

# 21 DAYS OF PRAYER & FASTING



2026



NEW LIFE  
WORSHIP CENTER



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**THEME OF THE YEAR**

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THE YEAR OF **ALIGNMENT & EXPANSION**

**Scripture:** Amos 3:3 & Isaiah 54:2

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**IMPORTANT DATES DURING THE 21 DAYS**

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21 Days of Prayer & Fasting

January 5<sup>th</sup>-25<sup>th</sup>, 2026

Unity Service

Friday, January 9th, 2026

@ 7:00pm

New Life Seminar

Saturday, January 10<sup>th</sup>, 2026

@ 10am-2pm

First Fruits Service

Sunday, January 25th, 2026

@ 11am

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**CONTACT INFORMATION**

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Blessings New Life Family,

As we enter 2026, we believe God is calling us into a season of alignment and expansion. This is not a year to rush ahead in our own strength, but a year to realign our hearts with God's will and position ourselves for what He desires to expand.

These 21 days of prayer and fasting are about spiritual alignment—aligning our hearts with God, our lives with His Word, and our faith with His promises.

When alignment takes place, expansion follows.

As we give God our first, our time, our prayers, our obedience, and our first fruits, we trust Him to align what has been out of order and expand what He has already blessed.

Remember: How you start determines how you finish.

We are praying for you and believing that 2026 will be a year of clarity, unity, growth, alignment and expansion.

In His Service,  
Pastor Willie & Raiza



## M A T H E W 6:5-18

5 “And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by others.

Truly I tell you, they have received their reward in full.

6 But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you.

7 And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words.

8 Do not be like them, for your Father knows what you need before you ask him.

9 “This, then, is how you should pray: “ ‘Our Father in heaven, hallowed be your name,

10 your kingdom come, your will be done, on earth as it is in heaven.

11 Give us today our daily bread.

12 And forgive us our debts, as we also have forgiven our debtors.

13 And lead us not into temptation, but deliver us from the evil one. ’

14 For if you forgive other people when they sin against you, your heavenly Father will also forgive you.

15 But if you do not forgive others their sins, your Father will not forgive your sins.

## Fasting

16 “When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full.

17 But when you fast, put oil on your head and wash your face,

18 so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.

**The Daniel Fast is a biblical fast based on Daniel 1:12-16, where Daniel and his companions chose vegetables and water as an act of consecration, discipline, and devotion to God. This fast is not about dieting, but about alignment, prayer, humility, and spiritual focus.**



# FASTING OPTIONS

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*Participants are encouraged to choose a fast that is prayerfully led, physically wise, and spiritually intentional.*

## OPTION 1:

### **FULL DANIEL FAST**

**3 weeks of ONLY eating fruits and vegetables (no meats).**

**You may have breakfast, lunch and dinner.**

**Please use instructions below for the food items you can and can't eat.**

## OPTION 2:

### **PARTIAL FAST**

**1st Week - Fruits and Vegetables ONLY and you may have breakfast, lunch and dinner.**

**2nd Week - FAST Breakfast. You may have lunch and dinner. You may eat soup and salad (you may include chicken, turkey or fish) NO red meats.**

**3rd Week - FAST Breakfast and lunch. You may have ONE meal only (dinner) and you may include chicken, turkey or fish, NO red meats.**

## OPTION 3:

### **NO FOOD FAST**

**For 3 weeks, Fast from 6am-6pm with just water.**

**You can eat food after 6pm.**

## OPTION 4:

### **MEDICAL-ADAPTED FAST**

**If you have health conditions, fast from 6am-12pm for 3 weeks.**

**During the three weeks please fast from eating desserts, caffeine and carbonated drinks.**

**\*SET GOALS AND REMEMBER THE REASON YOU ARE FASTING\***



# 21 DAYS OF FASTING

## GRAINS:

- BROWN RICE
- WHITE RICE
- OATS (PLAIN)
- BARLEY
- QUINOA
- MILLET

## LEGUMES:

- ALL BEANS (BLACK, PINTO, KIDNEY, NAVY, LIMA)
- LENTILS
- CHICKPEAS
- SPLIT PEAS

## FRUITS:

- ALL FRESH, FROZEN, OR DRIED FRUITS
- NO ADDED SUGAR, SYRUPS, OR PRESERVATIVES

## VEGETABLES

- ALL FRESH, FROZEN, OR DRIED VEGETABLES
- NO ADDITIVES OR SAUCES

## NUTS, SEEDS & SPROUTS:

- RAW NUTS
- SEEDS
- SPROUTS
- NO ROASTING, SALTING, OR FLAVORING

## ORGANIC FOODS:

- ORGANIC FRUITS, VEGETABLES, GRAINS, LEGUMES, NUTS, AND SEEDS ARE ENCOURAGED WHEN AVAILABLE.

## LIQUIDS:

- WATER
- HERBAL TEAS
- 100% FRUIT JUICE
- NO CAFFEINE & NO SWEETENERS

## HOW TO PREPARE YOUR FOOD:

- BAKED, BOILED, STEAMED, OR RAW
- USE MINIMAL SEASONING
- AVOID OILS, BUTTER, SUGAR, AND ADDITIVES
- KEEP MEALS SIMPLE AND INTENTIONAL



# 21 DAYS OF FASTING

## FOOD GUIDELINES: FOODS TO AVOID

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### NO ANIMAL PRODUCTS:

- MEAT (BEEF, CHICKEN, PORK, ETC.)
- FISH OR SEAFOOD
- DAIRY (MILK, CHEESE, BUTTER, YOGURT)
- EGGS

### NO PROCESSED OR REFINED FOODS:

- WHITE FLOUR PRODUCTS (BREADS, PASTRIES, CRACKERS)
- FRIED FOODS

### NO LEAVENED BREAD:

- YEAST BREADS
- ROLLS
- BAGELS
- BAKED GOODS

### NO OILS OR FATS:

- COOKING OILS
- MARGARINE
- BUTTER

### NO SWEETENERS:

- SUGAR (WHITE OR BROWN)
- HONEY
- AGAVE
- MAPLE SYRUP
- ARTIFICIAL SWEETENERS

### NO PROCESSED OR REFINED FOODS:

- FAST FOOD
- PACKAGED OR BOXED MEALS
- ADDITIVES OR PRESERVATIVES

### NONE OF THESE BEVERAGES:

- SODA
- JUICE (UNLESS 100%)
- COFFEE
- CAFFEINATED TEA
- ENERGY DRINKS
- ALCOHOL

### FINAL REMINDER:

- THIS FAST IS AN ACT OF OBEDIENCE AND DEVOTION, NOT PERFECTION.
- IF YOU STUMBLE, PRAY, RESET, AND CONTINUE FORWARD.
- THE GOAL IS SPIRITUAL GROWTH, NOT LEGALISM.



# What to Expect on the First Three Days

## Day 1

**Reminder:** Pray, read God's Word, drink plenty of water, stay focused, and listen to worship music.

**Fasting Purpose:** Remember the purpose of fasting and God's grace for triumph.

**Spiritual & Physical Effects:** Hunger, cravings, and potential headaches as toxins are eliminated.

## Day 2

**Reminders** Drink plenty of water, read the Word of God, get plenty of rest, and pray. The second & third days are the most difficult.

**Physical Effects of Fasting:** Dry tongue, increased hunger pains, intensified food cravings, and the body burning fat for energy which is a process called "Ketosis".

## Day 3

**Reminder:** Drink plenty of water, get filled with the Word of God, pray for courage and strength.

**Physical Effects:** Dry tongue, increased hunger pains will increase, intensified food cravings, ketosis, weight loss.



WHAT ARE YOU LOOKING FORWARD  
TO GOD DOING IN YOUR LIFE IN  
2026?

# 21 DAYS *Of Prayer & Focus*

**During these 21 days, we encourage:**

## Daily prayer

## Scripture reading

# Worship

## Journaling

## Reducing distractions

## Seeking God for alignment and spiritual renewal



## DAY 1 - JANUARY 5TH

- **Personal Prayer:** Prayer for personal well-being, family, loved ones, and the pastoral family.
- **Pastoral Family Prayer:** Requesting strength, wisdom, and guidance from the Holy Spirit for the pastoral family.



# 21 REASONS

*For prayer and fasting*

**DAY 2 - JANUARY 6TH**

## PRAYER FOCUS:

- **Prayer for Core Leaders:** Pray for the Core Leaders and future Leaders of the house, including First Lady Raiza Cordero, Pastor Willie Cordero, Pastor Patrice Howell, Lizbeth Vega, Aurea Frink, Manny Carrillo, and Genesis Cordero.
- **Prayer Focus:** Ask God to strengthen, guide, and give wisdom to the leaders in the New Year.
- **2025 Theme:** The Year of Alignment and Expansion.

## PERSONAL MEDITATION:

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## DAY 3 - JANUARY 7TH

## PERSONAL MEDITATION:



# 21 REASONS

*For prayer and fasting*

**DAY 4 - JANUARY 8TH**

## PRAYER FOCUS:

- **Evangelism:** Increased urgency in the Church for evangelism.
- **Community Needs:** Meet the Spiritual and material needs.
- **Church's Role:** Love and passionately help lost souls realize God's love.

## PERSONAL MEDITATION:

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## DAY 5 - JANUARY 9TH

- **Events:** Pray for retreats, speakers, programs, conferences, and God's presence during these events.
- **Leadership Prayer:** Pray for leaders to invite the resources God has chosen for this season.
- **Unity Service:** Attend the Unity service tonight at 7pm hosted by House of Restoration - 1665 Main St. Hartford, CT.



## DAY 6 - JANUARY 10TH

- **Healing:** Pray for healing of various illnesses, including AIDS, cancer, lupus, depression, diabetes, asthma, Parkinson's, anxiety, viruses, and mental disorders.
- **Biblical Reference:** Isaiah 53:5, "by His stripes we are healed."



## DAY 7 - JANUARY 11TH

- **Prayer for:** Additional teachers for educational Classes, guidance and Holy Spirit impartation for each class. Second Chance Church ministry, mentors, and Second Chance Employment.
- **Prayer for Incarcerated People:** Incarcerated people to be open to the Word and for God to deliver their spirits despite physical incarceration.



## DAY 8 - JANUARY 12TH

- **Unity:** Unity of the Christian body, manifestation of spiritual gifts, unity of mind and spirit, and working towards one purpose.
- **Prayer Request:** God to establish and complete each person, granting them the power and authority to govern.



## DAY 9 - JANUARY 13TH

- **Youth Leaders:** Pray for youth and young adult leaders (Josh & Sabina Arroyo) and (Xavier Arroyo - Student Leader).
- **Spiritual Growth:** Pray for the youth to grow spiritually and personally, resisting evil desires and remaining devoted.
- **Protection and Purpose:** Pray for the protection, health, and God's purpose in the Children's Ministry.
- **For the children's ministry team:** Pray for the teachers including Aurianna, Trinity, Kassandra, Prisely, and Shadia. Pray for the helpers including Joseph, Amanda, Andrea, and Sumeja.



## DAY 10 - JANUARY 14TH

- **Prayer and Intercessor Team:** Pray for the intercessors, altar, and prayer team, including Benito, Aurea, Jessica, Julia, Seithy, Julio, Annmarie, Xavier, and new intercessors.
- **Intercessor's Vision:** Pray that the Lord will place the demand over the intercessors and make their vision clearer and more specific.
- **Intercessor's Role:** Pray that God will raise an army of intercessors with discernment to see the needs of New Life Worship Center.



# 21 REASONS

*For prayer and fasting*

**DAY 11 - JANUARY 15TH**

## PRAYER FOCUS:

- **Pray for:** Peace in Hartford, breaking the spirit of violence, guidance for leaders, and filling key positions with people of integrity.
- **Leaders to Pray For:**
  - President Donald Trump and Vice President JD Vance.
  - State Senators: Chris Murphy and Richard Blumenthal and Representatives.
  - Governor Ned Lamont
  - Mayor Arunan Arulampalam
  - City Council President TJ Clarke,
  - Hartford Police Chief James Rovella and Hartford Fire Chief Rodney Barco.
- **Organizations to Pray For:** Faith Based Initiative, Know Thy Neighbor Initiative.

## PERSONAL MEDITATION:

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# 21 REASONS

*For prayer and fasting*

**DAY 12 - JANUARY 16TH**

## PRAYER FOCUS:

- **Spiritual Gifts Prayer:** Pray for a diversity of spiritual gifts at New Life, including wisdom, knowledge, faith, healing, miracles, prophecy, discernment, tongues, and interpretation of tongues
- **Spiritual Awakening Prayer:** Pray for a spiritual awakening, revival, and manifestation of the supernatural move of God's spirit.
- **Revival Prayer:** Pray for the revival of the supernatural move of God's spirit in Hartford and the state, as in Habakkuk 2:14.

## PERSONAL MEDITATION:

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# 21 REASONS

*For prayer and fasting*

**DAY 13 - JANUARY 17TH**

## PRAYER FOCUS:

- **Pray for:** Churches in Hartford, Pastors and their families, and organizations like the Hartford Hispanic Pastoral Alliance and the Faith Based Initiative.
- **Prayer Focus:** Strength, spiritual renewal, health, sound mind, and God's presence in their ministry.
- **Geographic Scope:** Hartford, other states, and churches worldwide.

## PERSONAL MEDITATION:

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# 21 REASONS

*For prayer and fasting*

**DAY 14 - JANUARY 18TH**

## PRAYER FOCUS:

- **Financial Miracle Prayer:** Pray for financial miracles for the church and for overflowing blessings to reach homes.
- **Budget Projection Prayer:** Pray for the budget projection to be met in every category.
- **Project127 Prayer:** Pray for God to touch the hearts of sponsors, investors, and the community for Project127 (new gym/church building).

## PERSONAL MEDITATION:

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# 21 REASONS

*For prayer and fasting*

**DAY 15 - JANUARY 19TH**

## PRAYER FOCUS:

- **Prayer Request:** The Pastoral Counseling Ministry and future staff to have discernment and wisdom to counsel with divine wisdom, bringing healing and hope.
- **Families in Hartford:** Pray for families, single parents, and an increase of a “Fathering” spirit for Hartford’s children.
- **Biblical References:** Ephesians 3:15, Luke 15:11-32, and Malachi 4:6.

## PERSONAL MEDITATION:

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# 21 REASONS

*For prayer and fasting*

**DAY 16 - JANUARY 20TH**

## PRAYER FOCUS:

- **Prayer for Transformation:** Pray for transformation in God's presence (2 Corinthians 3:18).
- **Prayer for Church Unity:** Pray for the unity of the church, seeking shared purpose, agreement, and mutual consent (Acts 2:42).
- **Prayer for Protection and Education:** Pray for the protection of families (Psalm 91) and for education (Deuteronomy 6:5-9, Psalm 27:11).

## PERSONAL MEDITATION:

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# 21 REASONS

*For prayer and fasting*

**DAY 17 - JANUARY 21ST**

## PRAYER FOCUS:

- **Pray for:** Missionaries, the persecuted church, revival, and against ridicule of the church.
- **Global Prayer:** Pray for peace and understanding worldwide.
- **Media Prayer:** Pray for purity and righteousness in media, including the Hartford Courant and local TV and radio stations.

## PERSONAL MEDITATION:

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# 21 REASONS

*For prayer and fasting*

**DAY 18 - JANUARY 22ND**

## PRAYER FOCUS:

- **Prayer Requests:** Pray for mistreated, neglected, and abused children, foster and adoptive parents, ministry leaders, abducted children, and The Underground of New England.
- **Prayer Focus:** Pray for God's grace, wisdom, and protection.
- **Prayer Target:** People, authorities, and organizations involved in child welfare and sex trafficking prevention.

## PERSONAL MEDITATION:

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## DAY 19 - JANUARY 23RD

- **Prayer Focus:** Pray for the church to rise up in unity and fulfill God's purpose.
- **Scripture Reference:** Matthew 6:9-10.



# 21 REASONS

*For prayer and fasting*

**DAY 20 - JANUARY 24TH**

## PRAYER FOCUS:

- **Seven Mountains of Prayer:** Religion, Government, Family, Arts & Entertainment, Media, Business, and Education.
- **Church's Kingdom Role:** God's plan to reach the world and equip Christians for service.

## PERSONAL MEDITATION:

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# 21 REASONS

*For prayer and fasting*

**DAY 21 - JANUARY 25TH**

## PRAYER FOCUS:

- **Prayer Focus:** Praying for “The year of Alignment and Expansion” for every disciple of New Life Worship Center.
- **Praise and Worship:** Giving God praise and worship for strength and power to be faithful. To God be all glory and power.

## PERSONAL MEDITATION:

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**First fruits represent the first thing you receive. By being the first thing, the Bible teaches us that the first fruits belong to God. In the Old Testament we use the model of the first fruits to receive the benefits of the rest of our seed. How you start, will determine how you finish. I pray that this information will help you understand the principles and encourage you to participate in this powerful event.**

**During the month of January we will participate in bringing our first fruits. I want you to understand that it is not limited to just January but each time you receive a raise you should bring your first fruits to God. The results will be powerful for you and a testimony to your family.**

**Principle #1. Do not delay your first fruit. Exodus 22:29**

**First fruit is brought at the beginning of the year.**

**Principle #2. When is the blessing established? Dt. 26:1**

**When you have entered the land God promised you as inheritance. You and I have entered that promised land.**

**Principle #3. Prepare your basket. Dt. 26:2**

**Take a basket and prepare it as testimony to your family. It is also evidence that you honored God with your first fruit and it serves as a reminder during the year.**

**Principle #4. Bring to the house of the Lord Dt. 26:2 (b)**

**It is the place He has chosen.**

**Principle #5. Present it to the priest Dt. 26:3**

**On this day the Pastors will be present to receive the first fruits from the people.**

**Principle #6. The priest will place them in the altar. Dt. 26:4**

**This symbolizes the acceptance of your offering by someone in spiritual authority.**

**Principle #7. Give testimony and worship - Dt. 5-19**

**It's important to testify and worship. It is to recognize that it's not by human efforts but by God's grace and blessing.**

**Principle #8. It is Holy Convocation - Numbers 28:26**

**This day should be meaningful to you because you make a covenant with a principle that God established to bless you. · · "For if the first fruit is holy, the lump is also holy: and if the root be holy, · so are the branches."**

**Romans 11:16**



C O N G R A T U L A T I O N S !  
Y O U   C O M P L E T E D   T H E  
2 1   D A Y   F A S T !

WHAT DID GOD SAY TO YOU  
DURING THESE 21 DAYS?