



PRAYER & FASTING

Sacred Practices



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Prayer and fasting are practices that help us draw near to God by removing distractions and deepening our awareness of our dependence on Him.

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Prayer and fasting help reveal what shapes our desires and invite God to bring inner transformation. As we surrender control, God reshapes our hearts.

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Prayer and fasting are not meant to be occasional events but rhythms that shape a life oriented toward God.

WMK
01

Drawing Near to God

Prayer + Simple Fast

- Set aside 10 minutes a day for intentional prayer.
- Choose one simple fast for one day this week (a meal, social media, or another comfort)
- When you notice hunger or absence, pause and pray:
- “God, I need You right now.”

The goal is not intensity, but attentiveness.

01
DAY



GOD INVITES US NEAR

SCRIPTURE:

☞ James 4:8

☞ Psalm 145:18

DEVOTIONAL THOUGHT:

God draws near to those who seek Him sincerely. Prayer begins with responding to God's invitation.

REFLECTION QUESTION:

What helps you feel most aware of God's nearness?

02
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PRAYER IS RELATIONSHIP

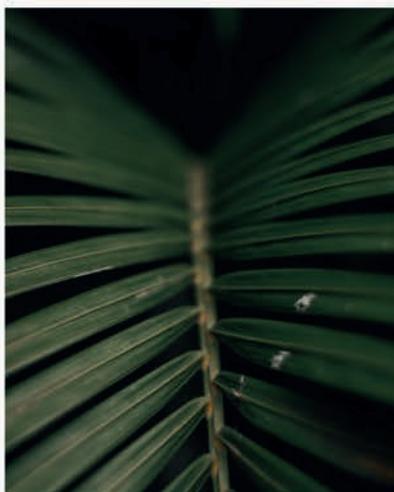
SCRIPTURE:

☞ Matthew 6:6

☞ Romans 8:15

DEVOTIONAL THOUGHT:

Prayer is not performance. It is relational connection with a loving Father.



REFLECTION QUESTION:

How do you usually approach God when you pray?

03
DAY

HUNGER THAT LEADS TO PRAYER



SCRIPTURE:

- ☞ Matthew 4:4
- ☞ Deuteronomy 8:3

DEVOTIONAL THOUGHT:

Fasting reveals what we rely on and redirects our hunger toward God.

REFLECTION QUESTION:

What do you tend to turn to when you feel discomfort or need?

04
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BEING STILL BEFORE GOD



SCRIPTURE:

🕒 Psalm 6:10

🕒 Luke 10:41-42

REFLECTION QUESTION:

What distractions make stillness before God difficult for you?

DEVOTIONAL THOUGHT:

Prayer includes not only speaking to God but being present with Him.

GROUP

QUESTIONS



When did you feel most aware of God this week?

What surfaced emotionally or mentally during prayer or fasting?

How did fasting affect your prayer time, if at all?

What is one thing God may be inviting you to continue practicing?

For those who tried the practices: What helped you become more aware of God during the day?

How does drawing near to God differ from trying harder spiritually?

What distractions most often keep you from noticing God's presence?

What would it look like to take one small step toward attentiveness this week?



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02

Learning Dependence

Prayer of Dependence + Focused Fast

- Choose one day to fast from a meal or meaningful distraction.
- Set aside 10–15 minutes daily for prayer.
- When you feel hunger or limitation, pray:
- “God, I depend on You right now.”

01
DAY



WE ARE DEPENDENT PEOPLE

SCRIPTURE:

👉 John 15:5

👉 Psalm 127:1

DEVOTIONAL THOUGHT:

Jesus reminds us that apart from Him, we cannot produce lasting fruit.

REFLECTION QUESTION:

Where are you most tempted to rely on yourself instead of God?

02
DAY

TURNING HUNGER INTO PRAYER

SCRIPTURE:

☞ Matthew 4:1-4

☞ Deuteronomy 8:2-3

DEVOTIONAL THOUGHT:

Physical hunger can become a reminder to seek God's sustaining presence.



REFLECTION QUESTION:

How do you usually respond when you feel discomfort or lack?

03
DAY

CRYING OUT TO GOD



SCRIPTURE:

📖 Ezra 8:21-23

📖 Psalm 34:6

DEVOTIONAL THOUGHT:

God's people have long fasted and prayed when seeking His help and direction.

REFLECTION QUESTION:

What are you currently seeking God's help or direction for?

04
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GOD IS FAITHFUL



SCRIPTURE:

☞ Lamentations 3:22-23

☞ Psalm 37:5

REFLECTION QUESTION:

How have you seen God provide for you in the past?

DEVOTIONAL THOUGHT:

Dependence on God leads us to trust His faithfulness day by day.

GROUP

QUESTIONS



Read Psalm 20:6-9. What contrast does this verse make about trust? What might “chariots and horses” represent in our lives today?

Read John 15:5-8. What does Jesus say about dependence here? What happens when we try to live apart from Him?

Read Deuteronomy 8:2-3. Why does God allow hunger or need at times? What does this passage teach us about reliance on God?

For those who fasted or practiced dependence: What moments made you most aware of your need for God?



For everyone: Where do you tend to rely on your own strength instead of God?

How can prayer help reshape what we depend on?

What might change if moments of need became invitations to pray?

How could fasting gently expose false sources of security?

WMK
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Heart Transformation

Prayer of Surrender + Heart-Focused Fast

- Fast from something that often distracts or controls your attention.
- Set aside 10–15 minutes daily for prayer.
- End prayer each day with:
- “God, search my heart and lead me in Your way.”

01
DAY



GOD SEARCHES THE HEART

SCRIPTURE:

☞ Psalm 139:23-24

☞ Hebrews 4:12

DEVOTIONAL THOUGHT:

God's Word and Spirit gently reveal what lies beneath the surface.

REFLECTION QUESTION:

What has God been bringing to your attention recently?

02
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COMPETING DESIRES

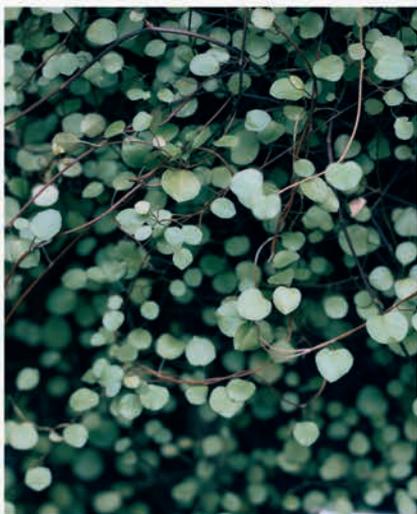
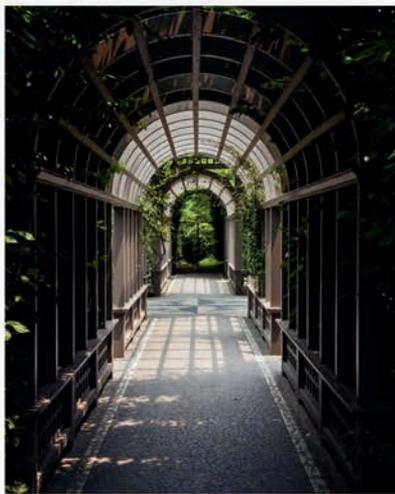
SCRIPTURE:

☞ Galatians 5:16-17

☞ Romans 8:5-6

DEVOTIONAL THOUGHT:

Prayer and fasting help expose competing desires that shape our choices.

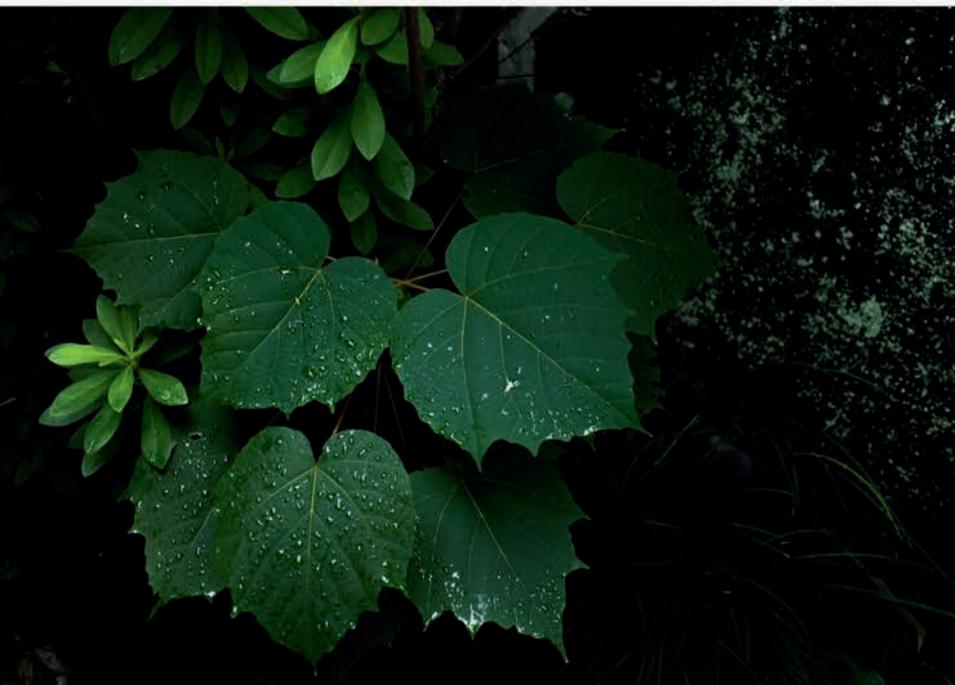


REFLECTION QUESTION:

What gift What desires seem strongest in your life right now?from God have you overlooked recently?

03
DAY

A CALL TO REPENTANCE



SCRIPTURE:

☞ Psalm 51:10

☞ Isaiah 58:6

DEVOTIONAL THOUGHT:

God desires fasting that leads to freedom and renewal, not mere ritual.

REFLECTION QUESTION:

Is there anything God may be inviting you to release or change?

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GOD'S GRACE IN TRANSFORMATION



SCRIPTURE:

- ☞ Philippians 1:6
- ☞ Philippians 2:13

REFLECTION QUESTION:

How can you practice patience with yourself as God works?

DEVOTIONAL THOUGHT:

God's transforming work unfolds over time through grace.

GROUP

QUESTIONS



Read Psalm 139:23-24. What kind of posture is the author taking toward God offering in this prayer? How does this posture require trust?

Read Ezekiel 36:26. Who is responsible for heart transformation in this verse? What does this say about grace?

2 Corinthians 3:18. How does transformation happen according to this passage? What does this passage suggest about how transformation happens over time?

For those who practiced surrender: What did prayer or fasting reveal about your inner life?



For everyone: What desires or habits most shape your daily decisions right now?

How does fasting create space for God to work in our hearts?

What makes inner transformation challenging or uncomfortable?

How can we trust God's grace when change feels slow?

WVK
04

A Sustainable Way of Life

Sustainable Prayer Rhythm + Wise Fasting

- Practice short, frequent prayers throughout the day
- Choose a fast that feels wise and sustainable.
- Pray often:
- “God, help me remain attentive to You.”

01
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ONGOING PRAYER

SCRIPTURE:

☞ 1 Thessalonians 5:16-18

☞ Luke 18:1-8

DEVOTIONAL THOUGHT:

God invites us into a continual posture of prayer.

REFLECTION QUESTION:

What keeps prayer from becoming a daily rhythm?

02
DAY

WISDOM IN PRACTICE

SCRIPTURE:

- ☞ Proverbs 4:7
- ☞ Matthew 6:16-18

DEVOTIONAL THOUGHT:

Spiritual practices flourish when guided by wisdom and humility.



REFLECTION QUESTION:

What kind of fasting is wise for your current season?

03
DAY

GUARDING AGAINST PERFORMANCE



SCRIPTURE:

📖 Hebrews 4:15-16

📖 Galatians 5:1

DEVOTIONAL THOUGHT:

Practices are meant to lead us toward freedom, not pressure.

REFLECTION QUESTION:

How can prayer and fasting remain grace-filled for you?

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CONTINUING THE JOURNEY



SCRIPTURE:

- ☞ Micah 6:8
- ☞ Philippians 3:12-14

REFLECTION QUESTION:

What practice do you want to carry forward beyond this packet?

DEVOTIONAL THOUGHT:

God invites us into ongoing growth marked by faithfulness and grace.

GROUP

QUESTIONS



What prayer practices felt most meaningful or sustainable?

What type of fasting was most helpful for you?

How has your awareness of God changed over these four weeks?

What is one practice you want to continue?



Read Matthew 11:28-30. What words describe Jesus' invitation here? How does this challenge performance-driven spirituality?

Read Zechariah 4:6. What does this verse say about effort versus God's Spirit? How does this apply to prayer and fasting?

Read Micah 6:8. How does this verse describe a faithful way of life? What feels simple—or challenging—about this vision?

What prayer or fasting rhythm felt most life-giving for you?

What made practices feel sustainable or unsustainable?

How can spiritual practices remain grace-filled rather than burdensome?

What might it look like to carry prayer into everyday moments?

What is one practice you sense God inviting you to continue beyond this packet?

