

# 7-DAY FAST & PRAYER FAMILY PLAN

January 4–11, 2026

“Renewed. Revived. Ready.”

This fast invites individuals, couples, and families to set aside distractions, purify the heart, and seek God’s direction. *All ages can participate at their level.*

## FASTING OPTIONS (Choose What Fits Your Home)

### ✓ Food Fast:

- Avoid unhealthy foods (soda, sweets, fried foods, fast food, processed snacks)
- Choose simple, wholesome meals
- Drink plenty of water

### ✓ Social Media Fast:

- Limit or eliminate scrolling, posting, or entertainment apps
- Only use devices for work, school, or essential communication

### ✓ Family Challenge:

- Pick one “digital-free hour” each evening for prayer and Scripture
- Have kids write one thing they’re fasting (candy, gaming, YouTube, etc.)

## DAY 1 — January 4

### “Renew My Heart” – Personal Repentance & Cleansing

**Focus:** Start the week with a clean heart. Ask God to search you and remove anything that hinders spiritual growth.

#### Prayer Points:

- God, cleanse my heart from anything not pleasing to You.
- Renew my hunger for the Word and prayer.
- Remove old habits, attitudes, and mindsets that don’t belong in 2026.

#### Scriptures:

- Psalm 51:10
- 1 John 1:9
- Hebrews 12:1

**Family Moment:** Each family member shares one thing they want God to help them overcome this year.

## DAY 2 — January 5

### “Renew My Mind” – Healing of Thoughts, Emotions & Mental Pressure

**Focus:** Break anxiety, fear, and negative thought cycles.

**Prayer Points:**

- Lord, replace worry with Your peace.
- Heal emotional stress, mental fatigue, and burnout.
- Let my mind be aligned with Your truth.

**Scriptures:**

- Romans 12:2
- Isaiah 26:3
- Philippians 4:6–8

**Family Moment: Speak one encouraging Scripture over each person.**

**DAY 3 — January 6****“Renew My Home” – Family, Marriage & Relationships**

**Focus:** Invite God into your relationships and home atmosphere.

**Prayer Points:**

- Protect our marriages, friendships, and families from division.
- Restore what has been broken or strained.
- Make our home a place of peace and the presence of God.

**Scriptures:**

- Joshua 24:15
- Colossians 3:12–14
- Psalm 127:1

**Family Moment: Do a “gratitude circle”—everyone shares one thing they appreciate about each person.**

**DAY 4 — January 7****“Renew My Purpose” – Calling, Direction & Fresh Vision**

**Focus:** Seek clarity for 2026—your steps, your personal ministry, your purpose.

**Prayer Points:**

- Lord, order my steps and show me Your will for this year.
- Awaken gifts, dreams, and purpose that have been dormant.
- Give me boldness to walk in obedience.

**Scriptures:**

- Proverbs 3:5–6
- Ephesians 2:10
- Habakkuk 2:2–3

**Family Moment: Each person writes one goal or prayer for 2026 and puts it in a “faith jar.”**

## **DAY 5 — January 8**

### **“Renew My Church” – Harvest Ministries Vision & Leadership**

**Focus:** Pray over Harvest Ministries, leadership, volunteers, ministries, vision, and outreach.

#### **Prayer Points:**

- Unity, strength, and anointing for our pastors and leaders.
- An outpouring of the Holy Spirit in every service.
- Growth in discipleship, evangelism, and community impact.
- Protection and blessing over every ministry team.

#### **Scriptures:**

- Ephesians 4:11–13
- Acts 2:42–47
- Matthew 5:14–16

**Family Moment:** Pray together for your pastors, leaders, and church family by name.

## **DAY 6 — January 9**

### **“Renew My Faith” – Breakthrough, Healing & Miracles**

**Focus:** Believe God for answered prayers, open doors, and supernatural intervention.

#### **Prayer Points:**

- Healing for the sick and strength for the weary.
- Provision, financial blessing, and new opportunities.
- Breakthrough in areas that have felt stuck or impossible.
- Salvation for lost family members.

#### **Scriptures:**

- Mark 11:22–24
- Isaiah 53:5
- Jeremiah 32:27

**Family Moment:** Create a “miracle list” of names and needs to pray for throughout the year.

## **DAY 7 — January 10**

### **“Renew My Worship” – Devotion, Love & Hunger for God**

**Focus:** Refresh your passion for worship, devotion, and relationship with God.

#### **Prayer Points:**

- Restore my first love for Jesus.
- Increase my hunger for prayer and the Word.
- Help me walk daily in worship, not just on Sundays.

#### **Scriptures:**

- Psalm 63:1
- John 4:23–24
- Psalm 27:4

**Family Moment: Play a worship song and have a short family worship time.**

#### **DAY 8 — January 11**

**“Renewed. Revived. Ready.” – Celebration, Thanksgiving & Commitment**

**Focus:** Break your fast with gratitude, joy, and a fresh sense of spiritual strength.

**Prayer Points:**

- Thank You, Lord, for what You've done in these 7 days.
- Help me continue healthy habits, prayer, and discipline.
- Use me in 2026 for Your glory.

**Scriptures:**

- Psalm 100
- Philippians 1:6
- Psalm 126:3

**Family Moment: Share testimonies of what God did during the week.**

## **FINAL ENCOURAGEMENT from Pastor Milton Atkins...**

This fast is not about perfection—it's about **pursuit**. It's not about deprivation—it's about **devotion**. As you remove distractions and elevate your focus, God will bring renewal, clarity, and spiritual strength.

I am praying that this week of fasting and prayer will bring you and your family closer to God and pave the way to a spiritually fulfilling year.

Blessings,  
Pastor Milton Atkins