



TRANSFORMATION



21 Days of Prayer & Fasting
January 4-24, 2026





A Note From Our Pastors

Dear Family,

We believe 2026 is going to be a year of transformation! While it might sound cliché, a butterfly is a beautiful illustration of how we can be transformed. Starting off as a caterpillar, the butterfly must undergo a process of metamorphosis that happens inside of a cocoon.

It's in that hidden place—the cocoon—where the caterpillar transforms into a butterfly. The presence of God is our “spiritual cocoon,” and when we hide ourselves in Him, we are transformed.

*“And we all, with unveiled face, continually seeing as in a mirror the glory of the Lord, **are progressively being transformed into His image** from [one degree of] glory to [even more] glory, which comes from the Lord, [who is] the Spirit.” – 2 Corinthians 3:18 AMP*

As we gather for our 21 Days of Prayer & Fasting, we have an opportunity to be transformed into a greater measure of His likeness and glory. Hide yourself in Him through worship, prayer, and reading His word. He's going to transform us!

We're excited about the next 21 days and the year of transformation that is ahead!

We love you,

A handwritten signature in black ink, appearing to read "Louie & Sandra Trevino".

Louie & Sandra Trevino
Lead Pastors

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What to Expect

Nightly Gatherings

Let's gather to pray.

There is power in the corporate gathering!

From January 4 to 24, on Sunday to Friday nights, we will be meeting at 7pm in the Main Sanctuary to pray together for one hour.

Fasting

Fasting creates space for God to fill.

A fast is to abstain from all or some kinds of food or drink (or other activities such as social media or TV) in order to seek God. You are free to decide what you fast for the 21 days; however, many people choose to do a "Daniel Fast," which comes from Daniel 10.

Prayer

Prayer releases the will of God.

Life in God's Kingdom is not about sitting around just waiting for things to happen. Rather, it's about stepping into partnership with Holy Spirit and co-laboring with Him to see Heaven come to earth. Remember, we pray *from* victory, not *for* victory!

You will find prayer targets for each day in this booklet.

Scripture

Reading the Word of God fills us with truth.

In 2026, we are reading through the Bible. Ultimately it is His Word that transforms us from the inside out. To join us on this Bible reading plan, scan the QR code.

You will find a place to write out Scripture each day in this booklet, so you can mediate on what He is saying to you.



Fasting Guide

Daniel Fast: Foods to AVOID

All Meat and Animal Products

Including but not limited to beef, lamb, pork, poultry and fish.

All Dairy Products

Including but not limited to milk, cheese, cream, butter and eggs.

Beverages

Caffeine: coffee (even decaf coffee still contains a small amount of caffeine), black tea, green tea, white tea, and any form of alcohol

All Sweeteners

Including but not limited to sugar, raw sugar, honey, syrups, molasses and cane juice.

All Leavened Bread

Including Ezekiel Bread (it contains yeast and honey) and baked goods.

All Refined and Processed Food Products

Including but not limited to artificial flavorings, food additives, chemicals, white rice, white flour and foods that contain artificial preservatives.

All Deep Fried Foods

Including but not limited to potato chips, French fries, corn chips, etc.

All Solid Fats

Including shortening, margarine, lard and foods high in fat.

Remember, read the labels.

One of the great things about the Daniel Fast is that you are not limited to any specific amount of food, but rather to the kinds of food you can eat. The Daniel Fast is limited to vegetables, fruits, and water.

Fasting Guide

Daniel Fast: Foods to EAT

All Fruits

These can be fresh, frozen, dried, juiced or canned. Fruits include but not limited to apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines and watermelon.

All Vegetables

These can be fresh, frozen, dried, juiced or canned. Vegetables include but are not limited to artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini. Veggie burgers.

All Whole Grains

Including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.

All Nuts and Seeds

Including but not limited to sunflower seeds, cashews, peanuts, sesame. Also nut butters, including peanut butter.

All Legumes

These can be canned or dried. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.

All Quality Oils

Including but not limited to olive, grape seed, peanut and sesame.

Beverages

Spring water, distilled waters or other pure waters.

Other

Tofu, soy products, vinegar, seasonings, salt, herbs and spices

Prayer Targets

Day 1

Sunday, January 4

SAYING “YES” TO HIS TRANSFORMATION PROCESS

What do you want to see transformed? As we begin our 21 Days of Prayer & Fasting, commit yourself to His transformation process. Starting off as a caterpillar, a butterfly must undergo a progress of metamorphosis that happens inside of a cocoon. It's in that hidden place—the cocoon—where the caterpillar transforms into a butterfly. The presence of God is our “spiritual cocoon,” and when we hide ourselves in Him, we are transformed! Say “yes” to His process!

*“And we all, with unveiled face, continually seeing as in a mirror the glory of the Lord, **are progressively being transformed into His image** from [one degree of] glory to [even more] glory, which comes from the Lord, [who is] the Spirit.” – 2 Corinthians 3:18 AMP*

Reflection

Write A Scripture

Day 2

Monday, January 5

OPENED SPIRITUAL EYES & EARS

You become what you behold. Transformation starts with fixing your eyes and ears on Jesus and His Word. What is getting in the way of seeing or hearing Jesus clearly? Ask the Lord to open your spiritual eyes and ears. Spend time sitting in His presence, simply beholding His beauty. Just tell Him how much you love Him. Then spend time listening to what He has to say. Let His words of love and grace define you.

Reflection

Write A Scripture

Day 3

Tuesday, January 6

TRANSFORMED HEART

What if your heart consistently beat to the rhythm of His heart? Not to the beat of busyness. Not to the tempo of offense. But to the rhythm of His righteousness, peace, and joy. Jesus said, *“Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly”* (Matthew 11:30, MSG). Ask the Lord to remove anything in your heart that is getting you out of rhythm with Him.

Reflection

Write A Scripture

Day 4

Wednesday, January 7

TRANSFORMED MIND

What if your mind was filled with thoughts that echoed His thoughts? Too often our thought patterns are ruled by lies instead of His Truth. Yes, the battle is in the mind, but it's a fight we have been equipped to win if we are willing to partner with the Lord by fixing our thoughts on Him. *"Do not conform to the pattern of this world, but be transformed by the renewing of your mind"* (Romans 12:2, NIV). Ask the Lord what lies you are believing. Then ask Him what truth is. Replace the lie with the truth!

Reflection

Write A Scripture

Day 5

Thursday, January 8

TRANSFORMED WILL

What if your will reflected His will? Jesus gave us an example to follow when He prayed to His Father saying, “*Not my will, but yours be done.*” (Luke 22:42, NIV). We must intentionally surrender and submit our will and our ways to Him. Every plan, idea, and opinion belongs at the feet of Jesus. As we delight ourselves in Him, our will begins to reflect His will, and He then gives us the desires of our heart.

Reflection

Write A Scripture

Day 6

Friday, January 9

TRANSFORMED EMOTIONS

What if your emotions were an invitation to draw closer to the Lord?

If you're feeling anxious, lean into His peace. If you're feeling confused, lean into His wisdom. If you're feeling sad, lean into His joy. Don't let your emotions distract you or control you, but rather let them point you back to Jesus. There is *"a time to weep and a time to laugh, a time to mourn and a time to dance"* (Ecclesiastes 3:4, NIV). And in all those feelings, He wants to be with you. Tell the Lord what you are feeling today—good, bad, or ugly—He can handle it!

Reflection

Write A Scripture

Day 8

Sunday, January 11

TRANSFORMED FAMILIES

What if we returned to God's design for the family? As Malachi 6:4 prophesies, we are believing for the hearts of fathers and mothers and the hearts of sons and daughters to be turned towards each other. We are believing for the restoration of families. We are believing that our homes will reflect the righteousness, peace, and joy of the Lord! Ask God to show you ways to cultivate His presence in your home.

Reflection

Write A Scripture

Day 9

Monday, January 12

TRANSFORMED RELATIONSHIPS & MARRIAGES

What if your relationships put the holiness of God on display? What if your marriage showed others how Jesus, the Bridegroom, loves His Bride, the Church? Single or married, we are to live in holiness, purity, and love. For those who are single, spend time talking to the Lord about how to honor Him well in singleness. For those who are dating or married, spend time talking to the Lord about how to honor Him well in those relationships.

Reflection

Write A Scripture

Day 10

Tuesday, January 13

TRANSFORMATION THROUGH SALVATION

Call in the harvest! Call the prodigal sons and daughters home! Pray for your unsaved loved ones. Declare salvation over their lives! *“The Lord is not slow in keeping his promise, as some understand slowness. Instead he is patient with you, not wanting anyone to perish, but everyone to come to repentance”* (2 Peter 3:9, NIV). Partner with this promise today!

Reflection

Write A Scripture

Day 11

Wednesday, January 14

TRANSFORMATION THROUGH HEALING & DELIVERANCE

God still heals and delivers! We believe what the Word says: *“You must continually bring healing to lepers and to those who are sick, and make it your habit to break off the demonic presence from people, and raise the dead back to life. Freely you have received the power of the kingdom, so freely release it to others”* (Matthew 10:8, TPT). Partner with this promise today!

Reflection

Write A Scripture

Day 12

Thursday, January 15

TRANSFORMED FRIENDSHIPS

What if your friendships were the proof that you were a Christ-follower? Jesus told us that people would recognize us as His disciples because of our love for one another (John 13:35). And His love is patient and kind; it's not envious or boastful; it's not dishonoring or easily angered; it keeps no record of wrongs; it always protects, trusts, hopes, and preserves (1 Corinthians 13). Ask God to show you ways to love your friends well and be a blessing to them.

Reflection

Write A Scripture

Day 13

Friday, January 16

TRANSFORMED NEIGHBORS

What if Jesus moved into your neighborhood? What would change in your community? Each day, you have the privilege and responsibility to represent Jesus to those who live closest to you—your neighbors! *“Make every effort to live in peace with everyone and to be holy; without holiness no one will see the Lord”* (Hebrews 12:14, NIV). Ask God to show you ways to love your neighbors well and be a blessing to them.

Reflection

Write A Scripture

Day 15

Sunday, January 18

TRANSFORMED CHURCH

What if our church looked like the Early Church in the book of Acts?

The Early Church was a vibrant, Spirit-filled body of believers who were deeply committed to the Word, radical generosity, powerful prayer, and bold evangelism. People got saved daily. Miracles, signs, and wonders were the norm. What an amazing example for us to follow! Pray into how you can do your part in being part of this Church who looks like Jesus.

Reflection

Write A Scripture

Day 16

Monday, January 19

TRANSFORMED SCHOOLS

What if our next generation became the spearhead of a great spiritual awakening? There is no “junior Holy Spirit.” The same power that raised Christ from the dead lives in our kids and youth. Intercede for this next generation. Believe that they will have encounters with the Lord, live set apart, and be at the forefront of revival! Pray for the schools in our region, Harbor Christian Schools, Harbor Kids, and IYKYK Youth.

Reflection

Write A Scripture

Day 17

Tuesday, January 20

TRANSFORMED WORKPLACES & FINANCES

What if you were the Kingdom leaven in your workplace? In Matthew 13:33, Jesus taught us that it only takes a little yeast (leaven) to cause a whole batch of dough to rise. When you live according to the values and principles of the Kingdom, you impact and influence everything around you, including your workplace! Talk to the Lord about how you can serve and honor Him well in your day-to-day work and also in your finances.

Reflection

Write A Scripture

Day 18

Wednesday, January 21

TRANSFORMED CITIES

What if Wilmington looked like Heaven? What if your city looked like Heaven? Partner with this promise from the Lord: *“Nevertheless, the time will come when I will heal [Wilmington’s] wounds and give it prosperity and true peace. I will restore the fortunes of [Los Angeles] and [California] and rebuild their towns. I will cleanse them of their sins against me and forgive all their sins of rebellion. Then this city will bring me joy, glory, and honor before all the nations of the earth! The people of the world will see all the good I do for my people, and they will tremble with awe at the peace and prosperity I provide for them”* (Jeremiah 33:6-9, NLT).

Reflection

Write A Scripture

Day 19

Thursday, January 22

TRANSFORMED COUNTRY

What if radical revival broke out all across our nation? Pray for the United States, her leaders, and our military. Release the wisdom of God into their hearts and minds. Declare that the light of God would arise over our country and dispel all darkness. Believe for revival to sweep across our nation! Pray for open doors of opportunity for believers to have great influence for the Kingdom in this land. We will see the goodness of the Lord in the land of the living!

Reflection

Write A Scripture

Day 20

Friday, January 23

TRANSFORMED WORLD

What if the glory of the Lord covered the earth as the waters cover the sea? Intercede that the chains of injustice and oppression will be broken across our world. Believe for the end of human trafficking, racism, hunger, poverty, and other social justice issues. Pray for the missionaries who are actively working to bring freedom to the oppressed. Declare a supernatural release of freedom and justice! We will see the goodness of the Lord in the land of the living!

Reflection

Write A Scripture

Share Your Story

We want to hear what God has done in your life over the past 21 days! Send us a DM on social media or email mystory@contacthcc.org.

While our time of prayer and fasting is coming to an end, God never stops working. Keep seeking Him every day.

We are being TRANSFORMED!

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