

7 PRAYER & FASTING

7 DAYS OF PRAYER & FASTING FOR THE VALLEY
JANUARY 12 THROUGH JANUARY 18

INTRODUCTION: WHY WE PRAY AND FAST

Throughout Scripture, God's people have taken intentional seasons to pray and fast, not to earn His favor, but to **humble themselves, seek His direction, and align their hearts with His will.**

Fasting is not about proving spiritual strength. It is about recognizing spiritual dependence.

In moments of decision, preparation, repentance, or renewed vision, the people of God consistently paused normal rhythms to seek the Lord with greater focus.

THE BIBLICAL PURPOSE OF FASTING

The Bible presents fasting as a way to:

- **Seek God's guidance (Acts 13:2–3)**

² While they were worshiping the Lord and fasting, the Holy Spirit said, "Set apart for me Barnabas and Saul for the work to which I have called them." ³ So after they had fasted and prayed, they placed their hands on them and sent them off.

- **Humble ourselves before God and align our hearts with His purposes (Ezra 8:21)**

²¹ There, by the Ahava Canal, I proclaimed a fast, so that we might humble ourselves before our God and ask him for a safe journey for us and our children, with all our possessions.

- **Express dependence on God rather than ourselves (Deuteronomy 8:3)**

³ He humbled you, causing you to hunger and then feeding you with manna, which neither you nor your ancestors had known, to teach you that man does not live on bread alone but on every word that comes from the mouth of the Lord.

- **Prepare for what God is about to do (Luke 4:1–2)**

¹ Jesus, full of the Holy Spirit, left the Jordan and was led by the Spirit into the wilderness, ² where for forty days he was tempted by the devil. He ate nothing during those days, and at the end of them he was hungry.

Jesus anticipated His followers would fast. He did not say **if** you fast, but **when** you fast (Matthew 6:16). Fasting was never meant to replace prayer; it was meant to **intensify it.**

¹⁶ "When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. ¹⁷ But when you fast, put oil on your head and wash your face, ¹⁸ so that it will not be obvious to others that you are

fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.

If prayer is how we speak to God, then fasting is how we create space to listen.

WHAT FASTING IS (AND WHAT IT IS NOT)

In Scripture, fasting primarily involved **abstaining from food for a set period of time**. It was physical, tangible, and costly, because food represents daily provision and human strength.

Fasting was not:

- Giving up social media
- Avoiding television
- Skipping soda, chocolate, or coffee

While those things may be good spiritual disciplines, **biblical fasting specifically involved food** as a way of saying: "God, I need You more than I need my daily bread."

Jesus said it plainly: "Man shall not live on bread alone, but on every word that comes from the mouth of God." (Matthew 4:4)

When we fast from food, we are not punishing our bodies, we are **redirecting our dependence**.

HOW TO PRACTICE FASTING PRACTICALLY

Fasting does not have to be extreme to be meaningful. Scripture shows a variety of fasting expressions, including:

- A full fast (no food for a time)
- A partial fast (limited food)
- A specific meal fast (skipping one or more meals)

For this 7-day fast, we encourage a **simple and practical approach**:

INSTEAD OF LUNCH (or BREAKFAST, or SUPPER), CHOOSE PRAYER

For many, the most realistic starting point is fasting **one meal a day**, such as lunch.

Here's what that looks like practically:

- Skip your normal meal
- Take the time you would have spent eating
- Give that time back to God in prayer

That might mean:

- Sitting quietly with Scripture
- Walking and praying
- Journaling prayers
- Praying for the Valley, your family, or your campus
- Sitting in silence before the Lord
- Worship

The goal is not to *fill the time with activity*, but to **offer it intentionally to God**.

When hunger reminds you that you would normally be eating, let it become a prayer: "Lord, I need You more than I need this meal."

WHY FASTING MATTERS IN THIS SEASON

Throughout Scripture, we see that before God brings provision, He often invites His people to prepare the ground. In the valley of 2 Kings 3, the Israelites dug ditches in faith, trusting God long before they ever saw the water. Fasting is one of the ways we dig those ditches spiritually.

It is how we:

- Slow ourselves down
- Listen more carefully
- Align our hearts with God's vision
- Prepare for what He desires to pour out next

This is not about **pressure**. This is not about **performance**. This is about **POSTURE**.

As we pray and fast together, we are saying: "God, we are ready. We are listening. We are preparing the Valley for what only You can do."

May this time of prayer and fasting deepen our faith, sharpen our vision, and unite us in obedience, trusting that **as we prepare the ground, God will faithfully bring the water**.

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7 DAYS OF FASTING & PRAYER: PREPARING THE VALLEY FOR GOD'S FILLING

Day 1, January 12, 2026 — Recognizing a Valley Moment

FOCUS: DISCERNING THE SEASON GOD HAS PLACED US IN

Scripture:

- 2 Kings 3:15b–18 ^{15b} While the harpist was playing, the hand of the Lord came on Elisha ¹⁶ and he said, "This is what the Lord says: I will fill this valley with pools of water. ¹⁷ For this is what the Lord says: You will see neither wind nor rain, yet this valley will be filled with water, and you, your cattle and your other animals will drink. ¹⁸ This is an easy thing in the eyes of the Lord; he will also deliver Moab into your hands.
- Ecclesiastes 3:1 ¹ There is a time for everything, and a season for every activity under the heavens.
- Psalm 46:10 ¹⁰ He says, "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."

Devotional Reflection:

There are seasons when God does not immediately change what is around us because He is first **working within us**. In 2 Kings 3, Israel was not defeated, but they were desperate. They stood in a valley that required **faith**, not force. God's instruction was **simple** and strange: "*Make this valley full of ditches.*"

That command revealed something important; it was not a valley of judgment, but a valley of **preparation**. God was inviting His people to recognize the moment they were in and **respond with obedience** rather than panic.

The same is true for us. The time we are in reminds us that this is not a season driven by fear or urgency, but by **faith and attentiveness**. Before we act, we must listen. Before we move, we must discern. Fasting helps quiet the noise so we can **recognize** what God is already saying.

Fasting Posture:

Begin by fasting one meal in your normal routine today as a way of slowing down and becoming attentive to God's voice.

Prayer Direction:

"Lord, help me recognize this season clearly. Still my heart, sharpen my hearing, and help me discern what You are doing in this Valley."

Journal: _____

Day 2, January 13, 2026 — Obedience Before Evidence

FOCUS: TRUSTING GOD WHEN OUTCOMES ARE UNSEEN

Scripture:

- Hebrews 11:1 ¹ Now faith is confidence in what we hope for and assurance about what we do not see.
- Proverbs 3:5–6 ⁵ Trust in the Lord with all your heart and lean not on your own understanding; ⁶ in all your ways submit to him, and he will make your paths straight.
- John 20:29 ²⁹ Then Jesus told him, "Because you have seen me, you have believed; blessed are those who have not seen and yet have believed."

Devotional Reflection:

The people in 2 Kings 3 dug ditches with no guarantee of rain. No visible sign. No immediate reassurance. Yet Scripture consistently teaches us that faith does not follow **evidence**, it responds to God's **Word**.

Obedience before evidence is one of the clearest markers of mature faith. It says, *"God, I trust who You are more than what I can see."* That posture has marked Valley Community Church for years, stepping out before feeling fully ready, saying yes before all the resources were in place.

Fasting places us back in that posture. Hunger reminds us that we are **dependent**. Discomfort reminds us that God is **sufficient**. When we fast, we rehearse obedience again.

Fasting Posture:

Let moments of hunger become reminders to pray, *"God, I trust You, even now."*

Prayer Direction:

"Father, help me obey You fully, not selectively. Strengthen my faith to trust You even when answers are not immediate."

[illegible]

Day 3, January 14, 2026 — The Valley Is Not a Problem to Solve

FOCUS: EMBRACING OUR CALLING TO THIS PLACE

Scripture:

- Psalm 84:5–6 ⁵ Blessed are those whose strength is in you, whose hearts are set on pilgrimage. ⁶ As they pass through the Valley of Baka, they make it a place of springs; the autumn rains also cover it with pools.
- Acts 17:26–28 ²⁶ From one man he made all the nations, that they should inhabit the whole earth; and he marked out their appointed times in history and the boundaries of their lands. ²⁷ God did this so that they would seek him and perhaps reach out for him and find him, though he is not far from any one of us. ²⁸ ‘For in him we live and move and have our being.’ As some of your own poets have said, ‘We are his offspring.’
- Jeremiah 29:7 ⁷ Also, seek the peace and prosperity of the city to which I have carried you into exile. Pray to the Lord for it, because if it prospers, you too will prosper.

Devotional Reflection:

Scripture never treats valleys as **wasted places**. Valleys are where dependence is learned, trust is formed, and God’s nearness is discovered. The Valley we call home is not an **accident**, it is an **assignment**.

Having a vision for the valley reminds us that we are not chasing impact somewhere else. We are **stewarding a calling** right here. The Pawnee River Valley represents real people, real families, and real communities deeply loved by God.

Fasting realigns our hearts with gratitude. It shifts our focus from what we wish were different to what God has entrusted to us. As we embrace the Valley, we embrace God’s mission.

Fasting Posture:

Fast from comparison today. Refuse to envy other places or ministries.

Prayer Direction:

“God, give me Your heart for this Valley. Help me see this place as You see it and love it as You love it.”

Journal: _____

Day 4, January 15, 2026 — Strength Before Expansion

FOCUS: GOD'S ORDER FOR SUSTAINABLE MISSION

Scripture:

- 2 Corinthians 10:15b–16a ^{15b} Our hope is that, as your faith continues to grow, our sphere of activity among you will greatly expand, ^{16a} so that we can preach the gospel in the regions beyond you.
- Ephesians 4:11–13 ¹¹ So Christ himself gave the apostles, the prophets, the evangelists, the pastors and teachers, ¹² to equip his people for works of service, so that the body of Christ may be built up ¹³ until we all reach unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ.
- Colossians 1:28–29 ²⁸ He is the one we proclaim, admonishing and teaching everyone with all wisdom, so that we may present everyone fully mature in Christ. ²⁹ To this end I strenuously contend with all the energy Christ so powerfully works in me.

Devotional Reflection:

God's pattern is clear: **faith grows first**, then the **mission expands**. Health precedes **harvest**. Strength comes before **sending**.

This season is not about doing more, it's about becoming deeper. Strengthening discipleship, leadership, and unity ensures that when God expands our reach, we are prepared to **steward** it well.

Fasting slows us down so God can strengthen what matters most. Depth is always formed before fruit.

Fasting Posture:

Fast from hurry. Spend extra time in Scripture or silence today.

Prayer Direction:

“Lord, strengthen what You have already built. Form us deeply so we can carry what You plan to entrust to us.”

[illegible]

Day 5, January 16, 2026 — Making Room for God

FOCUS: PREPARATION AS FAITH IN ACTION

Scripture:

- Isaiah 54:2 ¹ "Sing, barren woman, you who never bore a child; burst into song, shout for joy, you who were never in labor; because more are the children of the desolate woman than of her who has a husband," says the Lord. ² "Enlarge the place of your tent, stretch your tent curtains wide, do not hold back; lengthen your cords, strengthen your stakes. ³ For you will spread out to the right and to the left; your descendants will dispossess nations and settle in their desolate cities.
- Luke 5:37–38 ³⁷ And no one pours new wine into old wineskins. Otherwise, the new wine will burst the skins; the wine will run out and the wineskins will be ruined. ³⁸ No, new wine must be poured into new wineskins.
- 1 Corinthians 3:6–8 ⁶ I planted the seed, Apollos watered it, but God has been making it grow. ⁷ So neither the one who plants nor the one who waters is anything, but only God, who makes things grow. ⁸ The one who plants and the one who waters have one purpose, and they will each be rewarded according to their own labor. ⁹ For we are co-workers in God's service; you are God's field, God's building.

Devotional Reflection:

Digging ditches is **preparation**. It is faith that moves before **provision** arrives. God does not fill what has not been prepared.

Throughout Scripture, expansion requires capacity. Wineskins must be made ready. Fields must be prepared. Hearts must be opened.

This fast is about making room, spiritually, relationally, and personally. We don't rush God's work; we prepare ourselves for it.

Fasting Posture:

Clear space today, physically or spiritually, as an act of faith.

Prayer Direction:

"God, show me where You are inviting me to make room. Remove anything that crowds out Your work in my life."

Journal:

Day 6, January 17, 2026 — Generosity as a Vision Response

FOCUS: GIVING AS OBEDIENCE, NOT PRESSURE

Scripture:

- 2 Kings 3:16–17 ¹⁶ and he said, “This is what the Lord says: I will fill this valley with pools of water. ¹⁷ For this is what the Lord says: You will see neither wind nor rain, yet this valley will be filled with water, and you, your cattle and your other animals will drink.
- 2 Corinthians 9:6–8 ⁶ Remember this: Whoever sows sparingly will also reap sparingly, and whoever sows generously will also reap generously. ⁷ Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver. ⁸ And God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work.
- Matthew 6:19-21 ¹⁹ “Do not store up for yourselves treasures on earth, where moths and vermin destroy, and where thieves break in and steal. ²⁰ But store up for yourselves treasures in heaven, where moths and vermin do not destroy, and where thieves do not break in and steal. ²¹ For where your treasure is, there your heart will be also.

Devotional Reflection:

Generosity is not the starting point of the vision, it is the **response** to it. In 2 Kings 3, digging the ditches wasn’t the miracle. Obedience was. Generosity works the same way.

When we give, we are not trying to force God’s hand. We are acknowledging that **everything belongs** to Him and choosing to **trust Him** with it. Generosity is a spiritual act of preparation; it makes room for God to work.

As you sow seeds of generosity for the Valley, remember it is not about **equal gifts**, but **equal surrender**. It is how each one of us **participate** in what God is doing across the Valley.

Fasting Posture:

Fast with open hands today, surrendering control, not just resources.

Prayer Direction:

“Lord, align my heart with Your vision. Show me how generosity fits into my obedience and trust.”

Journal: _____

Day 7, January 18, 2026 — Trusting God for the Water

FOCUS: SURRENDERING OUTCOMES TO GOD

Scripture:

- Ephesians 3:14–21 ¹⁴ For this reason I kneel before the Father, ¹⁵ from whom every family^[a] in heaven and on earth derives its name. ¹⁶ I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, ¹⁷ so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, ¹⁸ may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, ¹⁹ and to know this love that surpasses knowledge, that you may be filled to the measure of all the fullness of God. ²⁰ Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, ²¹ to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.
- Zechariah 4:6 ⁶ So he said to me, "This is the word of the Lord to Zerubbabel: 'Not by might nor by power, but by my Spirit,' says the Lord Almighty.
- Psalm 127:1 ¹ Unless the Lord builds the house, the builders labor in vain. Unless the Lord watches over the city, the guards stand watch in vain.

Devotional Reflection:

The people dug the ditches, but **God sent the water**. That distinction matters. Our role is **obedience**. God's role is **provision**.

As this fast concludes, we rest in trust. The Vision for the Valley is not built on our **ability**, but on God's **power** at work within us. We **dig** faithfully. God **fills** faithfully. And the Valley can be changed.

Fasting Posture:

End your fast with gratitude and expectancy.

Prayer Direction:

"God, we trust You with the results. Do what only You can do, for Your glory and Your Kingdom."

Journal: _____

A CLOSING PRAYER:

Heavenly Father, we come before You today humbled, grateful, and expectant. Over these days of prayer and fasting, we have slowed our pace, quieted our appetites, and opened our hearts, not to earn Your favor, but to seek Your voice. You have reminded us again that You are not distant, rushed, or silent. You are near, attentive, and faithful.

Lord, we acknowledge that You are the One who sends the water. But today, we thank You for calling us to prepare the ground. Like the people in the valley, we have chosen obedience before evidence. We have dug ditches of prayer. We have dug ditches of repentance. We have dug ditches of faith, surrender, and trust.

We confess that there are moments when we want results before obedience, answers before surrender, and clarity before trust. Forgive us, Lord. Teach us again that preparation is not wasted, it is worship.

We lift our Valley to You. Every home. Every campus. Every community. Every life You have entrusted to our care. Strengthen us in our inner being. Root us deeply in Your love. Unite us in purpose and humility. And prepare us to steward whatever You choose to pour out next.

God, we release the outcomes to You. We are not building our own kingdom; we are preparing space for Yours. We will keep digging. We will keep trusting. We will keep obeying.

And now, Lord, we ask boldly, not because of our strength, but because of Yours, that You would do immeasurably more than all we could ask or imagine, according to Your power at work within us. May everything that comes from this season bring glory to Your name, life to Your people, and hope to the Valley You love so deeply. We pray this with confidence, gratitude, and faith, In the name of Jesus.

Amen.

Personal Thanks: Church family, Thank you for choosing to lean in during these seven days of prayer and fasting. I know this required intention, sacrifice, and trust. You slowed your pace, set aside comfort, and gave time back to God, and that matters more than you may realize. Moments like this shape us. They deepen our faith, unite our hearts, and prepare us for what God desires to do next.

As your pastor, I am grateful for you. Grateful for your willingness. Grateful for your obedience. Grateful for a church that doesn't rush past moments of preparation, but pauses to listen and seek the Lord together.

My prayer is that this fast has helped you hear God more clearly, trust Him more deeply, and sense His nearness in fresh ways. And as we move forward, may we continue to walk with the same posture we've practiced here, humble, expectant, and obedient.

Thank you for digging ditches with me and our team! I believe God will faithfully fill what we have prepared. With deep gratitude and love, **Pastor Ryan**



7 DAYS OF PRAYER & FASTING FOR FAMILIES AND KIDS

How Families Can Use This Guide

Before you begin, you might say something like: “This week, our church is praying and fasting to listen to God more closely. Fasting means we skip a meal so we can spend that time praying instead. Kids don’t have to skip

meals, but we can all pray together and learn how to trust God.”

Parents may choose to fast a meal. Kids participate by **praying, listening, and learning**.

Day 1, January 12, 2026 — God Is With Us in the Valley

Big Idea: God meets us right where we are

Scripture: “Even though I walk through the valley...You are with me.” – Psalm 23:4

Talk About It: Sometimes valleys feel hard or confusing. But the Bible tells us that God is **with us**, even in places that feel dry or uncertain. God doesn’t wait for us to get to the mountaintop—He meets us right where we are.

Ask:

- What is something that feels hard right now?
- How does it help to know God is with us?

Prayer Together: “God, thank You for being with our family no matter what. Help us trust You wherever we are.”

Day 2, January 13, 2026 — Trusting God Before We See the Answer

Big Idea: Faith means trusting God first

Scripture: “Trust in the Lord with all your heart.” – Proverbs 3:5

Talk About It: God sometimes asks us to trust Him before we understand everything. Faith means believing God is good, even when we don’t see the answer yet.

Ask:

- Is it hard to trust when we don’t know what will happen?

- What helps you trust God?

Prayer Together: "God, help our family trust You, even when we don't understand everything."

Day 3 — Loving the Place God Put Us

Big Idea: God cares about our town and our people

Scripture: "Pray for the city where I have sent you." – Jeremiah 29:7

Talk About It: God placed our family in this town on purpose. Our school, our neighbors, and our community matter to Him.

Ask:

- What do you like about where we live?
- Who can we pray for today?

Prayer Together: "God, thank You for our town. Help us love the people around us the way You do."

Day 4, January 15, 2026 — Growing Strong on the Inside

Big Idea: God helps us grow strong in our hearts

Scripture: "Be strong in the Lord." – Ephesians 6:10

Talk About It: Being strong doesn't just mean muscles, it means having a heart that loves God, chooses kindness, and does what's right.

Ask:

- What does it mean to be strong on the inside?
- How can God help us grow stronger?

Prayer Together: "God, help our family grow strong in faith, kindness, and love."

Day 5, January 16, 2026 — Making Room for God

Big Idea: We make space for God in our lives

Scripture: "Seek first the kingdom of God." – Matthew 6:33

Talk About It: Sometimes our lives get very busy. When we pray, we make room for God to speak and work in our hearts.

Ask:

- What takes up a lot of our time?
- How can we make more room for God?

Prayer Together: "God, help us put You first and make room for You in our lives."

Day 6, January 17, 2026 — Learning to Be Generous

Big Idea: We give because God gives to us

Scripture: "God loves a cheerful giver." – 2 Corinthians 9:7

Talk About It: Generosity means sharing what we have, our time, our kindness, and sometimes our money. We give because God has already given us so much.

Ask:

- What is something we can share with others?
- How does it feel to help someone?

Prayer Together: "God, help our family be generous and joyful when we help others."

Day 7, January 18, 2026 — Trusting God for What Comes Next

Big Idea: God will take care of the future

Scripture: "God can do more than we can imagine." – Ephesians 3:20 (paraphrase)

Talk About It: We don't know everything God will do next, but we know He is good. Our job is to trust Him and keep following Him.

Ask:

- What are you thankful for this week?
- What do you want to trust God with?

Prayer Together:

"God, thank You for listening to our prayers. We trust You with our future and our family."