



## **7-DAY CHURCH FAST**

**JANUARY 20 - 26, 2025**

*Dear Church Family,*

*As we step into a new year filled with promise and purpose, we want to take a moment to thank you. Your unwavering support, heartfelt prayers, and steadfast love throughout 2024 have been a blessing to our church and to us personally. Together, we have experienced God's faithfulness, and we are so grateful for the role you play in our church family.*

*As we begin 2025, we feel God calling us to start the year with a time of intentional focus on Him through a 7-day fast. This fast is an opportunity to draw closer to the Lord, align our hearts with His will, and seek His guidance for the year ahead. Fasting is not just about giving something up—it's about creating space for God to work in our lives in powerful and transformative ways.*

*We invite you to join us on this journey from January 20th to January 26th. Each day will have a unique focus, with scriptures, prayer points, reflections, and activities designed to encourage your spirit and deepen your walk with Christ. Whether this is your first time fasting or a regular spiritual practice, we believe God will meet you in a profound way as you set aside this time for Him.*

*We're so excited to see what God has in store for you and for our church in 2025. As we come together in prayer and fasting, let's expect God to do incredible things—both individually and as a community. Thank you for being part of this journey and for continuing to make our church a place where God's love is known, shared, and celebrated.*

*Let's begin this fast with open hearts, expectant for all that God will do. We are praying for you and cheering you on every step of the way!*

*With love and gratitude,*

**Pastor T.J. & Tristan**

View online at: [www.cornerstonejudah.com/prayer-fasting](http://www.cornerstonejudah.com/prayer-fasting)



As you begin this church fast, let's start out with a simple devotional to get our hearts right and prepare for the week ahead.

## **"Growing Closer to God in 2025"**

### **Opening Scripture:**

Colossians 2:6-7 (NIV)

"So then, just as you received Christ Jesus as Lord, continue to live your lives in Him, rooted and built up in Him, strengthened in the faith as you were taught, and overflowing with thankfulness."

### **Devotional Reflection:**

The beginning of a new year is a perfect time to reflect on your spiritual journey and seek growth in your relationship with God. Just like a tree needs water, sunlight, and good soil to thrive, we need regular spiritual nourishment to deepen our faith and bear fruit in our lives.

In 2025, focus on being *intentional* about your spiritual growth. Prayer, worship, studying God's Word, serving others, and guarding your heart are practices that help you grow stronger in your faith. Remember, spiritual growth doesn't happen overnight—it's the daily small steps that lead to lasting transformation.

God desires a closer relationship with you, and as you commit to growing spiritually, He will guide and strengthen you. Trust in His promises, and step into this year with a heart ready to seek Him like never before.

### **Closing Prayer:**

Heavenly Father, thank You for the gift of a new year. Help me to grow closer to You in 2025. Teach me to seek You daily, to apply Your Word to my life, and to share Your love with others. May my life glorify You as I continue to grow in faith. In Jesus' name, Amen.



## Day 1: Thanksgiving and Praise - 1/20/2025

- **Scriptures:**
  - **Psalm 100:4**

"Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name."
  - **Psalm 103:1-2**

"Praise the Lord, my soul; all my inmost being, praise his holy name. Praise the Lord, my soul, and forget not all his benefits."
  - **1 Thessalonians 5:16-18**

"Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus."
  - **Psalm 95:1-3**

"Come, let us sing for joy to the Lord; let us shout aloud to the Rock of our salvation. Let us come before him with thanksgiving and extol him with music and song. For the Lord is the great God, the great King above all gods."
  - **Philippians 4:6-7**

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."
  - **Psalm 136:1**

"Give thanks to the Lord, for he is good. His love endures forever."
  - **Colossians 3:16-17**

"Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts. And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him."
- **Prayer Focus:** Begin by thanking God for His blessings and praising Him for His goodness. Reflect on His faithfulness in your life.
- **Reflection/Application:** Reflect on how you want to grow spiritually this year.
- **Activities:**
  - Start your day with a worship playlist to set the tone for thanksgiving and praise.
  - Fast for part of the day and dedicate the time to prayer, asking God for clarity in an area of your life.
  - Write a *gratitude letter* to God. This letter can include thankfulness for blessings and specific ways He has been faithful.
- **Journal Prompt:** "What did I learn about God today? What is He calling me to do?"



## Day 2: The Cross of Jesus - 1/21/2025

- **Scriptures:**
  - **Psalm 103:2-5**

"Praise the LORD, my soul, and forget not all his benefits— who forgives all your sins and heals all your diseases..."
  - **Isaiah 53:4-5**

"Surely he took up our pain and bore our suffering, yet we considered him punished by God, stricken by him, and afflicted. But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed."
  - **1 Peter 2:24**

"He himself bore our sins in his body on the cross, so that we might die to sins and live for righteousness; by his wounds you have been healed."
  - **Galatians 2:20**

"I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me."
  - **John 3:16-17**

"For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. For God did not send his Son into the world to condemn the world, but to save the world through him."
  - **Romans 5:8**

"But God demonstrates his own love for us in this: While we were still sinners, Christ died for us."
  - **Ephesians 1:7-8**

"In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace that he lavished on us."
- **Prayer Focus:** Meditate on the sacrifice of Jesus and the benefits of salvation, healing, redemption, transformation, and provision.
- **Reflection/Application:** "What does the cross mean to me personally? How does it impact the way I live my life?"
- **Activities:**
  - Fast for part of the day and dedicate the time to prayer, asking God for clarity in an area of your life.
  - Memorize a scripture (e.g., Philippians 4:13, "I can do all things through Christ..."). Recite it throughout the day.
  - Consider journaling about a specific area where you've experienced God's redemption, healing, or provision.
- **Journal Prompt:** "What did I learn about God today? What is He calling me to do?"



## Day 3: Cleansing and Preparing - 1/22/2025

- **Scriptures:**
  - **Romans 12:1**

"Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice..."
  - **Psalms 51:10**

"Create in me a pure heart, O God, and renew a steadfast spirit within me."
  - **1 John 1:9**

"If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness."
  - **Ezekiel 36:26-27**

"I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh. And I will put my Spirit in you and move you to follow my decrees and be careful to keep my laws."
  - **2 Corinthians 7:1**

"Therefore, since we have these promises, dear friends, let us purify ourselves from everything that contaminates body and spirit, perfecting holiness out of reverence for God."
  - **James 4:8**

"Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded."
  - **Matthew 5:8**

"Blessed are the pure in heart, for they will see God."
- **Prayer Focus:** Reflect on areas in your life that need cleansing. Surrender your body, mind, and spirit to God, asking for purification and renewal.
- **Reflection/Application:** Reflect on areas you need to surrender to God (e.g., habits, thoughts, relationships).
- **Activity:**
  - Fast for part of the day and dedicate the time to prayer, asking God for clarity in an area of your life.
  - Write down things you want to release and then pray over them, tearing them up, or laying them at the foot of a cross (physically or metaphorically).
  - Attend or plan to attend a Bible study or church service. Write down one key lesson and how you can apply it to your life.
- **Journal Prompt:** "What did I learn about God today? What is He calling me to do?"



## Day 4: The Holy Spirit - 1/23/2025

- **Scriptures:**
  - **Isaiah 11:2**

"The Spirit of the LORD will rest on him—the Spirit of wisdom and of understanding..."
  - **John 14:26**

"But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you."
  - **Acts 1:8**

"But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth."
  - **Galatians 5:22-23**

"But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law."
  - **Romans 8:26-27**

"In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans. And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for God's people in accordance with the will of God."
  - **1 Corinthians 2:10-11**

"These are the things God has revealed to us by his Spirit. The Spirit searches all things, even the deep things of God. For who knows a person's thoughts except their own spirit within them? In the same way, no one knows the thoughts of God except the Spirit of God."
- **Prayer Focus:** Invite the Holy Spirit to fill you afresh. Seek His wisdom, understanding, counsel, might, knowledge, and the fear of the Lord.
- **Reflection/Application:** Spend a few quiet moments asking the Holy Spirit for specific guidance in a personal or ministry area.
- **Activities:**
  - Fast for part of the day and dedicate the time to prayer, asking God for clarity in an area of your life.
  - Write down a scripture-based prayer for the Holy Spirit (e.g., *"Holy Spirit, guide me with Your wisdom, understanding, and might. Help me to grow in the fear of the Lord and walk in Your counsel."*).
  - Give generously—whether it's your time, talents, or financial resources. Consider supporting a ministry or project.
- **Journal Prompt:** "What did I learn about God today? What is He calling me to do?"



## Day 5: The Word of God - 1/24/2025

- **Scriptures:**
  - **Joshua 1:8**  
"Keep this Book of the Law always on your lips; meditate on it day and night..."
  - **2 Timothy 3:16-17**  
"All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the servant of God may be thoroughly equipped for every good work."
  - **Psalms 119:105**  
"Your word is a lamp for my feet, a light on my path."
  - **Hebrews 4:12**  
"For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart."
  - **Isaiah 40:8**  
"The grass withers and the flowers fall, but the word of our God endures forever."
  - **Colossians 3:16**  
"Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God."
  - **Matthew 4:4**  
"Jesus answered, 'It is written: Man shall not live on bread alone, but on every word that comes from the mouth of God.'"
- **Prayer Focus:** Commit to immersing yourself in God's Word. Ask for revelation and the ability to apply His teachings in your daily life.
- **Reflection/Application:** Reflect on the Word of God by challenging yourself to memorize the scripture from today's reading and then share it with someone (e.g., family, small group).
- **Activities:**
  - Fast for part of the day and dedicate the time to prayer, asking God for clarity in an area of your life.
  - Begin a gratitude journal. List three things you're thankful for and thank God in prayer.
  - Create a scripture card or phone wallpaper with a favorite verse from the day.
- **Journal Prompt:** "What did I learn about God today? What is He calling me to do?"



## Day 6: Worship - 1/26/2025

- **Scriptures:**
  - **Proverbs 18:10**

"The name of the LORD is a fortified tower; the righteous run to it and are safe."
  - **John 4:23-24**

"Yet a time is coming and has now come when the true worshipers will worship the Father in the Spirit and in truth, for they are the kind of worshipers the Father seeks. God is spirit, and his worshipers must worship in the Spirit and in truth."
  - **Psalms 95:6-7**

"Come, let us bow down in worship, let us kneel before the Lord our Maker; for he is our God and we are the people of his pasture, the flock under his care."
  - **Hebrews 13:15**

"Through Jesus, therefore, let us continually offer to God a sacrifice of praise—the fruit of lips that openly profess his name."
  - **Psalms 150:1-2**

"Praise the Lord. Praise God in his sanctuary; praise him in his mighty heavens. Praise him for his acts of power; praise him for his surpassing greatness."
  - **Exodus 15:2**

"The Lord is my strength and my defense; he has become my salvation. He is my God, and I will praise him, my father's God, and I will exalt him."
  - **Psalms 100:2-3**

"Worship the Lord with gladness; come before him with joyful songs. Know that the Lord is God. It is he who made us, and we are his; we are his people, the sheep of his pasture."
- **Prayer Focus:** Spend time worshiping God, focusing on His names and attributes. Acknowledge Him as your righteousness, healer, provider, and peace.
- **Reflection/Application:** Commit to guarding your heart by reflecting on your media and conversations. Replace something unfruitful with worship or the Word.
- **Activities:**
  - Fast for part of the day and dedicate the time to prayer, asking God for clarity in an area of your life.
  - Dedicate 15-30 minutes to worship God through singing, dancing, or writing their own psalm.
- **Journal Prompt:** "What did I learn about God today? What is He calling me to do?"





## Day 7: Intercession - 1/26/2025

- **Scriptures:**
  - 1 Timothy 2:1-4  
"I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people..."
  - **Ezekiel 22:30**  
"I looked for someone among them who would build up the wall and stand before me in the gap on behalf of the land so I would not have to destroy it, but I found no one."
  - **James 5:16**  
"Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective."
  - **Romans 8:26-27**  
"In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans."
  - **2 Chronicles 7:14**  
"If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land."
  - **Hebrews 7:25**  
"Therefore he is able to save completely those who come to God through him, because he always lives to intercede for them."
- **Prayer Focus:** Intercede for others—leaders, family, church, community, and the world. Pray for salvation, peace, and God's will to be done in their lives.
- **Reflection/Application:** Create a prayer list with categories (e.g., family, government leaders, those who don't know Christ). Write specific names or situations under each category and spend time praying over each one.
- **Activities:**
  - Fast for part of the day and dedicate the time to prayer, asking God for clarity in an area of your life.
  - Reflect on what God has done during this challenge. Write a prayer of thanksgiving and set a spiritual goal for the next month.
  - Attend our CWC Prayer Night so that you can feel united in your focus, even if praying individually.
- **Journal Prompt:** "What did I learn about God today? What is He calling me to do?"



## **Conclusion:**

As we conclude this 7-day journey of fasting and prayer, let us take a moment to reflect on all that God has revealed, renewed, and restored in our lives. Fasting is not merely about sacrifice—it is about drawing closer to God, aligning our hearts with His will, and allowing His presence to transform us from the inside out. Through thanksgiving, the cross, cleansing, the Holy Spirit, the Word of God, worship, and intercession, we have experienced a deeper connection to Him and His purposes for our lives.

Let this fast serve as the beginning of a new season of intentional spiritual growth. Carry forward the habits of prayer, reflection, and surrender that you have cultivated during this time. Trust that the seeds planted this week will bear fruit in the days, weeks, and months to come.

As we step into the future, let us remain steadfast in faith, committed to seeking Him daily, and empowered by His Spirit to be lights in our families, church, and communities. May God bless you abundantly as you continue to walk in obedience and experience the fullness of His promises.

**"The Lord bless you and keep you; the Lord make His face shine on you and be gracious to you; the Lord turn His face toward you and give you peace." (Numbers 6:24-26)**