

CONNECT *with* GOD



A YEAR OF
ENCOUNTERS & VISITATIONS
2026

7 DAYS *of*
FASTING

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Daily Encounter Guide

Daily Encounters are the greatest way to spiritually grow as a disciple of Jesus.

God invites us to meet with Him daily. Just as Israel gathered manna every morning, God teaches us to live in daily dependence, obedience, and intimacy with Him. Daily Encounters are daily discipleship. A disciple is someone who follows Jesus, obeys Him, and builds their life around Him every day. Discipleship is formed through repetition, obedience, intimacy, and trust, not information alone.

1. SET AN APPOINTMENT WITH GOD

Daily encounters begin with intention.

- Choose a **daily time**
- Choose a **daily place**
- Remove distractions
- Expect resistance, and show up anyway

Have an appointment with the Lord every day.

2. WELCOME THE HOLY SPIRIT

Begin by inviting God's presence. Pray:

- "Holy Spirit, You are welcome here."
- "No spirit but the Holy Spirit is welcome."
- "Give me ears to hear."
- "Teach me."
- "Speak, Lord."

3. WORSHIP

Minister to God's heart before asking for anything.

- Play worship music
- Sing, speak, or sit in reverence
- Thank God for who He is. (Ps. 110:4)

4. PRAY THE LORD'S PRAYER

Jesus gave us a daily prayer framework.

Pray slowly and intentionally:

- **"Our Father in heaven..."**
Declare God's holiness.
- **"Your Kingdom come, Your will be done..."**
Surrender your will to His.
- **"Give us this day our daily bread..."**
Ask God for what you need today.
- **"Forgive us our debts..."**
Repent and receive grace.
- **"As we forgive our debtors..."**
Forgive people by name.
- **"Lead us not into temptation..."**
Ask for strength and protection.
- **"Deliver us from evil..."**
Declare victory in Christ.

5. PERSONAL PRAYER LIST

Pray intentionally for:

- Yourself
- Your family
- Your friends
- Your workplace
- Your city
- Your church & leaders
- The Peace of Jerusalem (Psalm 122:6)
- + Add your own

6. READ THE WORD (DAILY BREAD)

God's Word was meant to be encountered daily, not occasionally.

Suggested Reading Plans:

- **15-Minute Plan**
1 Psalm, 1 Proverb, 1 Gospel
- **30-Minute Plan**
1 Psalm, 1 Proverb, 1 Gospel,
1 Old Testament, 1 New Testament,
1 Revelation

7. GIVE GOD ROOM TO SPEAK

Slow down. Listen. Pray:

- "Speak, Lord. Your servant is listening."
- Be still
- Write down what you sense
- Pay attention to Scripture, impressions, or the conviction of the Holy Spirit.

8. ASK HIM TO TEACH YOU HIS WAYS

God desires to form you, not just inform you. Pray:

- "Teach me Your ways."
- "I want what You want, show me what You want."
- Repeat what God says out loud.
- Obey what He reveals.

9. CLOSE WITH THE PRAYER OF ENCOUNTERS



PRAYER *of* ENCOUNTERS

This is where I tell You... I love You, I love You, I love You!

This is where I tell You... You're Holy, You're Holy, You're Holy!

This is where I tell You... Thank You, thank You, thank You!

This is where I tell You... I need You, I need You, I need You!

This is where I tell You... Speak Lord, Your servant is listening!

Twenty Six

Fasting is denying the flesh and feeding the Spirit.

BIBLICAL ROOT WORDS FOR FASTING:

HEBREW:

- **(sûm)** — to fast; abstain from food as an expression of humility, repentance, and seeking God

GREEK:

- **(nēsteuō)** — to fast; to abstain from food for a spiritual purpose, connected to prayer.

THREE THINGS ABOUT FASTING

1. You Will Encounter God.
2. You Will Spiritually Grow.
3. Fasting Today Releases Miracles Tomorrow.

KEY TRUTHS

- You can connect with God through fasting.
- You don't fast to get God's attention, you fast to remove distraction.
- Fasting helps you hear God's voice.
- Fasting prepares you for spiritual conflict.
- Fasting crucifies the flesh.
- What you build in private prepares you for public ministry.



MATTHEW 4:1-11

After Jesus' baptism, where His identity is affirmed, He is led by the Holy Spirit into the wilderness. There He fasts forty days and forty nights. During the fast, the enemy tempts Jesus in His flesh, identity, and authority. Each time, Jesus responds with the Word. After resisting the devil, the enemy leaves, and angels come to minister to Him.

Before public ministry, there was private fasting.

KEY FIGURES

- **Jesus** - The Son of God and savior of the world who reveals the Father and restores humanity.
- **Holy Spirit** - The Spirit of God who leads, teaches, and empowers believer to live in obedience.
- **The Devil** - The enemy who deceives, tempts, and opposes God and His people.
- **Angels** - Spiritual beings sent by God to serve His purposes and minister to His people.

Denying the Flesh *and* Feeding the Spirit



DAY 1



Fasting is intentionally denying the flesh so you can hunger for God, hear His voice, and draw closer to Him. When you fast, you weaken your flesh and strengthen your spirit. The battle between flesh and spirit is won by the one you feed the most.

Ask the Lord what He is inviting you to deny. Choose something your flesh depends on and remove it. Replace that time with prayer and the Word, and tell the Lord, "I want to hunger for You more than anything else."

MATTHEW 16:24; GALATIANS 5:16-17

PRAYER

Lord, teach me to deny my flesh and feed my spirit.

PRACTICAL *Advice*

Identify something your flesh depends on and deny it today.

Replace that time with prayer or the Word.

Share with someone what you plan to fast.

Fasting Removes Distractions



DAY 2



You do not fast to get God's attention, you fast to remove distractions. Fasting clears space in your life so you can hear God more clearly. When distractions are removed, your sensitivity to the Holy Spirit increases.

Identify what is distracting you right now. Now create intentional time to bring it before God. Listen for His voice.

MATTHEW 4:1-2

PRAYER

Lord, show me what is distracting me. I want to focus on You.

PRACTICAL *Advice*

Identify a current distraction.

Ask the Lord how to address it.

Share your plan with someone else.

Fasting Requires Prayer

DAY 3



Fasting without prayer is a diet. The purpose of fasting is to replace natural things with spiritual pursuit. Throughout Scripture, fasting is always connected to prayer, and it is in these moments that God speaks.

Make a specific prayer list. Use the time you would normally eat or engage in that habit to pray. Ask God to speak, write down what you sense, and stay engaged with Him throughout the day.

ACTS 13:2

PRAYER

Lord, teach me to pray.

PRACTICAL *Advice*

Make a specific prayer list.

Pray during times you would normally eat.

Write down what you sense God saying.

Fasting Prepares You *for* Spiritual Conflict



DAY 4



Fasting prepares you for spiritual conflict. Jesus fasted, and then the enemy came to tempt Him. The fast did not remove the battle, it prepared Him for it. The Holy Spirit helped him, as He responded with the Word.

Do not be surprised if resistance comes while fasting. Fill your mind with Scripture. When temptation comes, respond with the Word, not your feelings, and submit yourself fully to God.

MATTHEW 4:3-11; JAMES 4:7



PRAYER

Lord, prepare me.
Strengthen me by your
Holy Spirit. Fill me with
Your Word.



PRACTICAL *Advice*

Identify a scripture to
memorize.

Apply the scripture when
temptation comes.

Invite someone to remind
you of the scripture when
tempted.

Fasting Accelerates Spiritual Growth



DAY 5



Fasting is one of the fastest ways to spiritually grow because it weakens the flesh and strengthens the spirit. Spiritual growth happens when your desires begin to change and your obedience increases.

Identify a time to fast that challenges your flesh and stay consistent. Pay attention to what God is revealing about your heart. Ask Him to grow you and commit to obeying what He shows you..

GALATIANS 5:16-21; 1 PETER 2:11



PRAYER

Lord, what do you want me to fast? What do you want to strengthen me in?



PRACTICAL *Advice*

Choose a fast that challenges your flesh.

Stay consistent even when it is difficult.

Track how God is growing you.

Fasting Releases Tomorrow's Miracles

DAY 6

ENCOUNTERS
&
VISITATIONS



The fast of today can release miracles tomorrow. What is built in private prepares you for public breakthrough. Jesus walked in authority because of what had already been cultivated in fasting and prayer.

Ask God what you are to fast for beyond today. Write down specific prayers for breakthrough. Stay faithful even when you do not see results yet, trusting that God is preparing something greater.

MARK 9:28-29

PRAYER

Lord, my fasts are for you.
Let Your will be done.

PRACTICAL *Advice*

Add specific prayers for breakthrough to your list.

Believe God for future miracles.

Stay faithful in hidden obedience.

Feasting *and* Fasting: Heaven's Rhythm

ENCOUNTERS
&
VISITATIONS

DAY 7



In the Kingdom, there are times of feasting and times of fasting. God teaches His people how to enjoy fellowship and how to consecrate themselves. This is Heaven's rhythm, not feast or famine, but feast and fast.

Ask the Lord what rhythm of fasting He wants in your life. Plan to join a corporate fast and invite others into it. Focus on pleasing the Lord and staying consistent in your relationship with Him.

MATTHEW 9:14-15; ISAIAH 58:6-12



PRAYER

Lord, teach me Your rhythm. Show me when to feast and when to fast.



PRACTICAL *Advice*

Ask God how fasting should be part of your life.

Join a corporate fast when available.

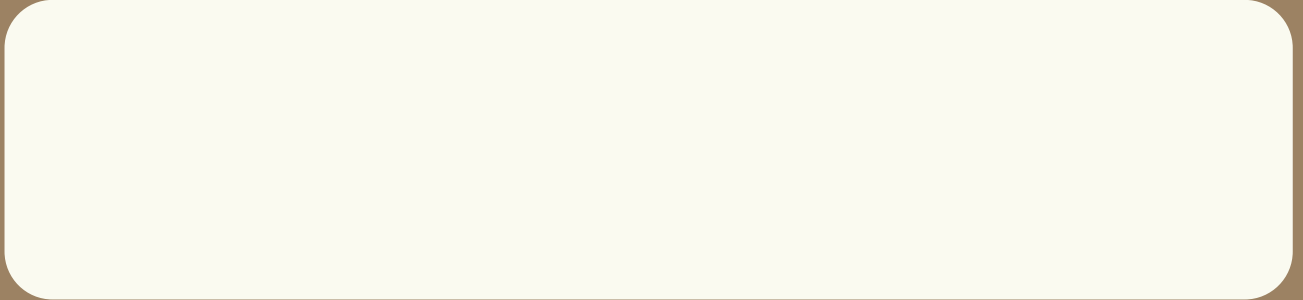
Share with someone to partner with you.

What kind of fast is God leading me into?

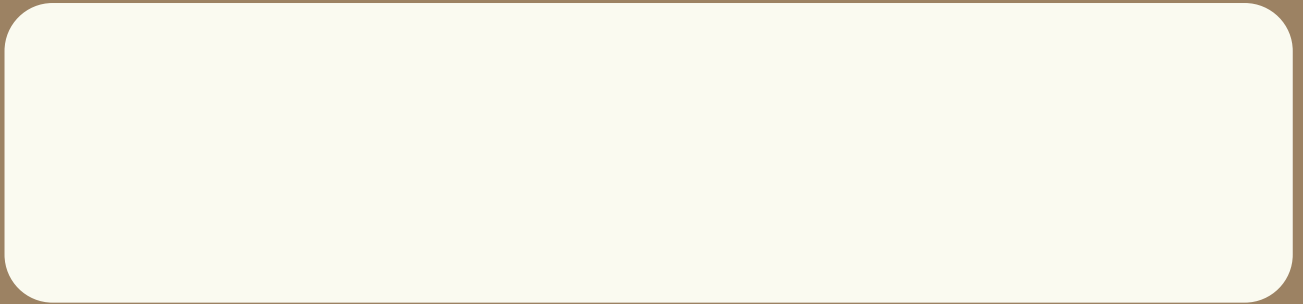
What distractions do I need to remove?

Where is my flesh strongest right now?

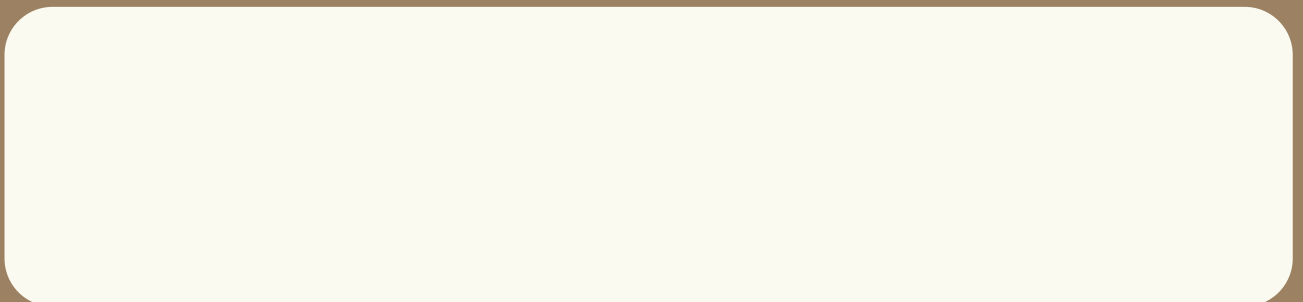
What is God speaking to me
during this fast?



What breakthroughs am I believing for?



What is my next step of obedience?





THIS IS *Holy* GROUND