5 DAYS OF PRAYER & FASTING

29 June - 3 July 2026



JOURNEY CHURCH

Journey Church Australia – 6th year Anniversary
Year of Peace
5 days of Fasting and Prayer (29 June - 03 July 2026)

Thank you for joining us in this Prayer and Fasting. Truly "…not by might nor by power, but by my Spirit,' says the LORD Almighty." Zechariah 4:6. Use this as your guide, but don't limit the message of God and prayer points from this document. We know God will reveal more, and we're happy to hear it ☺. Kindly read the message you received at the bottom of every page. Alternatively, you may also like to write it at https://prayer.journey.org.au

Definition of Fasting.
Fasting is a spiritual discipline that is taught in the Bible. Jesus expected His followers to fast, and He said that God rewards fasting. Fasting, according to the Bible, means voluntarily reducing or eliminating our food intake for a specific time and purpose. (Matt. 6:16-18)

Purpose of Fasting
- Fasting is to be done for a purpose, a God-centered, biblical purpose for our Journey Church.
- Fasting occurs when there is a need for a spiritual breakthrough in our personal lives.
- Fasting is the way that the saints of God can release a supernatural power for breakthrough, especially people within our journey groups.

Types of Fasting.
There are many types of fasts, and the option you choose depends upon your health, the desired length of your fast, and your preference:

1. Normal Fast
"After fasting forty days and forty nights, he was hungry." Matthew 4:2
Abstaining from solid food for a definite period during which liquid is taken.

2. Absolute Fast
"For three days he was blind and did not eat or drink anything." Acts 9:9
Abstaining from food and water completely.

3. Partial Fast
"I ate no choice food; no meat or wine touched my lips; and I used no lotions at all until the three weeks were over." Daniel 10:3
Abstaining from meat and other favourite delicacies. Take only a small portion of fresh fruit and vegetables.

Note: Especially for those with a medical condition, you may fast or abstain from things that are dear to you. E.g., using social media, watching TV, shopping. The important thing is that you replace the time you spend on these things with prayer and focus on God instead.

How to Use this 5-Day Praying and Fasting Guide?
- Read and meditate on the Scripture referenced.
- Pray according to the prayer guide.
- Be sensitive to the Holy Spirit leading as you pray. Stop, listen, and wait for impressions from the Spirit.
- Record them in your personal journal. And then, whatever God impress upon your heart, just do it.

Journey Church Australia – 6th year Anniversary
Year of Peace
5 days of Fasting and Prayer (29 June - 03 July 2026)

DAY 1: 29 June 2026
Scripture: Colossians 3:12-15

"Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience (NIV)

Let us dress in the garment that brings peace.

This passage from Paul's letter to the Colossians conveys a profound and transformative message about how we, as believers, should navigate our daily lives. Picture the act of dressing yourself each morning, not just in physical clothing, but in a rich tapestry of virtues: compassion, kindness, humility, gentleness, patience, and love. Imagine how dressing yourself in this metaphorical garment would change your interactions with others. How might it reshape your relationships, creating an atmosphere filled with warmth and understanding all around you?

When Paul urges us to "clothe ourselves" with these virtues, he is inviting us to weave them into the very fabric of our identity and behaviour. This call to action encourages us to consciously embody these qualities in every encounter, much like the mindful choices we make about our attire each day. Compassion, kindness, humility, gentleness, patience, and love transcend being mere recommendations; they are vital components for nurturing healthy, respectful, and loving relationships within our communities.

As you navigate through your daily routine, take a moment to reflect on the significance of intentionally decorating yourself with these virtues. Let them illuminate your actions, influence your words, and shape your attitudes towards others. Consider how you might practice compassion when confronted with a challenging situation, or exemplify kindness and humility during times of conflict. By embracing and radiating these qualities, you reflect the boundless love of God and help weave a more compassionate and harmonious world around us.

A Prayer for Today

O Lord, we recognise that mere words from a sermon are not enough; we need the dynamic and transformative power of Your Holy Spirit. We ask that You carefully mold and shape our minds and our thought processes today, influencing our behaviors and guiding the decisions we make. May we strive to live each day in faithful obedience to the Lordship of Jesus, who loved us unconditionally and sacrificed Himself on our behalf. Let our lives reflect His love and His will.

Prayer Focus:
1. Let us dedicate intentional time each day to cultivate a meaningful connection with the Lord, not only through our spoken prayers but also by listening quietly for His guiding voice.

2. May we earnestly pray for an insatiable hunger for His presence, fostering within us a profound awareness of His holiness. Let us develop a sincere desire to honour God in all aspects of our lives—through our thoughts, our words, and our actions.

3. Let us also seek a passionate yearning to share His Word with others, encouraging them and guiding them towards a personal relationship with Jesus, as we recognise the transformative power of His message.

4. As we joyfully commemorate our 6th Year Anniversary under the theme "Year of Peace," let us implore God to grant us the strength to maintain our inner peace, even amidst the chaos and storms that may surround us.

Personal Journal:

Journey Church Australia – 6th year Anniversary
Year of Peace
5 days of Fasting and Prayer (29 June - 03 July 2026)

DAY 2: 30 June 2026
Scripture: Daniel 6:23

…..Not a scratch was found on him, for he had trusted in his God. - Daniel 6:23 (NLT)

He's Got This

In the gripping narrative of Daniel 6, we encounter a remarkable story of faith and divine protection. Daniel, a man renowned for his unwavering devotion to God, found himself the target of his adversaries' jealousy and scheming. They conspired to trap him, ultimately leading to his arrest and condemnation to the dreaded lions' den because he refused to cease his worship of the Almighty.

Amid the chaos and impending doom, Daniel's response was one of profound confidence. He lived with the understanding that he was cradled in the hands of his Creator, trusting that the God he served held dominion over every beast, even the ravenous lions that awaited him. While the world around him anticipated a gruesome end, Daniel remained calm, resting in the peace that comes from faith. Miraculously, the mouths of the lions were shut, rendering him unappetizing to their hunger—an incredible act of divine intervention.

God does not guarantee a life devoid of challenges, but He does assure us that He will equip us with the strength to face every trial. He can take situations intended for harm and transform them into opportunities for our benefit. While you may find yourself wrestling with anxiety over a difficult situation, remember this powerful phrase: "God's got this." He has already devised a solution to your struggles. Choose to dwell in a state of peace, trusting that, in due course, you will witness a turnaround that favours you.

A Prayer for Today

"Father, I thank You for Your unwavering promise that You can transform adversity into good for me. I embrace this truth and choose to remain at rest, knowing that You have every situation under control. I declare that there is no God like You, a God who works miracles on behalf of His people. In Jesus' Name, Amen."

Prayer Focus:
1. Begin your prayer by asking for God's presence in your life. Request that He reveal Himself to help you build a closer relationship with Him. Reflect on Psalm 27:8, where the psalmist longs for God's presence.

2. Invite God to cleanse and purify you, making you a vessel of His love and light. Ask Him to help you shine in dark times and share His goodness. Meditate on Psalm 16:11, thinking about the joy of being in His presence.

3. Pray for everyone attending Journey Church Australia. Ask that they recognise their spiritual gifts and feel inspired to act with purpose, strengthening the church community.

4. Finally, pray for enthusiasm and unity among all members as they prepare for the Church Anniversary. Ask that their joyful service reflects Christ's love, creating a memorable celebration that draws others closer to Him.

Personal Journal

Journey Church Australia – 6th year Anniversary
Year of Peace
5 days of Fasting and Prayer (29 June - 03 July 2026)

DAY 3: 01 July 2026
Scripture: Matthew 5:9

"Blessed are the peacemakers, for they will be called children of God." (NIV)

Embrace the Role of a Peacemaker

In a world filled with conflicts and misunderstandings, it's all too easy to fall into the trap of reactive behaviour, thinking to ourselves, "If my coworker would just show me respect, we wouldn't clash." However, true strength lies in rising above such provocations. Just because someone else chooses to act disrespectfully doesn't mean you have to reciprocate. That urge to retaliate is merely the enemy trying to entice you into unnecessary disputes: "Argue, fight, defend your position, show everyone you are right!" Resist that temptation. It takes immense maturity and strength to overlook an insult and commit to maintaining inner peace.

Jesus didn't declare, "Blessed are those who are right." In the pursuit of harmony, there are moments when you must set aside your desire to prove your point, even when you're certain you're in the right. We often think, "I know my stance is correct, and I will fight to assert my perspective." But consider this—being right can be overrated. You might win every debate and validate your arguments, but at what cost? Those victories can leave scars on your relationships, fostering bitterness instead of connection.

Put aside your pride and allow others to hold their beliefs, even if they differ from yours. Choose the role of a peacemaker, and learn the art of letting go. Shake off the tensions and gracefully move forward with your life.

A Prayer for Today

"Father, I am grateful for the promise of blessedness that comes when I choose the path of peace and act as a peacemaker. Grant me the wisdom to discern when silence is the best response and the strength to overlook minor grievances that could disrupt my calm. I trust that living in peace aligns with Your will for me. In Jesus' Name, Amen."

Prayer Focus

1. Pray to God to fill your hearts and minds with the truth of His Word and to guide you with faithful instruction. May each step you take along a path of peace bring you greater joy.

2. Pray that God will help you walk in the Spirit and in Truth, living each day in submission to His direction and empowered by His presence.

3. As a child of God, offer your life as a living sacrifice, holy and acceptable (Romans 12:1), and daily consecrate yourself. Enforce your authority by binding the works of the enemy (Satan) that hinder others from knowing Christ, and then release salvation, healing, and prosperity to the people.

4. Serve God and others with a whole heart and with excellence.

Personal Journal

DAY 4: 02 July 2026
Scripture: Psalms 46:10

"Be still, and know that I am God!" - Psalm 46:10 (NLT)

Stay at Peace

Life often presents us with a whirlwind of challenges and experiences, leaving many of us feeling overwhelmed. Throughout our journey, we encounter numerous moments characterised by frustration, particularly when those around us fail to meet our expectations or behave as we hope. There are times of discouragement when our aspirations seem to hover just out of reach, casting a shadow on our sense of fulfilment. In such moments, it's essential to remember that God does not magically eliminate every cause of our distress. He does not remove the challenging individuals from our lives or take away the burdens that weigh heavily on our minds.

When God speaks the profound words, "Be still and know that I am God," He invites us into a moment of stillness and reflection. This invitation serves as a gentle reminder that amid our struggles—those times when we feel anxious, upset, or frustrated—we often overlook the deeper truth of His sovereignty and presence in our lives. It's easy to become consumed by the chaos around us, but in stillness, we can begin to understand the broader picture of His divine plan.

Many of our frustrations stem from a yearning for control—a desire to dictate outcomes that are well beyond our reach. We find ourselves attempting to manipulate circumstances, wishing others would behave in ways that align with our desires, or hoping to resolve our personal struggles quickly. This relentless pursuit of control tends to create a cycle of discontent, as we realise that our influence has its limits. Despite our best efforts, we cannot compel others to act in ways that satisfy us, nor can we guarantee our own happiness or well-being.

With this understanding, it becomes crucial that we shift our focus back to ourselves and our own actions. We must strive to engage in behaviours that are within our realm of influence and responsibility. Beyond that, we are called to practice surrender—trusting that there is a greater power at play that can manage the complexities of life far better than we can.

It is in this intentional act of letting go that we find the potential for peace. By relinquishing our need to control every aspect of our lives, we open ourselves to the comforting truth that God is in control of all things. He is constantly guiding our paths and orchestrating outcomes that often exceed our understanding. Embracing this faith allows us to navigate life's turbulent waters with a sense of calm and assurance, knowing that we are not alone in our struggles.

A Prayer for Today

"Father Lord, thank you that I can be still and know that you are God. Help me to stop trying to fix things over which I have no control. I declare that I will remain at peace and know that you are in control. In Jesus' Name, Amen."

Prayer Focus

1. Focus on enjoying Christ, experiencing life, and growing spiritually for the sake of ministry. Pray to experience Christ fully, enjoy His presence, and grow in life so that you can share this life with others.

2. God will ignite our church's vision: "We exist to experience, dwell, and journey with the peoples in the presence of our Lord Jesus Christ." May we unite and align our efforts towards this vision.

3. Pray that everyone will consecrate their lives to God. He will use us to build a Highway of Holiness (Isaiah 35:8).

Personal Journal

Journey Church Australia – 6th year Anniversary
Year of Peace
5 days of Fasting and Prayer (29 June - 03 July 2026)

DAY 5: 03 July 2026
Scripture: Isaiah 54:17

"No weapon turned against you will succeed. You will silence every voice raised up to accuse you. These benefits are enjoyed by the servants of the LORD." - Isaiah 54:17, NLT

It Shall Not Prosper

Today's Scripture offers us a powerful reminder that, despite the inevitability of challenges and hardships in our lives, we can find profound comfort and strength in our faith. It brings forth a vital truth that resonates deeply within us: "While problems may arise, and rumours might swirl around us, even if we receive an unsettling medical report or face uncertain times, we can still cultivate a sense of peace within ourselves. We can be assured that these obstacles, no matter how discouraging they seem, will not ultimately prevail over us."

As beloved children of God, we are wrapped in His protective embrace, finding refuge within the sacred shelter of the Highest. This divine sanctuary is not just a metaphorical space; it is fortified with a robust hedge of protection that shelters us from harm. Overflowing mercy surrounds us, and abundant favour envelops our lives, creating an unwavering barrier against the forces that seek to derail us. There exists no person, no illness, nor any adversity that can disturb the divine purpose that God has lovingly ordained for each one of our lives.

In those moments when we face unsettling circumstances – when worry threatens to take hold of our hearts and minds – we must remind ourselves of the strength that lies within our faith. We can affirm: "Yes, this challenge may have come to pass, and there may be individuals attempting to smear my reputation or stir doubt in my mind; however, I refuse to surrender to anxiety. This medical diagnosis may seem terrible at first glance, but I hold tightly to the unwavering promise of Almighty God that it will not prevail. I am cradled in His mighty hands, protected and cherished. I choose to maintain my peace and unwavering faith, for with God by my side, we become an unstoppable force, capable of overcoming any adversity that stands in our way."

Through this understanding, we can cultivate resilience and hope, knowing that our faith empowers us to rise above life's trials, trust in God's ultimate plan, and continue our journey with confidence and grace.

A Prayer for Today:
"Father, I come before You with gratitude that I can stand firm on Your promise: nothing that rises against me will prosper. I declare with confidence that as Your child, I am surrounded by a fortress of protection, mercy, and favour that the enemy cannot penetrate. I will choose to rest in Your peace. In Jesus' Name, Amen."

Personal Journal

To God be all the Glory! Thank you for completing our church-wide Prayer and Fasting. I'm sure God has revealed to you, and we're happy to hear it.

Culmination of our Prayer and Fasting is on the 3rd of July 2026, at Journey Worship Centre (JWC) during our Face-to-Face House of Prayer. We encourage you to join us...

On the 1st Friday of each month, there will be the Face-to-Face HOP at Journey Worship Centre (JWC).

Should you have a prayer request that you want us to journey with you? Send it by tapping this link: prayer.journey.org.au

There are Journey Group meetings in which we study God's Word and pray with one another. We invite you to join us and grow together in the knowledge of our Lord Jesus Christ. To know more details, kindly contact us via email at journey@journey.org.au

Join us every Sunday at 10 am Worship Service here in our JWC. Shop 50A, #40, Sterling Road, Minchinbury NSW 2770.

You may like our FB page https://www.facebook.com/JourneyChurchAU to receive notifications whenever we go live or new information is posted.

You may visit our website at https://journey.org.au/ to learn more about JCA.

We're glad you are able to connect with us; see you soon.