

New Heart Church

14 DAYS of
PRAYER

JANUARY 11TH - AND JANUARY 24TH

FASTING

New Heart Church

A 14 DAY PRAYER & FASTING DEVOTIONAL 2026

MY GRACE IS ALL YOU NEED.
MY POWER WORKS BEST IN WEAKNESS.

2 CORINTHIANS 12:9 NLT

HOW TO USE THIS DEVOTIONAL

1. FAST FROM SOMETHING MEANINGFUL (FOOD, SOCIAL MEDIA, SUGAR, TELEVISION, NOISE, ETC)
2. PRAY INTENTIONALLY EACH DAY USING THE PROMPT
3. JOURNAL HONESTLY - WEAKNESS IS THE DOORWAY, NOT THE PROBLEM
4. READ 2 CORINTHIANS 12:1-10 REPEATEDLY THROUGHOUT THE 14 DAYS

DAY 1

THE INVITATION TO WEAKNESS

**GOD IS NOT REPelled BY WEAKNESS - HE
IS REVEALED IN IT.**

READ // 2 CORINTHIANS 12:9 NLT

PRAYER // GOD, I STOP PRETENDING TODAY.
I BRING YOU MY REAL SELF - UNFINISHED,
TIRED, UNSURE. TEACH ME NOT TO FEAR
WEAKNESS BUT TO TRUST YOU WITHIN IT.

FAST FOCUS // FAST FROM SELF-RELIANCE

DAY 2

NAMING THE THORN

YOU CANNOT SURRENDER WHAT YOU REFUSE
TO NAME

READ // 2 CORINTHIANS 12:7 NLT

PRAYER // LORD, SHOW ME THE THORN I'VE
AVOIDED NAMING. I TRUST YOU WITH WHAT
HURTS, FRUSTRATES, OR HUMBLES ME.

FAST FOCUS // FAST FROM AVOIDANCE

DAY 3

WHEN GOD SAYS NO

A NO FROM GOD CAN BE DEEPER MERCY THAN
A YES.

READ // 2 CORINTHIANS 12:8-9 NLT

PRAYER // GOD, HELP ME TRUST YOU WHEN
THE ANSWER ISN'T WHAT I HOPED FOR.
I BELIEVE YOUR GRACE IS ENOUGH -
EVEN HERE.

FAST FOCUS // FAST FROM COMPLAINING

DAY 4

GRACE OVER RELIEF

GRACE SUSTAINS WHEN RELIEF DOES NOT COME.

READ // 2 CORINTHIANS 12:9 NLT

PRAYER // JESUS, I RECEIVE YOUR GRACE TODAY. NOT WHEN THINGS IMPROVE - RIGHT NOW.

FAST FOCUS // FAST FROM IMPATIENCE

DAY 5

POWER THAT RESTS

GOD'S POWER DOESN'T RUSH—IT RESTS.

READ // 2 CORINTHIANS 12:9 NLT

PRAYER // LORD, I RELEASE CONTROL.
LET YOUR POWER REST ON ME.

FAST FOCUS // FAST FROM OVERWORKING

DAY 6

REDEFINING STRENGTH

GOD DEFINES STRENGTH DIFFERENTLY THAN THE WORLD.

READ // 2 CORINTHIANS 12:10 NLT

PRAYER // GOD, REWRITE MY DEFINITION
OF STRENGTH. TEACH ME DEPENDENCE.

FAST FOCUS // FAST FROM
PROVING YOURSELF

DAY 7

WEAKNESS WITHOUT SHAME

WEAKNESS IS NOT CONDEMNATION.

READ //ROMANS 8:1 NLT

PRAYER // JESUS, I RELEASE SHAME
CONNECTED TO MY WEAKNESS.

FAST FOCUS // FAST FROM NEGATIVE
SELF-TALK.

DAY 8

WEAKNESS BECOMES WORSHIP
SURRENDER TRANSFORMS PAIN INTO PRAISE.

READ // 2 CORINTHIANS 12:9 NLT

**PRAYER // GOD, I WORSHIP YOU EVEN HERE.
USE MY WEAKNESS.**

FAST FOCUS // FAST FROM DESPAIR.

DAY 9

POWER NOT PERFORMANCE

GRACE IS RECEIVED, NOT ACHIEVED.

READ // EPHESIANS 2:8-9 NLT

PRAYER // LORD, FREE ME FROM PERFORMANCE. I RECEIVE YOUR POWER BY GRACE.

FAST FOCUS // FAST FROM COMPARISON.

DAY 10

TRUSTING THE OUTCOME

WEAKNESS TEACHES TRUST.

READ // PROVERBS 3:5-6 NLT

PRAYER // GOD, I TRUST YOU WITH
OUTCOMES I CANNOT CONTROL.

FAST FOCUS // FAST FROM CONTROL

DAY 11

STRENGTH FOR TODAY

GRACE IS DAILY

READ // MATTHEW 6:34 NLT

PRAYER // FATHER, I RECEIVE GRACE
FOR TODAY.

FAST FOCUS // FAST FROM FUTURE ANXIETY.

DAY 12

GLORY THROUGH MY STORY
CRACKS ALLOW LIGHT TO SHINE.

READ // 2 CORINTHIANS 4:7 NLT

**PRAYER // GOD, USE MY STORY FOR
YOUR GLORY.**

**FAST FOCUS // FAST FROM FEAR OF
VULNERABILITY.**

DAY 13

CONTENT IN CHRIST

CONTENTMENT IS LEARNED THROUGH SURRENDER.

READ // PHILIPPIANS 4:11-13 NLT

**PRAYER // JESUS, TEACH ME CONTENTMENT
ROOTED IN YOU.**

**FAST FOCUS // FAST FROM WANTING
MORE THAN GOD.**

DAY 14

WHEN I AM WEAK, THEN I AM STRONG
WEAKNESS IS THE PLATFORM FOR GOD'S POWER.

READ // 2 CORINTHIANS 12:10 NLT

PRAYER // LORD, I EMBRACE MY WEAKNESS
AS A PLACE FOR YOUR POWER.

FAST FOCUS // CLOSE THIS FAST
WITH THANKSGIVING.