

2026 3 DAY FAST

Welcome! We're so glad you've picked up this resource to help you pray! While you'll find many ideas for prayer throughout these pages, remain attentive to how the **Spirit may lead and direct** you during these times.

We encourage you to **tarry in worship**. Don't rush through it to simply get to intercession. **Seek His face. Dwell on His beauty. Draw close to His heart, and boldly enter His presence.** Allow your heart to be **captivated by His heart**. And as you linger with Him, let His heart shape and sustain your intercession.

You'll also find many Scriptures throughout this guide. Take time to **sit with these verses and allow them to inform your prayers**. Let His Word become the foundation and language of your intercession.

This guide is designed to also give you ideas for **facilitating** your own **prayer gatherings** with others; choose what parts resonate with you.

Finally, let's remember **God's invitation** as we come to him in **faith** and **expectation...**

Ask me, and I will make the nations your inheritance,
the ends of the earth your possession.

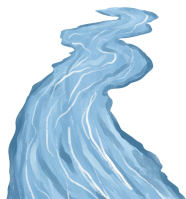
Psalms 2:8

Contents of Prayer Fuel

Worship



Theme



Afghanistan



Diaspora



Increase



Worship

Ideas for worship!

- Sing new songs to him
- Play music
- Dance before him
- Declare his character
- Meditate and gaze upon his beauty
- Sit in silence, awe and wonder
- Create



Consider choosing a different way to worship every prayer time.

Choose a scripture below, meditate upon it and engage in worship in a similar way!

"The Lord is king! Let the nations tremble! He sits on his throne between the cherubim. Let the whole earth quake! The Lord sits in majesty in Jerusalem, exalted above all the nations. Let them praise your great and awesome name. Your name is holy! Might King, lover of justice and righteousness throughout Israel.

Exalt the Lord our God! Bow low before his feet, for he is holy!" – Ps 99:1-5

"Sing a new song to the Lord! Let the whole earth sing to the Lord! Sing to the Lord; praise His name. Each day proclaim the good news that he saves." – Ps 96:1-2

"Praise the Lord with melodies on the lyre; **make music for Him** on the ten-stringed harp. **Sing a new song of praise** to him; play skillfully on the harp, and sing with joy." – Ps 33:2-3

"The one thing I ask of the Lord – the thing I seek most – is to live in the house of the Lord all the days of my life, **delighting in the Lord's perfections** and **meditating in his Temple.**" – Ps 27:4

"Praise his name with dancing, accompanied by tambourine and harp." – Ps 149:3

"And **David danced before the Lord with all his might**, wearing a priestly garment. So David and all the people of Israel brought up the Ark of the Lord with **shouts of joy** and the **blowing of rams' horns.**" – 2 Samuel 6:14

"Be still, and know that I am God! *I will be honored by every nation. I will be honoured throughout the world.*" – Ps 46:10

"But the Lord is in his holy Temple. **Let all the earth be silent before him.**"

"Come, everyone! **Clap your hands! Shout to God** with joyful praise! – Ps 47:1

"And all the angels were standing around the throne and around the elders and four living beings. And **they fell before the throne with their faces to the ground and worshiped God.**" Ps – 7:11

"Come, **let us worship and bow down. Let us kneel before the Lord** our maker, for he is our God." Ps – 95:6

"Sing psalms and hymns and spiritual songs to God with thankful hearts. And **whatever you do or say, do it as a representative of the Lord Jesus**, giving thanks through him to God the Father." – Col 3:16a-17



Meditate upon His character & thank Him for who He is!

Here are a few characteristics with verses to read and meditate upon:

- **Mercy & grace** (Ps 103:8; Lam 3:22–23; Eph 2:8–9; Heb 4:16; Eph 1:7–8)
- **Righteous & Justice** (Deut 32:4; Rom 3:25–26)
- **Glory** (1 Chron 16:28–29; Isa 6:3; Rev 5:12–13; Exo 33:18–22)
- **Power** (Jer 32:17–20; Ps 68:35; Eph 1:19–21)
- **Beauty and Majesty** (Ps 104:1; 96:6)
- **Love** (1 John 4:8; Ps 107:1; Rom 5:8; 1 John 4:9–10; Rom 8:38–39)
- **Generosity** (Mat 5:45; Eph 2:7; Ps 145:15–16; Jam 1:5)
- **Compassion, Comfort & Gentleness** (Ps 103:13; Is 40:11; Mat 11:28–29; Gal 5:22–23; 2 Cor 1:3–4;)



Worship Song Playlist (Ideas!)  Pray4Afghans 3 Day Fast 2026 (on Spotify)



Tarry here... no need to rush on... God is worthy of our time, our gaze and praise.

Focus for 2026

Spiritual Thirst & Outpouring of His Living Water

This fast we sense an invitation to **unite together** in asking God for an arising of spiritual thirst among the Afghan people and an outpouring of the Holy Spirit, the Living Water that flows from Jesus!

Prayer activity ideas:

- **Name every province** of Afghanistan before him and **ask for His rivers of living water** to flow into every village, through every valley and flood every city.
- Ask God for an **image** and **create this** as a prophetic **declaration** over the land and peoples.
- Ask God to **awake spiritual thirst** in each Afghan with the following **names**, (the most common female and male names among Afghans): *Bibi, Fatima, Zahra, Maryam, Amina, Mohammad, Abdul, Sayed, Ghulam, Ahmad...* (and any others that come to your mind!)
- Read **Isaiah 55** verse by verse, pausing to reflect, listen and respond in prayer for Afghans after every verse.
- Ask God to highlight an Afghan people group, region or diaspora location for you to **declare and pray these scriptures over**.



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Scriptures for Prayer...

Jesus Invitation & Promise

'...Jesus stood up and shouted to the crowds, "**Anyone who is thirsty may come to me! Anyone who believes in me may come and drink!**" For the Scriptures declare, 'Rivers of living water will flow from his heart.'" (When he said "living water," he was speaking of the Spirit, who would be given to everyone believing in him. But the Spirit had not yet been given, because Jesus had not yet entered into his glory.)' – John 7: 37-39

'Blessed are those who **hunger and thirst** for righteousness for they will be satisfied.' – Matthew 5:6

'Then the angel showed me a river with the water of life, clear as crystal, flowing from the throne of God and of the Lamb. ...The Spirit and the bride say, "**Come.**" Let anyone who hears this say, "**Come.**" Let anyone who is thirsty come. Let anyone who desires drink freely from the water of life.' – Revelation 22:1, 17

"O God, you are my God; I earnestly search for you. **My soul thirsts for you; my whole body longs for you in this parched and weary land where there is no water...** you satisfy me more than the richest feast. I will praise you with songs of joy." – Psalm 63:1,5

'I lift my hands to you in prayer. **I thirst for you** as parched land thirsts for rain.' – Psalm 143:6

'As the deer longs for streams of water, so I long for you, O God. **I thirst for God,** the living God. When can I go and stand before him?' – Psalm 42:1-2

People's response

God's Response

"But forget all that – it is nothing compared to what I am going to do. For I am about to do something new. See, I have already begun! Do you not see it? I will make a pathway through the wilderness. **I will create rivers in the dry wasteland.** The wild animals in the fields will thank me, the jackals and owls, too, for giving them water in the desert. Yes, I will make rivers in the dry wasteland, so my chosen people can be refreshed. I have made Israel for myself, and they will someday honour me before the whole world. – Isaiah 43:18-21

"The Lord who made you and helps you says: Do not be afraid, O Jacob, my servant, O dear Israel, my chosen one. **For I will pour out water to quench your thirst and to irrigate your parched fields.** And I will pour out my Spirit on your descendants, and my blessing on your children. They will thrive like watered grass, like willows on a river bank." – Isaiah 44:2-4

"This is what the Lord says – your Redeemer, the Holy One of Israel: "I am the Lord your God, who teaches you what is good for you and leads you along the paths you should follow. Oh that you had listened to my commands! **Then you would have had peace flowing like a gentle river and righteousness rolling over you like waves in the seas.**" – Isaiah 48:17-18

Afghanistan

People Groups

Using the additional resources called 'Afghan People Groups' bring each people before the Lord. **ASK HIM** for the people group, for the Kingdom to flood in. Don't hold back. **Boldly** enter into intercession for these peoples, through the blood of Jesus. (*Psalm 2:8; Heb 10:19*)

Listen attentively. *What might God want to reveal? What specific strongholds does he want you to tear down and what is he inviting you to plant? (Jeremiah 1:10)*

For example: Truth – the living Word of God; Joy – in knowing and experiencing the love of Jesus; Forgiveness – receiving and giving; Humility & repentance; Hunger – for Jesus; Freedom – from bondage and oppression

...

'Today I appoint you to stand up against nations and kingdoms. Some you must uproot and tear down, destroy and overthrow. Others you must build up and plant.'

– Jeremiah 1:10

Ideas for songs to sing as intercession:

- Come to the Altar – Elevation Worship
- Let Hope In – Ramp Worship
- I Speak Jesus – Charity Gayle
- Raised in Glory – People of the Earth

Repentance & Renewal of the Nation

- Cry out to God for **repentance**; for the **turning of hearts** to call on Him and walk in His ways.

Jesus announced: 'The Kingdom of God is near! Repent of your sins and believe the Good News!'
– Mark 1:15b

'Seek the Lord while you can find him. Call on him now while he is near. Let the wicked change their ways and banish the very thought of doing wrong. Let them turn to the Lord that he may have mercy on them. Yet, turn to our God, for he will forgive generously.' – Is 55:6-7

- Pray for **worship in Spirit and Truth** to arise from the people!

'For God is Spirit, so those who worship him must worship in spirit and in truth.'
– John 4:24

- Pray for a **lifting of the yoke of oppression** and **break cultural strongholds** not aligned with your Kingdom way.

'...Free those who are wrongly imprisoned; lighten the burden of those who work for you. Let the oppressed go free, and remove the chains that bind people... Remove the heavy yoke of oppression. Stop pointing your finger and spreading vicious rumors!... Then your light will shine out from the darkness and the darkness around you will be bright as noon.' – Isaiah 58:6

- Pray for God to raise up people to **rebuild the nation**.

'Some of you will rebuild the deserted ruins of your cities. Then you will be known as a rebuilder of walls and a restorer of homes.'

-Isaiah 58:12

- Ask God to **bring life back into the land** to the glory of God!

'Where once there were thorns, cypress trees will grow. Where nettles grew, myrtles will sprout up. These events will bring great honour to the Lord's name; they will be an everlasting sign of his power and love.'

Diaspora

Locations of significant Afghan populations outside of Afghanistan

Central Asia (Pakistan, Iran, Tajikistan)	USA	United Kingdom
India	Europe (Germany, Switzerland, Austria, France, Netherlands, Norway, Finland)	Eastern Mediterranean (Greece & Türkiye)
Canada	South Eastern Asia (Malaysia & Indonesia)	Australasia (Australia & New Zealand)

Teams

- Pray for more teams to form throughout the Afghan diaspora focused on **multiplying disciples** among Afghans.
- Pray for these teams to foster rhythms of passionate **prayer**, worship and fasting, and be committed to listening to and following the **leading of the Spirit** no matter what.
- Pray for these teams to be **devoted to one another in love** and marked by genuine **love for the lost**.
- Pray for **united focus and vision** and the thriving of every member within the teams.
- Pray for Afghan and outside workers to **co-labour together** in understanding, teachability, humility, and love that they would strengthen the work of each others hands for the advancement of the Kingdom.

Power of God

- Pray answers to prayer, healings, acts of power, dreams and visions.
- Pray these signs and wonders would confirm the message about Christ that is being shared and people would have spiritual sight and give all the glory to Jesus.

Discovery Groups

- Pray for **Discovery Bible Studies** happening across these nations to *continue* to meet, forming bonds of love and trust with one another.
- Pray for **Spirit revealed discoveries** as they read and for God's truth to **transform** their hearts, lives, families and communities.
- Pray for every member of these groups to have an **encounter with Jesus**.
- Pray for the **multiplication of healthy discovery groups** as people share throughout their relational networks.
- Pray for families and discovery groups to take the step of **baptism** together and continue to grow and mature together as a **community** committed to the Word and prayer.

Access Ministries

- Pray for the various ministries serving the Afghan communities in these nations; for wisdom, key partnerships with Afghans, open doors into homes, trusting relationships to establish, and for opportunities to share about the Kingdom.
- Pray that each ministry would truly **bless the people** participating, bringing needed skills, healing or community (etc.).
- Pray for **new initiatives** birthed out of prayer and leading of the Spirit to access new communities and serve felt needs in the name of Jesus.
- Pray for these ministries to lead disciples to find **people of peace** – ones God has already been at work in and will pass on the Kingdom to others!
- Pray for the birthing of **Bible discovery groups** through these ministries.

Exponential Increase

We desire to see God's Kingdom expand rapidly among Afghans; for a move of God's Spirit that would result in a **movement** of disciples making disciples.

In light of God vision for all nations to come into His fold, including every Afghan people...

let's pray for an **exponential increase** in **PRAYER** for the harvest, **DISCIPLES** who follow Jesus, and **CHURCHES** that multiply!

Exponential increase in... PRAYER

Individual & corporate prayer for God's Kingdom to advance

Mark 1:35 – Acts 12:12 – Luke 11:1-13

Exponential increase in... DISCIPLES

Loving God, loving people & making disciples

Matthew 22:37-39 – Matthew 28:18-20

Exponential increase in...CHURCHES

Simple multiplying discipling communities who gather to break bread, read the word, worship and pray; who keep each other accountable to obeying and sharing the scriptures; who meet the needs of those within their community and serve those around them.

Acts 2:42-47



Thank you for praying with us!

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