

PRAYER & FASTING

FEBRUARY 2026



Welcome to February Prayer and Fasting!

We're so glad that you have chosen to be part of this Heartland church family initiative. We are going to fast and pray throughout the month of February because we love God and want Him to come closer to us as a church family. Fasting and prayer are spiritual practices and have no power in and of themselves. Spiritual practices are choices that we make as people to invite God into our lives in fuller and richer ways. God is relational and these are ways that we say we love Him back!

We want you to fast and pray with a small group of people. It can be your small group, your family, friends or some new folks that you want to connect with. We suggest at least two other people. We do this, because fasting can be tough, and we need encouragement. We also want to share what we are talking to God about. Share your heart and needs and requests with other people. Do your best to find others to be with you, adding accountability. We aren't meant to do life by ourselves.

We will be fasting and praying from January 31-February 20. You get to decide what time frame works best for you and your group. The Heartland Lead Team has typically set aside a three-day time period fast and pray, abstaining from solid food and caloric drinks during that time. Get together with your group and determine what works best for you. Please be advised that we encourage you to push yourselves, but also be wise about your own limits, medical situations and even your relationship to food and body image. For example, you could fast over breakfast and lunch for three days and eat supper each day. The next pages will have some suggestions for you to consider. Ask the Holy Spirit to direct you and your group about this. We've compiled several fasting and prayer resources to help you along.

We invite you to write down the things that you are challenged by during this time. Write down what the Lord is saying to you. What Scriptures, pictures, encouragements and convictions is the Holy Spirit bringing your way? Please take note of these things so that someone from your group can share testimonies on Friday, February 20.

We will be having a Night of Worship on Friday February 20 to bring our days of prayer and fasting to a conclusion. We will gather that evening to take communion, worship, prayer, testimonies and enjoy a light supper. Please come as a group and celebrate God's goodness with us!

Suggested Themes and Scriptures for Prayer & Fasting

There will be three weeks of fasting focused sermons. You may want to have your group study, reflect, pray and share about the passages and themes of these messages. When you and your group are fasting, think “Meal Replacement”. Use your normal meal prep and eating time to fast, pray, read Scripture, reach out to your group for encouragement and prayer. Ask the Holy Spirit to show you what He wants you to replace your meals with during this time.

Week 1: January 31-February 1

Fasting for Intimacy - Key Scripture Matthew 6:16-18

Matthew 6 is found in the Sermon on the Mount. This is a wonderful section of Scripture that you could spend time on as a group.

Week 2: February 7-8

Fasting for Lordship - Key Scripture Hebrews 12:2

Fixing our eyes on Jesus is a wonderful way to live our lives. The Lord Jesus models powerful a principle for us. Through the Holy Spirit, Jesus chose to set aside His own desires so that He would fulfill the will of God His Father. Your group could study and pray over Hebrews 12. Additionally, there are very important principles and role models found in the book of Hebrews. You and your group could focus on Hebrews 11 and the nature of faith, and the specific Biblical characters that are mentioned there, along with Jesus Himself.

We will also be taking communion at the weekend services. You and your group could set aside a special time to take communion together as well.

Week 3: February 14-15

Fasting for Power and Direction - Key Scripture Acts 13

Acts 13 is part of the broader story of the early church. You could choose to take time to read some or all the book of Acts. The Holy Spirit is powerfully on the move in the people of the early church. How might He want to fill and lead your group in new ways? What ways could the Holy Spirit be wanting to shape you and your group through the real stories of the early church in the book of Acts?

GROW Fasting & Prayer Tool

How will you fast and connect during this time?

i.e. One meal/Two meals per day and connecting daily during that time with your group to GROW together through the following questions.

God's Word – What had God highlights in His Word for today/this week?

Reflecting on God's activity – How have I seen God at work today/this week?

Opening up to God's invitation – In what ways will I slow down today to be open to opportunities God invites me in to today/this week? (i.e. spiritual conversation, random act of service, prayer for a stranger or loved one, etc.)

Worshipping in wonder – Taking time together to worship. (i.e. maybe in prayer, song, speaking out thankfulness, etc.)

G –

R –

O –

W –

Praying for Healing

Here are some questions to ask and process before engaging in a time of healing prayer. Work through this on your own and then host a healing prayer time with your group.

- For what specifically are you seeking healing? Is the root of the issue spiritual, physical, emotional, or psychological in nature?
- How has this situation affected your relationship with God? How have you seen Him at work in this?
- Are there lifestyle or relational changes that God wants you to make that could enhance or improve your health? Unconfessed sin, living in continual disobedience, and unforgiveness could hinder your healing. Please meditate on the following scriptures for guidance and clarity:

Romans 12:1-2

1 Corinthians 7:3-4

2 Corinthians 6:14-7:1

Matthew 5:21-24

James 5:14-16

Colossians 3:1-11

1 Peter 3:7

1 Corinthians 6:12-20

Ask God to reveal any areas of sin or unforgiveness that you need to address.

Are you willing to deal with these things? Take time to confess, repent, and forgive accordingly.

Consider your willingness to surrender to God's plan for your life in this situation. How will you honour, praise, and pursue Him if you are healed? How will you honour, praise, and pursue Him if you are not?

How to Use Oil in Healing Prayer

The oil is a symbol of consecration and invitation. We see oil used throughout Scripture to consecrate for God – to set apart for His plans. It's also an invitation for God's blessing. If someone asks for prayer for healing, we will ask their permission to anoint their forehead or their hand with oil before we pray for them. We will put a small amount on the tip of our finger and often pray out loud, "(Their name, I anoint you in the name of the Father, Son, and Holy Spirit." And then we will pray for them.

Spiritual Warfare Prayer

For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms (Ephesians 6:12).

Scripture tells us that Satan's purposes are to steal, kill, and destroy (John 10:10). The moment we handed our life over to the Lord Jesus Christ we joined the army of God. We are engaged in a battle, the greatest battle ever fought. Fortunately, we know who has the victory – Jesus Christ – and His followers are victors in Him. Daily, the enemy prowls around looking for those he can snatch, blind, and deceive. Until the Lord returns, the battle will go on and it is our responsibility to take up our weapon of warfare – PRAYER. It is on our knees that we fight the greatest battle.

As you engage in spiritual warfare, pray:

- To put on the full armour of God (Ephesians 6:10-18):
 - The belt of truth
 - The breastplate of righteousness
 - Your feet fitted with the readiness that comes from the gospel of peace
 - The shield of faith
 - The helmet of salvation
 - The sword of the Spirit, the Word of God
- That the strongholds of the enemy in your own life would be destroyed by the power of Jesus Christ.
- For protection from all the schemes that the enemy may have to destroy you and your ministry.
- To take your stand against the enemy and stand firm declaring the victory you have in Jesus Christ.
- Against any plans for destruction that Satan may have for the ministry of Heartland.

Questions to Ask God in Prayer

Here is a short list of questions to ask God about as you have time to listen:

1. What do You like about me?
2. What do You see when You look at me?
3. What sin do You want to reveal to me?
4. When, and for how long, do You want me to meet with You each day?
5. How do You want me to structure my life?
6. Is there anything that is keeping me from fully surrendering to You?
7. What things do You want me to pray for myself?
8. What things do You want me to pray for in my marriage or relationships?
9. What things do You want me to pray for in my family?
10. In what ways would You want me to pray for Heartland?

How to Do a Prayer Walk

What is a prayer walk? A prayer walk is simply walking through a neighbourhood, park, or community while praying intentionally for the people, places, and situations you encounter. It's a way to combine physical movement with spiritual intercession.

Steps to Do a Prayer Walk

1. Prepare Your Heart
 - a. Begin with a short prayer asking God for guidance and sensitivity.
 - b. Ask for God's leadership, protection, and awareness.
 - c. Read a Scripture like Psalm 24:1, "The earth is the Lord's and everything in it" to remind yourself of God's presence.
2. Pray as You Go
 - a. Observe and Pray: Look around and pray for what you see.
 - b. Walk to certain areas and then wait and pray in that area.
 - c. Bless, Don't Judge: Pray blessings, peace, and hope over the area.
 - d. Be Specific: If you know the needs (ex. Families, local issues, etc.) lift them up.
3. Use Prayer Prompts
 - a. Listen to the Holy Spirit guide you and the impressions He gives you.
 - b. Be aware and sensitive to the leading of the Lord and others in your group.
 - c. See below for additional prayer prompts.
4. Stay Flexible
 - a. You can pray silently, out loud, or in a group.
 - b. Stay as long as you need to in one area and then move on to another.
5. Close with Thanksgiving
 - a. End your walk by thanking God for hearing your prayers and for the people you prayed for.

Tips

- Go with a small group of people and trust each other to hear from the Lord.
- Keep prayers short and conversational.
- Jot down impressions or follow-up prayers in a journal or on your phone.

Praying for Heartland Present and Future

Ask the Holy Spirit to give you Scriptures, words, visions, pictures, and guidance to pray in about Heartland as a church.

Heartland Vision Statement: A community of people, rooted in Jesus, lead by His Spirit, living out His mission.

5 Values: Restoring Our World, Connecting in Community, Becoming Like Jesus, Serving Others Generously, Enjoying God's Presence

That Heartland present and future would be a house of prayer for all nations

Jesus Christ as Head of Heartland

The Word of God shaping our lives

Pray that the mission of Jesus shapes our hearts and actions

Pray that everyone who calls Heartland home will keep on serving all in with their time, gifts, and through sacrificing comforts and conveniences

Pray that we will be a group of loving, joyful, humble, and courageous servants

Pray for a great awakening in the people of our communities. Pray for the people in the communities around us – Sherwood Park, Ardrossan, Fort Saskatchewan, Edmonton, and anywhere the Lord lays on your heart. Who is in a 50km radius of Heartland?

Strength to respond to God's love through Jesus Christ and the power of the Holy Spirit.

Signs, wonders, healing, dreams, visions, and Jesus revealing Himself to thousands of people.

Protection from the enemy and all his schemes.

Heartland Ministry Areas to pray for:

Heartland Kids

Encounter Homeschoolers

Encounter Sports

Refuge Student Ministries

Young Adults

Local Partners
Global Partners
Elders
Staff
Worship
Preaching
Giving
Small Groups
Connex Groups

Pray that we would be a people who are willing to be open and real with one another in the face of loneliness.

Keep on praying for an awakening to God for us and everyone around us.

Keep asking the Holy Spirit to fill you, empower you, and lead you to pray what's on His heart.

How to Lead Communion

Communion is a prescribed ceremony that Jesus instructed us to practice on a regular basis. In the church, we call this an ordinance. Communion is a symbol representing what Christ did for us through His death on the cross. It is strictly for those who have submitted their life to Jesus Christ. This ceremony is a way we remember and celebrate all that Jesus did for us on the cross.

Prepare

- Gather or use the prepacked elements (juice, bread/crackers, glasses, etc.) and any optional décor you would like to include (Bible, candle, tablecloth, music, etc.).
- This about how you would like the elements to be distributed to your group members. You can use a tray to pass the elements around, you can serve people the elements from a table, or you can have people take the elements themselves from a table.
- Prepare the elements and the communion space. Ask God to bless the elements and the space in which you are meeting.

Gather Together

- When the group is ready, lead them through the communion process. Remind them that they are not obligated to participate (1 Corinthians 11:27-32).
- Read Matthew 26:26-28 or 1 Corinthians 11:23-26
- Say, “The bread represents Christ’s body, given for us. Let’s take a few moments to reflect and then confess to God any sin that comes to mind.”
- Pray a prayer of thanks for Jesus dying in our place.
- Eat the bread element together.
- Say, “The cup represents Christ’s blood shed for us.”
- Pray a prayer of Thanks for Jesus shedding His blood giving us forgiveness of sin.
- Drink the cup element together.
- End your time with prayers of praise – sharing around the group something the Lord has done for each person.

Praying for Local & Global Partners

At Heartland, we count it a privilege to be able to partner with other organizations and spread the good news of Jesus Christ. We have local and global partners. Going through the list below, invite the Holy Spirit to lead you and speak to you as you pray for the partners of Heartland.

Local Partners

A Safe Place

A Safe Place is a women's shelter supported by the non-profit organization Strathcona Shelter Society Ltd. Their mission is to end domestic abuse and violence in the lives of women and their children and impacting public policy through education and awareness.

Bridging the Gap

This collaborative support program provides services to help people in crisis get back on their feet. This is a partnership of government, churches, and non-profits coming together.

CapitalCare Strathcona

This facility provides long-term care for seniors. Heartland volunteers provide care and support to residents through visits, church services, and prayer.

Family & Community Services

Family & Community Services' goal is to help build a safe, supported, and connected community that encourages the well-being of children, youth, adults, older adults, and families.

Palm Ministries

Palm Ministries is a group of people compelled by God's love to share His love by word and deed with our new neighbours in Canada.

Pregnancy Care Centre

The PCC provides care and support for those facing an unexpected pregnancy. Services include pregnancy testing, parenting preparation, adoption support, and post-abortion care.

Saffron Centre – Sexual Assault Centre

The Saffron Centre is a non-profit organization working to support the healing and empowerment of those who have been affected by sexual trauma and violence.

Shiloh Youth Ranch

Shiloh Youth Ranch is a Christian organization that offers a summer camp program for children and youth ages 7-17 living in high-risk situations.

Volunteer Strathcona

Volunteer Strathcona connects volunteers with opportunities, enabling the development of local organizations to meet various social needs in our community.

Global Parters

SAM Ministries – Janette Stone

In seeking to love God and love people, SAM Ministries trains and develops leaders and cares for children through various means. Janette works as a Child Sponsorship Coordinator with SAM Ministries.

Swaziland – Bezulu

We partner with the town of Bezulu, an abandoned mining town taken over for housing orphans in Swaziland. Bezulu also operates many viable businesses such as a honey-making operation, bottled drinking water facility, lumber mill, and bakery.

El Salvador – Shelter Canada

Shelter Canada is an organization that works with families to build homes in El Salvador. Heartland's partnership with them has helped to build approximately 115 houses and raised funds for 25 more.

The Alliance Canada – International Workers

The Alliance's International Workers are supported through the Global Advance Fund. To learner more about this ministry check out alliancecanada.ca.

New Beginnings – Mexico

New Beginnings works to break the cycle of poverty through education, aid programs, and opportunities for individual income generation.

Pablo & Silvina Papavero – Olivo Verde Ministry

The Papavero's serve to create healthy faith communities that help individuals grow and develop a Christ-like character, bringing fruit to God's Kingdom.

Breaking Your Fast

Drink lots of water or herbal teas to stay hydrated during your fast.

Break your fast with a lighter nutritious meal and small, sweet treat to avoid stomach aches or cramping. Here are suggested soup and brownie recipes!

Beef Barley Soup

- 2 lbs roast beef, trimmed of excess chunks of fat, cut into 3/4-inch cubes
- 3 Tbsp olive oil or butter
- 1 1/2 cups chopped carrots (about 3)
- 1 cup chopped celery (about 2 ribs)
- 2 cups chopped yellow onion (1 large)
- 3 Tbsp tomato paste
- 1 1/2 Tbsp minced garlic (4 cloves)
- 2 (32 oz) cartons low-sodium chicken broth or beef broth
- 1 Tbsp low-sodium soy sauce
- 2 tsp Worcestershire sauce
- 2 tsp minced fresh rosemary, or 1/2 tsp dried
- 2 tsp minced fresh thyme, or 1/2 tsp dried
- Salt and freshly ground black pepper
- 1 cup pearl barley
- 3 Tbsp minced fresh parsley

Instructions

1. Heat 1 Tbsp olive oil in a large pot over medium-high heat. Dab beef dry and add 1/2 or 1/3 of beef, adding just enough not to overcrowd. Season with salt and pepper. Let sear until golden brown on bottom, about 3 minutes then flip and cook 1 minute longer.
2. Transfer beef in pot to a plate along with juices and repeat process with remaining beef adding in another 1 Tbsp oil to pot.
3. Add 1 Tbsp oil to now empty pot. Add carrots, celery and onion and sauté 3 minutes.
4. Add tomato paste and garlic and sauté 1 minute longer.
5. Pour in broth, soy sauce, Worcestershire sauce, rosemary, thyme and season with salt and pepper to taste. Return beef to pot.

6. Bring mixture to a simmer, then reduce heat to low; cover and simmer until beef is fairly tender, about 45 - 60 minutes.
7. Add barley, cover and simmer until cooked through and beef is tender, about 45 - 60 minutes longer.

Tomato Bisque Soup

- 2 Tbsp olive oil
- 1 yellow onion diced 2 stalks celery diced
- 1/2 tsp kosher salt
- 1/8 tsp coarse ground black pepper
- 1 pinch cayenne
- 1 tsp dried basil
- 3 cloves garlic minced
- 4 cups chicken broth
- 28 ounces crushed tomatoes
- 1 tsp white sugar
- 1 cup heavy cream

Instructions

1. Add the olive oil to a large pot over medium heat and cook the onion, celery, salt, pepper, cayenne and basil for about 5-6 minutes, or until the onions are translucent.
2. Add in the garlic and stir an additional 45 seconds before adding in the broth, tomatoes and sugar.
3. Lower the heat to a simmer and cook for 30-40 minutes before blending until perfectly smooth with an immersion blender.
4. Add in the heavy cream; mix well and serve using more heavy cream and parsley as garnishes.

Brownies

- 1/2 cup butter or oil
- 1 cup sugar
- 1/2 cup unsweetened cocoa
- 2 large eggs
- 1 teaspoon vanilla
- 1/4 cup flour
- 1/4 tsp salt
- 1/2 cup favorite adds-ins (chopped dark chocolate, chocolate chips, walnuts)

Instructions

1. Pre-heat oven to 350F. Grease an 8x8 or 9x6 pan and set aside.
2. In a large microwave-safe mixing bowl, add the butter and microwave for 1 minute or until completely melted. Add the sugar and cocoa powder and whisk until the sugar has dissolved.
3. Add eggs and vanilla and whisk until well combined and batter is shiny.
4. Stir in flour and salt until the flour is fully combined. Fold in add-ins.
5. Spread in pan and bake for approximately 20 minutes or until the center is slightly set.
6. Cool completely then cut into squares.

Notes: