



Fasting & Prayer Guide



Why are we fasting for this campaign?

During the summer message series *Deeper*, Pastor Jim reminded us that fasting is one of the three spiritual habits Jesus teaches on in the Sermon on the Mount.ⁱ We also see in the Gospel of Luke that Jesus Himself fasted (Luke 4:2), and in Matthew 6:16–18, He teaches in a way that assumes His followers will do the same.

As Pastor Jim shared, fasting can open the door for God to do a deeper work in our lives, strengthening our prayer life and bringing clarity as we seek the Lord's guidance and direction.ⁱⁱ

Over the past year, we observed a significant spiritual response to our request for corporate prayer as we released our Core Group strategy and launched the Spring Creek campus. Therefore, we want to build on a strong foundation of prayer as we seek the Lord's provision and trust Him for the continued growth and expansion of our ministries.

What is Fasting?

Typically, fasting is a voluntary choice to go without food, or some other regularly enjoyed, good gift from God, for a specific period and for a spiritual purpose. The practice of fasting is counter-cultural in our time, even among believers. Fasting helps us temporarily set aside our desires to intensify our desire for God, resulting in an attitude of trust and dependence upon Him.

How Do I Conduct a 24-Hour Fast?

It is essential to begin with the understanding that fasting is hard! Most of us rarely miss a meal. Putting this extra effort into your spiritual life may affect your mood. Remember, nothing worthwhile comes easily. Consider the last time you intentionally took a step of faith outside your comfort zone. Was it easy? Probably not. For many, a 24-hour fast will be the most significant spiritual step they've taken in a long time.

By participating in a 24-hour fast, you commit to missing two meals. For example, you would eat dinner one night, and then not eat again until dinner the next night (thus, missing breakfast and lunch).

To help you take this step of faith, below you'll find some suggested best practices. These seven basic steps will help those new to fasting (most of us!).ⁱⁱⁱ

Step One: Ask the Medical Questions

If you have any unique health concerns, it is strongly recommended that you consult your physician before fasting. There are those in specific situations who **should not** consider a fast from food: expectant mothers, diabetics, and those on certain medications.

If fasting from food is not an option, consider fasting from other time and attention consuming activities, such as TV, phone, and social media.

Step Two: Schedule Your Fast

Pick a date on our “40 Days of Prayer and Fasting” calendar. Sign up to participate on a day that works best with your schedule, perhaps when missing two meals will not interfere with important meetings, etc.

Step Three: Plan Times of Prayer

Make specific plans to pray during your fast. The most obvious times might be during the meals you will miss. When the thought of eating comes to mind, use that prompt to whisper a prayer to your Heavenly Father. Whenever your schedule permits, set aside additional time for prayer.

Step Four: Determine the Type of Fast

You could choose a regular fast, drinking only water, or a partial fast where only water and juice are consumed. If you’ve chosen a different type of fast, be clear about your decisions before you begin.

Step Five: Eat Healthy Before and After

Eat a healthy meal before and after your fast to allow your body to adjust to this temporary rhythm.

Step Six: Expect Some Side Effects

Everyone reacts differently to going 24 hours without food. Use hunger pangs as a reminder of your hunger for the Lord and your total dependence upon Him. “Blessed are those who hunger and thirst for righteousness, for they will be filled” (Matthew 5:6).

Step Seven: End with Thanksgiving

As you complete your fast, thank God for the communion you had with Him. Thank Him for the things He taught you. By faith, thank Him for the prayers He will answer through your times of prayer.

Suggested Prayer Prompts:

- Pray that this campaign would glorify God above all else, keeping Christ at the center.
- Pray for unity in our church family, marked by trust, grace, and a shared sense of purpose.
- Pray for wisdom and discernment for leaders as they make decisions with humility and faith.
- Pray that this season would deepen our faith and dependence on the Lord.
- Pray for generous and cheerful hearts that give freely in response to God's grace.
- Pray for integrity, transparency, and faithful stewardship of these resources.
- Pray that God would use these projects to help us lead every generation toward a fully-formed life with Jesus.

ⁱ Dr. Jim Thomas, *Deeper* – Session 5, June 29, 2025.

ⁱⁱ Donald S. Whitney, *Spiritual Disciplines for the Christian Life*, pp. 156-157.

ⁱⁱⁱ Adapted from an article by Jim Leggett, *How to Conduct a 24-hour Fast*, www.strategicrenewal.com

