



**2026 Year of
The Year of Manifested Harvest
Amos 9:13**

**Fasting Hours 7:00 a.m. - 7:00 p.m.
Monday February 9 - Sunday February 15, 2026
Zoom Meeting ID: 869 4996 9600 | Passcode: prayer
Call begins promptly at 7:00 p.m. - 8:00 p.m.**

Day 1 — Heart Consecration & Spiritual Cleansing

Focus: Purifying the altar of the heart

Scriptures: Psalm 51:10 | Hebrews 12:14 | 2 Corinthians 7:1

Prayer Points

- Search me, O God — expose hidden sin, pride, and compromise
- Break every stronghold spiritually, mentally, and emotionally
- Uproot spiritual poverty, apathy, and dullness
- Heal wounds of the heart, mind, and soul
- Restore holiness, purity, and reverence for Your presence
- Let altars, idols and false gods be uprooted out of my life
- Rekindle my first love and hunger for righteousness

Meditation

Father, cleanse me until nothing blocks Your flow. Let my heart become a holy and purified ground where the Holy Spirit can dwell freely.

Day 2 — Breaking Barrenness & Releasing Fruitfulness

Focus: Destroying stagnation and birthing life

Scriptures: Isaiah 54:1–3 | John 15:5 | Genesis 26:12

Prayer Points

- Break cycles of delay, frustration, and unfruitfulness
- Cancel every assignment of spiritual dryness
- Release supernatural fruitfulness in every area of my life
- Restore what was lost, stolen, or delayed
- Activate the breaker's anointing for forward movement
- Command dormant seeds to awaken

Meditation

Lord, every dry place in me must live again. I declare fruitfulness is my portion. My life will overflow spiritually, emotionally, and physically. Every dry place shall be revived.



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Day 3 — Awakening Vision & Prophetic Sensitivity

Focus: Birthing purpose and spiritual clarity

Scriptures: Isaiah 43:19 | Habakkuk 2:2 | Ephesians 1:17–18

Prayer Points

- Open the eyes of my understanding
- Remove confusion and double-mindedness
- Activate revelation, discernment, and prophetic hearing
- Stir up gifts of prayer, intercession, tongues, and prophecy
- Release fresh oil and new anointing
- Birth every God-given dream with no miscarriage

Meditation

Holy Spirit, tune my ears to heaven's frequency. Let me see clearly, hear accurately, and move boldly.

Day 4 — Establishing Kingdom Foundations

Focus: Building life on truth and obedience

Scriptures: Matthew 7:24–25 | Psalm 127:1 | 1 Corinthians 3:11

Prayer Points

- Establish my life, family, ministry, and business on Jesus Christ alone
- Guard my gates — eyes, ears, and mouth
- Break instability and double-mindedness
- Give me wisdom in every decision
- Strengthen discipline and consistency in prayer
- Align my character with my calling

Meditation

Lord, I will not build in vain. Make my foundation strong, unmovable, and anchored in You.



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Day 5 —Spiritual Alignment

Focus: Surrendering to God's will and timing

Scriptures: Proverbs 16:9 | Romans 12:2 | Psalm 138:8

Prayer Points

- Surrender my will, plans, and agenda
- Realign my steps with heaven's blueprint
- Disconnect me from distractions and wrong associations
- Release divine connections and covenant relationships
- Position me within my apostolic and prophetic metron
- Grant clarity, timing, and precision

Meditation

Father, align me until my steps match Your rhythm. Let nothing pull me out of position.

Day 6 — Expansion, Authority & Territory

Focus: Repositioning for increase

Scriptures: Isaiah 54:2 | Luke 10:19 | Deuteronomy 11:24

Prayer Points

- Enlarge my capacity for influence and responsibility
- Release boldness to step into new territory
- Grant spiritual authority over every opposition
- Open heavens over my life
- Reclaim what belongs to me
- Strengthen me for the next level

Meditation

God, stretch me. Grow me. Expand me. I am ready for the territory You have prepared.



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Day 7 — Manifested Harvest & Supernatural Acceleration

Focus: Reaping, fulfillment, and quantum speed

Scriptures: Amos 9:13 | Joel 2:25 | Isaiah 45:2 | Galatians 6:9

Prayer Points

- Accelerate what has been delayed
- Open doors no man can shut
- Release sudden breakthroughs
- Redeem lost time and opportunities
- Manifest every promise spoken over my life
- Give grace to steward the harvest
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Meditation

Father, I receive the harvest with a grateful heart. What You promised is now manifesting. My season of overflow has begun.



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GUIDELINES FOR THE DANIEL FAST & OR LIQUID FAST

The Daniel Fast is an opportunity for you to draw closer to God through fervent, focused prayer. It involves a 7-day commitment to a **partial fast**, which means you **restrict commonly enjoyed foods as an act of worship and consecration** to the Lord.

The Daniel Fast was first observed by the prophet Daniel. Scripture gives us some an idea (see Daniel 10:3) into what Daniel ate and didn't eat. *"At that time, I, Daniel, mourned for three weeks. I ate no choice food; no meat or wine touched my lips (Dan. 10:2-3).* It is believed that "choice food" would have been bread and sweets. The Message paraphrase sums up Daniel's eating habits during that time: "I ate only plain and simple food."

More Scripture References for Fasting: Matthew 6:16-18, Matthew 9:14-15, Luke 18:9-14
Relation to Prayer and Reading of the Word: 1 Samuel 1:6-8, 17-18, Nehemiah 1:4, Daniel 9:3, 20, Joel 2:12, Luke 2:37, Acts 10:30, Acts 13:2

Corporate Fasting: 1 Samuel 7:5-6, Ezra 8:21-23, Nehemiah 9:1-3, Joel 2:15-16, Jonah 3:5-10, Acts 27:33-37

Remember fasting is and attitude of a heart sincerely seeking Him to which God responds with a blessing (Isaiah 58, Jeremiah 14:12, 1 Corinthians 8:8). Watch God break-up and breakthrough in your life.



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Suggested Foods You May Eat

Whole Grains: Brown Rice, Oats, Barley; Whole Grain Breads; Grits

Legumes: Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas, Soybeans

ALL Fruits: Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries, Cranberries, Oats, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Kiwi, Lemons, Limes, Mangoes, Nectarines, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangelos, Tangerines, Watermelon

ALL Vegetables: Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Corn, Cucumbers, Eggplant, Garlic, Gingerroot, Kale, Leeks, Lettuce, Mushrooms, Mustard Greens, Okra, Onions, Parsley, Potatoes, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet Potatoes, Tomatoes, Turnips, Watercress, Yams, Zucchini, Herbs, Spices, Olives (Olive Oil)

Veggie burgers are an option if you are not allergic to soy.

Nuts & Seeds

Liquids: Spring Water, Distilled Water, 100% Natural Fruit Juices, 100% Natural Vegetable Juices, Protein Drinks; Decaffeinated Beverages in moderation • Sweeteners: Honey, Brown Sugar, Stevia & other Natural Sweeteners

Foods to Avoid: Meat, White Rice, Fried Foods, Caffeine, Carbonated Beverages, Foods Containing Preservatives or Additives, Refined Sugar, Sugar Substitutes, White flour, and all products using it, No Dairy Products, No Eggs, Margarine, Butter, Shortening, High Fat Products, Desserts, Candy, etc.

This list is intended to be a guideline and is not all-inclusive. If you are under a physician's care or take medication which restricts a limited diet, please feel free to modify.