, we intentionally make room for prayer, Scripture meditation, repentance, gratitude, listening to and obeying the Holy Spirit.



TYPES OF FAST

Food/Drink | A meal a day, Daniel-style fast, certain foods (sweets, caffeine, etc.)

Media/technology | Social media, News

Lifestyle | Shopping, Entertainment, Hobbies, Other distractions

** Choose a fast that stretches you without hurting you. And if you have medical conditions, please consult a doctor and choose a fast that is safe and wise for you.**

PRAYING

Develop a prayer list or journal.

List prayer requests for your spiritual desires, goals, for family members, people, situations/needs (in our life, others, church, country). Your awareness of God, spiritual, emotional, relational will increase. Be aware of the spiritual realm, as there are spiritual enemies and forces working against us.

Heart Set: Thankful, listening, repentant, surrender, seeking hearts.

Time with God: worship, prayer, Bible meditation, journaling

Personal: Your heart, mind, soul, lifestyle. Goals or habits you'd like to strengthen. Health/Healing prayers for yourself and others.

Our church/God's Church: To grow as strong disciples, spread the aloha of God.



Our prayer is that these 21 days would do more than shape our habits—they would soften our hearts, drawing us closer to Jesus and cultivating mānoa love for God, one another and for those who need Him.

Please consider using the heart of our **Mission Statement** as the foundation of our time of Prayer and Fasting? Let's ask God to renew our passion to fulfill His Great Commission and Commandment!

NHM MISSION STATEMENT

Aloha God, Aloha People, Make Disciples

We seek to grow a mānoa (deep, vast, solid) relationship with God and one another, with Jesus' Great Commission (Luke 10:27) and Great Commandment (Matt. 28:18-20) as our highest priority.

CELEBRATION SUNDAY, FEBRUARY 1

Our fast ends on Saturday, January 31st,

** Join us for a special service and lunch!*



WEEK I | RESET

Sunday, January 11 | Hunger for God

Pray for a renewed desire for God above all else.
Psalm 42:1

Monday, January 12 | Surrender

Offer your plans, fears, and expectations to the Lord.
Romans 12:1

Tuesday January 13 | Repentance & Clean Hearts

Ask God to search your heart and lead you in His ways.
Psalm 139:23–24

Wednesday, January 14 | Dependence on God

Release self-reliance and trust God fully.
Proverbs 3:5–6

Thursday, January 15 | Listening to God

Practice stillness. Ask God what He wants to say to you. 1 Samuel 3:10

Friday, January 16 | Gratitude

Thank God for His faithfulness, provision, and grace.
1 Thessalonians 5:18

Saturday, January 17 | Sabbath Rest

Pray for rest, renewal, and delight in God's presence.
Matthew 11:28–30



WEEK II | RENEW

Sunday, January 18 | Loving God Wholeheartedly

Pray to love God with heart, soul, mind, and strength.
Mark 12:30

Monday, January 19 | Christlike Character

Ask the Spirit to shape humility, patience, and integrity.
Galatians 5:22–23

Tuesday January 20 | Healing & Wholeness

Bring emotional wounds, grief, and burdens to God.
Psalm 147:3

Wednesday, January 21 | Freedom

Pray for freedom where habits or thoughts have power.
John 8:36

Thursday, January 22 | Renewed Mind

Ask God to reshape your thinking with truth and hope.
Romans 12:2

Friday, January 23 | Trust in God's Presence

Pray for awareness that God is with you every day.
Matthew 28:20

Saturday, January 24 | Joy in the Lord

Ask God to restore joy rooted in Him, not circumstances.
Nehemiah 8:10



WEEK III | REACH

Sunday, January 25 | Our Church, Body of Christ

Pray for unity, love, and spiritual health in our church.

Ephesians 4:1–3

Monday, January 26 | Pastors & Leaders

Cover all leaders with wisdom, humility, and protection.

Hebrews 13:7

Tuesday January 27 | Families & Next Generation

Pray for marriages, children, youth, and grandparents.

Psalms 145:4

Wednesday, January 28 | Healing & Provision

Intercede for those needing healing, comfort, or provision. Philippians 4:19

Thursday, January 29 | Our City & Community

Pray for Honolulu, neighbors, schools, and workplaces.

Jeremiah 29:7

Friday, January 30 | Living as Witnesses

Ask for boldness, compassion, and everyday faithfulness. Matthew 5:16

Saturday, January 31 | Thanksgiving & Dedication

Thank God for the journey and dedicate the year ahead. Psalm 126:3



21 DAYS OF PRAYER JOURNALING

Would you join me in **Prayer Journaling** during our 21 days of Prayer and Fasting?

Each day:

- **Read** the Scripture provided in our guide.
- **Write** the Scripture and reflect on how God is speaking to you.
- **Pray** by writing your prayers for your life and for others, guided by the theme of the Scripture.

Our prayer is not just to record words on a page, but to listen for God's voice, align our hearts with His, and grow **mānoa** in our love for Jesus and others.

OTHER PRAYER OPPORTUNITIES

- Sunday's, **January 18 & 25** | 8:30-9:00 AM | Meet outside Cafeteria area.
- Thursday's, **January 15, 22, 29** | ZOOM Prayer | 7:30-8:00 PM

Be on the lookout on our social media platforms for daily encouragement, reminders and support.



www.newhopemanoa.tv

If you need prayer, please text or call Pastor Rod
(808)216-5493

