



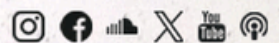
21 DAYS

# PRAYER & FASTING

1ST - 21ST JUNE 2026



[KHARIS.ORG](http://KHARIS.ORG)



# Table of Contents

6 STEPS TO GUIDE YOUR FAST	03
-----	
WEEK 1 DAILY PRAYER TOPICS	07
-----	
WEEK 2 DAILY PRAYER TOPICS	15
-----	
WEEK 3 DAILY PRAYER TOPICS	23
-----	

# 6 Steps to Guide Your Fast

How you begin and conduct your fast will largely determine your success. For some people, this might be the first time ever to follow a fast or having done one without having a proper understanding or meaning.

We are hoping that following the six basic steps to fasting will make your time with the Lord more meaningful and spiritually rewarding.

Set Your Objective	01
Prepare Yourself Spiritually	02
Prepare Yourself Physically	03
Put Yourself on a Schedule	04
End your Fast Gradually	05

## **STEP 1: Set your objective**

Ask the Holy Spirit to clarify His leading and objectives for your prayer fast. This will enable you to pray more specifically and strategically.

## **STEP 2: Prepare yourself spiritually**

The very foundation of fasting and prayer is repentance. Unconfessed sin will hinder your prayers. There are several things you can do to prepare your heart:

Ask God to help you make a comprehensive list of your sins.

Confess every sin that the Holy Spirit calls to your remembrance and accept God's forgiveness. (1 John 1:9)

Seek forgiveness from all whom you have offended, and forgive all who have hurt you. (Mark 11:25).

Make restitution as the Holy Spirit leads you.

Begin your time of fasting and prayer with an expectant heart. (Hebrews 11:6).

## **STEP 3: Prepare yourself physically**

Physical preparation makes the drastic change in your eating routine a little easier so that you can turn your full attention to the Lord in prayer.

Do not rush into your fast.

Prepare your body. Eat smaller meals before starting a fast. Avoid high-fat and sugary foods.

Eat raw fruit and vegetables for two days before starting a fast.

## **STEP 3: Prepare yourself physically**

### **While You Fast**

Your time of fasting has come. You are abstaining from all solid foods and have begun to seek the Lord. Here are some helpful suggestions to consider:

You may drink water during your fast. If necessary; for health reasons you may consume beverages such as tea or coffee.

You may find it useful to take mints during the fast to freshen your breath.

Prepare yourself for temporary mental discomforts such as impatience, crankiness, and anxiety.

Expect some physical discomforts, especially on the second day.

You may have fleeting hunger pains or dizziness.

Withdrawal from caffeine and sugar may cause headaches.

Physical annoyances may also include weakness, tiredness, or sleeplessness.

The first two or three days are usually the hardest. As you continue to fast, you will likely experience a sense of well-being of both physically and spiritually.

However, should you feel hunger pains, increase your liquid intake.

## **STEP 4: Put yourself on a schedule**

For maximum spiritual benefit, set aside time to be alone with the Lord. Listen for His leading. The more time you spend with Him, the more meaningful your fast will be.

### **Morning**

Begin your day in praise and worship.

Read and meditate on God's Word.

Invite the Holy Spirit to work in you.

Invite God to use you.

Pray for His vision for your life and empowerment to do His Will.

### **Afternoon**

Return to prayer and God's Word. Take a short prayer walk.

### **Evening**

When possible, begin and end each day on your knees for a brief time of praise and thanksgiving to God

## **STEP 5: End your fast gradually**

### **Break Your Fast**

First of all drink water; if possible warm water or beverage to help the digestive track to relax. After that, you should start off with something light to eat such as fruit; namely bananas or apples. Do not break your fast with fruits such as oranges due to their high acidic content. The fast for each day will end at 6pm.

WEEK 1 DAILY PRAYER TOPICS

# Isaiah 44:3

For I will pour water on him who is thirsty, and floods on the dry ground; I will pour My Spirit on your descendants, and My blessing on your offspring.

# 01 DAY

MON. 1<sup>ST</sup> JUNE 2026

**This Fast**

- We are praying that this June Fast will change the face of the Church to the glory of God. There will be a move of God in our Church through this fast.
- Through the fasting, there will be unusual testimonies, uncommon breakthroughs, encounters, promotions, marital testimonies, conversions and many more.
- Through this fasting there will be an outbreak of the spirit for revival in our churches.
- Pray that by the end of this fast you will be transformed.

**Revelation 1**

# 02 DAY

TUE. 2<sup>ND</sup> JUNE 2026

## Personal Awakening

- Pray for an insatiable thirst for God's word and His presence to be ignited in your heart.
- Pray for the discipline and wisdom to cultivate and maintain a bible study and prayer life and grace to obey the dictates of the word.
- Pray for God-given conviction concerning any sin that may have crept into your life.
- Receive grace and strength to repent of every known sin and to forsake all questionable habits and activities.
- Pray for the grace to humble yourself before the Lord.
- Pray that you carry the presence of God when you come out of your times of intimacy with Him.

## Revelation 2

# 03 DAY

WED. 3<sup>RD</sup> JUNE 2026

## Love for God

- Pray that the Holy Spirit will enlighten your eyes and give you understanding of God's love for you.
- Pray that you will love God with all your heart, mind and strength.
- Pray that your love for God will cause you to radically obey Him unreservedly and take His disciplining.
- Pray that your love for God will love His people and His work.
- Pray that you will have a heart for souls, ask to be blessed with souls in the coming Jesus Campaign.

## Revelation 3

# 04 DAY

THUR. 4<sup>TH</sup> JUNE 2026

## Missions

- Ask God to raise more missionaries.
- Pray for grace for more branches across the world.
- Pray for church growth and supernatural provisions of church facilities.
- Pray that God will open the hearts of the locals at every location He sends us to receive the word gladly.
- Pray against resistance against mission work.

## Revelation 4

# 05 DAY

FRI. 5<sup>TH</sup> JUNE 2026

## Church without walls

- Give us the grace to be a church that attract all people groups.
- Pray that our impact will not be race restricted.
- Pray that in our churches we will eliminate all traces of all forms of divisions.
- Pray for all races will receive the gospel when we evangelise or invite them to church.

## Revelation 5

# 06 DAY

SAT. 6<sup>TH</sup> JUNE 2026

**Unity**

- Ask God to give us the grace for a united leadership team.
- Pray against attitudes, incidents, and situations that could divide our ranks.
- Ask for grace to forgive and love one another as we should.
- Pray that as a commission we will be of one mind, one heart and one voice.

**Revelation 6**

# 07 DAY

SUN. 7<sup>TH</sup> JUNE 2026

## Reform

- Ask for grace to implement things that The Lord has brought to our attention as a Church.
- Pray for wisdom for effectual implementation of reforms.
- Pray for God to help us to discover and realise anything in our blind spot that will be a disadvantage or an impediment to our Church.
- Pray that we will all move in unison towards our next phase.
- Pray that God makes you an agent of change.

## Revelation 7

WEEK 2 DAILY PRAYER TOPICS

# Isaiah 44:3

For I will pour water on him who is thirsty, and floods on the dry ground; I will pour My Spirit on your descendants, and My blessing on your offspring.

# 08 DAY

MON. 8<sup>TH</sup> JUNE 2026

## Overcoming Evil Powers

- Pray for grace to exercise authority over the works of the devil.
- Pray against evil foundations and altars that work against believers in the land.
- Pray against evil tongues; tongues that make evil declarations, incantations and predictions against God's agenda.
- Pray for total recovery of every lost ground, lost opportunity and blessing as a result of household wickedness.
- Pray and bind demonic activities that hinder the flow of the gospel.

## Revelation 8

# 09 DAY

TUE. 9<sup>TH</sup> JUNE 2026

**Children**

- Pray for all the children in Kharis for divine protection and preservation.
- Declare that no child connected to us will suffer any health setbacks.
- Pray and protect our children from wrong influences that will be detrimental to their destinies.
- Pray for the spirit of excellence to come upon their lives, that they will do exceptionally well in their education and in society. They will win awards and rise to the top.
- Pray that our children will be vessels in the hands of the Lord particularly in soul winning.

**Revelation 9**

# 10 DAY

WED. 10<sup>TH</sup> JUNE 2026

Young People

- Pray that more young people will come to know Jesus and be on fire for God.
- Pray for God to give us the young people in this generation.
- Pray that young people in our midst will excel on all fronts of life.
- Pray that our young people will be agents of revival.
- Pray that our Campus and Colleges ministry will be used mightily by God in their spheres of influence.

**Revelation 10**

# 11 DAY

THUR. 11<sup>TH</sup> JUNE 2026

## Fulfilling Divine Assignment

- Pray that God will help us to be fruitful at all times.
- Ask for grace to stay focused in order not to be distracted.
- Ask for grace for selfless dedication and a sacrificial approach to the work of God.
- Ask for grace to fight the good fight of faith, to run the race and to finish the course.

## Revelation 11

# 12 DAY

FRI. 12<sup>TH</sup> JUNE 2026  
**Raising Champions**

- Ask God to raise great men and women from amongst us. People from all walks of life in ministry, industry, politics, sports, academia, business, entertainment and fashion.
- Ask for God to raise and attract game changing professionals amongst us.
- Pray that God will grant us strong contacts and connections and a network of specialists and skilled professionals.
- Ask for promotion and elevation for our professionals and business folk.

**Revelation 12**

# 13 DAY

SAT. 13<sup>TH</sup> JUNE 2026

## Families and Marriages

- Pray for our families. God should protect and preserve and bless all families in our church and their families.
- We pray for supernatural testimonies within our families.
- Pray that no family will be barren.
- Pray that there shall be household salvation testimonies.
- Pray and release marriages in our church.
- Ask for grace for the unmarried to make the right choices.

## Revelation 13

# 14 DAY

SUN. 14<sup>TH</sup> JUNE 2026  
**Reform**

- Ask for grace to implement things that The Lord has brought to our attention as a Church.
- Pray for wisdom for effectual implementation of reforms.
- Pray for God to help us to discover and realise anything in our blind spot that will be a disadvantage or an impediment to our Church.
- Pray that we will all move in unison towards our next phase.
- Pray that God makes you an agent of change.

**Revelation 14**

WEEK 3 DAILY PRAYER TOPICS

# Isaiah 44:3

For I will pour water on him who is thirsty, and floods on the dry ground; I will pour My Spirit on your descendants, and My blessing on your offspring.

# 15 DAY

MON. 15<sup>TH</sup> JUNE 2026

## Financial Release

- Pray that you and Kharis will always remember that your source of financial blessing is God and the purpose is to confirm His word.
- Pray that God will give us power to make wealth that He may establish His covenant.
- Pray that you will receive the grace to be faithful at all times in sowing your seed to trigger a great harvest.
- Pray for Kharis and all who belong to have their financial needs met according to heaven's resources.
- Pray the Holy Ghost will strengthen you to live a consecrated life so after you have sown your seed, the enemy will not be able to abort your harvest.
- Pray that you will be a blessing to others in the kingdom.

## Revelation 15

# 16 DAY

TUE. 16<sup>TH</sup> JUNE 2026

## Church Facilities Across all our Churches

- Pray that God will make room for us in this land.
- Pray that our eyes will be open to what God has provided for us.
- Ask for destiny helpers for our search and all the processes that comes with it.
- Ask for strange provision of finances.
- Pray for favour before men and God in our search for various facilities.
- Pray and stop any force that is working against us in securing the facilities we need in building a stable and influential ministry.

**Revelation 16**

# 17 DAY

WED. 17<sup>TH</sup> JUNE 2026

**Kharis Leadership Team**

- Pray for wisdom and sensitivity for every member of our leadership.
- Ask God to grant us supernatural endowment for impactful leadership. Leadership that will be profitable for what God is doing in our Church.
- Pray for grace for supernatural obedience.
- Pray that our leaders will watch out against materialism and carnality so as not to be an impediment to what God is doing through our lives in Kharis.
- Ask God to anoint our leaders uniquely so all flourish in their sphere of calling to build together.

## **Revelation 17**

# 18 DAY

THUR. 18<sup>TH</sup> JUNE 2026

## Let the Bible Speak Conference

- Ask for open heavens over the conference.
- Ask God to give us Ghana and Africa.
- Pray that this conference will impact The Church of God even beyond Africa.
- Pray for divine protection, provision, favours, connections and access that will make convention successful.
- Ask God to open the hearts of the people of Ghana and beyond to the word God has given us.

**Revelation 18**

# 19 DAY

FRI. 19<sup>TH</sup> JUNE 2026

**God's Servant**

- Pray for unbroken focus for God's Servant and grace to consistently drive towards God's agenda for him and Kharis; pray that he will finish well.
- Ask that God gives him grace to be sensitive to the leading of the Holy Spirit.
- Pray that God will cause this generation to receive the message He has given to him.
- Ask that God will send more helpers to stand with His servant, particularly in taking new frontiers.
- Pray that God's Servant will have the grace to raise sons and daughters who are mighty in the kingdom, industry and family life.
- Pray for God's Servant's family, both nuclear and extended, that it shall be well with them.

**Revelation 19**

# 20 DAY

SAT. 20<sup>TH</sup> JUNE 2026

## Grace for The Remaining Half of the Year

- Pray that all you have received during this fast will be sealed by the Holy Spirit.
- Pray that every word of prophecy declared over your life will come to pass.
- Pray for the Spirit of faith to take giant steps to do what was previously impossible after this fast.
- Pray for grace to have a close relationship with the Holy Spirit
- Pray and ask for an anointing to walk in the supernatural.
- Pray that in this year's Jesus campaign you will be fruitful in your soul winning and discipling.

### Revelation 20

# 21 DAY

SUN. 21<sup>ST</sup> JUNE 2026

**Thanksgiving**

- Thank God for this season of fasting.
- Thank God for all the answers and testimonies He has released during this fast.
- Pray that you will have daily and consistent lifestyle of praise.
- Thank God for His daily provision and mercies towards your family, loved ones and your church.
- Pray for a grateful heart which will always trigger thankfulness to God and in all situations in your life, especially when you go through difficult times.
- Thank God for the rest of 2026, that you will end well.

**Revelation 21**

# Romans 10:17

So then faith comes by hearing, and hearing by the word of God.



READ



LISTEN



WATCH