

**Saint Andrews United Methodist Church
Pastor Carol Grant Gibson**

January 2026 Prayer and Fasting Devotional and Journal

Faith can move
mountains

MATTHEW 17:20



SAINT ANDREWS UNITED METHODIST CHURCH

JANUARY 2026 DEVOTIONAL GUIDE

PRAYER • FASTING • RENEWAL

“Renewed. Rooted. Ready.”

“Those who hope in the Lord will renew their strength...” — Isaiah 40:31 (NIV)

WELCOME, BELOVED COMMUNITY

As we step into 2026, we enter this month with **open hands and open hearts**.

This devotional is not just a guide — it is an invitation.

An invitation to slow down.

To breathe deeply.

To listen for God’s voice.

To remember who we are and whose we are.

We come from a people who prayed through storms, sang through sorrow, and hoped against hope. Their faith carried us. Now, we seek God for the strength, clarity, and renewal we need for the year ahead.

This month, we pray together.

We fast together.

We grow together.

We believe together.

May this guide bless your spirit, strengthen your walk, and draw you closer to the God who makes all things new.

HOW TO USE THIS DEVOTIONAL

Each Day Includes:

- A **Focus Theme**
- A **Full Scripture Reading**
- An **Expanded, Personal Prayer**
- A **Daily Fasting Objective**
- A **Reflection Question**

Suggested Daily Rhythm

1. Begin with quiet stillness.
2. Read the Scripture aloud.
3. Pray the expanded prayer slowly and intentionally.
4. Honor the fasting objective for the day.
5. Reflect and journal your thoughts.

Fasting Options

Choose one or rotate:

- Daniel Fast
- One-meal-a-day
- Sunrise-to-sunset
- Social media/entertainment fast
- Sugar/caffeine fast

Modify as needed for health.



WEEK ONE: NEW BEGINNINGS & COVENANT RENEWAL

January 1–7

WEEK ONE INTRODUCTION

This week is about **starting fresh**.

Letting go.

Breathing again.

Opening your heart to the possibility that God is doing something new — in you, in your family, in our church.

As you pray this week, ask God to help you release what no longer serves you and embrace what He is preparing.

DAY 1 — January 1

FOCUS: Renewal in Christ

SCRIPTURE: 2 Corinthians 5:17

FAST FROM: Sweets & Desserts

PRAYER:

Lord, thank You for bringing me into a brand-new year. I stand here today because of Your grace. As I cross into 2026, I release every weight I carried from last year — every disappointment, every regret, every burden that tried to cling to me.

Make me new again.

Renew my mind.

Refresh my spirit.

Restore my joy.

Rebuild what was broken.

Revive what felt dead.

Help me walk into this year with hope, courage, and expectation. I trust that You are doing a new thing in me — even if I can't see it yet. I open my heart to Your transformation.

REFLECTION QUESTION:

What is one thing you want God to renew in you this year?

DAY 2 — January 2

FOCUS: Gratitude for Heritage

SCRIPTURE: Psalm 100:5

FAST FROM: Social Media

PRAYER:

God of our ancestors, today I pause to remember the people who prayed me into existence. Thank You for the generations who endured hardship, injustice, and struggle — yet held onto faith.

Thank You for the spiritual inheritance I carry.

Thank You for the songs, the stories, the wisdom, the resilience.

Let gratitude rise in me today.

Help me honor the legacy I've been given by living with purpose, dignity, and joy.

May my life be a continuation of the prayers they prayed.

REFLECTION QUESTION:

Who in your family or spiritual lineage are you grateful for today?

DAY 3 — January 3

FOCUS: Commitment to Justice

SCRIPTURE: Micah 6:8

FAST FROM: Unnecessary Spending

PRAYER:

Lord, You call me to do justice — not just admire it.

Give me a heart that breaks for what breaks Yours.

Give me courage to speak up, wisdom to act, and compassion to serve.

Show me where I can make a difference — in my home, my community, my church, and my city.

Let justice not be a concept I believe in, but a lifestyle I live.

REFLECTION QUESTION:

Where is God nudging you to act justly this year?

DAY 4 — January 4

FOCUS: Unity in the Body

SCRIPTURE: Ephesians 4:3

FAST FROM: Complaining / Negative Speech

PRAYER:

God, make me a peacemaker.

Help me build bridges, not walls.

Teach me to listen with grace and speak with love.

Heal any division in my relationships, my family, or my church.

Let unity begin with me.

REFLECTION QUESTION:

Who do you need to extend grace to today?

DAY 5 — January 5

FOCUS: Strength for the Journey

SCRIPTURE: Isaiah 40:31

FAST FROM: Caffeine

PRAYER:

Lord, I admit that sometimes I feel tired — in my body, my mind, and my spirit.

But You promise to renew my strength.

Lift me today.

Help me rise above weariness.

Give me endurance for the road ahead.

Teach me to wait on You with trust and patience.

REFLECTION QUESTION:

Where do you need God's strength right now?

DAY 6 — January 6

FOCUS: Wisdom for Leadership

SCRIPTURE: James 1:5

FAST FROM: Television / Streaming

PRAYER:

God, I need Your wisdom.

In my decisions, my relationships, my responsibilities — guide me.

Give clarity where I feel confused.

Give peace where I feel uncertain.

Give direction where I feel stuck.

Lead me in the way I should go.

REFLECTION QUESTION:

What decision do you need God's wisdom for?

DAY 7 — January 7

FOCUS: Covenant Renewal

SCRIPTURE: Romans 12:1

FAST FROM: Bread & Processed Carbs

PRAYER:

Lord, today I recommit myself to You.

My mind, my body, my spirit — all of me belongs to You.

Help me live as a living sacrifice.

Shape my desires.

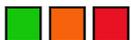
Align my steps.

Deepen my devotion.

Renew my covenant with You.

REFLECTION QUESTION:

What part of your life is God calling you to surrender?



WEEK TWO: FAMILY, COMMUNITY & WHOLENESS

January 8–14

WEEK TWO INTRODUCTION

This week invites us to look outward — toward our families, our neighborhoods, our elders, our children, and our community.

We pray for healing, connection, and wholeness.

We ask God to strengthen the places where we live, love, and grow.

DAY 8 — January 8

FOCUS: Family Blessings

SCRIPTURE: Joshua 24:15

FAST FROM: Fried Foods

PRAYER:

God of every household, I lift my family before You today.

Bless our relationships.

Strengthen our bonds.

Heal what is broken.

Protect what is fragile.

Let love reign in our home.

Teach us to serve You together — with joy, unity, and purpose.

REFLECTION QUESTION:

What blessing do you need God to release over your family?

DAY 9 — January 9

FOCUS: Children & Youth

SCRIPTURE: Proverbs 22:6

FAST FROM: Sugary Drinks

PRAYER:

Lord, cover our children and youth.

Guide their steps.

Guard their hearts.

Surround them with Your favor.

Let them grow in wisdom, courage, and confidence.

Raise them up as leaders, dreamers, and disciples.

REFLECTION QUESTION:

Which young person can you pray for or encourage today?

DAY 10 — January 10

FOCUS: Elders & Wisdom Keepers

SCRIPTURE: Proverbs 16:31

FAST FROM: Idle Conversations / Gossip

PRAYER:

God, thank You for our elders — their wisdom, resilience, and faith.

Bless them with strength, peace, and joy.

Help me honor them well.

Teach me to listen to their stories and value their presence.

REFLECTION QUESTION:

Which elder can you honor or reach out to this week?

DAY 11 — January 11

FOCUS: Community Healing

SCRIPTURE: Jeremiah 33:6

FAST FROM: Fast Food

PRAYER:

Healing God, restore our neighborhoods.

Bring peace where there is violence.

Bring hope where there is despair.

Bring unity where there is division.

Use me as an instrument of healing and reconciliation.

REFLECTION QUESTION:

Where do you see a need for healing in your community?

DAY 12 — January 12

FOCUS: Economic Justice

SCRIPTURE: Amos 5:24

FAST FROM: Online Shopping

PRAYER:

God of justice, break cycles of poverty and inequity.

Open doors of opportunity.

Bless the work of our hands.

Empower us to advocate for fairness and dignity for all.

REFLECTION QUESTION:

How can you support justice in your community's economy?

DAY 13 — January 13

FOCUS: Education & Learning

SCRIPTURE: Proverbs 4:7

FAST FROM: Secular Music

PRAYER:

Lord, bless our students, teachers, and schools.

Let wisdom flourish.

Remove barriers to learning.

Ignite a passion for knowledge.

Help us grow in understanding and truth.

REFLECTION QUESTION:

What is God inviting you to learn this year?

DAY 14 — January 14

FOCUS: Health & Wholeness

SCRIPTURE: 3 John 1:2

FAST FROM: Meat (Daniel Fast Day)

PRAYER:

God of wholeness, heal my body, mind, and spirit.

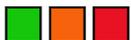
Strengthen me to care for myself and others.

Let wellness flow through my life.

Restore what is weak and renew what is weary.

REFLECTION QUESTION:

What area of your health needs God's touch?



WEEK THREE: SPIRITUAL GROWTH & DISCIPLESHIP

January 15–21

WEEK THREE INTRODUCTION

This week is about going deeper.

Growing roots.

Strengthening your spiritual muscles.

Leaning into prayer, Scripture, worship, and calling.

Ask God to stretch you — gently, lovingly, purposefully.

DAY 15 — January 15

FOCUS: Prayer Life

SCRIPTURE: Philippians 4:6

FAST FROM: Hitting Snooze (Wake Early to Pray)

PRAYER:

Lord, teach me to pray.

Quiet my anxious thoughts.

Fill me with peace.

Help me make prayer my first response, not my last resort.

Draw me closer to You each day.

REFLECTION QUESTION:

What keeps you from praying consistently?

DAY 16 — January 16

FOCUS: Bible Study

SCRIPTURE: Psalm 119:105

FAST FROM: Secular Reading / Entertainment

PRAYER:

Illuminate Your Word, Lord.

Give me hunger for Scripture.

Let Your truth guide my decisions and shape my character.

Help me fall in love with Your Word again.

REFLECTION QUESTION:

What Scripture is God highlighting to you today?

DAY 17 — January 17

FOCUS: Worship Renewal

SCRIPTURE: John 4:24

FAST FROM: All Non-Worship Music

PRAYER:

God, renew my worship.

Let my praise be authentic, joyful, and Spirit-led.

Restore my wonder.

Deepen my reverence.

Help me worship You in spirit and in truth.

REFLECTION QUESTION:

What does true worship look like for you?

DAY 18 — January 18

FOCUS: MLK Legacy

SCRIPTURE: Isaiah 58:6

FAST FROM: Personal Comfort — Serve Someone Today

PRAYER:

God of justice, we honor the legacy of Dr. King.

Strengthen us to continue the work of liberation, equality, and love.

Make us repairers of the breach.

Give us courage to stand for what is right.

REFLECTION QUESTION:

How can you embody justice and love today?

DAY 19 — January 19

FOCUS: Stewardship

SCRIPTURE: Malachi 3:10

FAST FROM: Impulse Purchases

PRAYER:

Generous God, teach me to give faithfully.

Help me steward my time, talents, and resources with gratitude and trust.

Let generosity flow from my heart.

REFLECTION QUESTION:

Where is God inviting you to be more generous?

DAY 20 — January 20

FOCUS: Evangelism

SCRIPTURE: Matthew 28:19

FAST FROM: Fear — Share Your Faith Today

PRAYER:

Lord, send me out.

Give me boldness to share the gospel.

Give me compassion to reach the lost.

Let my life reflect Your love.

REFLECTION QUESTION:

Who can you share God's love with today?

DAY 21 — January 21

FOCUS: Spiritual Gifts

SCRIPTURE: 1 Corinthians 12:7

FAST FROM: Self-Doubt

PRAYER:

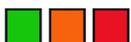
Holy Spirit, stir up the gifts within me.

Help me use them for the good of the church and the blessing of the world.

Show me how to serve with joy and confidence.

REFLECTION QUESTION:

What gift has God placed in you that needs to be activated?



WEEK FOUR: HOPE, LIBERATION & CELEBRATION

January 22–28

WEEK FOUR INTRODUCTION

This week is about reclaiming joy, hope, and freedom.

It's about remembering that God is a deliverer — and that liberation is part of our story.

Lean into celebration.

Lean into hope.

Lean into the God who breaks chains.

DAY 22 — January 22

FOCUS: Hope in Christ

SCRIPTURE: Romans 15:13

FAST FROM: Negative Self-Talk

PRAYER:

God of hope, fill me with joy and peace.

Let hope overflow in my heart.

Lift my spirit.

Strengthen my faith.

Help me believe again.

REFLECTION QUESTION:

Where do you need hope restored?

DAY 23 — January 23

FOCUS: Liberation from Bondage

SCRIPTURE: Exodus 3:7–8

FAST FROM: One Personal “Chain” (you choose)

PRAYER:

Delivering God, break every chain — spiritual, emotional, financial, relational.

Lead me into freedom and wholeness.

Help me walk boldly into the life You’ve prepared for me.

REFLECTION QUESTION:

What is God freeing you from?

DAY 24 — January 24

FOCUS: Forgiveness & Reconciliation

SCRIPTURE: Colossians 3:13

FAST FROM: Holding Grudges

PRAYER:

Lord, teach me to forgive.

Heal wounds.

Soften hearts.

Restore relationships.

Make me an ambassador of reconciliation.

REFLECTION QUESTION:

Who do you need to forgive?

DAY 25 — January 25

FOCUS: Joy in the Lord

SCRIPTURE: Nehemiah 8:10

FAST FROM: Complaining

PRAYER:

God of joy, lift my spirit.

Restore my laughter.

Let joy be my strength.

Fill my heart with gladness.

REFLECTION QUESTION:

What brings you joy?

DAY 26 — January 26

FOCUS: Gratitude for the Saints

SCRIPTURE: Hebrews 12:1

“Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us.”

FAST FROM: Self-Pity

PRAYER:

Lord, today I pause to remember the saints — the ones who walked before me, prayed for me, sacrificed for me, and paved the way so I could stand where I stand.

Thank You for the great cloud of witnesses who cheer me on from eternity.

Thank You for their faith, their endurance, their courage, and their testimony.

Help me draw strength from their stories.

Help me honor their legacy by living with purpose and perseverance.

When I feel tired, remind me that others have run this race before me.

When I feel discouraged, remind me that I am not alone.

When I feel tempted to give up, remind me that their prayers still echo over my life.

Lord, help me throw off everything that hinders — every weight, every distraction, every sin that tries to entangle me.

Give me the endurance to keep running, the focus to stay the course, and the gratitude to remember that I am part of something bigger than myself.

Thank You for the saints — known and unknown — who helped shape my faith.

May my life be a testimony that honors theirs.

REFLECTION QUESTION:

Which saint — family member, church elder, ancestor, or spiritual mentor — are you grateful for today?

DAY 27 — January 27

FOCUS: Courage in Struggle

SCRIPTURE: Joshua 1:9

“Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.”

FAST FROM: Fear-Based Decisions

PRAYER:

Lord, You know the battles I face — the ones on the outside and the ones inside my own heart. You know the moments when fear tries to silence my faith, when discouragement tries to settle in my spirit, and when uncertainty makes me hesitate. But today, I choose courage.

Not because I feel brave, but because You are with me.

Strengthen my heart.

Steady my steps.

Quiet every voice that tells me I’m not enough.

Remind me that I never walk alone — not in the valley, not in the storm, not in the unknown.

Give me the courage to do hard things, to face what I’ve avoided, to trust You when the path is unclear.

Make me bold in spirit and confident in Your presence.

Help me rise today with courage that comes from You alone.

REFLECTION QUESTION:

Where is God asking you to be courageous right now?

DAY 28 — January 28

FOCUS: Peace in the World

SCRIPTURE: John 14:27

“Peace I leave with you; my peace I give you... Do not let your hearts be troubled and do not be afraid.”

FAST FROM: Arguments / Unnecessary Debates

PRAYER:

Prince of Peace, calm my spirit today.

There is so much noise in the world — conflict, tension, division, unrest. But You promise a peace that the world cannot give and cannot take away.

Let that peace settle in my heart.

Let it quiet my mind.

Let it guide my words and actions.

Make me a peacemaker — in my home, in my relationships, in my community.

Help me choose peace over pride, understanding over argument, compassion over being “right.”

Let Your peace flow through me like a river.

Let it soften my tone, slow my reactions, and shape my presence.

Make me a carrier of peace wherever I go.

REFLECTION QUESTION:

Where can you bring peace today?

DAY 29 — January 29

FOCUS: Celebration of Culture

SCRIPTURE: Revelation 7:9

“...a great multitude... from every nation, tribe, people and language, standing before the throne...”

FAST FROM: Cultural Shame — Celebrate Who You Are

PRAYER:

Creator God, thank You for the beauty of my culture — the rhythms, the stories, the strength, the creativity, the resilience.

Thank You for the ways You have shaped my identity through heritage, history, and community.

Help me celebrate who I am without apology.

Help me honor the richness of my people.

Help me walk confidently in the skin You gave me, the voice You gave me, the story You gave me.

Let my culture be a reflection of Your glory and a testimony of Your faithfulness across generations.

May I carry my heritage with pride, gratitude, and joy.

REFLECTION QUESTION:

What part of your culture or identity are you celebrating today?

DAY 30 — January 30

FOCUS: Anticipation of Glory

SCRIPTURE: Romans 8:18

“Our present sufferings are not worth comparing with the glory that will be revealed in us.”

FAST FROM: Worry About the Future

PRAYER:

Lord, sometimes the weight of life feels heavy.

Sometimes the road feels long.

Sometimes the future feels uncertain.

But You remind me that what I see now is not the whole story.

There is glory ahead.

There is purpose in the process.

There is hope beyond the hardship.

Lift my eyes today.

Help me see beyond the struggle and into the promise.

Fill me with anticipation for what You are preparing — in me, through me, and around me.

I trust that the best is yet to come.

Help me release worry and embrace hope.

REFLECTION QUESTION:

What future hope is God stirring in your heart?

DAY 31 — January 31

FOCUS: Dedication for the Year Ahead

SCRIPTURE: Philippians 3:14

“I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.”

FAST FROM: Doubt About God’s Calling

PRAYER:

Lord, as I close this month of prayer and fasting, I dedicate this entire year to You.

Order my steps.

Shape my desires.

Align my plans with Your purpose.

Give me the discipline to press forward, the faith to keep going, and the courage to pursue what You’ve placed in my heart.

Remove every doubt, every fear, every hesitation that tries to hold me back.

I declare that 2026 will be a year of growth, clarity, obedience, and breakthrough.

I place my life, my goals, my dreams, and my calling in Your hands.

Lead me, Lord — and I will follow.

REFLECTION QUESTION:

What are you dedicating to God as you step into the rest of 2026?
