

Arise

2026

GO AGAIN

3 Days of Prayer & Fasting
Monday, Tuesday, Wednesday
12th – 14th January, 7:00 - 8:00pm



Prayer Theme

GO AGAIN

Key Verse: Luke 5:4 (NKJV)

“Launch out into the deep and let down your nets for a catch.”

Supporting Verses

1 Kings 18:41-46 (NKJV)

And said to his servant, “Go up now, look toward the sea.” So he went up and looked, and said, “There is nothing.” And seven times he said, “**Go again**”.

Isaiah 43:16, 18-19 (NKJV)

“Thus says the Lord, who makes a way in the sea and a path through the mighty waters...Do not remember the former things, nor consider the things of old. **Behold, I will do a new thing, now it shall spring forth; shall you not know it? I will even make a road in the wilderness and rivers in the desert.**”

Psalm 126 (NKJV)

“When the Lord brought back the captivity of Zion, we were like those who dream. Then our mouth was filled with laughter, and our tongue with singing. Then they said among the nations, “The Lord has done great things for them.” The Lord has done great things for us, and we are glad. Bring back our captivity, O Lord, as the streams in the south. **Those who sow in tears shall reap in joy. He who continually goes forth weeping, bearing seed for sowing, shall doubtless come again with rejoicing, bringing his sheaves with him.**”

Let’s join our hearts in faith and prayer as we start this
New Year 2026.

Prayer Theme

GO AGAIN

In Luke 5, we read how the disciples had been fishing all night. Verse 5 reads, “But Simon answered and said to Him, “**Master, we have toiled all night and caught nothing; nevertheless, at Your word I will let down the net.**” And when they had done this, they caught a great number of fish, and their net was breaking. So they signalled to their partners in the other boat to come and help them. And they came and filled the boats, so that they began to sink.”

After toiling all night, the disciples had caught nothing. Hearing the words of Jesus, they responded and let down their nets, and what happened next was remarkable - they could hardly bring in the catch. From nothing to great harvest!

What hasn’t worked, will work. The word of the Lord changes everything. **Let’s be ready to, “Go Again”.** What you have done....in believing and praying and trusting and walking with God....if you haven’t seen what you hoped for....if after all your efforts you have nothing....then with the word of God in your heart, **Go Again!**

In the places you’ve experienced no answer, no change, no success, no harvest, ask God for a word. Most likely you have one already. If not, He will give you one; and then step out on that word and believe. **Go Again in 2026.**

Go Again, Even If...

- **You’ve already fished all night.**
- **You are tired, exhausted and discouraged.**
- **You can’t see it anymore.**
- **You think it’s too late.**

If you find yourself in the “even ifs” ask God for a word, a verse. His word personally given to you will lift you up and bring you hope in your soul. His word is so powerful, it changes everything.

The word came and brought life - Genesis 1:1-3.

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May the following suggested prayer notes help to inspire your times of prayer over these three days.

- Let's begin with thanksgiving, worship and praise to our Lord Jesus, and to God our Father.
- Read Luke 5:1-11 and have a look at the supporting verses.
- Come into His presence with thanksgiving. Begin to thank God - sometimes worship music helps. Stay in worship until it flows like a river through your heart and whole being. What healing and life comes in His presence - it will refresh and cleanse you - it will clear away the cobwebs.
- Remember, meditate on and rehearse His love, mercy and goodness to you. Praise Jesus for saving you!
- Lift your whole life before God - put it in His hands, all your cares and needs. Tell Him your worries and concerns. Ask Him to work all His will in your life..."Let Your Kingdom Come. Let Your Will be done in my life. May You get the glory Father for all the good answers you bring about in my life and the lives of those I love."
- Give yourself to the Lord.... "Here I am before you Lord...I will "Go Again" in 2026 - trusting you, believing in You to work, heal, save and fulfil Your word in me, my life, my family and friends, my community, nation and world."
- Ask for this power in the situations and circumstances/relationships of your life... "At Your word/Your promises, I will "Go Again" in 2026 and launch into the deep and let down my nets for a catch."

Let a great catch come - like the early disciples experienced. Miracles that change lives and save many, many multitudes of people.

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- Put all your hope and faith in God... "Father God, bring Your light in the darkest places. Bring Your healing in the broken places. Bring Your salvation in the deepest hurts - where there is death bring life. In the deepest darkness, work by Your Holy Spirit and may Your life-giving power bring the most numerous, most plentiful, most wonderfully overwhelming answers. Glorify Your Name in my life and in the lives of those I love in 2026."
- Pray for God's name to be glorified.
- Close your time of prayer with more praise and thanksgiving.

The Holy Spirit fits us for prayer. He helps us pray according to God's will and speaks verses to our hearts and minds. He will help you as you pray. He will lead you in your prayers, just ask Him for His help and rely on Him.

Romans 8:26 (AMP)

In the same way the Spirit [comes to us and] helps us in our weakness. We do not know what prayer to offer or how to offer it as we should, but the Spirit Himself [knows our need and at the right time] intercedes on our behalf with sighs and groanings too deep for words.

Additional prayer ideas:

- Pray for the weary labourers who have been fishing "all night and have caught nothing."
- Pray for the great harvest of souls all over the world.
- Pray for specific individuals and people you know as the Holy Spirit leads you.
- Pray for the mighty working of God's power in the deepest, darkest places - may great harvest come there.

What is fasting?

Fasting is voluntarily going without food in order to focus on prayer and fellowship with God. It has been practised by the people of God throughout the Bible, the early church and history.

It is setting yourself apart through a physical earthly change in routine or lifestyle (such as eating) in order to seek God and attain power in prayer.

Purposes of fasting

- To seek God intensely when there is a great or urgent need. Ezra 8:22-23
- To develop a deeper intimacy with God. Is 58:1-8; Zech 8:18-23
- To seek God for revival and the special anointing of the Holy Spirit. Joel 1:13-14, 2:12-15, 2:28-32
- To bring deliverance to those in bondage. Mark 9:14-29; Is 58:6
- To seek God's wisdom and guidance. Acts 13:1-3

Why is fasting important?

- Fasting strengthens our spiritual life, putting God at greater influence in our lives and allowing faith to have the power to do it's mighty deeds.
- It is an act of humility before God, undertaken in part to seek His divine intervention in the events of our physical world.
- It is the example of Christ, the prophets, and the apostles.
- It brings revelation by the Holy Spirit, and allows the Holy Spirit to work in a most unusual, powerful way.
- It provides more time to pray and seek God's face because we are more focused on the Lord and less concerned with daily routines such as preparing meals and eating.
- The Holy Spirit quickens the Word of God to make it more meaningful, vital, and practical in our lives.
- It transforms prayer into a richer, more personal experience.
- It can help us regain a strong sense of spiritual determination and restore our first love for our Lord.

Biblical references to fasting

Exod 24:18, 34:28; Deut 9:9 & 18; 10:10 - Moses twice spends forty days on Mount Sinai without eating or drinking, and in mourning over Israel's sin.

Ezra 8:21-23 - Ezra calls a fast to seek God's protection for those leaving Babylon for Israel.

Matt 4:2; Luke 4:2 - Jesus fasts forty days in the wilderness, being tempted by the devil, as He begins His ministry.

Matt 17:21; Mark 9:29 - Jesus says that this kind of demon goes out only by means of prayer and fasting.

Acts 14:23 - Paul and Barnabas appoint elders in the churches, having prayed with fasting.

2 Cor 6:5; 2 Cor 11:27 - Paul lists "fastings" as among the hardships he suffered as a mark of his apostleship.

How can I introduce my children to fasting?

It is not good for children to do food fasts but you could encourage your child to fast TV (a certain program or a certain time period a day), games consoles, non-Christian music, or perhaps sweets/chocolates or fast-food. Discuss it with your child and let them decide what they'd like to 'give to God'. Spend special time with them and as a family in prayer and Bible reading each day of the fast.

Special Considerations

For various reasons it may not be feasible to fast in the traditional sense of the word, for example if you are pregnant, specific health reasons, on certain medication, your work schedule or type of job, or family responsibilities. In such cases consider a partial fast or a non-food fast.

Fasting Notes

Questions and answers:

If I haven't fasted will I still get breakthroughs and answers to prayer?

Fasting does not earn God's favour and does not guarantee a result. We already have God's favour through Jesus Christ and the assurance that He hears our prayers because of the blood of Jesus. This is not dependant on whether we fast or not.

How long should I fast?

The length of a fast can vary greatly depending on the type and the purpose of the fast. Fasts in the Bible range from 1 day to 40 days.

I'm not able to fast food, so what and how can I fast?

For various reasons it may not be feasible for you to fast food. There are many other types of fasts you can do that restrict physical or social activities, for example, TV, games consoles, non-Christian music, an hour's sleep for longer dedicated time in Bible reading and prayer. Remember that fasting is an act of separating yourself from the things of the world so that you can give yourself to God, so think of your daily routine and be creative!

What types of food fast are there?

Some of the most common food fasts are:

- Water only fast
- Only breakfast
- No lunches
- Only evening meals
- Juice fast (no solid foods)
- No meats or sweets
- Fruit and vegetables only fast
- No sweet foods fast
- No tea/coffee



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