



# HCC Day of Prayer and Fasting Guide

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## Why Fasting?

*On the surface, fasting can sound unpleasant and difficult, but also intriguing. You may wonder if you're strong enough to do it but are interested in trying it so you can see what others like about it. And you may be wondering what benefits you will receive through this discipline.*

***Consider these: Fasting helps you draw closer to God. It allows you to humble yourself before God. Fasting helps you resist temptation and grow in self-control. It can also give you time to pray and seek God's guidance, and it helps you show solidarity with others.***

*Here are some ways you can make time during your day to give up earthy things you depend on in order to fix your heart and mind on the things above in prayer. **Skip lunch today and pray during the time you would normally be eating. Pass on that morning cup of coffee and pray every time you think about drinking your coffee. Do a partial fast by eliminating something you eat or partake in everyday and pray whenever you desire that item. If taking a step back from food is not an option, fast from something like electronics and stop throughout the day to take time in prayer.***

*Use the guide below to help you spend time in connection with God through prayer as you fast.*

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## Wednesday, August 27th, 2025

During the last two years, the HCC leadership has developed a series of Warrior Prayers which reflect our heart's desire to see God work through us and for his presence to be known and experienced by those around us. As we fast and pray, let us consider **2 Thessalonians 3:1-5** as our verse-by-verse blueprint for prayer. Our prayer points today will focus on, but not be limited to, verse 2.

*1 As for other matters, brothers and sisters, pray for us that the message of the Lord may spread rapidly and be honored, just as it was with you. **2 And pray that we may be delivered from wicked and evil people, for not everyone has faith.** 3 But the Lord is faithful, and he will strengthen you and protect you from the evil one. 4 We have confidence in the Lord that you are doing and will continue to do the things we command. 5 May the Lord direct your hearts into God's love and Christ's perseverance.*

### 1. We pray against the loss of faith and for increased passion in discipleship.

**Read:** Hebrews 11:1, 6; Matthew 28:19-20

**Things to pray over:** Those who are struggling in their faith ▪ People who are close to you but far from Jesus ▪ An awakening among followers of Jesus to disciple those in their circles of influence ▪ For the enemy to be bound from the lives of those around who are struggling ▪ Anything the Spirit lays on your heart

**2. We pray that God would dispel darkness and lead people to overcome evil influences.**

**Read:** Matthew 5:14-16; Romans 12:21

**Things to pray over:** For the Light of Christ to shine brightly through His people ▪ For followers of Jesus to acknowledge and eliminate strongholds in their lives ▪ For us to live transformed lives for God's glory ▪ To seek opportunities to support and encourage those trapped in darkness by our enemy ▪ Anything the Spirit lays on your heart

**3. We pray for more opportunities for people to step into godly communities through Journey Groups and Discipleship Groups, driving a need for multiplication.**

**Read:** Acts 2:42-47

**Things to pray over:** A stirring in people's hearts to be engaged in a Journey Group or D Group ▪ Followers of Jesus to step out in faith to launch new groups ▪ The Spirit to do a deep work in group participants preparing them to engage others in their circles of influence ▪ Softened hearts and obedient lives ▪ Anything the Spirit lays on your heart

**4. We pray that we and our mission partners would rise to the challenge of successfully reaching the lost under a unified mission.**

**Read:** John 17:13-21

**Things to pray over:** Ministries at HCC (children, youth, The Path, Divorce Care & Grief Share, Journey & D Groups, etc.) ▪ Community Outreach (Care Portal, Champions Network, etc.) ▪ Domestic and International Mission Partners ▪ God's Spirit to give clarity and direction in all ministry areas near and far ▪ Anything the Spirit lays on your heart