

# Life Community Church

Family Wide  
14 Days of Prayer & Fasting

Focus: Return and Renewal

Journal 2026

Sunday, February 1<sup>st</sup> – Sunday, February 14<sup>th</sup>  
Prayer Times: 6:00 a.m., 12:00 p.m., & 6:00 p.m.

## Fasting Times:

Week 1: 6:00 a.m. to 12:00 p.m.

Week 2: 6:00 a.m. to 12:00 p.m.

Wednesdays: 6:00 a.m. – 6:00 p.m.

Weekends: 6:00 a.m. to 12:00 p.m.

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Name

*“And he told them a parable to the effect that they ought always to  
pray and not lose heart.”*

*Luke 18:1*

*“A Life Changing Church is a Disciple-making Church.”*

## How To Use Your Spiritual Journal

Set aside ample time to be alone with the Lord for maximum spiritual benefit. The more time you spend with Him, the more meaningful your fast will be.

### Morning

- ✝ Begin your day with praise and worship.
- ✝ Although prayer cannot be reduced to a formula, certain essential elements should be included in our communication with God: *Adoration, Confession, Thanksgiving, and Supplication* (ACTS).
  - A—*Adoration*  
To adore God is to worship and praise Him and honor and exalt Him in our hearts, minds, and lips.
  - C—*Confession*  
When our discipline of prayer begins with adoration, the Holy Spirit can reveal any sin in our lives that needs to be confessed.
  - T—*Thanksgiving*  
An attitude of thanksgiving to God for who He is and for the benefits we enjoy because we belong to Him enables us to recognize that He controls all things.
  - S—*Supplication*  
Supplication includes a petition for our own needs and intercession for others. Pray that your inner person may be renewed, always sensitive to the Holy Spirit, and empowered by the Holy Spirit.
- ✝ Read and meditate on God's Word (memory verse), preferably on your knees.
- ✝ Invite the Holy Spirit to work in you to will and do His good pleasure, according to Philippians 2:13.
- ✝ Invite God to use you. Ask Him to show you how to influence your world, family, church, community, country, and beyond.

### Noon

- ✝ Return to prayer and God's Word (memory verse).
- ✝ Take a short prayer walk (lunch break)
- ✝ Spend intercessory prayer time for your community and church leaders, the world's unsaved millions, and your family or special needs.

### Evening

- ✝ Get alone for an unhurried time of "seeking His face."
- ✝ If others are fasting with you, try to meet together for prayer.
- ✝ Avoid television or any other distraction that may dampen your spiritual focus.
- ✝ **REMEMBER:** Record responses daily in your Spiritual Journal; do not skip a day. If possible, please be consistent and disciplined with your Journal.
- ✝ **REMEMBER:** Your Spiritual Journal is neither a public document nor an object of discussion, so keep it between you and God. (If led, share your Journal with your prayer partner.)

Additional Journal Information:

- *Scriptures from the New King James Version/English Standard Version*
- *Searching for Significance by Robert McGee*
- *Seeking Him by Nancy DeMoss*

## Suggestive Guidelines

- Increase your prayer time
- Avoid fried foods (especially the unhealthy stuff)
- Suggested Exercise Program: jogging, walking, bicycle riding, treadmill, etc., at least 30 minutes three times a week
- Limit Secular TV, radio, books, magazines, video games, and computer games.

- Youth/Children can participate by abstaining from fast foods, Xbox, and PlayStation, and only watching TV for short periods.
- This should create an excellent opportunity for “Family Time.” The family should spend quality time together, playing board or card games, or having meaningful conversations.
- Take this time to read the Bible together and pray as a family.

**Note:** If you are under the care of a physician or taking medication that requires you to eat, try to fast in smaller increments.

### **Food Guidelines:**

- Meat: beef, chicken, and fish (lightly breaded) baked or grilled.
- Avoid fried foods (fried chicken, etc.)
- Pork in moderation
- Fruits and vegetables of any type, raw or grilled (not fried)
- Snacks: fruits, vegetables (veggie dip), nuts, trail mix (without candy and honey-flavored nuts)
- Drink plenty of water, unsweetened tea (add sweetener), and some juices (watch juice loaded with sugar).
- Abstain from junk food and fast food (burgers, fried foods, etc.)
- Abstain from smoking, alcohol, drinking, soda, coffee, and caffeine.
- Avoid energy drinks (high in caffeine).

## WEEK ONE

Sunday, February 1<sup>st</sup>

6:00 a.m. to 12:00 p.m.

Day 1

### RETURN

Petition: God Is Our Source

Scripture: Hosea 10:12-13

*“Sow for yourselves righteousness; Reap in mercy; Break up your fallow ground, For it is time to seek the Lord, Till He comes and rains righteousness on you. You have plowed wickedness; You have reaped iniquity. You have eaten the fruit of lies, because you trusted in your own way, in the multitude of your mighty men.”*

\*The nation of Israel was in a sad state of spiritual and moral decline. They enjoyed God’s blessing but stopped seeing God as their source.

What was Hosea’s charge against the Israelites?

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Today’s Prayer Petition

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February 2<sup>nd</sup>

6:00 a.m. to 12:00 p.m.

Day 2

## RETURN

Petition: Returning to Your First Love

Scripture: Revelation 2:4-5

*“4 Nevertheless, I have this against you, that you have left your first love.  
5 Remember therefore from where you have fallen; repent and do the first works, or else I will come to you quickly and remove your lampstand from its place—unless you repent.”*

Have you transferred your love for God to somewhere else? What are some things that may be competing with your love for Him?

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Today's Prayer Petition

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February 3<sup>rd</sup>

6:00 a.m. to 12:00 p.m.

Day 3

## RETURN

Petition: Honesty Before God

Scripture: Psalm 32:1-5

*“1 Blessed is he whose transgression is forgiven, Whose sin is covered. 2 Blessed is the man to whom the Lord does not impute iniquity, And in whose spirit there is no deceit. 3 When I kept silent, my bones grew old through my groaning all the day long. 4 For day and night, Your hand was heavy upon me; My vitality was turned into the drought of summer. Selah 5 I acknowledged my sin to You, And my iniquity I have not hidden. I said, “I will confess my transgressions to the Lord,” And You forgave the iniquity of my sin. Selah*

How did God respond when David was finally willing to “uncover” his sin (v.5)?

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Today’s Prayer Petition

*(Remember to cover up sin is painful and destructive)*

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Wednesday, February 4<sup>th</sup>

6:00 a.m. to 6:00 p.m.

Day 4

## RETURN

Petition: Hope and Healing

Scripture: I John 1:8-10

*“8 If we say that we have no sin, we deceive ourselves, and the truth is not in us. 9 If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. 10 If we say that we have not sinned, we make Him a liar, and His word is not in us.”*

1. **Be Honest** – You must be honest about past and present wounds (Read Psalm 51:6).
2. **Seek Guidance** – Ask for guidance from the Holy Spirit in your healing process (Read John 14:16-18; 16:13-15).
3. **Understand Time** – Growth and change require time (Read Philippians 3:12-14).
4. **Keep Great Expectations** – without hope, we find ourselves going through the motions, not expecting change (Read Hebrews 11:6).
5. **Embrace Accountability** – The Lord wants you to be honest with yourself, with Him, and with someone to keep you accountable. It's crucial to healing and maturity (Read Galatians 6:1-5).

Today's Prayer Petition

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February 5<sup>th</sup>

6:00 a.m. to 12:00 p.m.

Day 5

## RETURN

Petition: "Reasons to Obey God"

Scripture: 2 Corinthians 5:14-15

*"14 For the love of Christ compels us, because we judge thus: that if One died for all, then all died; 15 and He died for all, that those who live should live no longer for themselves, but for Him who died for them and rose again.*

Christ's death on the cross revealed the depth of His love for us. Paul told the Christians in Corinth that his motivation for obedience was Christ's finished work on the cross. If God has given us peace, access, and fellowship with Him, then why don't we desire to live for Him daily?

Three Reasons to Obey God:

1. God Demonstrated His Love (John 3:16; Romans 5:8)
2. Obedience Honors God (I Peter 1:15-16; 2:9; I Corinthians 3:16-17)
3. The Father Keeps His Hand on Us. (Hebrews 12:5-11)

Today's Prayer Petition

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February 6<sup>th</sup>

6:00 a.m. to 12:00 p.m.

Day 6

**RETURN**

Petition: Being a faithful Disciple

Scripture: Matthew 4:19-20

*“And he said to them, Follow me, and I will make you fishers of men.”  
Immediately, they left their nets and followed him.”*

What does it mean to be a disciple of Jesus?

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How can I be a better disciple of Jesus?

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What steps should I take to change my thinking, emotions, and actions?

1. 

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2. 

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3. 

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4. 

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5. 

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Today's Prayer Petition

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2 Corinthians 5:15-20

Galatians 2:20

Ephesians 2:10

February 7<sup>th</sup>

6:00 a.m. to 12:00 p.m.

Day 7

**RETURN**

Petition: Know your Identity

Scripture: Romans 6:5-6

*“For if we have been united with him in a death like his, we shall certainly be united with him in a resurrection like his. We know that our old self was crucified with him in order that the body of sin might be brought to nothing, so that we would no longer be enslaved to sin.*

Paul teaches us that we need to know that we’ve been crucified with Christ. Our union with Christ occurred at the cross, a truth often misunderstood, and because it’s not understood, many people are oblivious to its life-changing implications. This spiritual death means that sin is no longer the core definition of who we are. Our problem is with the flesh in which we live, and not the essence of who we are.

What have you learned about your identity in Christ?

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Today’s Prayer Petition

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## WEEK TWO

February 8<sup>th</sup>

6:00 a.m. to 12:00 p.m.

Day 8

### RENEWAL

Petition: A Change of Mind

Scripture: Romans 12:1-2

*“I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. And do not be conformed to this world, but be transformed by renewing your mind so that you may prove what is that good and acceptable and perfect will of God.”*

Just as sin begins in our minds (as a temptation), repentance begins as the Holy Spirit brings conviction.

What role do our minds play in pleasing God and being transformed into the likeness of Christ?

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How can we train our minds to resist temptation and respond to the Holy Spirit's conviction?

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Today's Prayer Petition

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February 9<sup>th</sup>

6:00 a.m. to 12:00 p.m.

Day 9

**RENEWAL**

Petition: My View of God

Scripture: Ephesians 1:15-21

*15 Therefore I also, after I heard of your faith in the Lord Jesus and your love for all the saints, 16 do not cease to give thanks for you, making mention of you in my prayers: 17 that the God of our Lord Jesus Christ, the Father of glory, may give to you the spirit of wisdom and revelation in the knowledge of Him, 18 the eyes of your understanding being enlightened; that you may know what is the hope of His calling, what are the riches of the glory of His inheritance in the saints, 19 and what is the exceeding greatness of His power toward us who believe, according to the working of His mighty power (Read verses 20-21)*

How accurate are your beliefs concerning God's character? Do you intimately know Him as He has revealed Himself? Or are your perceptions of Him founded on reason, experience, the human examples of parental modeling, and the ideas of others?

Have you had the opportunity to say like Paul in Philippians 3:10?

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Today's Prayer Petition

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February 10<sup>th</sup>

6:00 a.m. to 12:00 p.m.

Day 10

**RENEWAL**

Petition: “Dealing with My Emotional Scars”

Scripture: II Corinthians 5:17

*“Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new. “*

We often try to close many chapters without dealing with our painful past wounds. We attempt to cover up bad choices and painful memories, hoping that time will soothe old sorrows, but a single event can bring us back to our unresolved past.

1. **Ask God to Search You** – Find a quiet place where you won’t be disturbed and ask God to reveal any particular past issues. (Read Psalm 139:23-24)
2. **Forgive** – Forgive all of those who contributed to this adverse situation (read Ephesians 4:32). Thank God that He can use it for good in your life (Genesis 50:20; Romans 8:28) (Forgive them for YOU!)
3. **Reaffirm with God** – That you are free from condemnation (Romans 8:1) and have been made a new creature in Christ (II Corinthians 5:17).

Today’s Prayer Petition

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Wednesday, February 11<sup>th</sup>

6:00 a.m. to 6:00 p.m.

Day 11

**RENEWAL**

Petition: I Must Forgive Others/Humility

Scripture: Ephesians 4:32

*“And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you.”*

One way to inflict punishment on ourselves and others is by refusing to forgive them. We often fail to forgive others and ourselves because we don't believe it's possible. We forget how God has graciously forgiven all of our sins through Jesus Christ's death and rationalize why we can't forgive them. We can't wait for that person to apologize or demonstrate genuine remorse, because that reaction may never occur (see Matthew 18:21-35).

How does God want me to think about forgiveness?

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Today's Prayer Petition

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February 12<sup>th</sup>

6:00 a.m. to 12:00 p.m.

Day 12

**RENEWAL**

Petition: Understanding God's Forgiveness

Scripture: Romans 5:1; 2 Corinthians 5:21

*"Therefore, having been justified by faith, we have peace with God through our Lord Jesus Christ,"*

*"For He made Him who knew no sin to be sin for us, that we might become the righteousness of God in Him."*

As a result of Christ's death on the cross, our sins are forgiven, and God has imputed Christ's righteousness to us. Therefore, we are fully pleasing to God through Jesus Christ. To be justified is to be placed in the right standing with God. It is a judicial act of God by which He declares the one who trusts in Christ to be righteous. The justified person is acquitted of all guilt of sin and is declared holy, righteous, and blameless.

Why do you hold onto guilt and sin? Do you have a proper understanding of God's forgiveness? Do you feel forgiven? Why, or why not?

Today's Prayer Petition

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February 13<sup>th</sup> & 14<sup>th</sup>

6:00 a.m. to 12:00 p.m.  
(Weekend)

Days 13 & 14

## RENEWAL

Weekend Petition: Mission, Vision, and 2026 Church Theme

Scripture: Ephesians 4:11-16

*“11 And He Himself gave some to be apostles, some prophets, some evangelists, and some pastors and teachers, 12 for the equipping of the saints for the work of ministry, for the edifying of the body of Christ, 13 till we all come to the unity of the faith and of the knowledge of the Son of God, to a perfect man, to the measure of the stature of the fullness of Christ; 14 that we should no longer be children, tossed to and fro and carried about with every wind of doctrine, by the trickery of men, in the cunning craftiness of deceitful plotting, 15 but, speaking the truth in love, may grow up in all things into Him who is the head—Christ— 16 from whom the whole body, joined and knit together by what every joint supplies, according to the effective working by which every part does its share, causes growth of the body for the edifying of itself in love.”*

1. What scriptural insight did you receive from this passage?
2. How does God want me to think about \_\_\_\_\_?
3. How does God want me to speak to or about \_\_\_\_\_?
4. How does God want me to behave or act towards \_\_\_\_\_?
5. How does God want me to serve \_\_\_\_\_?

Weekend Prayer Petition

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Thanks for participating in the Family Wide

14 Days of Prayer & Fasting

“A Life Changing Church”



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