



A 40-DAY

FASTING

AND PRAYER GUIDE



WHAT IS FASTING?

FASTING IS A SPIRITUAL DISCIPLINE THAT IS ROOTED IN THE BIBLE THAT MEANS WE ABSTAIN FROM SOMETHING (USUALLY FOOD) TO GROW SPIRITUALLY AND DEPEND MORE ON JESUS.

THE KEY FOCAL POINT OF A FAST IS HAVING FOCUSED TIME ON PRAYER AND DRAWING CLOSE TO GOD.

FASTING AND PRAYER OFTEN BRINGS ABOUT POWERFUL PERSONAL TRANSFORMATION. WHEN WE PRACTICE PRAYER AND FASTING, GOD HEARS FROM HEAVEN AND CAN HEAL LIVES, CHURCHES, COMMUNITIES, NATIONS AND OUR WORLD.

EVERY GREAT REVIVAL OR MOVEMENT OF GOD WAS PRECEDED BY MEN AND WOMEN FASTING AND PRAYING, LONGING FOR GOD. IT'S IMPORTANT TO NOTE THAT OUR SAVIOR FASTED OFTEN AND DESIRED HIS DISCIPLES TO FAST AS WELL.

the key focal point is
DRAWING CLOSE TO GOD 

FASTING IN THE BIBLE

FASTING WAS AN EXPECTED SPIRITUAL DISCIPLINE IN BOTH THE OLD AND NEW TESTAMENT. IN FACT, WE SEE EXAMPLES OF FASTING IN THE BIBLE FROM SEVERAL SIGNIFICANT BIBLICAL FIGURES. MOSES, FOR EXAMPLE, FASTED AT LEAST TWO RECORDED 40-DAYS PERIODS (DEUTERONOMY 9:18-19, EXODUS 34:28). JESUS ALSO FASTED FOR 40 DAYS AND NIGHTS (MATTHEW 4:2).

JESUS ENCOURAGED IN HIS FOLLOWERS AN INTENTIONAL APPROACH TO FASTING AS A SPIRITUAL TOOL, NOT A BIBLICAL LAW. WHEN A PHARISEE QUESTIONED JESUS ABOUT WHY HIS DISCIPLES WEREN'T FASTING LIKE THE PHARISEES, HE OFFERED HIS OWN GUIDANCE ON THE ROLE OF FASTING. COMPARING HIS DISCIPLES TO GUESTS AT A WEDDING, JESUS SAID "THE WEDDING GUESTS CANNOT MOURN AS LONG AS THE BRIDEGROOM IS WITH THEM, CAN THEY? THE DAYS WILL COME WHEN THE BRIDEGROOM IS TAKEN AWAY FROM THEM, AND THEN THEY WILL FAST" (MATTHEW 9:14-16). THIS TEACHING APPLIES TO US TODAY. WHEN WE FAST, WE DRAW CLOSE TO JESUS.

depend on
JESUS FOR NOURISHMENT 

W H Y D O W E F A S T ?

- **FASTING IS BIBLICAL**
- **FASTING AND PRAYER STRENGTHENS OUR RELATIONSHIP
WITH GOD**
- **FASTING AND PRAYER CAN HELP US HEAR GOD MORE
CLEARLY.**
- **FASTING AND PRAYER CAN TRANSFORM OUR PRAYER
LIFE**
- **FASTING ENABLES THE HOLY SPIRIT TO SHOW US OUR
SPIRITUAL CONDITION**
- **FASTING CAN REVIVE US, THE PEOPLE AROUND US, AND
THE WORLD AROUND US.**

intimacy
WITH OUR KING



WHAT SHOULD I PRAY FOR?

OUR ENCOURAGEMENT IS TO PRAY HOWEVER THE LORD LEADS YOU TO PRAY. OUR PRAYER FOCUS WILL BE LOOKING AT FASTING IN ISAIAH 58. EACH WEEK WE WILL RELEASE A TEACHING AND VERSES FOCUSED ON THE THINGS JESUS PRAYED FOR.

HERE ARE SOME IDEAS FOR THINGS TO PRAY FOR:

- TAKING TIME JUST TO SIMPLY WORSHIP GOD FOR WHO HE IS AND WHAT HE'S DONE
- TAKING TIME TO PRAY FOR REPENTANCE AND AREAS WE SEE THAT ARE NOT PLEASING TO GOD
- TAKING TIME TO THANK HIM FOR THE MANY BLESSINGS IN OUR LIFE.
 - ASKING GOD FOR BREAKTHROUGH IN AN AREA OF YOUR PERSONAL LIFE
- PRAYING FOR YOUR FAMILY, LOVED ONES, AND THOSE THAT MAY BE HURTING.
- PRAY FOR OUR CHURCH, THAT GOD WILL CONTINUE TO WORK IN OUR MIDST.
 - PRAY FOR OUR CHURCH LEADERS, THAT GOD WILL GRANT STRENGTH, WISDOM AND VISION.
 - PRAY FOR THE LOST, THAT MANY WILL COME TO FAITH IN CHRIST.

seek
GOD'S HEART



**D O I H A V E T O
F A S T F O R 4 0 D A Y S ?**

**AS A CHURCH WE WILL BE FASTING AND PRAYING
FOR 40 DAYS (JANUARY 6-FEBRUARY 14). YOU CAN
CHOOSE TO FAST MORE DAYS OR LESS DEPENDING
ON HOW THE HOLY SPIRIT LEADS YOU. OUR
ENCOURAGEMENT IS TO REMEMBER THAT THE
FOCAL POINT IS PRAYER AND SEEKING THE LORD.
ASK TO LORD TO LEAD YOU IN WHATEVER IT
NEEDS TO LOOK LIKE OVER THE 40 DAYS.**

pursue
BREAKTHROUGH



H O W D O I F A S T ?

HOW YOU CAN PARTICIPATE:

- 1. CHOOSE YOUR FAST: YOU CAN CHOOSE TO ABSTAIN FROM FOOD, SOCIAL MEDIA, ENTERTAINMENT, OR ANYTHING THAT DISTRACTS YOU FROM FOCUSING ON GOD. THE GOAL IS TO SACRIFICE IN A WAY THAT MAKES ROOM FOR HIM TO SPEAK AND WORK IN OUR LIVES.**
- 2. PRAY AND SEEK GOD'S HEART: DURING THIS FAST, LET US PRAY DAILY FOR THE THEMES LISTED BELOW, AS WELL AS FOR PERSONAL GROWTH AND BREAKTHROUGH.**
- 3. ACTS OF JUSTICE AND MERCY: AS WE FAST, LET'S COMMIT TO TANGIBLE ACTS OF KINDNESS, JUSTICE, AND MERCY, SHARING WITH THOSE IN NEED AND REACHING OUT TO THE MARGINALIZED.**
- 4. JOIN IN CORPORATE PRAYER: WE WILL HAVE SPECIAL TIMES OF PRAYER IN SUNDAY GATHERINGS THROUGHOUT THE 40 DAYS. EACH CONNECT GROUP HAS AN ASSIGNED WORSHIP NIGHT IN THE 108 TO COME TOGETHER AS A CHURCH BODY TO PRAY AND INTERCEDE.**

align
WITH HIS PURPOSES



W E E K O N E

a true fast
**REPENTANCE &
OBEDIENCE**

ISAIAH 58 CALLS FOR A FAST THAT GOES BEYOND MERE RITUALS AND SELF-DENIAL. IT'S ABOUT A TRANSFORMATION OF THE HEART THAT LEADS TO ACTION. DURING THIS FAST, WE WILL ASK GOD TO EXAMINE OUR HEARTS, TO REVEAL AREAS WHERE WE NEED TO REPENT, AND TO EMPOWER US TO LIVE OUT THE JUSTICE, MERCY, AND HUMILITY HE DESIRES.



W E E K T W O

break the chains
OF OPPRESSION

ISAIAH 58 CHALLENGES US TO BREAK THE CHAINS OF INJUSTICE AND TO SET THE OPPRESSED FREE. WE WILL PRAY AND FAST FOR THE FREEDOM OF THOSE WHO ARE BOUND BY SPIRITUAL, EMOTIONAL, OR PHYSICAL OPPRESSION. WE WILL ASK GOD TO SHOW US HOW WE CAN BE PART OF HIS WORK IN LIBERATING THE MARGINALIZED AND FORGOTTEN IN OUR WORLD.



W E E K T H R E E

share with
THE NEEDY

GOD'S HEART IS FOR THE POOR, THE HUNGRY, AND THE OPPRESSED. ISAIAH 58 REMINDS US THAT TRUE FASTING INVOLVES ACTIVELY SHARING OUR RESOURCES WITH THOSE IN NEED. AS WE FAST, WE WILL PRAY FOR OPPORTUNITIES TO SERVE OTHERS, GIVE GENEROUSLY, AND CARE FOR THE VULNERABLE AROUND US.



W E E K F O U R

build community
& UNITY

A TRUE FAST, ACCORDING TO ISAIAH 58, IS
NOT JUST ABOUT PERSONAL DEVOTION BUT
ALSO ABOUT LIVING OUT GOD'S LOVE IN
COMMUNITY. WE WILL PRAY FOR GREATER
UNITY WITHIN OUR CHURCH, OUR CITY, AND
BEYOND, ASKING GOD TO BIND US
TOGETHER AS HIS PEOPLE, CALLED TO LIVE
OUT HIS JUSTICE AND COMPASSION.



W E E K F I V E

spiritual renewal
& CONSECRATION

WE WILL FOCUS ON CONSECRATING
OURSELVES TO GOD DURING THIS FAST—
SETTING ASIDE DISTRACTIONS TO SEEK HIS
PRESENCE MORE EARNESTLY. OUR PRAYER IS
THAT THROUGH THIS TIME OF SURRENDER,
GOD WILL RENEW OUR HEARTS,
STRENGTHEN OUR FAITH, AND ALIGN US
MORE CLOSELY WITH HIS WILL.



W E E K S I X

our new building

AND NEXT STEPS

AS WE FAST, WE WILL ALSO KEEP OUR NEW BUILDING PROJECT IN PRAYER. WE ARE ASKING GOD FOR PROVISION, WISDOM, AND FAVOR AS WE STEP INTO THIS NEW CHAPTER. ADDITIONALLY, WE WILL BE PRAYING FOR EACH PERSON IN OUR CHURCH TO TAKE THE NEXT STEPS IN THEIR SPIRITUAL JOURNEY, WHETHER THAT MEANS GETTING BAPTIZED, JOINING A CONNECT GROUP, OR COMMITTING TO DEEPER DISCIPLESHIP.

