

UNIHILL CHURCH

7-Day Prayer and Fasting Guide

You're invited to step into a focused season of prayer and fasting – a time to intentionally draw near to God and create space for Him to move in your life. We believe that God brings renewal, clarity, and transformation when His people come before Him with open hearts.

When you fast and pray, you're not just giving something up; you're making room for God to work in deeper ways. Whether you're brand new to fasting or it has been part of your spiritual rhythm for years, you're welcome to participate in a way that is meaningful and sustainable for you.

This 7-day prayer resource will help you stay anchored and intentional. As you engage with God's Word, spend time in prayer, and reflect on what He is speaking to you about - you can trust that He sees your commitment. He delights in drawing near to you as you draw near to Him (James 4:8) and He is faithful to meet you where you're at.

DAY 1

Monday 23rd February

Reading: Psalm 51

Reflection

Psalm 51 was written by King David after he had committed grievous sin. According to this psalm, David was deeply sorrowful for his actions and cried out for mercy, that God would 'wash away all his iniquity and cleanse him from all his sin (51:2). Because he loved God, he wanted his heart to be pure and his conscience clear.

What we can learn from this scripture is that before breakthrough, comes cleansing. David doesn't minimise sin – he names it. Fasting humbles us and makes space for honest repentance. Renewal begins with a clean heart.

Prayer

Ask the Spirit to search your heart
Confess specific sins and freely accept his mercy
Pray for renewed joy in salvation

DAY 2

Tuesday 24th February

Reading: Psalm 63

Additional Scriptures

Matthew 5:6

John 6:35

James 4:8

Reflection

In Psalm 63, David describes being spiritually thirsty in a dry land. Centuries later, Jesus declares Himself the Bread of Life. Fasting reminds us that our deepest hunger is not physical but spiritual. As we deny ourselves food, we cultivate desire for Christ Himself.

Prayer

Ask God to awaken fresh spiritual hunger in you
Pray for greater intimacy with Jesus

DAY 3

Wednesday 25th February

Reading: Psalm 27

Additional Scriptures

Proverbs 3:5–6

Philippians 4:6–7

Isaiah 41:10

Reflection

Fear shrinks when God becomes central. Fasting weakens self-reliance and strengthens our dependence upon God. The phrase, 'Wait for the Lord' (Psalm 27:14) is not passive — it is confident expectation.

Prayer

Cast your anxiety on him because he cares for you (1 Peter 5:7)
Believe God's promises over your circumstances. He is in control (Romans 8:28)
Pray for patient endurance

DAY 4

Thursday 26th February

Reading: Psalm 25

Additional Scriptures

Romans 12:1–2

James 1:5

Reflection

God guides surrendered hearts. When we lay down our will, clarity often follows. Renewal of the mind leads to discernment of His will.

Prayer

Present your plans to God
Ask for wisdom in key decisions
Pray for obedience when direction comes

DAY 5

Friday 27th February

Reading: Psalm 85

Additional Scriptures

2 Chronicles 7:14

Habakkuk 3:2

Acts 2:42–47

Reflection

Revival begins with humility. Throughout Scripture, renewal follows repentance and unified prayer. God delights to revive His people.

Prayer

Pray for spiritual awakening in our church
Pray for unity and hunger for God's Word
Ask God to move in power in your community

DAY 6

Saturday 28th February

Reading: Psalm 91

Additional Scriptures

Ephesians 6:10–18

2 Thessalonians 3:3

Isaiah 54:17

Reflection

God is our dwelling place and defender through every spiritual battle we face. Therefore, put on the armor of God so you are prepared.

Prayer

Pray for protection over our families and our leaders
Prayerfully put on the armour of God
Renounce fear and stand in faith

DAY 7

Sunday 1st March

Reading: Psalm 103 (v.1–22)

Additional Scriptures

Colossians 3:15–17

1 Thessalonians 5:16–18

Hebrews 12:28

Reflection

Fasting culminates in worship and gratitude. Thanksgiving is a response to God's goodness in our lives. Let's finish this season of prayer and fasting refreshed and full of praise.

Prayer

Thank God for answered prayers
Praise Him for His forgiveness and mercy
Commit to ongoing prayer beyond the fast