

Fasting Guide

NOVEMBER 2ND-6TH



ask. seek. knock.

Why Fasting?

Scripture encourages us in fasting by showing how God responds to those who seek Him with sincerity and humility. From the examples of Jesus, Esther, Daniel, and others, we are reminded that fasting is a powerful way to draw near to God, seek His guidance, and experience His provision. Fasting is a practice of humility that deepens our dependence on God's strength rather than our own and opens our hearts to His will. Be encouraged by these scriptures as you decide how to seek the Lord through prayer and fasting!

Ezra 8:21 - Then I proclaimed a fast there, at the river Ahava, that we might humble ourselves before our God, to seek from him a safe journey for ourselves, our children, and all our goods.

Isaiah 58:5 - Is not this the fast that I choose: to loose the bonds of wickedness, to undo the straps of the yoke, to let the oppressed go free, and to break every yoke?

Daniel 9:3-4 - Then I turned my face to the Lord God, seeking him by prayer and pleas for mercy with fasting and sackcloth and ashes. I prayed to the Lord my God and made confession, saying, "O Lord, the great and awesome God, who keeps covenant and steadfast love with those who love him and keep his commandments,

Matthew 6:16-18 - And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you.

Acts 13:2-3 - While they were worshiping the Lord and fasting, the Holy Spirit said, "Set apart for me Barnabas and Saul for the work to which I have called them." Then after fasting and praying they laid their hands on them and sent them off.

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Types of Fasts

Sunrise to Sunset

Fasting one or two meals each day

Example: Eating a normal breakfast and dinner, but fasting lunch and devoting the lunch hour to prayer.

Partial

Fasting specific food(s)

Example: Not eating meat or sweets for the duration of the fast while setting aside extra time to pray.

Full

Water or liquids only

Example: Consuming only water (maybe adding broths or juices) and devoting those mealtimes instead to prayer.



Practical Tips

- Fasting isn't best for young children or people with certain health conditions.
- Make a plan and stick to it.
- Ease in and especially ease out of your fast. Don't eat a huge meal to break it!
- Start small if you've never fasted before.
- Stay hydrated and get plenty of sleep.
- Replace meal times or snack times with prayer.
- Disconnect from distractions.
- After the fast, don't lose the self-control that you built during the fast.

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Daily Scripture and Prayer Focus

Sunday, November 2nd

Praying for our friends and family

Ephesians 3:14-19: *For this reason I bow my knees before the Father, from whom every family in heaven and on earth is named, that according to the riches of his glory he may grant you to be strengthened with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith—that you, being rooted and grounded in love, may have strength to comprehend with all the saints what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God.*

Engage: Ask your friends and family for prayer requests before you pray. If you are married, pray with your spouse. If you have children, invite them to pray with you, and then pray for them after you pray together for other family & friends. If you are single, gather a couple friends together to pray. Pray for lost family members. Pray for marriages, families, and friendships to be strengthened.

Monday, November 3rd

Praying for the Kingdom Collective church community

Ephesians 1:16-19: *I do not cease to give thanks for you, remembering you in my prayers, that the God of our Lord Jesus Christ, the Father of glory, may give you the Spirit of wisdom and of revelation in the knowledge of him, having the eyes of your hearts enlightened, that you may know what is the hope to which he has called you, what are the riches of his glorious inheritance in the saints, and what is the immeasurable greatness of his power toward us who believe, according to the working of his great might*

Engage: Pray for salvations and spiritual growth. Pray for God to move in our services and events and for a sense of community and connection among our church family. Pray for God to lead us to the right building. Pray for the pastors and elders and thank God for the people of KC. Gather with friends from church and pray over each other. Join the noon prayer meeting on Zoom!

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Daily Scripture and Prayer Focus

Tuesday, November 4th

Praying for the city of Fort Wayne

Jeremiah 29:7: *But seek the welfare of the city where I have sent you into exile, and pray to the LORD on its behalf, for in its welfare you will find your welfare.*

Engage: Pray for Mayor Sharon Tucker and the City Council members: Russ Jehl, Paul Ensley, Nathan Hartman, Dr. Scott Myers, Geoff Paddock, Rohli Booker, Michelle Chambers, Tom Freistroffer, and Marty Bender. Pray for PrayerWorks, Love Fort Wayne, and the Fellowship of Evangelical Churches. Pray for area churches and their pastors and for revival and repentance in our city. Join corporate prayer at noon in the KC office and the prayer meeting 7pm-12am at PrayerWorks.

Wednesday, November 5th

Praying for the United States

1 Timothy 2:1-3: *First of all, then, I urge that supplications, prayers, intercessions, and thanksgivings be made for all people, for kings and all who are in high positions, that we may lead a peaceful and quiet life, godly and dignified in every way. This is good, and it is pleasing in the sight of God our Savior.*

Engage: Pray for the President, Congress, and the Supreme Court. Pray for wisdom for our nation's leaders. Thank God for religious freedom. Pray for our nation to love one another despite political differences. Pray for revival in America and transformation in our culture. Join the noon prayer meeting on Zoom and the serve and share outreach at the KC Office!

Thursday, November 5th

Praying for the Nations

Luke 10:2 – *And he said to them, "The harvest is plentiful, but the laborers are few. Therefore pray earnestly to the Lord of the harvest to send out laborers into his harvest.*

Engage: Ask the Lord to raise up missionaries to reach the world with the gospel. Pray for a nation from the 10/40 window or a specific unreached people group. Pray for closed countries to open up their borders to Christian missionaries. Pray for refugees and immigrants in Fort Wayne. Pray for nations experiencing civil unrest and humanitarian emergencies (Nepal, Myanmar, etc.). Pray for Kate Dotterer and her ministry to the children of Guatemala City. Pray for persecuted believers, especially in North Korea, Nigeria, Yemen, Libya, Somalia, Iran, and Sudan. Join the Awakening prayer hour at the KC Office at 6:30am!

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