



PRAYER & FASTING **DEVOTIONAL**

BY  
**FAITH**

12 - 25 JANUARY 2026

# WELCOME

For Edge Church, **2026 is our Jubilee Year**, and this is why it matters. Jubilee is a biblical picture from Leviticus 25. God gave it to Israel as part of His covenant with them, a 50th year set apart for rest, release, and restoration. It points us to Jesus, who brings true freedom, forgiveness, and new beginnings.

This is not just our Jubilee Year. This is our **“By Faith”** year, a holy moment to reset and rest in God’s provision. We are choosing to put our confidence in God and not in our own strength. We are asking Him to restore what is broken, provide what we need, and lead us step by step as a church and as families.

Just as God’s people trusted Him for provision during Jubilee, we also step forward by faith, not in our own ability, but fully anchored in His promises for us.

As we enter these 14 days of prayer and fasting, may we commit to pray first and ask God to lead and guide us in all areas of our lives **by faith**.

I encourage you to spend 10-15 minutes daily praying, whether it’s first thing in the morning or before you go to bed at night, perhaps even in your lunch break. Pick a time that is consistent for you.

Remember the 3 steps to creating a consistent habit of drawing closer to God: Choose a Time, Choose a Place, Choose a Plan. We have provided this devotional plan for you for the next 14 days – the time and place is up to you.

## WHAT IS THE PURPOSE OF FASTING?

Fasting is an act of abstaining from food (typically) as a declaration of our dependency on God and His provision. It is a physical representation of our hunger and desire to do God’s will above all else, as an act of surrender. Fasting is not a way to earn God’s approval. It is a way to quiet everything else so we can seek Him first.

Although food fasts are most common, there are many different things that we have become dependent on to survive. There are various fasts that you can commit to these 14 days, and we encourage you to spend time with God in deciding which you will commit to:

*\* If you have any medical concerns, please choose a fast that is safe and wise. \**

1. **Total Fast** – to abstain from all food for a set time and only drink liquids
2. **Partial Fast** – choosing to fast specific mealtimes e.g., fasting from sunrise until sunset
3. **Selective Fast** – removing certain foods from your diet e.g., meat, sugar, bread, etc.
4. **Soul Fast** – not using things such as social media, not watching TV, etc.

To help you stay consistent, here is a simple daily rhythm you can use during the fast. It is not a rule; it is a guide.

## A spiritual rhythm for your fast

Fasting becomes powerful when paired with prayer and Scripture. Jesus said, "People do not live by bread alone, but by every word that comes from the mouth of God." (*Matthew 4:4*)

### HERE IS A SIMPLE DAILY PATTERN:

#### A) Morning (5-10 min)

1. Prayer for hunger for God  
"Lord Jesus, give me hunger for You above everything else."
2. Scripture reading  
Use the verses in this journal, a Psalm, or anything God is highlighting to you.
3. One minute of stillness  
Sit quietly and pray: "Speak, Lord. Your servant is listening."

#### B) During Hunger Pangs (5-20 sec)

These moments can become holy. Pray short prayers like:

*"Jesus, You are my bread."*

*"Lord, strengthen my spirit."*

*"More of You, less of me."*

*"Purify my heart."*

Let physical hunger awaken spiritual hunger.

#### C) If you are eating

Before eating: *"Lord, thank You for this food. May this meal strengthen me to serve You."*

After eating: *"Satisfy me with Your presence, not only with food."*

#### D) Night prayer (5 min)

- Thank God for the day.
- Confess any sin or wrong attitudes.
- Pray for one person in need.
- Read one Psalm (Psalm 23, 27, 51, 63, 103, 131 are beautiful).

Finish with: "Jesus, form Your life in me again."

My prayer for each of us as we go into this time of praying and fasting is this: "Let my fasting become worship, Let my hunger become prayer. And let every moment draw me closer to You."

Bless you guys!

Daniel Erasmus

# HOW TO S.O.A.P.

BY FAITH 2026

Items needed for each day:

1. Bible
2. Pencil
3. Journal

..... *Which verse stood out to you?*

**S – SCRIPTURE**

Open your Bible to your reading for the day. Take time reading and allow God to speak to you. When you are done, look for a verse that particularly spoke to you that day, and write it in your journal.

..... *What is God saying to you?*

**O – OBSERVATION**

What do you feel God is saying to you in this scripture? Ask the Holy Spirit to teach you and reveal Jesus to you.

..... *How can you apply it today?*

**A – APPLICATION**

Personalise what you have read, by asking yourself how it applies to your life right now. Perhaps it is an instruction, encouragement, a new promise, or corrections for a particular area of your life. Write how this scripture can apply to you today.

..... *Ask God to help you use what you've learned*

**P – PRAYER**

This can be as simple as asking God to help you use this scripture, or even a prayer for a greater insight on what He may be revealing to you. Remember, prayer is a two-way conversation, so be sure to listen to what God has to say! Now, write it out.

# DAY 1 Name Your Hope

**Key Scripture:** Now faith is confidence in what we hope for and assurance about what we do not see. (*Hebrews 11:1*)

Faith is not hype. It is not pretending. It is confidence in God's character. Hebrews says faith is the substance of what we hope for, and the evidence of what we cannot yet see.

So here is the starting point for these 14 days. Name what you are hoping for. Not a vague wish. Not a New Year's resolution. Something that needs God. Something that needs faith.

Some of us struggle to answer that question because disappointment has made us cautious. We still believe God can do it, but we are scared to hope again. Today, God is inviting you back, not to fear but to have faith again, to trust Him again.

These next 14 days are not about doing a religious thing. They are about seeking God with a real heart and letting faith rise again.

**Prayer:** Jesus, give me fresh faith. Help me name what I am trusting You for. Heal the places where I pulled back. I choose to hope again. Amen.

**Journal:**

- What am I trusting God for that only He can do?
- Where have I become cautious? Why?
- What promise of God do I want to stand on?

**By Faith step:** Write one sentence: By faith, I am trusting God for \_\_\_\_\_

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# DAY 2 **Deepen your Faith**

**Key Scripture:** Romans 10:17

Faith grows when it is fed. Romans says faith grows as we keep hearing, and trusting, the message about Jesus.

You cannot get strong if you are starving. Many believers are spiritually hungry without realising it. That is why Sundays can feel so encouraging. Your faith got fed. But it was never meant to be once a week.

If you want stronger faith, you need stronger intake. Open your Bible. Read slowly. Read again. Let God's Word lead your emotions instead of your emotions leading your decisions.

Peter stepped out of the boat because of what he heard Jesus say: "Come." He began sinking when he focused on what he saw. Faith grows when God's voice becomes the loudest voice.

**Prayer:** Lord, feed my faith. Let Your Word steady me. Help me trust what You say more than what I see. Amen.

**Journal:**

- What has been loud in my mind lately? Fear or faith?
- What verse do I need to hold onto?
- What truth do I want to carry today?

**By Faith step:** Choose one verse to memorise during this fast.

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# DAY 7 **By Faith** (Vision Sunday)

**Key Scripture:** Hebrews 11:6

"It is impossible to please God without faith." That can sound intense, but it is actually an invitation. God is calling us to trust Him.

Vision is not just goals. Vision is faith with direction. It is seeing what God wants, then aligning our lives to it.

Today, listen with an open heart. Do not only ask, "What is the vision for the church?" Ask, "What is my place in it?" God builds through people who believe Him: people who show up, people who serve, people who give, people who pray.

This is our Jubilee year. Fifty years of God's faithfulness. And we are stepping into the future **by faith**.

**Prayer:** God, speak to me today. Show me my place. Give me faith to obey and do what you are calling me to do. Amen.

**Journal:**

- What is God stirring in me today?
- What part of the vision is stretching my faith?
- What is my next step?

**By Faith step:** Write one sentence: This year, I will take my place by \_\_\_\_\_

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# DAY 13 **Faith Moves** (By Faith Conference)

**Key Scripture:** James 2:17

Faith is trust and belief in action. Real faith moves. It steps. It obeys.

James says faith without works is dead. That does not mean we earn salvation by effort. We are saved by grace, not by works. But real faith always produces fruit (Ephesians 2:8-10).

Fasting is a faith in action. Prayer is a faith in action. You are choosing God first. You are making room. You are saying with your life what you believe in your heart.

Faith steps do not have to be dramatic. Often they are small and quiet. A call you need to make. A habit you need to stop. A forgiveness you need to give. A conversation you have been avoiding.

God does not always give a full map. He often gives the next step. He asks us to trust Him as our Guide.

**Prayer:** Father, show me my next step of obedience. Help me not delay what You are asking. I want my faith to be alive. Amen.

**Journal:**

- What step have I been postponing?
- What would obedience look like today?
- What fear is trying to stop me?

**By Faith step:** Write one action step you will take in the next 24 hours.

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JOSH 1:9

BE

STRONG AND  
COURAGEOUS

