Fasting Guide

NOVEMBER 1ST–6TH



our eyes are on you

(2 Chronicles 20:12)

2026 Corporate Fasting Vision

During our final corporate fast of the year (November 1-6), we are entering into a week of prayer and fasting based on 2 Chronicles 20. In this chapter, king Jehoshaphat was facing opposition in Judah. As a result, Jehoshaphat proclaimed a fast, asking the people of Judah to seek God for help. In verse twelve, Jehoshaphat prayed, "...We do not know what to do, but our eyes are on you."

As we conclude our sixth year of ministry, we are believing God for a new gathering location and a fresh season of ministry ahead. We are taking the posture of Jehoshaphat as we pray, "God, we don't know what to do, but our eyes are on you."

This fasting guide is to equip you with practical tips and daily prayer focuses throughout the fast.

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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. Be encouraged by these scriptures as you prayerfully commit this fast to the Lord.

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 –Then I turned my face to the Lord God, seeking him by prayer and pleas for mercy with fasting and sackcloth and ashes.

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.

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.



If you find yourself in a season of life or in the midst of health challenges that prevent you from fasting food, there are more ways to fast beyond the practice of fasting food, such as: entertainment, media, etc. Seek the Lord in how He would lead you to participate!

Practical Tips

- Fasting food is not recommended for young children or people with certain health conditions.
- Start simple if have never fasted before.
- Stay hydrated and get plenty of sleep.
- Ease into, and especially ease out of, your fast. Don’t eat a huge meal to end the fast!
- Replace meal or snack times with prayer.
- Disconnect from distractions to connect with God.
- Set a plan and commit it before the Lord.
- After the fast, don’t lose the self-control that you built during the fast.

Daily Prayer Focus

As we conclude our sixth year of ministry, we are praying for a new gathering location and a fresh season of ministry. Let's take the posture of Jehoshaphat as we pray, "God, we don't know what to do, but our eyes are on you." Additionally, we are praying into the following areas each day.

Sunday, November 1st

The Body of Christ

Revelation 3:15-16, John 17:20-23, 1 Corinthians 12:12-31

As we conclude our Seven Lampstands series, we want to be a bride that is burning hot for the things of God and the return of the Lord. Pray for unity in the body of Christ, for walls of hostility to come down, and for each child of God to take his/her rightful place.

Monday, November 2nd

The Lost

Acts 26:18, 1 Timothy 2:4-6, 2 Peter 3:9

Pray for the lost in our city and in your family. For those who are not walking with Jesus or who have been hurt and turned their back on Him. We are believing God for a door of opportunity for the Gospel to be shared and hearts to be receptive. May the lost turn from their way and choose to follow Jesus!

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Tuesday, November 3rd

Government

2 Chronicles 7:14, Proverbs 9:10, 1 Timothy 2:1-3

On this election day, we will lift up local, state, and federal officials. We are praying that the name of Jesus would be exalted in our city, region, and nation, that the kingdom of God would rule and reign above political party or platform. We are asking God to move upon the hearts of our government leaders, to draw them to repentance and the fear of the Lord, which is the beginning of wisdom.

Wednesday, November 4th

Missionaries

Psalm 86:9, Psalm 91, Romans 10:9-13

We are praying for our missionaries currently serving in Guatemala, Myanmar, Malaysia, and Tajikistan. As we cover them in prayer, ask God for protection, strength, and grace. We are also praying for those nations represented, that His kingdom would come and His will would be done. Lord, through missions in those nations, may the Gospel be preached and Jesus be received!

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Thursday, November 5th

A Move of God

Joel 2:28-32, 2 Chronicles 7:14, Psalm 85:6-9

We are praying for a move of God in our time. We want to see His Spirit poured out in a fresh way. We are asking for a revival of repentance, resulting in a deep wholeness in people. We are believing for the masses to personally encounter Jesus Christ as the living God who dwells among His people. May the renewal of the Church result in the evangelization of a generation and the transformation of society.

Friday, November 6th

Gratitude for the Lord

Psalm 100:4, Romans 5:8, Philippians 4:6

As we end our fast today and take communion at home, let us pray from a place of gratitude, thanking God for sending His son to die a sinner's death. Jesus broke His body and shed His blood so we could be raised to new life in Christ. Thank the Lord for His many blessings and the promise of eternal life.