



21 Days of Prayer & Fasting

MON 5TH - SUN 25TH JANUARY 2026

Evening Prayer Meeting
Every day @ 8pm



zoom

Meeting ID: 863 9903 5091
Passcode: 222222



HOW TO FAST EFFECTIVELY (GUIDE)

WHAT IS FASTING?

Biblical fasting is a spiritual discipline that Jesus Himself encouraged while He was on earth. (Mathew 6:17-18) It refers to voluntary abstaining from food and drink for a specific period and for spiritual purposes (humbling yourself to seek God's face.) (Read Isaiah 58)

Fasting means putting away things you find pleasure in for the sake of God. It means pushing away things that are pleasant for you to seek God's face - for instance, love of tea, coffee, cake, chips, chocolate, etc. It could also include things like social media, TV, etc. Fasting is essentially saying, *"This much Oh God, I need you, I thirst for you"*

This is an "I GET TO experience God thing". It is like going into heaven for a tune-up, so we can keep our passion for God and enjoyment of Him at a high level. Figure out what works for you, commit to it, and make it a part of your Christian experience forever. It should be a lifestyle for every Christian. Fasting should go hand in hand with prayer, otherwise, it'll just be a hunger strike!

WHAT DOES FASTING DO?

Fasting increases your control over your life. We are spirits enclosed in bodies, however, most of the time, we let our bodies control our spirits. Fasting puts the control back in our hands so that our bodies can become servants to the Lord. Fasting does not change God and His standards of righteousness or His will, but it changes us. In other words, God doesn't need it, we do!

- **Fasting Changes things:** Fasting changes the destiny of nations and individuals. (Jonah 3:5-10). God will not despise a broken and contrite heart (Psalm 51:17)
- **Fasting brings God's power into difficult situations:** Divine guidance and wisdom come as we wait on God in prayer and fasting. (Deuteronomy 9:7-11)
- **Fasting revives us:** The power of self is reduced through surrender and God can then have greater freedom to work in us. (Philippians 2:13)
- **Fasting purifies us spiritually:** It is a spiritual discipline that keeps us engaged with God when we willingly give up our pleasures to focus on God.
- **Fasting leads to brokenness:** Fasting being an expression of humility and repentance, helps us in our submission and reverence of God as He works in us.

Substituting Meals

- Each day many of us are likely to spend a lot of our time on meals - thinking about what we're going to eat, then shopping, then cooking, then serving it, eating, and eventually cleaning up! It's possible to spend multiple hours of our day just on food.
- However, when you are on a fast, you are able to clear out that extra space so you can create time with God, and that is something that pleases God.
- Fasting can ideally save you so much time, that you may not even know what to do with it! That is why our encouragement is that during the fast, all meal times should be spent in prayer and the word.
- In essence, at meal times, don't stick around your office or class, vanish! Take a prayer walk, or sit somewhere outside and read your bible and pray.

Every one of those days, spend extra time with the Lord. You could for example read 5 books of the bible in one week! In the evening, cook and take care of your family if they are not fasting - sit on the table and bless them - and participate in your family devotions! Pray for your family.

DIFFERENT TYPES OF FASTS

A number of fasts exist; these include:

- **PARTIAL FAST** – Having a restricted diet like Daniel did for the duration you have proposed. (Daniel 10:2-3)
- **NORMAL FAST** — when you skip meals all through the day and have one meal at night OR a Liquid Fast when you skip all meals and only take water and juices
- **ABSOLUTE FAST** – This is a dry fast where you can go up to 3 days without water and food. (Esther 4:16)

We are encouraging our community to engage in a normal or liquid fast for the 21 days but as you feel led!

A liquid fast means no solid food, when you are essentially denying yourself the greatest pleasure of life - eating food! In the scriptures, we see the likes of Moses, Daniel, Ezekiel, and Jesus engaging in these types of fasts at different points.

PREPARING FOR YOUR FAST

Here are some of the simple tips to help you prepare for your fast:

1. Set an objective for your fast.

Is there something you want to trust God for this season? Is it a spiritual renewal and growth? Is it for guidance? For healing? For the resolution of a certain problem in your life and family? For special grace to handle a difficult situation?

Ask the Holy Spirit to clarify what He wants you to take away from this time. This will enable you to pray more specifically and strategically.

2. Commit to your fast

For Jesus, it was a matter of when, not if, his followers would fast. (Matthew 6:16-18; 9:14-15). Before you fast, decide on...

a. How long you will fast?

We are doing a 21-day community fast. If you are unable to commit to that long, I encourage you to at least go for 7 days or 14 days.

b. What type of fast?

We are encouraging a liquid fast for our community, but if you have a serious health condition, please consult with your doctor before you begin.

c. What physical or social activities will you restrict?

While you should be able to carry on with many of your normal activities, you could choose to restrict some in order to focus on prayer.

d. How much time each day will you devote to prayer and God's Word?

The idea is to substitute your normal meal times with time in prayer. However, you could, for example, decide to do a one-hour prayer walk each lunch time to pray through the items on the prayer guide.

Making these commitments ahead of time, writing them down and even sharing with someone you trust will help you sustain your fast when physical temptations and life's pressures tempt you to abandon it.

3. Prepare Spiritually

Pray about your upcoming time of fasting. Ask God to give you an expectant heart and show you any areas of your life that need to be aligned to His will. Pray for spiritual protection over yourself and your family as you fast. The enemy will often intensify the natural battle between body and spirit (Galatians 5:16-17).

4. Prepare Physically

Don't binge eat before the fast begins! Cut down on caffeine, high fat and sugary foods several days before the fast. Raw fruits and veggies are a great way to condition your body for the fast!

The Importance of Water:

- While fasting, drink a lot of room-temperature water.
- The average temperature in your body is 56 degrees - cold water could easily shock your system leading you to end up with gastric cramps. Even for juice — don't drink iced drinks, especially after the 3rd day of your fast. Hot drinks can also help.
- Try and drink at least 8 glasses (2L) of room-temperature water a day; this will help your system clean itself up. For juices, stick to non-acidic juices such as apple, papaya, sugarcane, watermelon, grapefruit, or coconut. Herbal tea without caffeine with a little honey also works.
- Remember, whenever gastric juices cause you irritation and acidity - drink water.

TIPS WHEN FASTING

1. Drink lots of water. (at least 2L daily at room temperature)
2. Spend your freed-up meal times in prayer and reading God's word
3. Go to work – you'll be even more productive! Exercise regularly. (Though modest)

4. Look nice, dress up, clean up. Don't go around announcing to everyone! If anyone asks, why aren't you eating? Then say; oh, I am not eating today; That's it! Don't get into any arguments about it.
5. When breaking your fast, do it gradually, begin by drinking fluids or very light meals as your body adjusts. Never break a long fast with solid protein, could cause you harm!
6. Have an accountability partner or a prayer partner; After all the Bible says, two are better than one! (Ecclesiastes 4:9)
7. Expect Transformation- Long for and expect change as you fast. Seek to draw closer to God and learn His will.

There's more of the Spirit and more of God than any of us are experiencing. I want to go there, not just intellectually, but in life, with everything I am (Francis Chan..) Can this be our prayer too? As an individual? As a Church?



21 Days of
**Prayer &
Fasting**

**5TH TO 11TH
JANUARY 2026**

WEEK 1:
THANKSGIVING
& PERSONAL
PRAYERS

Evening Prayer Meeting
Every day @ 8pm



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21 Days of
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Monday 5th January 2026: Gratitude for Salvation through our Lord and Savior, Jesus Christ

John 3:16-17 (NIV): For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. For God did not send his Son into the world to condemn the world, but to save the world through him.

• ***Additional scriptures***

Colossians 2:6; Psalm 128:1

Reflection: Salvation is a precious gift, not a guarantee we earned. When we recognize God's presence in every breath and blessing, gratitude transforms our hearts. A humble spirit acknowledges we are saved by grace. In acknowledging His grace, we thank God for reverence. The fear of the Lord is the foundation of wisdom and the beginning of a blessed life. It is reverence, awe, and deep respect for our Creator, acknowledging His sovereignty and choosing obedience over our own understanding. As we walk in this holy fear, we position ourselves to receive His guidance, protection, and favor. Today, we thank God for drawing us into a relationship with Him and teaching us to honor the Name of our God and Father, Jesus Christ our Lord and Saviour, with the counsel of the Holy Spirit, above all else.

- **Thank God for the gift of salvation through Jesus Christ our Lord and Savior.**
- **Express gratitude for God the Father's unfailing love, Jesus the Son who is our redemption, way, truth, life, peace and wisdom, and the Holy Spirit our guide and comforter.**
- **Thank God for revealing Himself to you and inviting you into a relationship of reverence and trust.**
- **Praise God for His holiness, majesty, and awesome power that deserves our deepest worship. Thank Him for His mercies that are new every morning and His grace that sustains us daily.**
- **Thank God for the gift of His Word that teaches us how to walk in obedience and righteousness.**
- **Praise God for the wisdom that comes from fearing Him—guiding decisions, relationships, and life direction.**
- **Thank God for the privilege of being called His child and for the inheritance of blessing promised to those who fear Him.**



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Tuesday 6th January 2026: Thanksgiving for love and unity in families

Romans 12:9–10 (NIV): Love must be sincere. Hate what is evil; cling to what is good. Be devoted to one another in love. Honor one another above yourselves.

Additional scriptures

John 13:34–35; Colossians 3:16; Psalm 136:1

Reflection: Love is the heartbeat of God's kingdom and the foundation of every healthy family. Scripture reminds us that His love endures forever and calls us to let Christ's message dwell richly among us. True love is sincere, honoring others above ourselves (Romans 12:9–10), and Jesus commands us to love one another as He has loved us. This love is not just words but practical actions, patience, kindness, forgiveness, and service. When families walk in this love, they reflect Christ to the world and create an atmosphere of peace and unity. Today, we thank God for His unfailing love and pray that our families and homes become living testimonies of His grace, where love is expressed in tangible ways every day.

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- Thank God for His unfailing love and faithfulness to us.
- Praise God for the gift of family, as we all come from a family. Thank God for the family we are in and for every member, for the bond we share, and for the opportunity to form bonds and grow together in love.
- Thank God for teaching us to love practically. Praise Jesus for showing us what true love looks like, patient, kind, truth, grace, and sacrifice.
- Thank God for unity and peace in the family. Thank God for moments of harmony and understanding among family members and helping us overcome conflicts and for the peace that comes from the Holy Spirit.
- Thank God for His Word that guides our love. Express gratitude for the Word that teaches us to love sincerely, honor one another, and dwell in unity and for the wisdom and grace to live it out daily.
- Praise God for forgiveness and reconciliation that restores relationships.
- Thank God for making our families a testimony of His love.



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Wednesday 7th January 2026: Thanksgiving for God's favor

Colossians 1:11-12 (NLT): We also pray that you will be strengthened with all his glorious power so you will have all the endurance and patience you need. May you be filled with joy, always thanking the Father. He has enabled you to share in the inheritance that belongs to his people, who live in the light.

Additional scriptures

1 Peter 2:9; Psalm 100:4; Psalm 148:14; Psalm 95:6-7

Reflection: We bless God for His favor, it is a gift flowing from His love and grace. Scripture reminds us that we have been strengthened with His glorious power and invited to share in the inheritance of His people. We are chosen, set apart as a royal priesthood, and called out of darkness into His marvelous light. We acknowledge that every blessing, every open door, and every victory comes from Him. Today, we thank God for His favor that lifts us, honors us, and makes us strong, positioning us to reflect His goodness in every sphere of life.

- **Thank God for your identity in Christ. Give thanks that you are chosen, a royal priesthood, a holy nation, and God's very own possession, called to reflect His goodness.**



21 Days of Prayer & Fasting

- Thank God for access to His presence. Express gratitude for the privilege of entering His gates with thanksgiving and His courts with praise, freely worshiping Him.
- Thank God for His favor that honors and lifts you. Appreciate the Lord for honoring His faithful ones, making you strong, and positioning you for influence and impact.
- Thank God for His strength and endurance. Express gratitude for God's glorious power that strengthens you with endurance and patience in every season, enabling you to stand firm in faith.
- Thank God for joy and a grateful heart. Praise Him for filling your heart with joy and teaching you to live in continual thanksgiving, regardless of circumstances.
- Thank God for deliverance From darkness and difficult situations. Thank Him for calling you out of darkness into His marvelous light and giving you the opportunity to live as a testimony of His grace.
- Thank God for the favor that opens doors. Praise Him for every blessing, opportunity, and victory that comes through His favor and grace upon your life.

Thursday 8th January 2026: Thanksgiving for the gift of labor

Psalm 128:2 (NIV): You will eat the fruit of your labor; blessings and prosperity will be yours.

Additional scriptures

Proverbs 14:23; Colossians 3:23–24 Ecclesiastes 3:13; 2 Thessalonians 3:10–12

Reflection

Work is not a burden but a gift from God, a means through which He blesses us, provides for our needs, and allows us to participate in His creation. Every effort we make, every skill we use, every opportunity to serve is an expression of His grace working in and through us. Today, we give thanks for the strength to work, the opportunities before us, and the fruit that comes from labor done unto the Lord in the Kingdom.

- **Thank God for the strength, health, opportunity, and ability to work and contribute meaningfully each day.**
- **Praise God for the skills, talents, and opportunities He has entrusted to you for His glory.**



21 Days of **Prayer & Fasting**

- **Thank God for every provision that has come through your labor, food, shelter, resources, and more.**
- **Praise God for favor in your workplace, business, ministry, or area of service (sphere of influence).**
- **Thank God for the satisfaction and dignity that come from honest, diligent work. We also take the opportunity to pray for those looking for an opportunity, transitioning into another opportunity, or starting an enterprise.**
- **Praise God for blessing the work of your hands and causing it to bear fruit that lasts.**
- **Thank God for using your labor to bless others and advance His kingdom purposes on earth and becoming Christlike as you engage the world.**

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Friday 9th January 2026: Thanksgiving for fruitfulness

Genesis 1:28 (NIV): God blessed them and said to them, 'Be fruitful and increase in number; fill the earth and subdue it. Rule over the fish in the sea and the birds in the sky and over every living creature that moves on the ground.

Additional scriptures

John 15:5; Galatians 5:22-23

Reflection: Fruitfulness is God's design for our lives, not just in biological terms, but in every area where He desires multiplication, growth, and abundant life. Whether in family, ministry, relationships, spiritual maturity, business, career, or any sphere of influence, God delights in seeing His children flourish. Today, we thank Him for the fruit He has brought forth in our lives, for the blessing of those around our tables, and for the promise that in Christ, we will bear fruit that remains.

- **Thank God for the blessing of family, spouse, children, parents, siblings, and extended relatives.**
- **Praise God for spiritual fruitful growth in character, faith, love, and obedience to God and His Word.**
- **Thank God for the relationships He has placed in your life that encourage, sharpen, and bless you to be Christlike**



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- Praise God for fruitfulness in ministry, work, and every sphere of influence He has given you.
- Thank God for the legacy of faith being passed down through generations in your family.
- Praise God for answered prayers and for seeds sown that are now bearing visible fruit.
- Thank God for the promise that as you abide in Christ, you will continue to bear much fruit for His glory.

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Saturday 10th January 2026: Thanksgiving for healing and comfort

***Psalm 147:3(NIV): He heals the brokenhearted
and binds up their wounds.***

Additional Scriptures

***Proverbs 18:10; 1 Thessalonians 5:18 ; Psalm 103:2–
3; Isaiah 53:5; 2 Corinthians 1:3–4; Jeremiah 17:14***

Reflection: In a world marked by pain, sickness, and loss, our God stands as the Great Physician and the Father of all comfort. He does not leave us in our suffering but draws near to heal, restore, and sustain us through every trial. Today, we give thanks for Jesus' Christ's healing touch, whether spiritually, physically, or emotionally, and for the comfort He provides in our darkest moments. Whether we are walking through illness, grief, or difficulty, we anchor ourselves in the truth that He is near and His love endures forever.

- **Thank God for every healing you have experienced, physical recovery, emotional restoration, or spiritual renewal.**
- **Praise God for being your Comforter in times of grief, loss, disappointment, and pain.**
- **Thank God for sustaining you through illness, weakness, or chronic conditions with His grace and presence.**



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- Praise God for doctors, nurses, medics, other good samaritans, medicine, and treatments He has used as instruments of healing in your life.
- Thank God for the comfort of the Holy Spirit who strengthens you when you are weary and burdened.
- Praise God for being close to the brokenhearted and for binding up every wound with tender care.
- Thank God for the ultimate healing and restoration that will be fully realized in Christ's eternal kingdom.

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21 Days of
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Sunday 11th January 2026: Gratitude for God's faithfulness in our lives

***Isaiah 65:24 (NIV): Before they call I will answer;
while they are still speaking I will hear.***

Additional scriptures

Psalm 138:8 (MSG); Philippians 2:5-11 (NIV)

Reflection: God's faithfulness over the last 30 years. God has been faithful in every way and we share our deepest gratitude for His doing in our personal lives, families and as the body of Christ. When we trust Him to finish what He started in us, we walk in faith (Hebrews 11:1) and please Him (Hebrews 11:6). Gratitude in God makes us thoughtful of others, and allows people to see Christ in us. As we close this week, let thanksgiving overflow into every area of your life.

- **Thank God for His faithfulness in answering prayers, both the ones you voiced and the ones He answered before you even knew to ask.**
- **Praise God for completing the good work He began in you and for never quitting on you despite your failures, doubts, or seasons of wandering. Thank Him for His persistent love that pursues, refines, and transforms you into the image of Christ.**

- Thank God for His faithfulness to your family, for protection, provision, healing, unity, and spiritual growth across generations.
- Thank God for His faithfulness in difficult seasons, times of illness, loss, financial struggle, uncertainty, or spiritual dryness, when He carried you through and proved Himself as your refuge and strength. Acknowledge that even when you couldn't see His hand, He was working all things together for your good.
- Thank Him for His Word that guides our hearts and his doing in the body of Christ including continued growth, impact, and spiritual influence that has an Ephesians 3:20 impact for the Glory and Honour of God.
- Praise God for the faithfulness of Christ Jesus, who humbled Himself, became obedient to death on a cross, and now holds the name above every name. Thank Him for the salvation, redemption, and eternal life made possible through His ultimate act of faithfulness.
- Thank God for the promise that His faithfulness will continue that He who began a good work in you will carry it on to completion until the day of Christ Jesus. Declare your trust in His eternal love and His commitment to finish what He started in your life, family, and community.



21 Days of
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**12TH TO 18TH
JANUARY 2026**

***WEEK 2:
THE
CHURCH***

Evening Prayer Meeting
Every day @ 8pm



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21 Days of
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Fasting**

Monday 12th January 2026: Thanksgiving for 30 Years of God's Faithfulness

Psalm 100:4–5: “Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name. For the Lord is good and his love endures forever; his faithfulness continues through all generations.”

Additional Scriptures: ***Lamentations 3:22–23; Psalm 136:1; Psalm 118:1; 1 Chronicles 16:8–12***

Reflection: We begin this new year by remembering and celebrating the faithfulness of our God. For 30 years, the Lord has shepherded Karura Community Chapel—guiding, sustaining, correcting, providing, and transforming lives through His steadfast love. As we look back, we see leaders who obeyed God's call, members who served sacrificially, ministries birthed in prayer, and lives changed by the gospel.

As we give thanks, we anchor ourselves again in Christ—the One who builds His church and remains faithful from generation to generation. May this gratitude ignite a deeper hunger for His presence, an outpouring of His Spirit, and a renewed commitment to lift the name of Jesus in everything we do.

- **Thank God for 30 years of unwavering faithfulness, guidance, and spiritual growth.**



21 Days of **Prayer & Fasting**

- Praise God for the founders, pastors, elders, and leaders who obeyed His calling.
- Thank God for every member who has served faithfully in big and small ways.
- Praise God for the many lives transformed through preaching, discipleship, and community.
- Thank God for sustaining every ministry and empowering their work for God's glory.
- Praise God for growing us into a Christ-centred, mission-minded community of believers.
- Thank God for His constant presence, protection, and provision over the church family.

Evening Prayer Meeting
Every day @ 8pm



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21 Days of
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Tuesday 13th January 2026: Strengthening of the Church

Ephesians 4:11–13: “So Christ himself gave the apostles, the prophets, the evangelists, the pastors and teachers, to equip his people for works of service, so that the body of Christ may be built up until we all reach unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ.”

Additional Scriptures:

Colossians 1:28; Acts 2:42–47; Hebrews 10:24–25; 1 Corinthians 12:12–27

Reflection: A strong local church is God's chosen vessel for discipleship, mission, community transformation, and generational impact. Today we pray that Karura Community Chapel will continue maturing in Christ—marked by unity, love, humility, spiritual depth, and unshakeable devotion to God's Word. We ask the Lord to pour out His Spirit afresh, anchoring us in Christ and making us a people who lift the name of Jesus through our character, witness, and service. May every ministry, every leader, and every member grow in spiritual maturity and Christlikeness. We also pray that God will align us with His vision as we seek to become Christlike disciples engaging the world.

- **Pray for unity, love, and spiritual maturity among all members and ministry teams.**

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21 Days of **Prayer & Fasting**

- **Ask God to keep the church anchored in Christ and faithful to Scripture.**
- **Pray for pastors, elders, staff, and volunteers to receive strength, wisdom, and courage.**
- **Pray for revival—renewed hearts, deeper love for God, and strengthened daily obedience.**
- **Ask God to raise Spirit-filled, humble, and faithful leaders for every ministry area.**
- **Pray for ministries to be Spirit-led, impactful, and aligned fully with God's vision.**
- **Ask God to deepen discipleship, fellowship, and commitment so the church shines brightly nationwide.**



21 Days of
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Wednesday 14th January 2026: Evangelism, Outreach & Global Mission

Matthew 28:19–20: “Therefore, go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely, I am with you always, to the very end of the age.”

Additional Scriptures: ***Acts 1:8; Mark 16:15; Romans 10:14–15; 2 Corinthians 5:20; Isaiah 6:8***

Reflection: The mission of God calls His church to declare Christ both near and far. Today we pray for a renewed passion to declare Christ boldly, lovingly, and faithfully, in our families, communities and nation. We unite our prayers for local evangelism, national outreach, and global mission. We ask the Holy Spirit to empower us to lift the name of Jesus wherever He sends us—families, workplaces, campuses, communities, and the nations.

May Karura Community Chapel continue to be a Christ-centred, Spirit-led, mission-shaped church—faithful to God’s heart for the lost and passionate about making disciples of all nations. That as a church, we will continue becoming a worshipping community, who are helping one another to be obedient to God’s word and be ambassadors of Jesus Christ in a needy world.

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We also intercede for our campuses, branches, and missional communities overseen by BLFK—Kabuku, Foresight Campus, Membley, Kiambu Rd, Thika Rd, Kitale, Kenol, Thika East, LTC, Wundanyi, Teso, Malindi, Mijikenda, Githogoro, Muchatha. May these communities be centres of light, healing, discipleship, and salvation. As we lift Jesus, may the nations see His glory.

- **Pray for fresh boldness, creativity, and compassion for evangelism and outreach everywhere we go.**
- **Ask God to empower BLFK campuses, branches, and missional communities to thrive spiritually and shine Christ's light.**
- **Pray for the Holy Spirit's power to witness fearlessly, lovingly, and consistently in all spaces.**
- **Ask God for salvation, discipleship, and lasting transformation in all communities we engage locally and globally.**
- **Pray for persecuted believers, missionaries, and global partners to be protected, strengthened, and provided for.**
- **Ask God to open new frontiers for global discipleship, gospel witness, and kingdom expansion among the nations.**
- **Pray that the gospel transforms families, campuses, Kenya, Africa, and the nations so Christ is lifted among every tribe and people.**
- **Pray that every believer represents Christ faithfully in workplaces, homes, and professional spaces.**



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Thursday 15th January 2026: Spiritual Renewal, Holiness & Revival

2 Corinthians 7:1: “Therefore, since we have these promises, dear friends, let us purify ourselves from everything that contaminates body and spirit, perfecting holiness out of reverence for God.”

Additional Scriptures: ***1 Peter 1:15–16; Romans 12:1–2; Psalm 51:10; John 15:4–5; Ephesians 5:26–27***

Reflection: Revival begins in the heart—when God awakens His people to holiness, repentance, truth, and deep intimacy with Him. Today we ask God to cleanse us from every sin, break every stronghold, and renew our desire to walk in righteousness.

As we surrender fully to Christ, we pray for an outpouring of the Holy Spirit that purifies, restores, and empowers us to love God wholeheartedly and love people sacrificially. May Karura be a church where holiness is embraced, Christ is exalted, and lives reflect the beauty of Jesus.

- **Pray for personal and corporate repentance, humility, and deep cleansing by the Holy Spirit.**
- **Ask God to renew our hearts and restore hunger for His Word and presence.**
- **Pray for strength to walk in holiness, purity, obedience, and sensitivity to God’s voice.**

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- **Ask God to break spiritual strongholds that hinder growth, fruitfulness, and spiritual freedom.**
- **Pray for revival—awakening deep love for God and compassion for His people everywhere.**
- **Pray that every believer reflects Christ in character, speech, relationships, and daily conduct.**
- **Ask God for a powerful outpouring of the Holy Spirit to anchor and empower us.**

Day 11

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Friday 16th January 2026: Leaders, Volunteers & Ministry Impact

1 Peter 4:10: “Each of you should use whatever gift you have received to serve others, as faithful stewards of God’s grace in its various forms.”

Additional Scriptures: ***Romans 12:6–8; Matthew 20:26–28; Colossians 3:23; 2 Timothy 2:2***

Reflection: God has gifted every believer to serve His purposes. Today we lift up all leaders, co-workers, ministry leaders, and those faithfully serving behind the scenes. We pray for the Elders Court, Pastoral Board, Deacons, CLG leaders, ministry leaders, and every person using their gifts for the kingdom.

We also pray for our ministries as a church: Pastoral Oversight, Kisima Champions, Youth, Worship & Services, Missions and Outreach, Equipping & Training, Church Family Life, Care & Counselling, CLGs, Karura Community Centre, and enabling structures—Finance and fundraising, Admin, HR, Communications. May every servant be strengthened, refreshed, and empowered by the Holy Spirit, and may every ministry bring glory to Jesus.

- **Pray for strength, wisdom, integrity, and Christlike character for all church leaders and pastors.**



21 Days of Prayer & Fasting

- Ask God to empower Elders, Pastors, Deacons, ministry leaders, and staff members with humility and grace.
- Pray for co-workers to be refreshed, encouraged, provided for, and deeply grounded in Christ.
- Ask God to raise more willing servants with passion, maturity, gifting, and faithful commitment.
- Pray for renewed dedication to serve God diligently in every ministry and responsibility.
- Ask God to provide abundantly for the advancement of His kingdom.
- Pray for unity, teamwork, and excellence in service as we lift the Name of Jesus.



21 Days of
**Prayer &
Fasting**

Saturday 17th January 2026: Worship & Community Centre

Psalm 127:1: “Unless the Lord builds the house, the builders labor in vain. Unless the Lord watches over the city, the guards stand watch in vain.”

Additional Scriptures: **1 Chronicles 28:20; Nehemiah 2:18; Haggai 1:7–8; Exodus 35:4–5; 10, Psalm 90:17; 2 Corinthians 9:8; Ephesians 2:20–22**

Reflection: As we look at the journey of the Worship & Community Centre, we recognize that this is God’s work from beginning to end. This project is more than a building; it is a future spiritual home—a place of worship, discipleship, prayer, healing, community transformation, and generational impact.

We thank God for the faith of those who dreamt, planned, and laid the foundation of this vision, and for the committees, leaders, and members who continue to serve tirelessly. God has already shown His faithfulness, and today we pause to acknowledge His hand in every milestone so far.

We now pray for His continued guidance, wisdom, unity, provision, and favor as we press forward. May this centre stand as a testimony that Christ is our foundation and that His purpose for Karura will continue unfolding for generations.

Evening Prayer Meeting
Every day @ 8pm



Meeting ID: 863 9903 5091
Passcode: 222222



21 Days of **Prayer & Fasting**

- **Thank God for every milestone reached so far in the Worship & Community Centre vision, planning, and development.**
- **Pray for strength, unity, wisdom, and encouragement for the Fundraising Committee and Project Delivery Committee.**
- **Ask God to provide abundantly—finances, partners, favor, and resources for every fundraising initiative and next phase.**
- **Pray for excellence, integrity, efficiency, and God's guidance in all construction, design, and implementation processes.**
- **Ask God to stir joyful, willing, and sacrificial generosity across the church family as we build for His glory.**
- **Pray that this centre becomes a place of worship, healing, discipleship, outreach, and transformation for generations to come.**
- **Pray that the entire project remains anchored in Christ, Spirit-led at every step, and brings glory to Jesus in every decision made.**



21 Days of
**Prayer &
Fasting**

Sunday 18th January 2026: Vision, Future & Full Church Engagement

Proverbs 29:18: *“Where there is no revelation, people cast off restraint; but blessed is the one who heeds wisdom’s instruction.”*

Additional Scriptures: **Habakkuk 2:2–3; Jeremiah 29:11; Isaiah 54:2–3; Philippians 3:13–14; Psalm 37:4–5**

Reflection: As we celebrate 30 years, we also look forward with faith and expectation. God is not finished with us; the next decades hold new opportunities for mission, discipleship, influence, and impact. Today we pray for clarity of vision, spiritual sensitivity, and courage to pursue God’s future for Karura Community Chapel.

We pray that every member fully engages in the church family—serving, giving, growing, and living as Christlike disciples in the world. May our church continue being a radiant light in families, communities, Kenya, and the nations.

- **Pray for a clear, Spirit-led vision for the future of Karura Community Chapel.**
- **Ask God to align all church plans with His purpose and kingdom agenda.**
- **Pray that every member becomes fully engaged in worship, fellowship, and active service.**

Evening Prayer Meeting
Every day @ 8pm



Meeting ID: 863 9903 5091
Passcode: 222222



21 Days of **Prayer & Fasting**

- **Pray for spiritual, numerical, and generational growth across all campuses and communities.**
- **Ask God to expand the church's influence in families, communities, and national life.**
- **Pray for creativity, innovation, and faithfulness in pursuing future ministry opportunities and initiatives.**
- **Pray for Christ-centered, Spirit-led ministries, abundant provision, and a church courageous in witness.**

Day 14

Evening Prayer Meeting
Every day @ 8pm



Meeting ID: 863 9903 5091
Passcode: 222222



21 Days of
**Prayer &
Fasting**

**19TH TO 25TH
JANUARY 2026**

***WEEK 3:
THE
COUNTRY***

Evening Prayer Meeting
Every day @ 8pm



Meeting ID: 863 9903 5091
Passcode: 222222



21 Days of
**Prayer &
Fasting**

Monday 19th January 2026: Reconciliation Across the Nation

Colossians 3:13–14 (NIV): *“Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity.”*

Additional Scriptures: **2 Corinthians 5:18–19; Psalm 133:1; Ephesians 4:2–3; Micah 6:8; 1 Timothy 2:1–2; Isaiah 58:12**

Reflection: God has called us to be agents of reconciliation. Kenya has faced divisions rooted in politics, tribe, and mistrust. As we fast and pray, we ask the Lord to heal broken relationships, restore unity, and raise leaders who pursue dialogue and peace.

- **Pray for unity among families, tribes, and political groups.**
- **Intercede for national leaders to embrace humility, courage, and servant leadership that builds Kenya’s future.**
- **Pray that the church will model reconciliation, forgiveness, and unity, becoming a beacon of hope.**

Evening Prayer Meeting
Every day @ 8pm



Meeting ID: 863 9903 5091
Passcode: 222222



21 Days of **Prayer & Fasting**

- **Ask God to raise a generation marked by compassion, empathy, and quick forgiveness, overcoming division and bitterness.**
- **Pray that systems, institutions, and leaders uphold fairness, peace, and protection for the vulnerable.**
- **Ask God to heal historical injustices, trauma, and divisions that still affect communities.**
- **Pray for economic stability, security, and the flourishing of all people across the nation.**

Day 15

Evening Prayer Meeting
Every day @ 8pm



Meeting ID: 863 9903 5091
Passcode: 222222

Tuesday 20th January 2026: Forgiveness and Healing

Matthew 6:14-15: *“For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your father will not forgive your sins.”*

Additional scriptures: ***Ephesians 4:31–32; Mark 11:25; Colossians 3:12–13; Psalm 147:3; Romans 12:17–18***

Reflection: Forgiveness opens the path to healing and reconciliation. Bitterness divides families, communities, and nations, but when forgiveness flows, wounds are healed, and unity is restored. Kenya’s restoration depends on a spirit of forgiveness across individuals, tribes, institutions, and leaders, as people release the past to God and allow His mercy to renew broken systems and hearts.

Prayer Points

- **Pray that Kenyans will release bitterness and embrace forgiveness.**
- **Ask God to mend broken relationships in homes, neighbourhoods, and across tribes.**
- **Intercede for those who have suffered violence, corruption, or marginalization to find strength in God’s mercy.**



21 Days of **Prayer & Fasting**

- **Pray for healing in political, judicial, and social institutions where mistrust has taken root.**
- **Ask God to break cycles of pain and unforgiveness, raising a new generation that walks in freedom.**
- **Pray that God will rebuild trust between citizens, leaders, and institutions where it has been lost.**
- **Ask God to empower the church to model forgiveness and guide communities toward reconciliation.**
- **Pray for boldness for individuals, leaders, and communities to take practical steps toward peace, apology, restoration, and mutual understanding.**

Day 16

Evening Prayer Meeting
Every day @ 8pm



Meeting ID: 863 9903 5091
Passcode: 222222

Wed 21st January 2026: Love as the National Bond

John 13:34-35: *“A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another.”*

Additional Scriptures; ***“1 Peter 4:8; 1 John 4:7–8; Romans 12:9–10; Colossians 3:14 Ephesians 4:2–3 1 Corinthians 13:4–7; Galatians 5:13–14***

Reflection: Love is the glue that binds a nation together. Without love, hatred, tribalism, and selfish ambition tear communities apart. But when love flows, it heals divisions, builds trust, and creates a culture of compassion.

Prayer Points

- **Pray that love in Kenya will silence hatred, tribalism, and selfish ambition**
- **Ask God to raise leaders who govern with empathy, compassion, and servant hearts.**
- **Intercede for Kenyans to embrace love as the foundation of peaceful coexistence.**
- **Pray that the church will model Christ's love, becoming a beacon of unity.**



21 Days of **Prayer & Fasting**

- **Ask God to raise Gen Z and future generations to lead with love and care for others.**
- **Pray that love will mend broken relationships, restore trust, and rebuild fractured communities.**
- **Ask God to cultivate a spirit of kindness, generosity, and mutual respect across Kenya.**

Day 17

Evening Prayer Meeting
Every day @ 8pm



Meeting ID: 863 9903 5091
Passcode: 222222

Thursday 22nd January 2026: Peace and Security

John 14:27: *“Peace, I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.”*

Additional Scriptures; ***Hebrews 12:14; Isaiah 26:3; Psalm 29:11; Philippians 4:6–7; Romans 12:18; Psalm 122:6–7; James 3:18; 2 Thessalonians 3:16***

Reflection: Peace is not just the absence of conflict but the presence of God’s justice, love, and order. True peace flows from hearts anchored in God, while security is strengthened when justice and integrity guide those in authority. We declare that Kenya shall be a nation where peace reigns, violence is silenced, and security is upheld with righteousness.

Prayer Points

- **Pray for harmony in marriages, households, that love will replace strife.**
- **Ask God to silence unrest, tribal clashes, and cross-border conflicts, establishing lasting peace.**
- **Intercede for integrity, justice, and accountability in law enforcement and military institutions.**



21 Days of Prayer & Fasting

- Pray for wisdom among leaders to resolve disputes peacefully and protect citizens.
- Ask God to guard the minds of Kenyans against fear, anxiety, and hopelessness, filling them with His perfect peace.
- Pray that righteousness, fairness, and truth will shape Kenya's systems and institutions.
- Ask God to raise a generation of young people who reject violence and champion peace-building in their communities.

Day 18

Evening Prayer Meeting
Every day @ 8pm



Meeting ID: 863 9903 5091
Passcode: 222222

Friday 23rd January 2026: Revival and Evangelism

Psalm 85: 6: “Will you not revive us again, that your people may rejoice in you?”

Additional Scriptures; **Mark 16:15; Romans 1:16; Acts 1:8; Luke 10:2; 2 Corinthians 5:20; Joel 2:28; Acts 2:41; Isaiah 60:1–3**

Reflection: Revival is about souls being won for Christ. Kenya longs for a move of God that draws multitudes into salvation, where crusades, festivals, and everyday witness bring people to the cross. True revival is seen when hearts surrender to Jesus, families are transformed, and communities are filled with new believers. This is the revival that makes Kenya a nation radiant with Christ's love, where the gospel is boldly proclaimed and lives are eternally changed

Prayer Points

- **Pray for multitudes across Kenya to come to Christ through crusades, festivals, and personal witness.**
- **Ask God to ignite churches with passion for evangelism, making souls-winning their priority.**
- **Intercede for believers to share the gospel fearlessly in workplaces, schools, and communities.**



21 Days of **Prayer & Fasting**

- **Pray for young people to encounter Christ and lead their peers into salvation.**
- **Ask God to pour out His Spirit afresh, empowering believers for effective gospel ministry.**
- **Pray that God will raise evangelists, missionaries, pastors, and digital witnesses for the harvest.**
- **Ask God to sweep across Kenya with revival that transforms families, campuses, institutions, and entire communities.**

Day 19

Evening Prayer Meeting
Every day @ 8pm



Meeting ID: 863 9903 5091
Passcode: 222222



21 Days of
**Prayer &
Fasting**

Sat 24th January 2026: Integrity, Thanksgiving & Hope for Kenya's Future

Proverbs 29:4: *“By justice a king gives a country stability, but those who are greedy for bribes tear it down.”*

1 Thessalonians 5:16–18: *“Rejoice always, pray continually, give thanks in all circumstances; for this is God’s will for you in Christ Jesus.”*

Additional scriptures: ***Psalms 82:3–4; Jeremiah 29:11; Isaiah 58:12; Psalm 33:12; Amos 5:24; Psalm 100:4–5; Proverbs 11:3***

Reflection: A nation flourishes when righteousness and gratitude walk hand in hand. Kenya longs for leadership marked by integrity, stewardship, and justice—leaders who resist corruption, protect the weak, and steward national resources with wisdom and fear of God. Revival is incomplete without righteous governance and a people who choose thanksgiving as their posture before God.

As we give thanks for God’s past mercies—his protection, provision, peace, and healing—we also lift our eyes to the future with hope. We trust Him for leaders who act with integrity, for families strengthened by unity, and for generations who will inherit a nation built on justice and godliness. With grateful hearts and steadfast prayer, we declare that Kenya’s tomorrow will shine brighter under God’s faithful hand.



21 Days of Prayer & Fasting

Prayer Points

- **Pray for the exposure and dismantling of corrupt systems that drain Kenya's resources and hinder her destiny.**
- **Ask God to raise leaders who govern with honesty, manage resources wisely, and uphold justice.**
- **Pray for boldness, protection, and success for leaders and institutions fighting corruption.**
- **Intercede that they will lead with courage, integrity, and a commitment to righteousness.**
- **Pray that justice will flow across Kenya, bringing stability, peace, and restoration in every sector.**
- **Thank God for sustaining Kenya through seasons of difficulty, and for every answered prayer of healing, peace, and unity.**
- **Pray that Kenya's children and youth will grow up in a nation shaped by God's promises of peace, justice, prosperity, and protection.**



21 Days of
**Prayer &
Fasting**

Sun 25th January 2026: Conclusion

Philippians 3:13–14 (NIV): *“Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.”*

Additional Scriptures; **Matthew 28:19–20;**
Colossians 1:10; Ephesians 4:15–16; Psalm 127:1;
Proverbs 16:3; Romans 12:1–2

Reflection: As we conclude this season of fasting and prayer, we look back with gratitude for God’s faithfulness and forward with renewed vision and commitment. Every member is called to live out Christlikeness, serve faithfully, and impact the world with love. This is a day to renew commitment to the vision: *Becoming Christlike disciples engaging the world.* Let us step forward in unity, courage, and obedience, trusting God to guide and equip us. This means individually living out Christlikeness in our families, workplaces, and communities, and corporately serving as a church that reflects His love, disciples people faithfully, and brings transformation to society.

As we step into the new year, let us press on with unwavering devotion, trusting God to lead every ministry, guide every leader, and equip every member to impact lives with the gospel. Let thanksgiving, obedience, and boldness define our journey ahead.

Prayer points

- Pray that every member recommits fully to Christ and to the church's vision of discipleship and engagement.
- Ask God to empower all believers to grow in Christlikeness, love, and spiritual maturity.
- Pray that every ministry, big or small, is Spirit-led, impactful, and brings glory to Jesus.
- Intercede for pastors, elders, ministry leaders, and volunteers to receive wisdom, courage, and unity as they guide the church.
- Pray that believers influence families, workplaces, communities, and the nation with godly character and love.
- Ask God to establish all church plans, projects, and initiatives, providing resources and favor to accomplish His purposes.
- Pray for a fresh outpouring of the Holy Spirit, revival in hearts, and a bold, united church moving confidently into the future.

Please note that we will partake in the Lord's table during the corporate prayer meeting in the evening.