

THE BOUNDLESS

# PRAYER & FASTING DEVOTIONAL

SUN 18 - SUN 25 JAN



AWE & FIRE 26



**Hey Boundless family,**

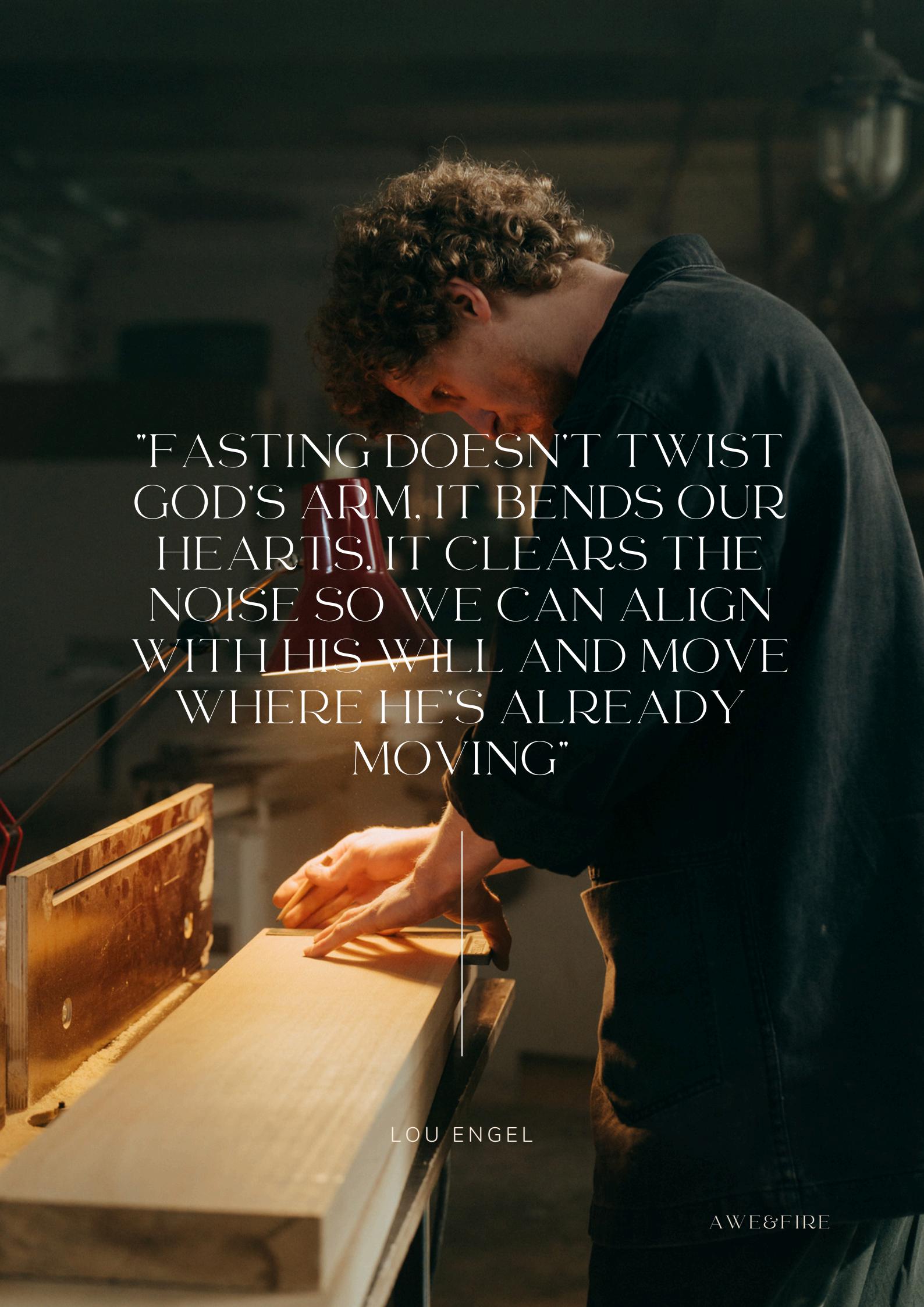
As we step into 2026, we believe God is calling us into a year marked by awe and fire. Not surface-level Christianity. Not familiar faith, but a people who see God clearly again and burn passionately for His presence, His house, and His purposes.

Fasting positions us for this kind of year. It clears our hearts and recalibrates hunger. It recentres our lives around God instead of our comfort and convenience. Throughout Scripture, moments of fasting preceded moments of breakthrough, prophetic direction, repentance, revival, and commissioning.

As we fast together as a church, our prayer is that reverence would be restored, that holy fire would be awakened, and that we would step into 2026 spiritually aligned with what heaven is releasing. May this fast prepare us not just for what God will do, but for who God is calling us to become.

We love you deeply and are believing for a year saturated in God's presence and power.

**Pastors Thurston & Natania**



"FASTING DOESN'T TWIST  
GOD'S ARM, IT BENDS OUR  
HEARTS. IT CLEARS THE  
NOISE SO WE CAN ALIGN  
WITH HIS WILL AND MOVE  
WHERE HE'S ALREADY  
MOVING"

LOU ENGEL

AWE&FIRE

# WHY WE FAST

Fasting is a biblical practice that positions us to seek God with greater clarity, humility, and hunger. It is not a way to earn God's right standing, but a way to realign our hearts and make space for His presence. Jesus assumed His followers would fast, saying, "When you fast..." (Matthew 6:16), making fasting a normal rhythm in the life of a believer.

## 1. FASTING RECENTRES US ON GOD

Fasting reminds us that God is our source and priority. By intentionally laying aside food or other distractions, we declare that our deepest hunger is for Him alone.

*"Man shall not live on bread alone, but on every word that comes from the mouth of God."*  
— Matthew 4:4

## 2. FASTING HUMBLÉS AND ALIGNS OUR HEARTS

Scripture often connects fasting with humility and repentance. It softens our hearts, increases our dependence on God, and realigns areas that may have drifted.

*"I humbled myself with fasting."* — Psalm 35:13  
*"Return to Me with all your heart, with fasting..."* — Joel 2:12

## 3. FASTING SHARPENS SPIRITUAL SENSITIVITY

When the flesh is quieted, the Spirit becomes clearer. Fasting creates space to hear God's voice, receive direction, and respond in obedience.

*"While they were worshiping the Lord and fasting, the Holy Spirit said..."* — Acts 13:2

## 4. FASTING FUELS SPIRITUAL FIRE AND AUTHORITY

There are moments when deeper consecration is required. Fasting strengthens our devotion and positions us for breakthrough and renewed spiritual fire.

*"This kind does not go out except by prayer and fasting."* — Matthew 17:21

## 5. FASTING ALIGNS US CORPORATELY AS GOD'S PEOPLE

When a church fasts together, unity is strengthened and hearts are aligned. Corporate fasting creates space for God to move powerfully among His people.

*"So we fasted and petitioned our God about this, and He answered our prayer."* — Ezra 8:23

# PRACTICAL FASTING TIPS

## 01 HOW TO BEGIN

Start with a clear goal. Be specific. Why are you fasting? Do you want to grow closer to God? Do you need direction, healing, restoration of marriage or family issues? Are you facing financial difficulties? Ask the Holy Spirit for guidance. Pray daily using our prayer points and follow daily bible reading schedule.

## 03 DECIDING WHAT TO FAST

The type of fasting you choose is up to you. You could go on a full fast in which you only drink liquids, partial fast or you may desire to do a selective fast like Daniel, who abstained from sweets and meats, and only drank liquids. Remember to replace that time with prayer and Bible study.

## 05 WHAT TO EXPECT

When you fast your body detoxifies, eliminating toxins from your system. This can cause mild discomfort such as headaches and irritability during withdrawal from caffeine and sugars. And naturally, you will have hunger pains. Limit your activity and exercise moderately. Take time to rest. Fasting brings about miraculous results. You are following Jesus' example when you fast. Spend time listening to praise and worship. Get away from the normal distractions as much as possible and keep your heart and mind set on seeking God's face.

## 02 PREPARING SPIRITUALLY

This is a time where we disconnect from the world to connect with God in prayer and meditation. Give of yourself in sacrifice. dedicate your heart and time (Romans 12:1-2). Forgive all who have offended you and ask forgiveness from those you may have offended (Mark 11:25; Luke 11:4; 17:3-4).

## 04 DECIDING HOW LONG

You may fast as long as you like. Most can easily fast from one to three days, but you may feel the grace to go longer and do the full seven days. Use wisdom and pray for guidance. Beginners are advised to start slow.

## 06 HOW TO END

Give God praise in advance for results. Don't overeat when the time comes to end your fast. Begin eating solid food gradually; eat small portions or snacks.



## TYPES OF FAST

COMPLETE FAST	PARTIAL FAST	SELECTIVE FAST (DANIEL FAST)
NO FOODS, LIQUIDS ONLY YOU ESTABLISH NO. OF DAYS	NO FOOD DURING SPECIFIC TIMES 6AM TO 3PM OR 6PM	NO MEATS, SWEETS, BREADS, DIARY PRODUCTS

## DANIEL FAST LIST

FOODS TO INCLUDE IN YOUR DIET	FOODS TO AVOID ON THE DANIEL FAST
<p><b>All fruits.</b> These can be fresh, frozen, dried, juiced or canned.</p> <p><b>All vegetables.</b> These can be fresh, frozen, dried, juiced or canned.</p> <p><b>All whole grains,</b> including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.</p> <p><b>All nuts and seeds,</b> including but not limited to sunflower seeds, cashews, peanuts, sesame. Also nut butters including peanut butter.</p> <p><b>All legumes.</b> These can be canned or dried. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.</p> <p><b>All quality oils</b> including but not limited to olive, canola, grape seed, peanut, and sesame.</p> <p><b>Beverages:</b> spring water, distilled water or other pure waters, juices</p> <p><b>Other:</b> tofu, soy products, vinegar, seasonings, salt, herbs and spices.</p>	<p><b>All meat and animal products</b> including but not limited to beef, lamb, pork, poultry, and fish.</p> <p><b>All dairy products</b> including but not limited to milk, cheese, cream, butter &amp; eggs.</p> <p><b>All sweeteners</b> including but not limited to sugar, raw sugar, honey, syrups, molasses, date honey, agave, stevia and cane juice.</p> <p><b>All leavened bread</b> including Ezekiel Bread (it contains yeast and honey) and baked goods.</p> <p><b>All refined and processed food</b> products including but not limited to artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.</p> <p><b>All deep fried</b> foods including but not limited to potato chips, French fries, corn chips.</p> <p><b>All solid fats</b> including shortening, margarine, lard and foods high in fat.</p> <p><b>Beverages</b> including but not limited to coffee, tea, herbal teas, Sodas, energy drinks, and alcohol.</p>

## REMEMBER

While we agree that the emphasis so far is on what you are to eat and not to eat, this by no means is meant to be legalistic in nature or that a particular set of rules exist or must be followed. Decide what foods you'll avoid and commit to it. We fast because we seek a more intimate relationship with God. We fast because we want to honor God with our first fruits of the new year, and to thank Him for what He has already done and what He will do in our lives in the future.

# DAY 1 - JESUS AT THE CENTER



## SCRIPTURE REFERENCE:

### **Colossians 1 vs 15-18**

“The Son is the image of the invisible God, the firstborn over all creation. For in him all things were created: things in heaven and on earth, visible and invisible, whether thrones or powers or rulers or authorities; all things have been created through him and for him. He is before all things, and in him all things hold together. And he is the head of the body, the church; he is the beginning and the firstborn from among the dead, so that in everything he might have the supremacy”

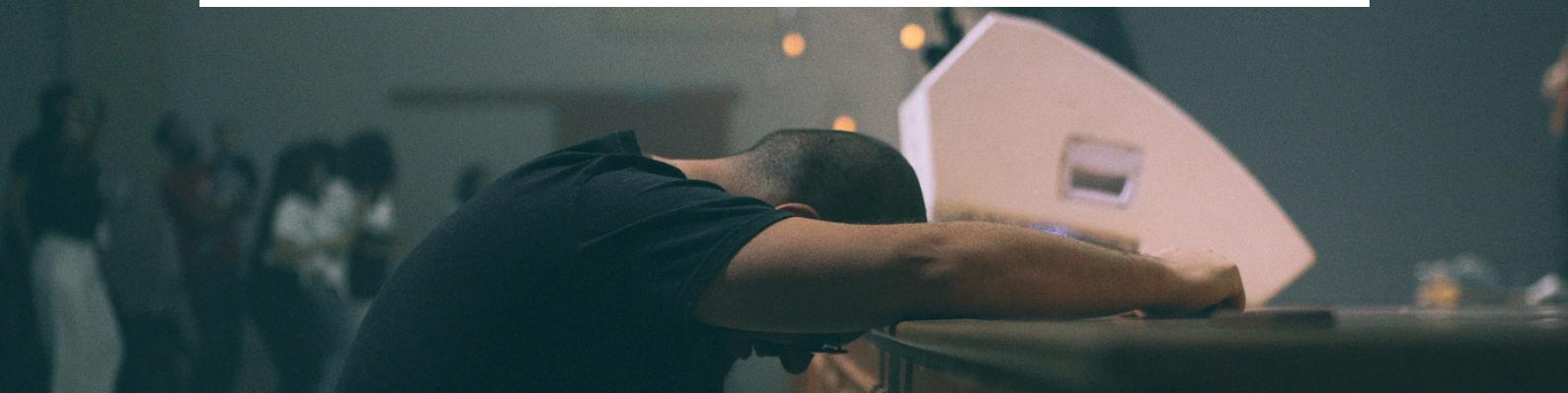
## DAILY MEDITATION

This portion of scripture highlights the truth that Christ is central to all of creation; He was at the beginning and through Him all life is sustained. He occupies the highest rank and has no equal. This means that Christ is to be at the centre of our own lives and the focus of our affections. Sometimes distractions and the cares of life can cause us to lose sight of this truth. As we recentre our focus on Him and Christ occupies His rightful place in our lives; we are transformed into His image and likeness. Today; as we meditate on this portion of scripture; may Christ be at the centre of our existence.

## PRAYER POINTS

- Invite Jesus to be at the centre of your life and of your family
- Pray that the Holy Spirit would ignite a renewed passion for the word and His Presence
- Pray that Jesus would be at the centre of our Church

## DAY 2 - A LIFESTYLE OF SURRENDER



### SCRIPTURE REFERENCE:

#### **Hebrews 12 vs 1**

"Therefore we also; since we surrounded by such a great cloud of witnesses; let us lay aside every weight; and the sin that so easily entangles; and let us run with endurance the race that is set before us; looking unto Jesus; the author and finisher of our faith' who for the joy that was set before Him endured the cross; despising the shame; and has sat down at the right hand of the throne of God."

### DAILY MEDITATION

The word of God encourages us to lay down anything that hinders our walk with God. This can be distractions; idols; sin or habits that are contrary to God's will in our lives. When we surrender these things; we are able to see Him more clearly and awe is restored in our hearts. As you meditate on this portion of scripture; ask the Holy Spirit to show you areas of your life that you need to surrender fully to Jesus.

### PRAYER POINTS

- Invite the Holy Spirit to reveal any weight that you need to lay aside
- Ask Jesus to give you a heart that is fully surrendered
- Pray for holiness and purity in the church

# DAY 3 - AWE AND REVERENCE



## SCRIPTURE REFERENCE:

### **Revelations 1 vs 12-17**

“I turned around to see the voice that was speaking to me. And when I turned, I saw seven golden lampstands, and among the lampstands was someone like a son of man, dressed in a robe reaching down to his feet and with a golden sash around his chest. The hair on his head was white like wool, as white as snow, and his eyes were like blazing fire. His feet were like bronze glowing in a furnace, and his voice was like the sound of rushing waters. In his right hand he held seven stars, and coming out of his mouth was a harp, double-edged sword. His face was like the sun shining in all its brilliance. 17 When I saw him, I fell at his feet as though dead. Then he placed his right hand on me and said: “Do not be afraid. I am the First and the Last. “

## DAILY MEDITATION

In this portion of scripture; the apostle John has a vision of our Lord Jesus Christ. He sees Christ in all His glory and splendour. John is filled with awe as he beholds the resurrected Christ. His response to this vision is to fall prostrate; in reverence. We see a similar reaction in Isaiah 6 vs 5. The prophet Isaiah has a vision of God; in all His glory and majesty. He feels unworthy to be in the Presence of the King as he gains a revelation of the holiness of God. As you spend time with God and meditate on this portion of scripture; allow awe and reverence to flood your heart

## PRAYER POINTS

- Pray for increased knowledge of Christ to fill your heart and mind
- Pray for a heart of awe and reverence in response to God
- Pray for the fear the Lord to return in our communites
- Pray for awe and reverence to fill our church

# DAY 4 - A BURNING HEART

## SCRIPTURE REFERENCE:

### Luke 24 vs 32

"They asked each other, "Were not our hearts burning within us while he talked with us on the road and opened the Scriptures to us?"

## DAILY MEDITATION

I encourage you to read the full scripture based on an account of two disciples who encounter Jesus following his resurrection as they are journeying on the road to Emmaus found in Luke 24 vs 13-32. As they reflect on their encounter; they describe how their hearts began burning as Jesus spoke to them. Likewise for us; time spent with Jesus and in the Word; will ignite a burning heart within us- a heart that is awakened in passionate pursuit of Jesus and His mission.

## PRAYER POINTS

- Pray that the Holy Spirit would ignite a burning heart within you as you spend time in prayer and reading the word
- Pray for a heart that is passionate about the mission of Christ and advancing His Kingdom
- Pray for an increase of fire and passion within the church

# DAY 5 - ALL FOR HIS GLORY



## SCRIPTURE REFERENCE:

### 1 Peter 4 vs 11

“If anyone speaks, let him speak as the oracles of God. If anyone ministers, let him do it as with the ability which God supplies, that in all things God may be glorified through Jesus Christ, to whom belong the glory and the dominion forever and ever. Amen. “

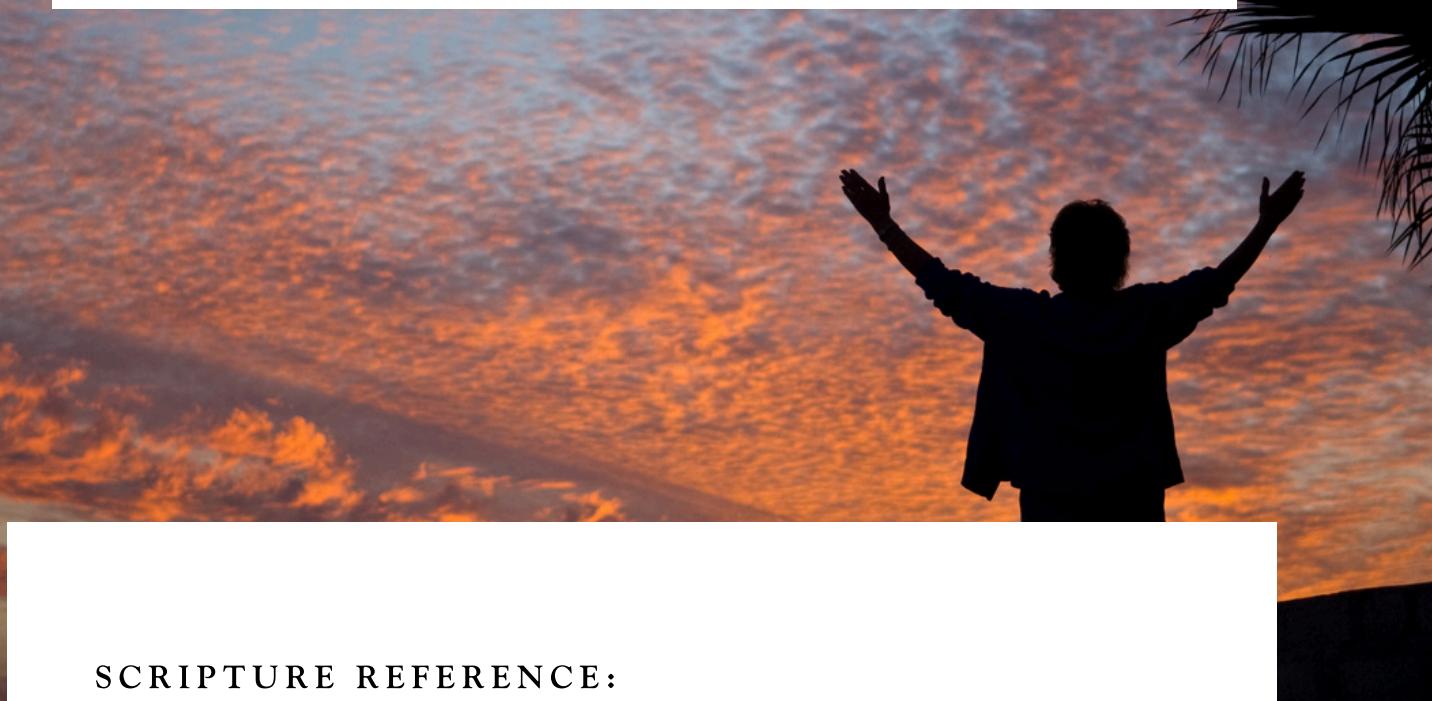
## DAILY MEDITATION

Everything we do as followers of Christ is to bring Him glory. Our actions; words and deeds ought to bring Him glory. We owe Him everything as He is the one who gives us the power to do His will and is worthy. As John the Baptist declared “He must increase and we must decrease (John 3 vs 30): let the conviction and posture of our hearts be: “ All for His glory”

## PRAYER POINTS

- Pray for God to fill your heart and life with His glory
- Pray that God would be glorified in our nation
- Pray for an increase of the glory of God in our Church

## DAY 6 - WE LIVE TO WORSHIP



### SCRIPTURE REFERENCE:

#### **John 4 vs 24**

“God is spirit; and those who worship Him must worship Him in spirit and truth”

### DAILY MEDITATION

Worship is an expression of our love and devotion to God. We worship God from a place of revelation and truth. As we worship from a place of truth; our sense of awe and reverence increases. It is in the place of worship and prayer that His fire is released. In the book of Acts 1 vs 14; the believers were gathered in one accord in prayer and supplication. This created an atmosphere for the fire of the Holy Spirit to rest upon them.

### PRAYER POINTS

- Pray for a heart that seeks to worship God in spirit and truth
- Pray for a spirit of prayer and intercession to rest upon you
- Pray for unity in our worship as a church

# DAY 7 - GRACE AND REST



## SCRIPTURE REFERENCE:

### **Hebrews 4 vs 9**

“There remains therefore a rest for the people of God. For he who has entered His rest has Himself also ceased from his works as God did from His. Let us therefore be diligent to enter that rest..”

## DAILY MEDITATION

This portion of scripture speaks about the fact that through the finished work of Christ; we have access to rest. There is grace that was released through the death and resurrection of Jesus Christ. We no longer have to work for righteousness but we live from a place of sonship; knowing that in Christ we have met the requirements of the law. We now have full access to every spiritual blessing through the grace of God. (Ephesians 1 vs 3). Ephesians 2:6 further tells us that we are now seated with Christ in heavenly places; united with Christ and sharing in His authority and privileges. We can rest in the finished work of the cross.

## PRAYER POINTS

- Pray that the grace of God would enable you to live from a position of rest
- Declare and enforce the finished work of the cross over areas of your life and your family's life that need victory
- Pray Psalm 90 vs 17 over the church “May Your favour of the Lord our God rest on us; establish the works of your hands for us”

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WWW.THEBOUNDLESS.ORG  
HELLO@THEBOUNDLESS.ORG