

SEEK GOD FAST 2026

KEEP YOUR FOCUS ON JESUS | 20th–26th July 2026

DAY 1: Monday, 20 July - LOOKING UNTO JESUS

SCRIPTURE: Hebrews 12:1–3 | **KEY THOUGHT:** Take your eyes off distractions and fix them on Jesus, the Author and Finisher of your faith. | **DECLARATION:** *"My eyes are fixed on Jesus."*

DAY 2: Tuesday, 21 July - IF I CAN ONLY TOUCH HIM

SCRIPTURE: Mark 5:25–34 | **KEY THOUGHT:** Faith presses through every obstacle to reach Jesus. | **DECLARATION:** *"One touch from Jesus changes everything."*

DAY 3: Wednesday, 22 July - JESUS, SON OF DAVID, HAVE MERCY ON ME

SCRIPTURE: Mark 10:46–52 | **KEY THOUGHT:** Persistent faith refuses to be silenced until it encounters Jesus. | **DECLARATION:** *"I will keep calling on Jesus until my breakthrough comes."*

DAY 4: Thursday, 23 July - KEEP YOUR EYES ON JESUS

SCRIPTURE: Matthew 14:22–33 | **KEY THOUGHT:** When your focus stays on Jesus, faith rises above every storm. | **DECLARATION:** *"I choose faith over fear."*

DAY 5: Friday, 24 July - ONE THING HAVE I DESIRED

SCRIPTURE: Psalm 27:4 | **KEY THOUGHT:** God's presence is our greatest pursuit and highest priority.
| **DECLARATION:** "Jesus is my greatest desire."

DAY 6: Saturday, 25 July - THE FOURTH MAN IN THE FIRE

SCRIPTURE: Daniel 3:16–28 | **KEY THOUGHT:** When we keep our focus on God, He is with us in every trial. | **DECLARATION:** "I will not bow—I will stand in faith."

DAY 7: Sunday, 26 July - GIVE ME THIS MOUNTAIN

SCRIPTURE: Numbers 13–14; Joshua 14:6–14 | **KEY THOUGHT:** Faith sees God's promises as greater than life's giants. | **DECLARATION:** *"My focus is on God's promises, not my problems."*

WRITE THREE THINGS YOU'RE BELIEVING FOR PERSONALLY DURING THE PRAYER & FAST

1. _____
2. _____
3. _____

Please join us each night of the fast at 7pm for our online prayer meeting via Zoom

