

# ALL NIGHT

PRAYER & WORSHIP WATCH

FEBRUARY 7-8, 2026  
8:00PM - 5:00AM

Join us for a night of extravagant worship,  
corporate prayer and encounters with God. Bring  
snacks/drinks to share during the mid-night break.

5300 MACARTHUR BLVD., #202,  
VANCOUVER, WA 98661

THE PRAYER WHEEL  
SERVES AS A PRACTICAL  
GUIDE FOR SPENDING  
ONE FOCUSED HOUR  
ALONE WITH THE LORD.

TO FIND THIS  
PRAYER GUIDE  
ONLINE USE  
THE QR CODE  
BELOW:

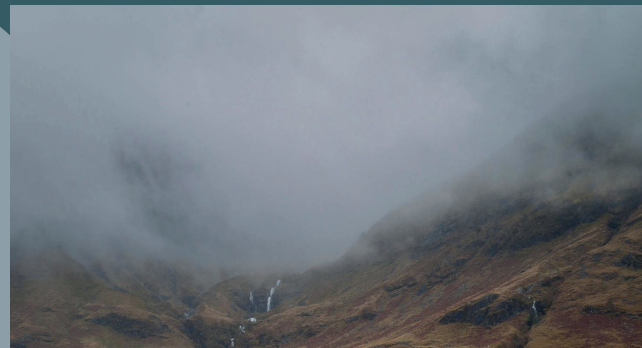
SCAN ME



## PRAYER WHEEL



## OPENING OUR HEARTS TO ABUNDANCE



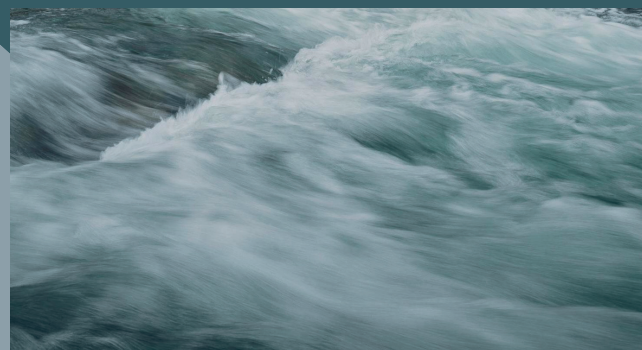
## 7 DAYS OF



## PRAYER & FASTING



JANUARY 31 - FEBRUARY 7, 2026



*The River*  
CHURCH

360.694.7777  
WWW.THERIVERCHURCHNW.COM  
5300 MACARTHUR BLVD., #202,  
VANCOUVER, WA 98661

## 1 CHOOSE FAST

Choose the type of fast that is best for you. Remember, the fast should be a sacrifice. Our hope is that everyone would participate. If you have any health problems, please consult with your doctor before beginning any fast.

1. **Total Fast** – No water/food.
2. **Regular Fast** – Water only, no food (no sugar, tea or coffee).
3. **Semi-Total Fast** – Juices, smoothies or a vitamin drink each day (no solid foods, sugar, tea or coffee).
4. **Partial Fast** – Eat one meal a day (no sugar, tea or coffee).
5. **Daniel Fast** – Eat foods that grow from the ground (no animal products, sugar, tea or coffee).

## 2 PLAN AN E-FAST

In addition to fasting from food, we recommend you consider fasting from the things that take your time away from prayer and seeking God, such as electronic entertainment, internet, TV, movies, social media, games etc. This time should be replaced with daily Bible reading, prayer, journaling and seeking God in worship. During your fast, we encourage you to keep a daily journal and write down any revelations that God gives you.

## A MESSAGE FROM OUR SENIOR PASTOR

I'm excited to share this year's prayer guide with you. Our theme, Opening Our Hearts to Abundance, invites us to seek God together and align our hearts with Him for an outpouring of abundance in this season. Join us on this seven-day journey of prayer and fasting—your participation truly matters and is essential to what God desires to do.

Together Building His Kingdom,  
Pastor Joshua Alvarez

## 3 ZOOM PRAYER MTGS.

ID: 562.779.0731 CODE: 653152

There will be a special prayer focus every morning and evening during the seven days. This is a great opportunity to increase your personal and/or family time of prayer. Be sure to check the daily prayer focus for the schedule of events and prepare ahead of time. During most days, there will be two 50-60 minute ZOOM prayer meetings, which will occur through the "Zoom Cloud Meetings" App. Download the app press JOIN and write in the ID code and Password above. That will bring you into the meeting!

## OPENING OUR HEARTS TO COURAGE

### ZOOM CORPORATE PRAYER AT 7:00 PM

Fear often tells us to wait until we feel ready, but Scripture tells a different story. "Be strong and courageous. Do not be afraid or terrified... for the Lord your God goes with you; he will never leave you nor forsake you" (Deuteronomy 31:6). Courage in the life of faith is not the absence of fear, but the decision to move forward knowing God is present. When our hearts are open to abundance, courage grows from confidence in God's faithfulness rather than in our circumstances. Gideon's story shows how God defines courage differently than we do. When the angel of the Lord calls Gideon a "mighty man of valor," he is hiding from the enemy, overwhelmed by fear and doubt. Yet God sees not only where Gideon is, but who he will become. Scripture reminds us that "the righteous are as bold as a lion" (Proverbs 28:1), a boldness that comes from trusting God rather than ourselves. Opening our hearts to courage means receiving God's word over fear and stepping forward in obedience, trusting that His strength will meet us as we go. *Where is God calling you to step forward even though you feel afraid?* **Deut. 31:6–8, Prov. 28:1, Acts 4:13, 2 Tim. 1:6–7, Heb. 13:5–6**

**EVENING FOCUS  
FRIDAY, FEBRUARY 6**

**MORNING FOCUS  
SATURDAY, FEBRUARY 7**

## OPENING OUR HEARTS TO HOPE

### MAIN EVENT SERVICE AT 10AM & ALL NIGHT WATCH AT 8PM CONGREGATIONAL FAST ENDS AT 5:30PM

Hope allows us to look toward the future without fear, even when the present remains uncertain. Scripture places this hope not in optimism, but in God's character: "Hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit" (Romans 5:5). Biblical hope is formed through perseverance and waiting—through remaining faithful when answers are delayed, and circumstances remain unresolved. It is a steady confidence that God is at work, even when progress feels slow or hidden. As we conclude this journey of opening our hearts to abundance, hope gathers together all the other areas we've prayed about. This hope does not deny hardship; it endures through it. It is a confidence that God will finish what He has begun and that His purposes will prevail. Opening our hearts to hope means entrusting both the present and the future to God, believing that His faithfulness will carry us forward—and that abundance is found in trusting the One who holds all things. May God restore our hope today! *Where is God inviting you to trust His faithfulness while you wait?* **Rom. 5:3–5, Prov. 13:12, Lam. 3:21–24, Heb. 11:1**

## OPENING OUR HEARTS TO OBEDIENCE

### ZOOM CORPORATE PRAYER AT 7:00 PM

Obedience is a defining mark of a life shaped by God. In Scripture, it is never treated as mere rule-following or performance. The prophet Samuel makes this clear when he says that “to obey is better than sacrifice” (1 Samuel 15:22), confronting the idea that outward acts can substitute inward alignment. God’s concern is not the appearance of devotion, but whether His people are actually listening and responding to His direction. Obedience, therefore, reflects trust in God’s wisdom and authority. Jesus places obedience at the center of discipleship by linking it directly to love: “If you love me, you will keep my commandments” (John 14:15). This reframes obedience as relational rather than transactional. It is not a means of earning God’s favor, but the result of knowing Him and trusting His leading. Jesus challenges those who invoke His authority while neglecting His actual instruction. Throughout Scripture, obedience emerges as the bridge between belief and transformation—the concrete means by which faith becomes visible and operative in the world. As believers, let us step out and believe His word by placing it into action. *What instruction from the Word are you aware of but hesitant to follow?* **1 Sam. 15:21–23, John 14:15–17, James 1:21–24, Luke 6:46, Deut. 28:1–2**

**EVENING FOCUS**  
**THURSDAY, FEBRUARY 5**

**MORNING FOCUS**  
**FRIDAY, FEBRUARY 6**

## OPENING OUR HEARTS TO CALLING & PURPOSE

### ZOOM CORPORATE PRAYER AT 10:00 AM

Scripture does not present calling as something reserved for a few, but as part of God’s design for every believer. “For we are God’s workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do” (Ephesians 2:10). Calling is rooted in God’s initiative, not our qualifications. When we open our hearts to abundance, we begin to trust that our lives have been shaped with intention, even when our path feels ordinary or unclear. Paul reinforces this by describing the church as a body with many parts, each necessary and distinct: “So in Christ we, though many, form one body, and each member belongs to all the others” (Romans 12:4–5). No role is unnecessary, and no calling is interchangeable. God’s purposes often unfold in unexpected ways, which is why Paul reminds believers that God chooses “the foolish things of the world to shame the wise” (1 Corinthians 1:26–29). Opening our hearts to calling and purpose means releasing comparison and self-doubt and trusting that God delights in working through each of us in unique ways and in the unique places He has placed us. *Where are you tempted to compare your calling to someone else’s?* **Eph. 2:8–10, Rom. 12:4–8, 1 Cor. 1:26–29, Phil. 3:12–14**

## OPENING OUR HEARTS TO HIS PRESENCE

### ZOOM PRAYER AT 7:00 PM | START FASTING AT 5:30 PM

Abundance, in the life of faith, is found in the nearness of God. When we open our hearts to abundance, we are opening ourselves to the steady, faithful presence of the Lord who shelters and sustains us. It’s not just knowing about God, but living aware of Him. When your heart is open here, everything follows. The psalmist reminds us that God’s goodness is not distant or uncertain, but already prepared for His people: “Oh, how abundant is your goodness, which you have stored up for those who fear you” (Ps. 31:19). God’s presence is itself a gift — one that surrounds us even when we are unaware of it. In that presence, we are held and protected. Scripture continues, “In the shelter of your presence you hide them... and hold them safe” (Ps. 31:20). To open our hearts to the abundance of His presence is to rest in this truth, especially when fear, worry, or uncertainty threaten to overwhelm us. In prayer, let’s ask for hearts that trust God’s nearness and learn to abide there, confident that His goodness is sufficient and His presence is more than enough. *Where in your life is God inviting you to notice and receive the abundance of His presence today?* **Ps. 31:19–20, Ps. 73:25–26, John 14:23, Rev. 3:20**

**EVENING FOCUS**  
**SATURDAY, JANUARY 31**

**MORNING FOCUS**  
**SUNDAY, FEBRUARY 1**

## OPENING OUR HEARTS TO TRUST

### ZOOM CORPORATE PRAYER AT 10:00 AM

Trust in God invites us to move from fear into confidence in God. Scarcity whispers, “What if God doesn’t come through?” but faith responds with the assurance that “My Father knows what I need.” Scripture gives voice to this confidence: “Surely God is my salvation; I will trust and not be afraid. The Lord, the Lord himself, is my strength and my defense; he has become my salvation” (Is. 12:2). To open our hearts to abundance is to release the tight grip of control, anxiety, and self-reliance, and to rest in the goodness of a God who provides in every way we need — spiritually, emotionally, and materially. Abraham’s journey reflects this abundant trust. Called to leave behind the familiar without knowing what lay ahead, he stepped forward not because he had certainty, but because he trusted the One who called him. Again and again, God proved faithful, meeting him at each stage of the journey. Opening our hearts to trusting God means choosing to lean into that same confidence — believing that God is a good Father, attentive to our needs, and faithful to provide as we walk with Him, one step at a time. *Where is God inviting you to release control and trust more deeply in His provision today?* **Is. 12:2, Heb. 11:8–9, Prov. 3:5–6, Matt. 6:31–33**



## OPENING OUR HEARTS TO JOY & GRATITUDE

### ZOOM CORPORATE PRAYER AT 7:00 PM

Joy and gratitude are not emotions we try to produce; they are responses that rise when our hearts are open to God's abundance. Scripture reminds us, "With joy you will draw water from the wells of salvation" (Isaiah 12:3). For the believer, joy flows from salvation itself — from the deep, steady reality that God has already acted on our behalf. Gratitude is the spiritual practice that keeps us returning to that well. As we give thanks, our awareness widens; gratitude multiplies what we already have awareness of, helping us see how fully God is sustaining us. The apostle Paul offers a living example of this posture of joy and gratitude. Even in seasons of hardship, Paul learned to rejoice because his life was anchored in God's grace rather than his conditions. The apostle Paul exhorts the church, "Rejoice in the Lord always; again I will say, Rejoice" (Phil. 4:4). His words are not a command to manufacture emotion, but an invitation to return our hearts to God again and again. As we open our hearts to abundance, we receive joy not as something we manufacture, but as something God gives. *In this moment, what could it look like to rejoice in the Lord rather than in circumstances?* **Is. 12:3–4, Phil. 4:4–7, Jam. 1:2–4, Neh. 8:10, Ps. 107:1–2**

**EVENING FOCUS  
SUNDAY, FEBRUARY 1**

**MORNING FOCUS  
MONDAY, FEBRUARY 2**

## OPENING OUR HEARTS TO IDENTITY

### ZOOM CORPORATE PRAYER AT 10:00 AM

Opening our hearts to identity means grounding our lives in what is true about us in the Messiah. The apostle Paul states this plainly: "I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me" (Gal. 2:20). The believer's identity is not built on achievement, status, or the opinions of others. It is formed by union with Messiah — by sharing in His death and life, and by trusting in His saving work. When our identity is rooted in Him, it becomes the starting point for how we think, choose, and relate to others. We live as those who are already accepted and claimed by God, which reshapes our priorities and frees us from defining ourselves by success or failure. This secure identity gives direction to our calling and steadies us amid life's uncertainties. Opening our hearts to the abundance of our identity in Messiah allows us to live fully, as we were meant to live in the Garden of Eden. It doesn't mean no struggles, but it does mean no shame — a life of transparency where we are being made into the image of our Creator. *Where are you striving to prove something that Christ has already secured?*

**Gal. 2:20, Gen. 1:26–27, Ex. 6:6–7, 2 Cor. 5:15–17**

**7 DAYS OF PRAYER & FASTING GUIDE**

## OPENING OUR HEARTS TO SPIRITUAL FRUIT

### IN-PERSON PRAYER AT TRC BLDG AT 6:30PM (NO ZOOM)

Opening our hearts to spiritual fruit means allowing God's life to be expressed through how we walk with Him. In the priestly garments, God commanded that pomegranates and bells be placed on the hem of the High Priest's robe—"a golden bell and a pomegranate... all around the hem of the robe"—so that "its sound shall be heard when he goes into the Holy Place... so that he does not die" (Ex. 28:33–35). The design was intentional: sound and fruit go together. The bells signaled movement and life in God's presence, while the pomegranates represented fruitfulness and maturity. God made clear that life before Him requires not just gifting but character. For believers, this pattern of fruitfulness is fulfilled in the fruit of the Spirit—"love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control" (Gal. 5:22–23). Spiritual fruit grows as we walk in His Presence, not as we strive for appearance or "sound" the part. Like the hem of the priest's robe, our daily walk reveals what is happening within us. When we genuinely walk with the Lord, the Spirit produces fruit that can be seen, coupled with an authentic sound produced, as the gifts and the fruit of the Spirit come together. *Which fruit of the Spirit is most lacking in your life right now?* **Gal. 5:22–25, Ex. 28:33–35, John 15:4–5, Ps. 1:1–3**

**EVENING FOCUS  
WEDNESDAY, FEBRUARY 4**

**MORNING FOCUS  
THURSDAY, FEBRUARY 5**

## OPENING OUR HEARTS TO PEACE

### ZOOM CORPORATE PRAYER AT 10:00 AM

Peace is not something believers have to create; it is something God provides when we walk in step with Him. Scripture affirms this promise: "You shall go out in joy and be led forth in peace" (Isaiah 55:12). This peace does not remove every challenge, but it does mark the path God is leading. For the believer, peace becomes a practical guide—helping us discern when our decisions and direction are aligned with God's will and when they are not. Jonah's story shows what happens when that peace is absent. When Jonah fled from God's call, "the Lord hurled a great wind upon the sea," and great unrest followed (Jonah 1:3–5). The storm was not random; it was a clear signal that Jonah was moving away from obedience. In the life of faith, the loss of peace can function as a gracious warning, calling us to stop, listen, and return to God's way. As we open our hearts to abundance, we learn to trust the peace God gives and to respond when it is disturbed. Jesus names the source of this peace when He says, "Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid." (John 14:27). *How do you usually respond when peace is disrupted—do you pause or push through?*

**Is. 55:12–13, Jonah 1:3–6, John 14:27, Is. 26:3–4, Phil. 4:6–7**

**7 DAYS OF PRAYER & FASTING GUIDE**

## OPENING OUR HEARTS TO GRACE & FAVOR

---

### ZOOM CORPORATE PRAYER AT 7:00 PM

Opening our hearts to grace and favor means learning to receive what God freely gives rather than striving to earn what has already been offered. Scripture reminds us, “For by grace you have been saved through faith—and this is not from yourselves, it is the gift of God—not by works, so that no one can boast” (Eph. 2:8–9). Grace is not a reward for spiritual effort; it is God’s initiating love that meets us before we are ready or deserving. Opening our hearts to abundance begins with relinquishing self-reliance and allowing grace to define our standing before God. Rahab’s story offers a clear witness to this truth. She was neither powerful nor righteous by reputation, yet she trusted the God she had only begun to know—and that trust was met with grace. God not only spared her life but wove her into His redemptive story, placing her within the lineage of Jesus Himself. Rahab reminds us that grace does not merely rescue; it restores and redefines us. Remember today that God’s grace and favor are not just how we “get” saved, but how we are sanctified and made holy, daily. In other words, we need His grace every day. *What would change if you believed grace comes first?* Eph. 2:8–10, Heb. 11:30–31, 2 Cor. 12:9–10, Titus 2:11–14

### EVENING FOCUS MONDAY, FEBRUARY 2

### MORNING FOCUS TUESDAY, FEBRUARY 3

## OPENING OUR HEARTS TO FORGIVENESS

---

### ZOOM CORPORATE PRAYER AT 10:00 AM

Forgiveness invites us to step into the abundance of God’s mercy rather than remain bound by hurt or bitterness. Scripture calls us to this way of life with clarity: “Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you” (Ephesians 4:32). Forgiveness in the life of the believer is not about minimizing pain, but about remembering the mercy we have received. God’s forgiveness is not limited or reluctant; it is generous and complete, and it becomes the source from which we learn to forgive others. Jesus presses this truth home when He teaches, “If you forgive others their trespasses, your heavenly Father will also forgive you; but if you do not forgive others, neither will your Father forgive your trespasses” (Matthew 6:14–15). Forgiveness, then, is not optional—it is the expression of a heart shaped by grace. It does not excuse wrongdoing or deny justice; it entrusts both to God. As we open our hearts to forgiveness, we discover an abundance of freedom and peace, flowing from a life aligned with the mercy we have already received in Messiah. *Where are you holding onto hurt instead of releasing it to God?*

Eph. 4:31–32, Matt. 6:14–15, Lev. 19:17–18, 1 John 1:7–9, Rom. 12:17–19

## OPENING OUR HEARTS TO GENEROSITY

---

### ZOOM CORPORATE PRAYER AT 7:00 PM

Generosity reshapes the way we relate to what God has placed in our hands. Jesus teaches, “Give, and it will be given to you. A good measure, pressed down, shaken together, running over, will be put into your lap. For with the measure you use, it will be measured to you” (Luke 6:38). This call to give is not limited to finances; the surrounding verses speak of offering forgiveness, mercy, and compassion. Generosity, for the believer, is a posture of the heart that reflects trust in God’s provision. When we give freely—grace, kindness, time, resources—we participate in the flow of God’s abundance. Where giving flows freely, abundance moves freely; where fear leads us to hoard, the flow stops. The story of the widow and the oil illustrates this truth vividly (2 Kings 4:3–7). As the widow poured out what little she had, the oil continued to flow—only stopping when there were no more jars to receive it. God’s provision met her act of obedience, not her stockpile. In the life of faith, generosity creates space for God’s abundance to move. As we give what we have been given, God is faithful to supply what is needed. *In what area of your life has fear restricted the flow of generosity?* **Lk. 6:36–38, 2 Kings 4:2–6, 2 Cor. 9:6–8, Prov. 11:25**

### EVENING FOCUS TUESDAY, FEBRUARY 3

### MORNING FOCUS WEDNESDAY, FEBRUARY 4

## OPENING OUR HEARTS TO LOVE

---

### ZOOM CORPORATE PRAYER AT 10:00 AM

Love is the beginning and the measure of God’s abundance. When we open our hearts to God’s love, we step into the reality that shapes everything else in the life of faith. The apostle Paul speaks of this when he writes, “For Christ’s love compels us... that those who live should no longer live for themselves but for him who died for them and was raised again” (2 Cor. 5:14–15). God’s love is not meant to remain an idea we understand from a distance; it is meant to be encountered and received. When it moves from theory to experience, it begins to compel us—reordering our priorities, drawing us beyond ourselves, and awakening a desire to reach those who are still far from God. This love finds its source in the heart of the Father. Scripture tells us, “For God so loved the world that he gave his one and only Son” (John 3:16). Love is what moved God to give, to pursue, and to redeem. Scripture calls us to respond to that love with our whole selves: “Love the Lord your God with all your heart and with all your soul and with all your strength” (Deut. 6:5). This is an invitation to live in relationship with Him. When God’s love is experienced, it draws us closer to Him and sends us outward in love toward others. *What keeps God’s love theoretical for you?* **2 Cor. 5:14–16, Jn. 3:16–18, Deu. 6:4–7, 1 Jn. 4:18–5:3**