

Abundant Life International Church Commission
21-day Daniel Fast | January 2026

2026: My Year of Supernatural SHIFT and Power is Changing Hands
Prayer Points for Week 3: The Week of Preparation

Day 1: Led by the Holy Spirit. This year I put my hand in that of the Holy Spirit; lead me Lord. I will follow you. [Romans 8:14-17](#); [Exodus 23:20-23](#); [Psalms 143:10](#); [Isaiah 48:17](#); [Psalms 32:8](#)

Day 2: Paying attention to spiritual things. This year, help me to be aware of the spirit realm; walking with the Holy Spirit and actively working with the ministry of angels. [Genesis 32:1-2](#); [Psalms 91:11-14](#); [2 Kings 6:16-17](#); [Hebrews 1:13-14](#); [Joshua 5:13-15](#); [Psalms 34:7](#)

Day 3: Wearing and maintaining my spiritual armor. Lord, help me to keep my armor on; to constantly maintain it and to be strong in you. Lord, please help me to maintain a continuous, persistent fervent Prayer life; not fainting, not giving up. [Ephesians 6:10-17](#); [2 Corinthians 10:3-5](#); [1 Peter 2:4-5](#); [Isaiah 49:2](#); [Ephesians 6:18](#); [James 5:16-18](#); [Luke 18:1-8](#)

Day 4: Maintaining spiritual authority over every demonic activity and plan. Lord, help me to take my place of authority, subduing all spiritual opposition. By the help of the Holy Spirit, I will keep all spiritual doors in my life shut. This year I will not bow to sickness, poverty, disease, or devastation. [Matthew 10:1](#); [Luke 10:17-21](#); [1 Peter 5:8-9](#); [Psalms 44:4-8](#); [2 Corinthians 10:3-6](#)

Day 5: A life of faith. Help me to live a life of faith; developing and growing in faith. Help me to quench all the fiery darts of the enemy against me and mine; obtaining a good report with God and man.? [Luke 17:5-6](#); [Mark 9:23](#); [Mark 11:22-24](#); [Romans 1:17](#); [Hebrews 11:1-2](#); [Hebrews 10:38](#); [Hebrews 11:6](#); [Ephesians 6:16](#)

Day 6: Laboring in the Word of God. Lord, please help me to labor in your word; to actively grow in its knowledge and application; understanding spiritual principles and letting them shape my life. Develop in me Lord, the fruits of the Spirit, that I might have the character of God. [Ephesians 6:17](#); [2 Timothy 2:15](#); [1 Corinthians 3:1-3](#); [Hebrews 4:11-12](#); [Psalms 149:6](#); [Ephesians 5:1-13](#); [Galatians 5:18-25](#); [2 Corinthians 7:1](#)

Day 7: Kingdom involvement. Lord, please help me to be found in your house this year; loving your presence; encouraging the brethren and extending your Kingdom. [Hebrews 10:24-25](#); [Matthew 18:20](#); [Acts 2:42-47](#); [Matthew 28:17-20](#)