



JANUARY 5-25, 2026

PRAYER & FASTING JOURNAL



**FRANKLIN AVENUE
BAPTIST CHURCH**

8282 I-10 SERVICE ROAD | NEW ORLEANS, LA 70126

WWW.FRANKLINABC.COM



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CHURCH-WIDE PRAYER & FASTING 2026

What is Fasting and Prayer?

Fasting is a means of humbling ourselves before God, letting Him know that we are willing to exchange physical comforts to seek Him for a spiritual feast! As a spiritual discipline, fasting is the act of abstaining from feeding the body in order to focus more fully on seeking God's face and feeding the spirit. This is a powerful discipline where God's Spirit is poured out upon us as we earnestly seek Him.

Fasting & Prayer involves a call to seek God's face in all humility through the disciplines of fasting and prayer. Based on the principle of II Chronicles 7:14, the vision is that as Christians participate in these disciplines, they will be personally renewed and enjoy greater intimacy with our Lord, their family, and their communities. Consequently, they will be restored, revived, renewed, and ultimately the Great Commission will be fulfilled! Fasting and prayer can result in a great movement of God in the call for healing, revival, and spiritual awakening!

Spiritual Suggestions During Fast:

- Determine in advance the purpose of your fast and write them down. Ex. Renewal in marriage, salvation for family members, spiritual revival in the church, personal life, etc.
- Identify, confess, and repent of all revealed sin before and during the fast. Unconfessed sin and disobedience will hinder your prayer and fasting.
- Be sensitive to the Holy Spirit's prompting in all areas of your life, since God will often require you to seek reconciliation or restoration in broken relationships.
- Keep a journal during your fast. This should contain specific prayer requests, written prayers, devotional thoughts, and spiritual insights you are gaining during your fast.
- Skipping meals alone will not result in a meaningful fast! You must set aside time to pray and seek spiritual insight. Dedicate at least as much time as you would normally spend in food preparation and eating for prayer and the study of God's Word!

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Physical Suggestions During Fast:

- As a precautionary measure, check with your doctor before beginning your first fast; particularly if you have a history of health problems.
- Determine in advance what kind of fast you will undertake, e.g. total abstinence, water only, water and juice only, no T.V./ radio, etc.
- Expect (particularly first-timers) some physical, mental, and perhaps even some emotional discomfort during your fast as your body adjusts to the change in eating habits.
- You may need to restrict some of your physical activity during the fast, especially rigorous exercise.



IMPORTANT NOTE:

**BE SURE TO CHECK WITH YOUR HEALTH CARE PROVIDER
BEFORE DOING THIS FAST. DECIDE BEFORE THE FAST BEGINS
WHICH FAST YOU WILL PARTICIPATE IN.**

**YOU MUST NOT FOR ANY REASON, CHANGE YOUR TYPE OF
FAST WITH THE EXCEPTION OF MEDICAL REASONS.**

**ALL OPTIONS DECLARED AT THE BEGINNING OF THE FAST
MUST BE MAINTAINED UNTIL THE END OF
THE 21 DAY PERIOD.**



2026 PRAYER TOPIC & SCRIPTURE LIST

DATE TOPIC

January 5	<i>Praying for our hope in Jesus</i>
January 6	<i>Praying for our joy in Jesus</i>
January 7	<i>Praying for our peace</i>
January 8	<i>Praying for the love of Jesus</i>
January 9	<i>Strength to let our light shine</i>
January 10	<i>Strength to stand in spiritual warfare</i>
January 11	<i>Strength to do the will of God</i>
January 12	<i>Strength to share my faith with others</i>
January 13	<i>A desire to trust in the Lord</i>
January 14	<i>A desire to walk in the newness of life</i>
January 15	<i>A desire to keep God's commandments</i>
January 16	<i>A desire to put God first in my life</i>
January 17	<i>A desire to be a doer of God's Word</i>
January 18	<i>To confess sin in our lives</i>
January 19	<i>To love other Believers</i>
January 20	<i>To serve other Believers</i>
January 21	<i>To forgive other Believers</i>
January 22	<i>To pray for other Believers</i>
January 23	<i>That my mind would be transformed</i>
January 24	<i>That our nation will experience a healing</i>
January 25	<i>That nothing shall separate me from God</i>

SCRIPTURE

<i>Titus 2:11-13</i>
<i>John 15:9-11</i>
<i>John 14:25-27</i>
<i>John 13:34-35</i>
<i>Matthew 5:14-16</i>
<i>Ephesians 6:10-11</i>
<i>1st Thessalonians 5:16-18</i>
<i>Acts 1:8</i>
<i>Proverbs 3:5-6</i>
<i>Romans 6:1-4</i>
<i>Psalms 119:10-11</i>
<i>Matthew 6:33</i>
<i>James 1:22-24</i>
<i>1st John 1:8-9</i>
<i>1st John 4:7-8</i>
<i>Galatians 5:13</i>
<i>Ephesians 4:31-32</i>
<i>James 5:16</i>
<i>Romans 12:1-2</i>
<i>2nd Chronicles 7:14</i>
<i>Romans 8:35-39</i>

21 Day Prayer & Fasting Tracker



Instructions: Place a check mark in each box after completion.

Day	Date	Prayer	Fasting Activity	Reflection & Journal
Day 1	Monday, January 5, 2026	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 2	Tuesday, January 6, 2026	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 3	Wednesday, January 7, 2026	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 4	Thursday, January 8, 2026	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 5	Friday, January 9, 2026	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 6	Saturday, January 10, 2026	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 7	Sunday, January 11, 2026	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 8	Monday, January 12, 2026	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 9	Tuesday, January 13, 2026	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 10	Wednesday, January 14, 2026	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 11	Thursday, January 15, 2026	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 12	Friday, January 16, 2026	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 13	Saturday, January 17, 2026	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 14	Sunday, January 18, 2026	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 15	Monday, January 19, 2026	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 16	Tuesday, January 20, 2026	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 17	Wednesday, January 21, 2026	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 18	Thursday, January 22, 2026	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 19	Friday, January 23, 2026	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 20	Saturday, January 24, 2026	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 21	Sunday, January 25, 2026	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Personal Daily *Journal*

DATE: Monday, January 5, 2026

TOPIC: Praying for our hope in Jesus

SCRIPTURE FOCUS: *Titus 2:11-13*



DAY 1

TODAY I AM PERSONALLY PRAYING FOR:

TODAY I AM FASTING FROM:

MY PRAYER FOR TODAY:

GRATITUDE CORNER

**TWO THINGS I AM
THANKFUL FOR TODAY**

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Personal Daily *Journal*

DATE: Tuesday, January 6, 2026

TOPIC: Praying for our joy in Jesus

SCRIPTURE FOCUS: *John 15:9-11*



DAY 2

TODAY I AM PERSONALLY PRAYING FOR:

TODAY I AM FASTING FROM:

MY PRAYER FOR TODAY:

GRATITUDE CORNER

**TWO THINGS I AM
THANKFUL FOR TODAY**

FABC CHURCH-WIDE 21 DAYS OF PRAYER & FASTING 2026

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Personal Daily *Journal*

DATE: Wednesday, January 7, 2026

TOPIC: Praying for our peace

SCRIPTURE FOCUS: *John 14:25-27*



DAY 3

TODAY I AM PERSONALLY PRAYING FOR:

TODAY I AM FASTING FROM:

MY PRAYER FOR TODAY:

GRATITUDE CORNER

**TWO THINGS I AM
THANKFUL FOR TODAY**

FABC CHURCH-WIDE 21 DAYS OF PRAYER & FASTING 2026

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Personal Daily *Journal*

DATE: Thursday, January 8, 2026

TOPIC: Praying for the love of Jesus

SCRIPTURE FOCUS: *John 13:34-35*



DAY 4

TODAY I AM PERSONALLY PRAYING FOR:

TODAY I AM FASTING FROM:

MY PRAYER FOR TODAY:

GRATITUDE CORNER

**TWO THINGS I AM
THANKFUL FOR TODAY**

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Personal Daily *Journal*

DATE: Friday, January 9, 2026

TOPIC: Strength to let our light shine

SCRIPTURE FOCUS: *Matthew 5:14-16*



DAY 5

TODAY I AM PERSONALLY PRAYING FOR:

TODAY I AM FASTING FROM:

MY PRAYER FOR TODAY:

GRATITUDE CORNER

**TWO THINGS I AM
THANKFUL FOR TODAY**

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Personal Daily *Journal*

DATE: Saturday, January 10, 2026

TOPIC: Strength to stand in spiritual warfare

SCRIPTURE FOCUS: *Ephesians 6:10-11*



DAY 6

TODAY I AM PERSONALLY PRAYING FOR:

TODAY I AM FASTING FROM:

MY PRAYER FOR TODAY:

GRATITUDE CORNER

**TWO THINGS I AM
THANKFUL FOR TODAY**

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Personal Daily *Journal*

DATE: Sunday, January 11, 2026

TOPIC: Strength to do the will of God

SCRIPTURE FOCUS: *1st Thessalonians 5:16-18*



DAY 7

TODAY I AM PERSONALLY PRAYING FOR:

TODAY I AM FASTING FROM:

MY PRAYER FOR TODAY:

GRATITUDE CORNER

**TWO THINGS I AM
THANKFUL FOR TODAY**

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Personal Daily *Journal*

DATE: Monday, January 12, 2026

TOPIC: Strength to share my faith with others

SCRIPTURE FOCUS: Acts 1:8



DAY 8

TODAY I AM PERSONALLY PRAYING FOR:

TODAY I AM FASTING FROM:

MY PRAYER FOR TODAY:

GRATITUDE CORNER

**TWO THINGS I AM
THANKFUL FOR TODAY**

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Personal Daily *Journal*

DATE: Tuesday, January 13, 2026

TOPIC: A desire to trust in the Lord

SCRIPTURE FOCUS: *Proverbs 3:5-6*



DAY 9

TODAY I AM PERSONALLY PRAYING FOR:

TODAY I AM FASTING FROM:

MY PRAYER FOR TODAY:

GRATITUDE CORNER

**TWO THINGS I AM
THANKFUL FOR TODAY**

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Personal Daily *Journal*

DATE: Wednesday, January 14, 2026

TOPIC: A desire to walk in the newness of life

SCRIPTURE FOCUS: *Romans 6:1-4*



DAY 10

TODAY I AM PERSONALLY PRAYING FOR:

TODAY I AM FASTING FROM:

MY PRAYER FOR TODAY:

GRATITUDE CORNER

**TWO THINGS I AM
THANKFUL FOR TODAY**

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Personal Daily *Journal*

DATE: Thursday, January 15, 2026

TOPIC: A desire to keep God's commandments

SCRIPTURE FOCUS: *Psalms 119:10-11*



DAY 11

TODAY I AM PERSONALLY PRAYING FOR:

TODAY I AM FASTING FROM:

MY PRAYER FOR TODAY:

GRATITUDE CORNER

**TWO THINGS I AM
THANKFUL FOR TODAY**

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Personal Daily *Journal*

DATE: Friday, January 16, 2026

TOPIC: A desire to put God first in my life

SCRIPTURE FOCUS: *Matthew 6:33*



DAY 12

TODAY I AM PERSONALLY PRAYING FOR:

TODAY I AM FASTING FROM:

MY PRAYER FOR TODAY:

GRATITUDE CORNER

**TWO THINGS I AM
THANKFUL FOR TODAY**

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Personal Daily *Journal*

DATE: Saturday, January 17, 2026

TOPIC: A desire to be a doer of God's Word

SCRIPTURE FOCUS: *James 1:22-24*



DAY 13

TODAY I AM PERSONALLY PRAYING FOR:

TODAY I AM FASTING FROM:

MY PRAYER FOR TODAY:

GRATITUDE CORNER

**TWO THINGS I AM
THANKFUL FOR TODAY**

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Personal Daily *Journal*

DATE: Sunday, January 18, 2026

TOPIC: To confess sin in our lives

SCRIPTURE FOCUS: *1st John 1:8-9*



DAY 14

TODAY I AM PERSONALLY PRAYING FOR:

TODAY I AM FASTING FROM:

MY PRAYER FOR TODAY:

GRATITUDE CORNER

**TWO THINGS I AM
THANKFUL FOR TODAY**

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Personal Daily *Journal*

DATE: Monday, January 19, 2026

TOPIC: To love other Believers

SCRIPTURE FOCUS: 1st John 4:7-8



DAY 15

TODAY I AM PERSONALLY PRAYING FOR:

TODAY I AM FASTING FROM:

MY PRAYER FOR TODAY:

GRATITUDE CORNER

**TWO THINGS I AM
THANKFUL FOR TODAY**

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Personal Daily *Journal*

DATE: Tuesday, January 20, 2026

TOPIC: To serve other Believers

SCRIPTURE FOCUS: *Galatians 5:13*



DAY 16

TODAY I AM PERSONALLY PRAYING FOR:

TODAY I AM FASTING FROM:

MY PRAYER FOR TODAY:

GRATITUDE CORNER

**TWO THINGS I AM
THANKFUL FOR TODAY**

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Personal Daily *Journal*

DATE: Wednesday, January 21, 2026

TOPIC: To forgive other Believers

SCRIPTURE FOCUS: *Ephesians 4:31-32*



DAY 17

TODAY I AM PERSONALLY PRAYING FOR:

TODAY I AM FASTING FROM:

MY PRAYER FOR TODAY:

GRATITUDE CORNER

**TWO THINGS I AM
THANKFUL FOR TODAY**

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Personal Daily *Journal*

DATE: Thursday, January 22, 2026

TOPIC: To pray for other Believers

SCRIPTURE FOCUS: *James 5:16*



DAY 18

TODAY I AM PERSONALLY PRAYING FOR:

TODAY I AM FASTING FROM:

MY PRAYER FOR TODAY:

GRATITUDE CORNER

**TWO THINGS I AM
THANKFUL FOR TODAY**

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Personal Daily *Journal*

DATE: Friday, January 23, 2026

TOPIC: That my mind would be transformed

SCRIPTURE FOCUS: *Romans 12:1-2*



DAY 19

TODAY I AM PERSONALLY PRAYING FOR:

TODAY I AM FASTING FROM:

MY PRAYER FOR TODAY:

GRATITUDE CORNER

**TWO THINGS I AM
THANKFUL FOR TODAY**

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Personal Daily *Journal*

DATE: Saturday, January 24, 2026

TOPIC: That our nation will experience a healing

SCRIPTURE FOCUS: *2nd Chronicles 7:14*



DAY 20

TODAY I AM PERSONALLY PRAYING FOR:

TODAY I AM FASTING FROM:

MY PRAYER FOR TODAY:

GRATITUDE CORNER

**TWO THINGS I AM
THANKFUL FOR TODAY**

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Personal Daily *Journal*

DATE: Sunday, January 25, 2026

TOPIC: That nothing shall separate me from God

SCRIPTURE FOCUS: *Romans 8:35-39*



DAY 21

TODAY I AM PERSONALLY PRAYING FOR:

TODAY I AM FASTING FROM:

MY PRAYER FOR TODAY:

GRATITUDE CORNER

**TWO THINGS I AM
THANKFUL FOR TODAY**

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End of the 21 Days *Reflection*



Which prayers were answered clearly during this time?

What was the most challenging part of fasting or praying consistently?

How did gratitude show up more in my daily life?

What scripture or topic stood out to me most, and why?

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End of the 21 Days *Reflection*



How has my faith deepened because of this experience?

What is my prayer as I move forward from this 21 Day Fast?

What spiritual insights did I gain during the fast?

Looking back over the 21 days, how has fasting and prayer shaped me, and how have I seen God at work in my life?

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