




MONTHLY FASTING AND PRAYER GUIDE

Fasting and praying is a powerful way to humble ourselves before God, break from earthly pleasures, as well as seeking his work in our lives and the lives of those around us.

For this monthly fasting and prayer guide, we invite you to fast and pray one day, or some portion of a day, each week of the month.

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BIBLICAL BASIS OF FASTING AND PRAYING:

- God's people fasted to humble themselves and seek God (Jud. 20:26, 2 Chr. 20:3, Ez. 8:21).
- Jesus had the expectation that his disciples would fast (Matt. 6:16-17).
- The early church fasted and sought God's will (Acts 13:2, 3, 14:23).



THE PRACTICE OF FASTING:

- Fasting can help recalibrate our heart from the pleasures of the world (food, media, etc.) to the pleasures of God and the world to come.
- People fast for a variety of reasons; in 2023 even 10% of Americans utilized intermittent fasting merely for weight loss benefits, without concern to spiritual benefits.



THE FOCUS OF FASTING AND PRAYING:

- Week 1—Pray that God would give you a passion for him above all.
- Week 2—Pray that God would help you surrender more to his will.
- Week 3—Pray that God would move mightily in your church.
- Week 4—Pray that God would use you to tell others about Jesus.