



# HCC Day of Prayer and Fasting Guide

---

## **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.*

---

## **Wednesday, December 31, 2025**

Prayer is the central practice that Jesus highlights in the Sermon on the Mount. In fact, it is in the very center of the whole Sermon on the mount. Let's spend some time praying through and reflecting on the most famous prayer in history known as the Lord's Prayer.

### **1. Approach (10 minutes)**

*"Our Father in heaven..." - Matthew 6:9a*

The Lord's Prayer has two major parts, but Jesus begins by approaching God as Father and Lord over all of heaven and earth. God is a good father who is the source of life and provider for his children. God is also mighty and Lord of all creation. Prayer gives us the ability to approach the throne of all of heaven and earth and gives us the opportunity to speak to our loving Father. Spend the first portion of this time to approach God the Father by reflecting on who he is and what he has done in your life.

### **2. God's Purposes in the World (10 minutes)**

*"...hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven." - Matthew 6:9b-10*

Jesus continues this prayer with the first of the two major parts. The first part is petitioning for God's purposes in the world to happen. Jesus first asks that God's name would be recognized as holy. He then continues by asking for God's will or desire to be done here on earth as it is in heaven. The goal is for the kingdom of heaven to come to earth, and God has invited us to be a part of that. This prayer

is a desire to align our will with the will of God. Spend time praying for clarity on God's purposes in your life, the life of your family, and the life of the church. Pray that God's will would be done and pray that your desires would be the same thing God desires.

### **3. Our Concerns in Life (10 minutes)**

*"Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one." - Matthew 6:11-13*

Most of us are worried about survival. Jesus invites us to trust God to meet our needs one day at a time. This prayer encourages us to be grateful for what God has given us. Jesus continues by creating a culture where the people forgiven by the Father are then becoming people of forgiveness out in the world. Finally, the major need that Jesus prays for is deliverance from the tests or temptation from the enemy. Spend this final portion of time praying for daily needs and being grateful for what you have been given. Pray for forgiveness for moments or seasons you have fallen short and pray that this forgiveness from God the Father would overflow to the people around you. To end, pray for God's help in times of trouble and deliverance from the lies of the enemy.