



**A
WEEK
OF** *Prayer &
Fasting*

SEP. 1-7

PRAYER/FASTING GUIDE

WHAT IS BIBLICAL FASTING?

AN INVITATION TO RETURN

Fasting is not about earning God's attention—it's about becoming more attentive to Him. In Scripture, fasting is a holy invitation: to return, to realign, to rediscover the presence of the Lord. Joel 2:12 says, *"'Even now,' declares the Lord, 'return to me with all your heart, with fasting and weeping and mourning.'"*

At its core, biblical fasting is about hungering for God more than the things of this world. It is the deliberate setting aside of something (typically food) for a set time in order to say with our bodies what our souls cry out: "Jesus, You are my daily bread."

FASTING AS WORSHIP

We can draw from the rich diversity of Christian traditions to deepen our understanding of fasting as worship.

From the *Spirit-Filled* tradition, we fast to increase our capacity to discern the activity of God's Spirit. It is not deprivation for deprivation's sake—it is an expression of deep desire. We fast to press in for healing, breakthrough, revival, and the power of God released on earth as it is in heaven. We posture ourselves to say, "Come, Holy Spirit."

From the *contemplative* tradition, fasting becomes a sacred silence in our appetites. We are not trying to twist God's arm—we are trying to tune our hearts. Fasting slows us down to notice God in the mundane. We lay aside noise and consumption to sit quietly before the Lord and say, "Speak, Lord, Your servant is listening."

From the *justice* tradition, we remember Isaiah 58, where true fasting breaks chains, feeds the hungry, shelters the homeless, and undoes systems of oppression. We fast not only for personal breakthrough but for corporate transformation. We say, "Let justice roll like a river."

HOW TO FAST

- + **Choose your fast:** Choose something to abstain from for the the week (food, media, social media, or a certain comfort)
- + **Set your intention:** Who or what are you contending for? Clarity? Healing? A loved one?
- + **Stay in God's Word:** Feed on Scripture as your true nourishment
- + **Pray continually:** When hunger strikes, let it compel you to pray
- + **Keep your eyes on Jesus:** He is the goal—not your performance

"Fasting helps us feast on God."

*"Fasting brings us face to face with the questions:
What sustains me? What fills me? And what do I truly hunger for?"*

EACH DAY, TAKE TIME TO READ THE SCRIPTURE ALOUD, REFLECT, AND PRAY THROUGH THE LISTED PRAYER POINTS.

SEP. 1 // PRAY FOR INDIVIDUALS (HURTING & LOST)

"For the Son of Man came to seek and save the lost." -Luke 19:10

PRAYER POINTS:

- + Pray for those who feel forgotten, abandoned, or in pain
- + Call prodigals home by name
- + Ask for fresh encounters with Jesus for those bound in addiction or despair

SEP. 2 // PRAY FOR FAMILIES

"As for me and my house, we will serve the Lord." -Joshua 24:15

PRAYER POINTS:

- + Pray for unity, healing, and wholeness in households
- + Declare God's peace over marriages and parenting
- + Ask for spiritual awakening in the next generation

SEP. 3 // PRAY FOR THE CHURCH

"From Christ the whole body... builds itself up in love." -Ephesians 4:16

PRAYER POINTS:

- + Pray for Christian Life Cathedral, its leaders, and its ministries to walk in power and love
- + Intercede for unity and collaboration among all churches in our region
- + Ask for a revival of holiness and hunger in the Body of Christ

SEP. 4 // PRAY FOR LOCAL COMMUNITIES

"Seek the welfare of the city... and pray to the Lord on its behalf." -Jeremiah 29:7

PRAYER POINTS:

- + Pray for local schools, businesses, and neighborhoods
- + Ask God to bless educators, first responders, and city leaders
- + Intercede for prosperity, safety, opportunity, and healing in broken places

SEP. 5 // PRAY FOR OUR CITY & REGION

"You are the light of the world. A city on a hill..." -Matthew 5:14

PRAYER POINTS:

- + Declare Fayetteville (and the entire NWA region) will be a city of refuge and light
- + Pray for the poor, the marginalized, and the overlooked
- + Ask for God's kingdom to come in every sphere—arts, education, business, and government

SEP. 6 // PRAY FOR OUR COUNTRY

"If my people...will humble themselves and pray..." -2 Chronicles 7:14

PRAYER POINTS:

- + Pray for national humility, healing, and revival
- + Intercede for righteous leaders and wise decision-makers
- + Ask for God to awaken the Church across America

SEP. 7 // PRAY FOR OUR WORLD

"The earth will be filled with the knowledge of the glory of the Lord..." -Habakkuk 2:14

PRAYER POINTS:

- + Pray for unreached people groups to hear the gospel
- + Intercede for nations in conflict, poverty, or persecution
- + Ask for a global harvest, signs and wonders, and laborers for the mission field

