

A photograph of a person with long dark hair, wearing a dark beanie and dark clothing, looking down at an open book. The background is a warm, out-of-focus orange and yellow.

cornerstone.

PRAYER AND FASTING

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5 - 16 January 2026

## Dear Cornerstone Family,

As we step into a new semester at Cornerstone, we do so with grateful hearts and great expectation for what God desires to do among us. We sense the Lord inviting us to slow down, to listen closely, and to trust Him more deeply as we move forward together in this New Year.

The words of Scripture remind us of God's heart for this season:

**"Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it?"**  
**(Isaiah 43:18–19)**

And as a church family, we believe God is at work—renewing, refining, and leading us into what He has prepared. Yet we know that we can only walk faithfully into these new things, as we remain fully dependent on Him and surrendered to the work of the Holy Spirit in and through us.

For this reason, we will begin the semester by gathering together for 12 days of Fasting and Prayer. This Prayer Journey is an intentional time for us to seek the Lord, realign our hearts, and allow Him to anchor us once again in the Purpose and Vision He has entrusted to Cornerstone.

Our prayer is that this season will be a sacred space where we hear God's voice clearly, experience His presence deeply, and gain fresh direction as we walk forward in faith—together.

May this be a refreshing, and transformative time with the Lord for you and your family, as we seek Him with expectancy and devotion.

In His Love,

*Chris & Nicola.  
(Joshua & Katie)*

# Fasting

**Here are a few examples of what fasting and prayer can look like for you in the coming days.**

## **Why do we fast?**

**Simply put, fasting aims to turn ourselves and our focus from worldly things and to set our minds and hearts fully on God.**

It is not a way to manipulate God or coerce Him to hear and answer our prayers, but rather to acknowledge our complete dependence on Him. The purpose of fasting is to temporarily give up something that meaningfully uses much of our time or focus while committing that time to prayer.

Fasting awakens us to the reality that we are so often driven by our fleshly desires and appetites. It humbles us and awakens us to our great need for and reliance on God. Let's meditate on a few verses from the Scriptures:

**Ezra 8:23** - "So we fasted and implored our God for this, and He listened to our entreaty."

**Joel 2:12** - "Yet even now," declares the Lord, "return to me with all your heart, with fasting, with weeping, and with mourning..."

**Luke 18:1** - "Now Jesus was telling the disciples a parable to make the point that at all times they ought to pray and not give up and lose heart."

### **Matthew 6:16-18**

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."

As you consider fasting, we want to encourage you to listen to the Holy Spirit. Ask God to lead you in this time of seeking His face. Whether you choose to fast for one day, several days, or the entire two weeks, the point is to humble yourself in a new way and draw near to God.

## **HERE ARE SOME IDEAS OF WHAT YOU COULD DO:**

- You might choose a **selective fast**, **eliminating certain things from your diet**. Eating only fruits and vegetables, what some might call a “Daniel fast,” is an example of this type of fasting.
- Another option is a **partial fast**, which is **refraining from eating for a set period of time each day**. You could choose to fast from a single meal, or from sunrise to sunset.
- **Some of you may feel led to engage in a complete fast:** Refraining from eating and only drinking liquids for particular days or even an extended period of time.
- **If fasting from food is not possible (because of health issues or other reasons), you may feel led by the Lord to fast from something else. For example, you may fast from social media, television, or movies, training at the gym or sports, or certain times or activities on your cell phone. However, whatever you choose, it is between you and the Lord and it should be something meaningful on which you are regularly dependent.**



# Prayer

## **Praying is spiritual breathing, essential for our life in God.**

As we meditate on God's Word, we breathe in the promises and purposes of God. In prayer, we breathe out, responding to God's Word to us. Each day in this guide, there will be one verse and a few prayer responses and requests to guide you in your time of praying. Throughout the 12 or 14 days, you will be praying for specific areas in your Personal Life & Family, for our Church, and for our Mission. Together, let's put our faith into action, trusting in the promises of God for us and for Cornerstone. Below are some helpful tips on how to make the most of this guide.

- **Commit to a specific time each day to devote to prayer.** Find a place where you can be free of distractions and be alone with God.
- **Use the Prayer Points and Scripture** in this guide to focus and fuel your praying. **Write the Daily Scripture and Prayer Point** on a card and carry it with you, post it on your social media, make it the **Screensaver on your phone**—whatever you can think of to keep these prompts in front of you. Use them throughout the day and invite others to join you in praying.

- You can take it a step further by **Journaling** your prayers each day (if you enjoy journaling) or simply writing out your prayers to God. It's a great opportunity to hide God's Word in your heart, working to memorize the verses as you meditate and pray.
- In addition, you may consider ways to **Pray with others** during this season of Prayer and Fasting. Set up a Zoom call with friends or with your overseas family, or with members of your Life Group. Pray together as a family.



# Day 1

## ***“Elohim” – The Creator God***

*(Genesis 1:1; Psalm 33:6; Colossians 1:16)*

*Elohim is the first name used for God in Scripture and reveals Him as the All-powerful Creator. He brings order out of chaos and purpose out of nothing. Everything that exists reflects His wisdom and authority. And because God is Creator...your life is not an accident. When things feel broken or confusing, or without purpose, Elohim reminds you that God can recreate, restore, and renew.*

### **Reflection Questions:**

*Where do I need God to bring order or renewal in my life?*

*How does knowing God as Creator shape my identity and my worship of Him?*

### **Prayer Points:**

1. *Pray for God to bring order and renewal to areas of chaos.*
2. *Thank God for creating you with purpose.*
3. ***Pray for the Lead Team and the Ministry Leaders at Cornerstone.***

# Day 2

## **“Yahweh” – The Self-Existing God**

(Exodus 3:14–15; Hebrews 13:8; Psalm 102:27)

*Yahweh reveals God as eternal, unchanging, and faithful. He exists independent of time and circumstances and remains the same across generations. And because God does not change... His Word and His Promises can be trusted even when life feels unstable.*

### **Reflection Questions:**

*What promises of God do I need to trust today?*

*Where do I need to rest in His faithfulness?*

### **Prayer Points:**

1. *Pray for deeper trust in God's faithfulness.*
2. *Ask God to help you rest in His promises.*
3. ***Pray for the Cornerstone Life Groups and the Life Group Leaders.***

# Day 3

## **“Adonai” – Lord and Master**

(Isaiah 25:1; Psalm 24:1; Luke 6:46)

Adonai emphasizes God's authority and lordship. He is not only Saviour, but Master, deserving obedience and surrender. Calling God “Lord” means yielding control and aligning every area of life with His will.

### **Reflection Questions:**

Is God truly Lord over every area of my life?

Where do I need to surrender control?

### **Prayer Points:**

1. Pray for a surrendered heart.
2. Ask God to help you walk in obedience.
3. **Pray for the Media Team & the Tech Team & the Online Team.**

# Day 9

## ***“El Shaddai” – God Almighty***

*(Genesis 17:1; Jeremiah 32:17; 2 Corinthians 12:9)*

*El Shaddai reveals God as all-powerful and all-sufficient. Nothing is beyond His ability. When you are weak, God's power is made visible. So you must choose and learn to depend on His strength rather than your own.*

### **Reflection Questions:**

*What feels impossible right now?*

*How can I trust God's power instead of my limitations?*

### **Prayer Points:**

1. *Pray for faith in God's power.*
2. *Ask God to help you rely on His strength.*
3. ***Pray for the Worship Team and the Translation Team***

# Day 5

## ***“El Roi” – The God Who Sees***

*(Genesis 16:13; Psalm 34:15; Hebrews 4:13)*

*El Roi reminds us that God sees every detail of our lives. Nothing escapes His loving attention. So whenever you feel unseen or forgotten ... Remember that God - our Heavenly Father assures you that He sees you and He is with you and He cares deeply for you.*

### **Reflection Questions:**

*Where have I felt overlooked or unseen?*

*How does knowing God sees me bring comfort?*

### **Prayer Points:**

1. *Pray for comfort knowing God sees you.*
2. *Ask God to heal feelings of rejection.*
3. ***Pray for the Kids Church and the Teachers***

# Day 6

## ***“Jehovah Jireh” – The Lord Our Provider***

*(Genesis 22:14; Philippians 4:19; Matthew 6:33)*

*Jehovah Jireh is the God who provides at the right time and in the right way. He understands what you are going through today and He knows your needs. Remember that He is faithful. So instead of living in anxiety, you are invited to trust God with your every need (be it physical, spiritual, emotional or financial.)*

### **Reflection Questions:**

*What am I worrying about instead of trusting God?  
How can I practice trust today?*

### **Prayer Points:**

1. Pray for God's strength and help to trust in God's provision.
2. Ask God to release anxiety about needs.
3. ***Pray for the Finance Team***

# Day 7

## ***“Jehovah Rapha” – The Lord Who Heals***

*(Exodus 15:26; Psalm 147:3; Isaiah 53:5)*

*Jehovah Rapha reflects the God who heals physically, emotionally, and spiritually. We have a Loving Father who cares about each of us and who is able to do wondrous miracles. God is able to do so much more than we could even imagine or think and He invites you to bring every wound and pain to Him for healing.*

### **Reflection Questions:**

*What areas of my life need healing?*

*Am I willing to bring them to God?*

### **Prayer Points:**

1. Pray for healing where you are hurting.
2. Ask God to restore broken places.
3. **Pray for the Prayer Team**

# Day 8

## ***“Jehovah Shalom” – The Lord Our Peace***

*(Judges 6:24; John 14:27; Philippians 4:7)*

*Jehovah Shalom is the source of peace that surpasses circumstances and our understanding. We live in a world that is filled with conflict, wars, stress and uncertainty. However, God offers you His peace and He promises to guard your heart, even when doubts arise and also in times of struggles or adversity.*

### **Reflection Questions:**

*What is robbing me of peace right now?*

*How can I actively receive God's peace today?*

### **Prayer Points:**

1. *Pray for God's peace in your heart and over your mind.*
2. *Ask God to calm fear and anxiety and to give you rest.*
3. ***Pray for the the Set-Up Team and the Café Team***

# Day 9

## ***“Jehovah Rohi” – The Lord My Shepherd***

*(Psalm 23:1; John 10:11)*

*Jehovah Rohi shows God as a loving Shepherd who guides and protects His sheep. So you can trust God's direction even when the path is unclear and when the journey may be tough.*

### **Reflection Questions:**

*Where do I need God's guidance right now?  
How can I follow His leading more closely?*

### **Prayer Points:**

- 1. Pray for guidance and clarity.*
- 2. Ask God to help you trust His leading.*
- 3. Pray for the Couples Ministry and the Flex Ministry***

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# Day 10

## ***“Jehovah Tsidkenu” – The Lord Our Righteousness***

*(Jeremiah 23:6; 2 Corinthians 5:21)*

*Jehovah Tsidkenu reveals that our righteousness comes from God through Jesus Christ His Son. It is not based on our own merit. We can do nothing to earn it. So you need to understand that you do not live by your own goodness, but by Christ's righteousness alone.*

### **Reflection Questions:**

*Where do I struggle with guilt or self-reliance?*

*How does Christ's righteousness free me?*

### **Prayer Points:**

1. Thank God for Christ's righteousness.
2. Ask God to help you live uprightly.
3. ***Pray for the Events Team & the Welcome Team***

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# Day 11

## ***“Jehovah Nissi” – The Lord Our Banner***

*(Exodus 17:15; Romans 8:37)*

*Jehovah Nissi declares that God is our victory and defender. He is the one who covers us and protects us. So under God's banner, you can stand firm in spiritual battles and in the challenges of this life.*

### **Reflection Questions:**

*What battles am I facing right now?*

*How can I stand under God's victory today?*

### **Prayer Points:**

1. *Pray for victory over spiritual battles.*
2. *Ask God to strengthen your faith.*
3. ***Pray for our Summer Missions Team to Togo, Africa.***

# Day 12

## ***“Abba” – Loving Father***

*(Romans 8:15; Mark 14:36; Galatians 4:6)*

*“Abba Father” is one of the most significant names of God in understanding how He relates to people. The word Abba is an Aramaic word that means “Father.” It was a common term that expressed affection and confidence and trust. So Abba signifies the close, intimate relationship of a father and his child, as well as the childlike trust that a young child puts in his “daddy.” And God invites us into that relationship with Him this year!*

### **Reflection Questions:**

*How do I relate to God as Father?*

*What would change if I truly viewed God as my Loving Father and lived as His child?*

### **Prayer Points:**

1. *Pray for deeper intimacy with God.*
2. *Ask God to heal father-related wounds.*
3. ***Pray for our Missionary Partners ( in Brazil, Kenya, the Philippines, South Sudan, the Middle East and Togo).***

**This isn't the end!** We have seen God move and answer our prayers. However, that only serves to increase our awareness of our need for His intervention in our lives. It creates a greater longing to see him move. He has delighted us and satisfied us with His great love in so many ways... but that has simply stirs up a greater desire and yearning to be with him. Praying calls us to pray even more!

Jesus made an astounding promise to us when He said:

"You did not choose me, but I chose you and appointed you so that you might go and bear fruit—fruit that will last—and so that *whatever you ask in my name the Father will give you*" (John 15:16).

So God chose us to bear fruit and to bring Him glory. He promised to hear and answer when we pray. What would it look like for you and me to continue to call out to God on behalf of His people and for His purposes in the world? What might God do if we just prayed?

Well, we want to encourage you to continue some of the disciplines you've developed over the past two weeks.

**Maintain** a set time to pray each day. **Commit** to fasting from time to time, as you continue to seek God. Keep a prayer **Journal**, writing out your prayers. **Participate** in Prayer Meetings and other Prayer Gatherings throughout the year. **Print** out our Cornerstone 12-day "Prayer and Fasting Guide" and work through it again later in the year.



And remember:

Plenty Prayer...Plenty Power!

Little Prayer...Little Power!

"... If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land..." -  
2 Chronicles 7:14

In His Love,

*Chris & Nicola.*

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