

A person wearing a white robe is kneeling on a bed of colorful flowers, with their hands raised in prayer. The scene is softly lit, creating a peaceful and spiritual atmosphere. The text is overlaid on this image.

# 7 Days of *Prayer + Fasting*

INFO GUIDE | BIBLE PLAN | DEVOTIONAL



MACKAY CHRISTIAN  
FAMILY CHURCH

*One thing* HAVE I DESIRED OF THE LORD,  
THAT WILL I *seek after*; THAT I MAY *dwell*  
IN THE *house of the Lord* ALL THE DAYS OF  
MY LIFE, TO *behold the beauty of the Lord*,  
AND TO ENQUIRE IN *His temple.*

PSALM 27:4

# Welcome

We are creating intentional space within our community to press into God and believe for His Kingdom to come in a greater measure over our church and city. Our vision is to stir hunger and dependency on God and we believe there will be a new foundation of intimacy with Jesus as we behold His manifest presence.

Our prayer is that during this time of consecrated communion before the Lord, you will find fresh revelation in His Word and deepened intimacy in prayer. We believe that the Lord will usher in new understanding about Himself as you read through each day's devotional and your response as you see a new facet of Jesus would be like the angels; "Holy!"

On the following pages you will find more information on fasting, plus our reading plan and devotional.

Online you can also find a prayer resource and worship playlists to help fuel your time spent with the Lord each day ([mcf.org.au/fast](https://mcf.org.au/fast)). In addition, please feel free to reach out to our MCF team for further information.

We bless you as you dive into this time of prayer and fasting!

info@mcf.org.au  
4963 1155

# WHAT IS FASTING?

Fasting is the practice of abstaining from food for the purpose of seeking God in a deeper measure than what we usually do. It is 'going without' in a physical sense, to 'go with' more of the Lord as our all-sufficient One.

Fasting is mentioned multiple times across the Old and New Testaments in the Bible – one of which is Jesus' Sermon on the Mount in Matthew 6. We see in verse 16, Jesus says "*when you fast*" - whilst it is not a command that Jesus orders, it is an expectation that He has on us believers that we would continue to hold to the practice of fasting throughout our spiritual walk.

# WHY DO WE FAST?

There are many reasons why we fast. Some include deepening our relationship with the Lord, seeking Him for direction, believing for breakthrough in a certain area, or obedience to a prompting from Holy Spirit.

Fasting is an important (whilst uncomfortable) spiritual discipline that we should implement into our walk as Christians. We are putting our spirit man above our flesh (1 Cor 9:27) and increasing our dependency on God. The goal of fasting is not merely to go without something, but to feast on more of Him and let His presence sustain you; allowing Him to, quite literally, be our daily bread (Matt 6:11).

There is a divine invitation waiting for you as you intentionally carve out time to feast on the Lord and press into the unending depths of His Presence.

# SOME PRACTICALS

## ■ **DECIDE HOW LONG YOU WILL FAST**

- Set a start and end date - together as an MCF family, we will be fasting from 1-8 February
- Decide what you will fast - here are some common examples
  - Water only
  - Liquid only (raw juice, smoothies, broths, protein shakes, etc.)
  - Daniel (vegetables/fruits/legumes/whole grains/nuts/seeds only)
  - Restricting certain foods (sugar, dairy, gluten, meat, etc.)
- Fasting from food for certain hours of the day
- You can add other limitations/detoxes, such as social media, TV shows, secular music, gaming etc.

## ■ **SET ASIDE TIME FOR PRAYER AND SEEKING THE LORD**

- Use the time that you would be cooking/eating to seek God
- When you feel hungry, press into the Lord and ask him to meet you there
- Go on prayer walks
- Have an accountability partner

## ■ **KNOW PRAYER POINTS/GET VISION FROM THE LORD ABOUT WHAT TO FOCUS ON FOR THIS FAST**

- Write down some prayer points and what you want to see happen during this fast
- Have a Bible reading plan (available online and physical)
- Journal your revelations and encounters with the Lord

## ■ **STARTING AND ENDING YOUR FAST**

- It is important to ease into and ease out of a fast
- Refrain from having large meals before you start the fast and when you end it
- No matter what type of fast you do, it's important to drink lots of water

## ■ **HEALTH CONCERNS**

- If you feel unwell or sick- stop your fast. It is important to listen to your body.
- If you have any pre-existing health conditions that may interfere with fasting, consult with a doctor before you start.

## *Reading Plan*

Matthew 4, Matthew 5:1-11, Psalm 27

## *Devotional*

### **True Hunger**

Matthew 5:6

In our modern/Western world, true hunger is something we seldom experience. It is rarely comparable to the hunger experienced in the time that Jesus walked the earth, or that many across parts of the world still experience today. We live in a time of quick comfort, convenience, takeaway, and microwave meals.

True hunger brings discomfort and the desire to eat, yet just as we can fill up on convenient foods that numb our appetite for what is nourishing, we can do the same spiritually. In a world of quick comfort, are we hungry for the things of God? For more of His Word? More of His Presence? More of His righteousness? Or are we filling ourselves with things that leave us unsatisfied and dull our hunger for the things of the Kingdom?

Often, if we are going to succeed in eating healthily, meal planning is required. We must look at our budgets, plan meals, buy the ingredients, and then spend the time cooking and preparing them. Are we doing the same spiritually? Are we budgeting our time so that it is not wasted on quick comfort and convenience? Are we setting time aside to feed our spirits regularly? More than just a quick snack here and there but truly nourishing our spirits?

I feel God is stirring a hunger over His people, and this year I want to step out from comfort, convenience and hunger to feed my spirit and walk in righteousness, becoming more like Him every day.

### **PRAYER:**

Lord, this year I pray that You would open my eyes to any areas where I am putting comfort and convenience over hungering for righteousness and relationship with You. Help me to be intentional with my time and seek You first in all things. In Jesus' name, Amen.

# Reading Plan

John 1, John 8:1-32

## Devotional

### Followers of Jesus

John 1: 14-18

Before He was Jesus, from the beginning of time He was The Word. He came to show us His glory and that of the Father.

And what is this glory? Verse 14 tells us clearly. He is “full of grace and truth”. Again in verse 17 and 18: “grace and truth came through Jesus Christ ... He has declared Him [the Father]”.

As followers of Jesus, our hallmark should also be becoming “full of grace and truth”. As we know Him more, let Him build in us a compassion, a love, a forgiving and accepting grace that sees people increasingly drawn to the Father through us. We leave God as Judge and simply give grace.

Yet while we love, with abundance and grace, we can remain solid in truth; not truth as a weapon to accuse, or a yardstick to punish, but as simple conviction of God’s best interests for us and all mankind. Be willing to answer and offer truth in all circumstances, in a way that invites the world in to explore more of the revelation and goodness of our God.

### PRAYER:

Father, let me be a seeker and speaker of Your truth in all things. Teach me to search out Your principles that equip me for life. Show me Your answer for [my question or situation]. And as I know You more, equip my heart with Your grace for myself and those around me. Let grace and truth be Your glory on display through my life. Amen.

## *Reading Plan*

Matthew 6, Hebrews 12

## *Devotional*

### **Pursue Peace and Holiness in 2026**

Hebrews 12:14

A wise man once said: "All problems are relationship problems". In life we enjoy days of celebration, like birthdays, wedding days, graduations etc. These are important to celebrate.

But the Christian life consists of many days without celebrations.

These are the days we go to work and school or do our chores at home.

Also, when we get married, or get involved in church, there is a time of honeymoon in the beginning. But after that comes the daily grind where we put the plough down and get to work. At this stage, we can be hurt by each other's words and actions.

Offence is one of Satan's tactics to demotivate people from continuing a relationship or ministry. If we prayerfully handle our relationships at church, we can overcome offence by not letting our emotions rule.

Last year we talked about difficult relationships in our Connect group and I decided to carefully approach a person who I had not talked with for 5 years. The Connect group prayed for the conversation. By God's grace it went well. It may not always be possible, but there is a blessing in pursuing peace with people.

Let this be a year where we realise that we might not have a long time to mend a relationship before Jesus returns. And even if we have a long time, let us still pursue peace!

### **PRAYER:**

I thank You Lord, that You teach us the importance of forgiveness. If any of us need to make things right with a brother or sister in or outside church, then I pray for boldness and simplicity of heart to do so. In Jesus' name, Amen.

## *Reading Plan*

Psalm 37, Ephesians 2, 1 Corinthians 2

## *Devotional*

### **Maintaining Your Focus**

1 Corinthians 2:2

We each face the challenge of how to stay focused in our shifting world where there are so many things contending for our attention. Our desire is to live Christ-centred, following His example, and to remain focused on Him and committed to fulfilling the tasks that He has set before us to accomplish as we see in Eph. 2:10.

So, what are some practical steps we can take to maintain our focus in a world of distractions in order to complete all that He has for us to do? Read the words of Paul in 1 Corinthians 2:2. He is saying he doesn't want to get off message - it's always about Christ and Him crucified no matter what is going on around us. When we get this right, then everything falls into place.

Our actions will reflect our focus. Our mission focus under heaven is to introduce the world to Christ, not to biblical morality. We must proclaim Jesus as Lord, Saviour, and Judge, like the early church and apostles did, proclaiming Jesus as the only One who can make peace with God; who alone can forgive sins for all who believe in Him. When He is first in our lives, then everything He has placed in us to do will come to life.

Psalm 37:4 - Do what the LORD wants (delight in Him), and he will give you your heart's desire.

### **PRAYER:**

Lord, would You simplify my focus and pursuit to truly be Jesus and Jesus alone? Highlight any areas in my life where double-mindedness may be creeping in. Amen.

# Reading Plan

Deuteronomy 8, John 6

## Devotional

### Come and Feast

John 6:47-58

It may seem cruel to be reading about bread and wine during a church fast but there is no better time of year to be reflecting on our spiritual diet. There is an ongoing invitation for us, as the body, to be partaking daily in the feast that the Lord has prepared for us.

Earlier in John 6, Jesus fed the 5000 from 2 fishes and 5 loaves, with 12 baskets left over. We can see that Jesus has just proven that He will provide for our physical needs and demonstrates this through a miracle of multiplying food, and now He is teaching the most important provision of food — the offering of Himself.

“Anyone who eats my flesh and drinks my blood remains in me, and I in him. I live because of the living Father who sent me; in the same way, anyone who feeds on me will live because of me. I am the true bread that came down from heaven.” It is no coincidence that this teaching comes the day after feeding the 5000. Yes, we need physical food to sustain our strength, energy and to live. However, eternal living is found only through the eating and drinking of Jesus.

Jesus is the true bread and wine that we can come to the table and feast upon. This invitation does not expire; we can come and eat of His Word and His Presence as much as we want, as many times a day as we want! Perhaps we've starved ourselves of His flesh and blood at times during our life and instead focused on physical food to sustain us. This fast is the perfect opportunity for us as a body to come and eat and drink of Him. Pull up a chair at the table that He has prepared for us.

### PRAYER:

Thank You, Lord, that You have a feast prepared for us. We can come and drink freely of You. Amen.

## *Reading Plan*

Mark 5:24-34, Colossians 1

### *Devotional*

#### **What Are You Believing For?**

Colossians 1:17

When we read this story from the gospel of Mark, we see someone who has heard of Jesus and the miracles He has performed and is looking for a miracle of her own. So, she takes action, goes after Jesus with a purpose, knowing what she wants from Him and by faith she is healed.

As we “continue in the faith, not shifting from the gospel we have heard,” believing in “the firstborn of all creation”, we remember that by Him all things were created. Does He not have dominion over your circumstance? Is there something that you’re believing for? Have you brought it before God? If you haven’t, I’d encourage you to take some time to think of a need you or someone you know might have.

Once you have your ‘goal’ in your quiet time, petition the Lord in prayer. Believe by faith that the blood of Christ has the power to change circumstances and to bring the miracle to your situation.

#### **PRAYER:**

Holy Spirit, reveal to me if there is an area of my life where I am lacking in faith. As I sit with You in the secret place, I declare Jesus’ blood over [the miracle you’re praying for] and as I reach out in faith, would You have Your way? Amen.

## *Reading Plan*

Proverbs 3, Matthew 18, 1 John 3

### *Devotional*

#### **Like a Child**

1 John 3:1

There is something beautiful about the way a child trusts. A child does not worry about tomorrow's needs; they simply believe that someone who loves them will provide. Jesus calls us to that same posture of heart — simple, humble, and dependent.

To believe like a child is to trust God even when we don't have all the answers. It's to step forward in obedience, expecting that He will guide, provide, and protect. Just as a child looks to their parent for direction, we can rest in God's promises, confident that His love is steadfast.

God is inviting us to come back to childlike trust: open hands, honest prayers, and hearts that believe He is good even when we don't understand. Being like a child means choosing trust over fear and surrender over self-reliance.

When we lean fully on God, we find rest. We stop performing and start abiding. We stop carrying burdens we were never meant to hold. Like a child running into the arms of a loving parent, we are invited to run to our Heavenly Father—just as we are.

Today, ask yourself: Where have I stopped trusting God simply? What would it look like to place that situation back into His hands?

#### **PRAYER:**

Father God, teach me to trust You like a child. Help me to release control and rest in Your love. I choose to depend on You fully today. Amen.

## *Reading Plan*

Romans 12, 2 Corinthians 2

## *Devotional*

### **What Do You Convey?**

2 Corinthians 2:14-15

When the Bible speaks of fragrances, it refers to more than the odours that catch our attention as they can be both earthly and heavenly, indicating the spiritual dimension we surround ourselves with. We see this expressed in the Old Testament — the use of fragrance is prominently featured in the tabernacle and temple worship as fragrance in worship symbolises purity, holiness, and the desire for communion with God.

When we engage in worship, it's not just about singing songs; it is about opening our hearts and souls to God and acknowledging His greatness, which in turn should bring us to a place that reflects our love and devotion to Him. Our worship is as a fragrance that rises to Him, and it delights His Spirit, much like the sweet aroma of incense. It creates a heavenly scent that fills our atmosphere and invites His Presence. This in turn will release joy, peace, contentment, and will draw folks to Him.

But what if we are carrying unforgiveness, resentment or deep-seated anger towards others? What fragrance do we carry then?

In the desert, certain cactus flowers smell like dead meat! That smell the cactus flower produces comes out in the form of a vapour that can be detected by infra-red light, which is the way many insects see things, especially flies. For them, that frequency and colour mean it's something good to eat, so they're drawn to it. The key is the smell which attracts

*CONTINUED >>>*

the flies - they are used to pollinate the flower as there are no bees in the desert.

As you review your life at this time, remember we are supposed to be the fragrance of YHVH in Christ Jesus — being attractive to God Himself and His angelic host. If you are not carrying the fragrance of Jesus with what He is doing inside your life, then you are going to be attracting something else.

When we embrace our faith and share it with others, we become a fragrance of hope and encouragement. True worship not only uplifts our own spirits but also encourages others to see and reflect God's love.

By embracing our true identity through Christ, we become living testimonies of faith, inspiring those around us to find their own path in their times of darkness.

**PRAYER:**

Father, ignite within us the fire of Your love and freshness of Your Spirit, that we may draw closer to You and draw others to You. Let Your righteousness and goodness reflect through us like an ever-burning flame, releasing the fragrance of heaven upon those You draw near to us. Amen.





[mcf.org.au/fast](https://mcf.org.au/fast)