



Going Places with Jesus Ministries

**40 Day Prayer and Fasting 2026 E-Book
A Path to Deeper Intimacy**

Daily (Days and Times 12 midnight to 12 noon from March 9, 2026 – April 17, 2026)



This 40-day journey follows a clear biblical path from cleansing to communion. It begins by breaking down the barriers that separate us from God—unconfessed sin,

unforgiveness, fear, and worldly mindsets—as Scripture calls us to purify our hearts to draw near (Psalm 24:3-4). From there, we move into the surrendered posture of intimacy, abandoning self-will as Jesus did in Gethsemane (Luke 22:42), and clearing away life’s distractions to create sacred space for His presence. This foundation prepares us to respond to the Spirit’s invitation to go deeper, rekindling our first love and learning to abide in Christ as a branch in the vine (John 15:4).

The journey then shifts from preparation to practice, cultivating a moment-by-moment awareness of God’s presence through listening prayer, breath prayers, and seeing all of life as worship. This daily abiding naturally overflows into a transformed life—where love, wisdom, and power flow not from our own effort, but from the deep well of intimacy with Him (John 7:38). The culmination is not a temporary experience, but a lifelong commitment to being continuously transformed “from glory to glory” (2 Corinthians 3:18) as we live from our unshakable identity as God’s beloved children.

IMPORTANT MEDICAL DISCLAIMER

READ BEFORE BEGINNING THIS Prayer and Fasting E-book.
Consult your doctor before starting any fast.

You MUST get medical approval if you:

- Have any chronic illnesses (diabetes, heart/kidney disease, etc.)
- Are pregnant, nursing, or trying to conceive
- Take prescription medications
- Have a history of eating disorders
- Are under 18 or over 65

Stop immediately and seek help if you experience: Dizziness, chest pain, fainting, severe weakness, or concerning symptoms. *This is a spiritual guide only, not medical advice. The creator assumes no liability for health decisions. By using this guide, you acknowledge you have read this disclaimer and will obtain proper medical clearance.*

Week One

Breaking Every Hindrance

Focus: Identifying and overcoming barriers to intimacy

Day 1 – Monday, March 9, 2026 – “Unconfessed Sin”

Scripture: *“If I had cherished iniquity in my heart, the Lord would not have listened.” (Psalm 66:18)*

Prayer: *“Shine Your light into hidden corners. Reveal cherished sin. I confess it now. Thank You for cleansing and restoring fellowship.”*

Day 2 – Tuesday, March 10, 2026 – “Unforgiveness”

Scripture: *“For if you forgive others their trespasses, your heavenly Father will also forgive you...” (Matthew 6:14)*

Prayer: *“Bring to mind anyone I haven’t forgiven. I choose to release them now. Break the barrier my bitterness creates. Let Your forgiveness flow through me.”*

Day 3 – Wednesday, March 11, 2026 – “Fear & Control”

Scripture: *“There is no fear in love, but perfect love casts out fear...”* (1 John 4:18)

Prayer: “Your perfect love, meet my specific fears: fear of lack, fear of man, fear of the unknown. Where I grasp for control, pry my fingers open. I trust You.”

Day 4 – Thursday, March 12, 2026 – “Performance Mentality”

Scripture: *“For by grace you have been saved through faith. And this is not your own doing...”* (Ephesians 2:8)

Prayer: “Deliver me from trying to earn Your love. Root me in the scandalous truth that I am fully loved before I do anything. Let me come boldly by grace alone.”

Day 5 – Friday, March 13, 2026 – “Past Wounds”

Scripture: *“He heals the brokenhearted and binds up their wounds.”* (Psalm 147:3)

Prayer: “Jesus, where past pain has built walls around my heart, come as Healer. Touch the places where I've shut down. Bind my wounds with Your love.”

Day 6 – Saturday, March 14, 2026 – “Worldly Mindset”

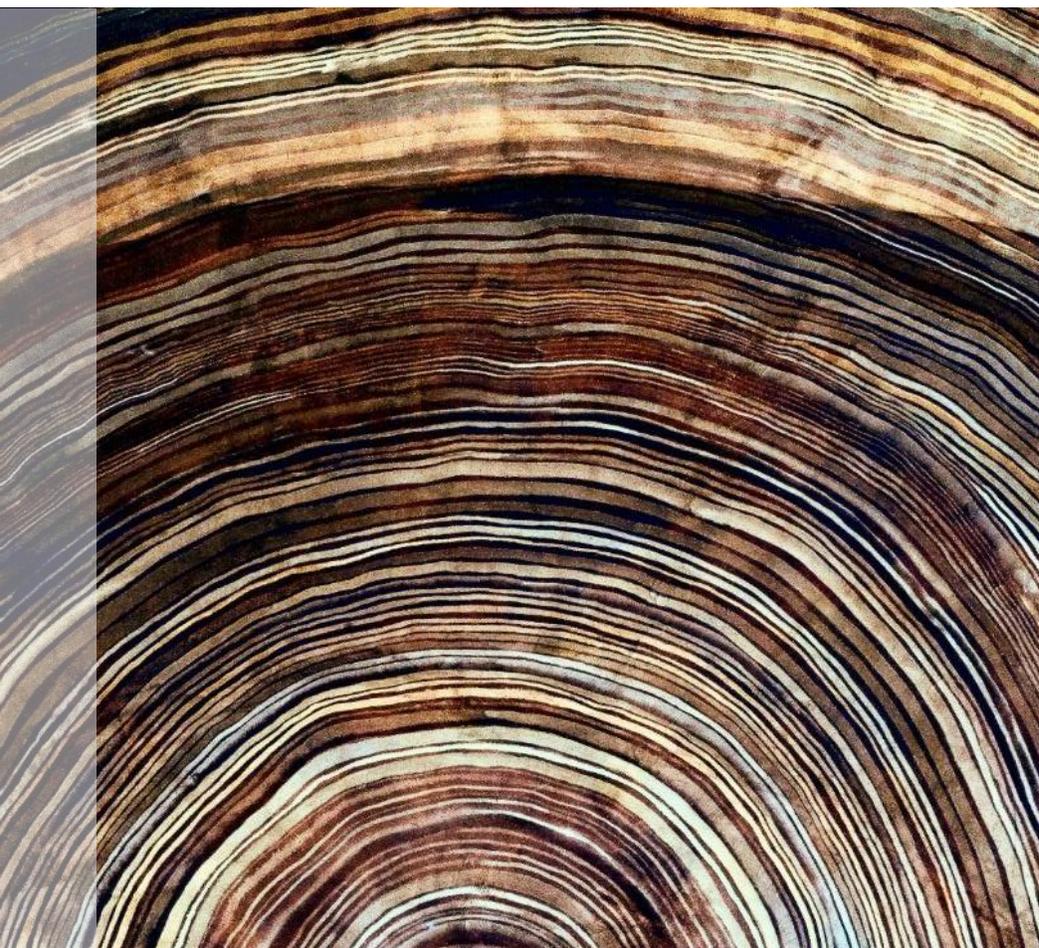
Scripture: *“Do not be conformed to this world, but be transformed by the renewal of your mind...”* (Romans 12:2)

Prayer: *“Examine my thoughts, values, and dreams. Where has the world shaped me? Renew my mind. Let Your Word and Spirit be my only compass.”*

Day 7 – Sunday, March 15, 2026 – SABBATH REST

Scripture: *“The Lord will fight for you, and you have only to be silent.”* (Exodus 14:14)

Prayer: *“Today, I cease striving to break through barriers. You are my defender. I stand still and watch You fight for my intimacy with You.”*



Week 2

Abandoning Our Will

Focus: The joyful surrender of self-rule

Day 8 – Monday, March 16, 2026 – “Not My Will”

Scripture: “...nevertheless, not my will, but yours, be done.” (Luke 22:42)

Prayer: “Jesus, You modeled surrender in Gethsemane. Where my will clings to control, break its grip. Align my desires with Yours.”

Day 9 – Tuesday, March 17, 2026 – “The Surrendered Throne”

Scripture: “He must increase, but I must decrease.” (John 3:30)

Prayer: “I step down from the throne of my own life. Increase in me, Lord Jesus. Rule over every area I've kept for myself.”

Day 10 – Wednesday, March 18, 2026 – “Broken and Poured”

Scripture: “And she broke the flask and poured it over his head.” (Mark 14:3)

Prayer: “Like Mary's alabaster jar, break me open in surrender. Let my life be poured out as worship—nothing held back.”

Day 11 – Thursday, March 19, 2026 – “The Yoke”

Scripture: “Take my yoke upon you, and learn from me...” (Matthew 11:29)

Prayer: “I exchange my heavy yoke of self-will for Your easy yoke. Teach me to move in rhythm with Your Spirit, not ahead or behind.”

Day 12 – Friday, March 20, 2026 – “Obedience Over Sacrifice”

Scripture: “Behold, to obey is better than sacrifice...” (1 Samuel 15:22)

Prayer: “Reveal where I've offered religious activity instead of raw obedience. I choose to obey—not just when it's easy, but when it costs.”

Day 13 – Saturday, March 21, 2026 – “Death to Self”

Scripture: “I have been crucified with Christ...” (Galatians 2:20)

Prayer: “Apply the cross to my self-life: my rights, my plans, my reputation. Let resurrection life flow through my surrendered places.”

Day 14 – Sunday, March 22, 2026 – SABBATH REST

Scripture: “In returning and rest you shall be saved; in quietness and in trust shall be your strength.” (Isaiah 30:15)

Prayer: *“Today I rest in Your leadership. I trust Your will is good, even when I don't understand. Strengthen my quiet confidence in You.”*

Week 3

Removing Distractions

Focus: Clearing the debris that clouds communion

Day 15 – Monday, March 23, 2026 – “The Good vs. The Best”

Scripture: *“But I do not account my life of any value nor as precious to myself, if only I may finish my course...”* (Acts 20:24)

Prayer: *“Show me the ‘good’ things keeping me from the ‘best’ thing—You. Give me courage to lay aside even lawful distractions for greater intimacy.”*

Day 16 – Tuesday, March 24, 2026 – “Digital Detox”

Scripture: *“I will not set before my eyes anything that is worthless.”* (Psalm 101:3)

Prayer: *“Examine my digital habits. Reveal where screens steal my gaze from You. Help me steward my attention as an offering.”*

Day 17 – Wednesday, March 25, 2026 – “The Unhurried Heart”

Scripture: *“But the Lord is in his holy temple; let all the earth keep silence before him.”* (Habakkuk 2:20)

Prayer: “Deliver me from the idol of hurry. Teach me the discipline of slow, undistracted presence before You. Let my waiting be worship.”

Day 18 – Thursday, March 26, 2026 – “Saying ‘No’ to Say ‘Yes’”

Scripture: *“Let your ‘yes’ be ‘yes’ and your ‘no’ be ‘no’...”* (Matthew 5:37)

Prayer: “Grant me discernment to say ‘no’ to lesser commitments so I can say ‘yes’ to uninterrupted time with You. Guard my ‘yes’ for Your priorities.”

Day 19 – Friday, March 27, 2026 – “The Inner Noise”

Scripture: *“We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive...”* (2 Corinthians 10:5)

Prayer: “I take my anxious thoughts, my mental rehearsals, my endless planning captive. Quiet the inner arguments. Let Your voice be clearest.”

Day 20 – Saturday, March 28, 2026 – “Sacred Space”

Scripture: *“But when you pray, go into your room and shut the door...”* (Matthew 6:6)

Prayer: “Show me how to create physical and mental ‘rooms’ shut to the world, open to You. Make my everyday spaces sacred through intentional prayer.”

Day 21 – Sunday, March 29, 2026 – SABBATH REST

Scripture: *“The Lord is my shepherd; I shall not want. He makes me lie down in green pastures.”* (Psalm 23:1-2)

Prayer: “Shepherd, make me lie down. Force my restless soul to rest in Your provision. In stillness, show me I lack nothing in You.”





Week 4

The Invitation to Depth

Focus: Hearing Jesus' call to come deeper

Day 22 – Monday, March 30, 2026 – “The Longing”

Scripture: “Deep calls to deep at the roar of your waterfalls...” (Psalm 42:7)

Prayer: “Jesus, awaken in me a holy dissatisfaction with surface-level faith. Let Your deep call to my deep. Create in me a craving for Your presence that exceeds every other desire.”

Day 23 – Tuesday, March 31, 2026 – “The First Love”

Scripture: *"...You have abandoned the love you had at first."* (Revelation 2:4)

Prayer: "Lord, uncover where my love for You has grown routine. Reignite the fresh fire of first devotion. Let my fast be a journey back to loving You above all."

Day 24 – Wednesday, April 1, 2026 – "Uncluttered Heart"

Scripture: *"Blessed are the pure in heart, for they shall see God."* (Matthew 5:8)

Prayer: "Search me, O God. Reveal any clutter in my heart—competing affections, secret idols, hidden pride. I desire purity that sees You clearly."

Day 25 – Thursday, April 2, 2026 – "The One Thing"

Scripture: *"But one thing is necessary. Mary has chosen the good portion..."* (Luke 10:42)

Prayer: "Jesus, in a world of many things, teach me to choose the one thing: sitting at Your feet. Simplify my desires until You are my portion."

Day 26 – Friday, April 3, 2026 – "The Cost of Depth"

Scripture: *"Whoever does not bear his own cross and come after me cannot be my disciple."* (Luke 14:27)

Prayer: "I acknowledge that depth requires surrender. Give me courage to embrace the cross of saying 'no' to myself to say 'yes' to You."

Day 27 – Saturday, April 4, 2026 – “Stillness”

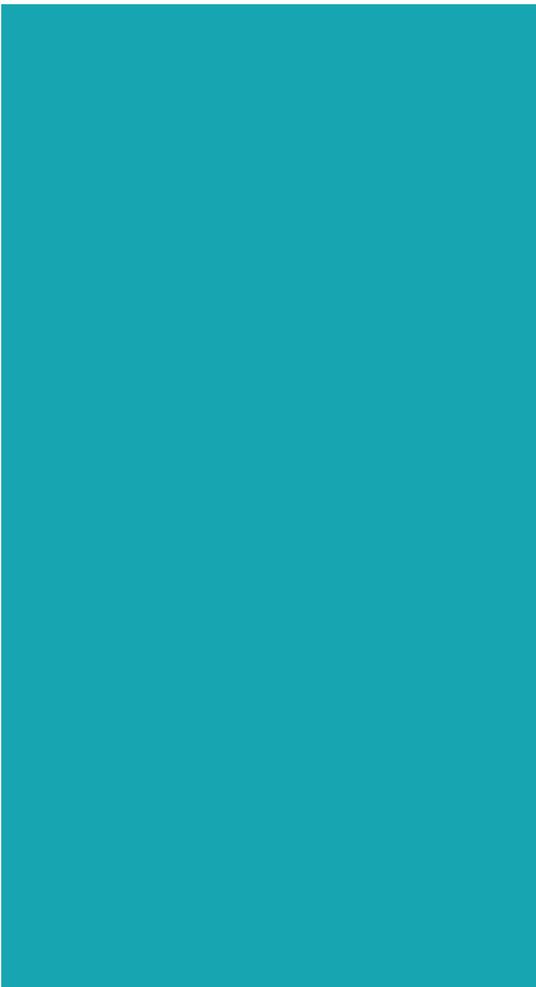
Scripture: *“Be still, and know that I am God...”* (Psalm 46:10)

Prayer: “Still my soul before You. Silence the internal noise. In the quiet, let me know You as God—not just know about You.”

Day 28 – Sunday, April 5, 2026 – SABBATH REST

Scripture: *“Come to me, all who labor and are heavy laden, and I will give you rest.”* (Matthew 11:28)

Prayer: “Jesus, I come to You weary from striving. Teach me the rest of complete trust. Let this fast be less about doing and more about receiving.”



Week 5

The Practice of Presence

Focus: Cultivating continual awareness of Christ

Day 29 – Monday, April 6, 2026 –
“Practicing His Presence”

Scripture: *“I have set the Lord always before me...”* (Psalm 16:8)

Prayer: “Train me to practice Your presence in mundane moments. May I become aware of You beside me, within me, surrounding me—all day long.”

Day 30 – Tuesday, April 7, 2026 – “Abiding, Not Striving”

Scripture: *“Abide in me, and I in you.”* (John 15:4)

Prayer: “I move from striving to abiding. Like a branch, I rest in You, the Vine. Teach me the gentle art of staying connected moment by moment.”

Day 31 – Wednesday, April 8, 2026 – “The Listening Heart”

Scripture: *“My sheep hear my voice...”* (John 10:27)

Prayer: “Sharpen my spiritual hearing. Tune my heart to recognize Your whisper above all noise. Let Your Word come alive as personal conversation.”

Day 32 – Thursday, April 9, 2026 – “Breath Prayers”

Scripture: *“Pray without ceasing...”* (1 Thessalonians 5:17)

Prayer: “Throughout this day, let short prayers rise from my heart: ‘Jesus, I belong to You.’ ‘Spirit, lead me.’ ‘Father, I trust You.’ May my very breath become prayer.”

Day 33 – Friday, April 10, 2026 – “Sacramental Living”

Scripture: *“Whether you eat or drink, or whatever you do, do all to the glory of God.”* (1 Corinthians 10:31)

Prayer: “Show me how to turn daily tasks—eating, working, resting—into acts of worship. Let my whole life become a sacrament, revealing Your presence.”

Day 34 – Saturday, April 11, 2026 – “The Secret Place”

Scripture: *“He who dwells in the secret place of the Most High shall abide under the shadow of the Almighty.”* (Psalm 91:1)

Prayer: “The secret place is my new address. I choose to dwell there, not visit occasionally. Under Your shadow, I find my true home.”

Day 35 – Sunday, April 12, 2026 – SABBATH REST

Scripture: *“In your presence there is fullness of joy...”* (Psalm 16:11)

Prayer: *“Today, I simply enjoy You. No agenda, no requests—just enjoying the fullness of joy found in Your presence. You are my delight.”*

Week 6

Living from Deep

Focus: The overflow of intimacy into kingdom life

Day 36 – Monday, April 13, 2026 –
“Love from the Source”

Scripture: *“...the love of God has been poured out in our hearts by the Holy Spirit...”* (Romans 5:5)

Prayer: *“My love for others has run dry. Pour Your love into my heart anew. Let every act of love flow from the deep well of my intimacy with You.”*

Day 37 – Tuesday, April 14, 2026 – “Wisdom from Above”

Scripture: *“But the wisdom from above is first pure, then peaceable, gentle, open to reason...”* (James 3:17)

Prayer: *“Let decisions and words flow from the deep*

wisdom found in Your presence, not my shallow understanding. Make me a conduit of Your pure, peaceable wisdom.”

Day 38 – Wednesday, April 15, 2026 – “Power from On High”

Scripture: *“But you will receive power when the Holy Spirit has come upon you...”* (Acts 1:8)

Prayer: “My strength is insufficient. Clothe me with power from on high—not for show, but for authentic witness that springs from knowing You.”

Day 39 – Thursday, April 16, 2026 – “The Unshakable Identity”

Scripture: *“See what kind of love the Father has given to us, that we should be called children of God...”* (1 John 3:1)

Prayer: “Anchor my identity in the deep truth that I am Your beloved child. No performance, no role, no opinion can shake this. I am Yours.”

Day 40 – Friday, April 17, 2026 – “The Continuous Journey”

Scripture: *“And we all, with unveiled face, beholding the glory of the Lord, are being transformed into the same image from one degree of glory to another...”* (2 Corinthians 3:18)

Prayer: “Jesus, this forty-day journey is not an end, but a beginning. I commit to a lifetime of beholding You. Transform me from glory to glory. Keep calling me deeper. My answer is ‘Yes.’”