

Kingdom City Church

Prayer & Fasting Guide — August 24–26

Before You Begin

We are asking God for supernatural belonging.

We are asking God for the kind of togetherness that only He can create — the kind that heals what isolation has been killing in us.

Understand clearly what this fast is and what it is not. **Fasting does not earn God's favor. Fasting does not purchase our healing.** We do not fast to twist God's arm or to make ourselves worthy of what He has already promised. We fast because we are declaring, with our bodies and not just our mouths, that it is by God's hand that we overcome.

Fasting humbles the soul. And God gives grace to the humble.

So over these three days, we are not trying to get God's attention. We are getting ourselves low enough to receive what He is already extending.

A word on how to fast: Biblical fasting is, first and plainly, a fast from food. That is what the word means everywhere it appears in Scripture. So that is where we start.

We are asking you to fast from sunup to sundown each of these three days. If the Spirit is calling you to more, follow Him. If your body or your season genuinely will not allow a food fast, then the Spirit may be calling you to abstain from something else — but do not use that as a door out. Whatever you choose, **choose something that costs you.** A fast you don't feel isn't a fast. It's a preference.

And hear this: what you *remove* matters as much as what you *abstain from*. If you give up food and then spend the whole day scrolling, streaming, and consuming, you have simply traded one appetite for another. So put down the podcasts. Get off social media. Turn off Netflix. Quiet the noise.

This is a consecration to the Lord. We are setting these three days apart for Him — clearing space so that when God speaks, there is nothing loud enough to drown Him out.

When the craving comes, let it call you to prayer. Every hunger pang is an invitation. Don't waste it. When you feel the lack, pray.

DAY ONE — Monday, August 24

"Contend For Me"

Psalm 35

"Contend, O Lord, with those who contend with me; fight against those who fight against me!... Say to my soul, 'I am your salvation!'" — Psalm 35:1, 3

"All my bones shall say, 'O Lord, who is like you, delivering the poor from him who is too strong for him, the poor and needy from him who robs him?'" — Psalm 35:10

"But I, when they were sick — I wore sackcloth; I afflicted myself with fasting." — Psalm 35:13

Reflection

David opens this psalm by naming a fight. He does not pretend the battle isn't happening. He does not spiritualize it away or perform a strength he doesn't have. He simply says: *there are people contending with me, and I need You to contend for me.*

Today we shine a flashlight on the schemes of the enemy.

The enemy's oldest strategy has not changed. He presses us toward isolation. He works to get us alone — off to the side, unseen, unknown, convinced that no one would want us if they knew us. And once he has us alone, he starts whispering the second lie: *God is unable. God cannot deliver you from this. God cannot set you free.*

That is the lie that Psalm 35:3 answers. David does not say, "God, prove Yourself to my enemies." He says, "Say to my soul, *I am your salvation.*" Because the real battle is not first in his circumstances — it is in his soul. He needs God to speak into the place where the lie has been living.

And then in verse 10, faith rises: *Who is like You, delivering the poor from him who is too strong for him?* Notice the honesty in that phrase. David does not claim to be strong enough. He

admits his enemy is too strong for him — and then declares that his God is stronger still. That is not defeat. That is dependence.

From "Alone Is Not Good": The first thing in all of creation that God called *not good* was a man by himself. Before sin. Before the fall. In a perfect garden with unhindered access to God Himself, God looked at Adam and said, "It is not good that the man should be alone." Isolation was never neutral. Isolation kills, but belonging heals.

And God's remedy cost something. He took a rib. He opened Adam up to make Adam known. Belonging has always required vulnerability — being opened up, being seen, letting someone close enough to know the weakness. That is why the enemy fights so hard to keep us closed. He knows that a person who will not be opened cannot be joined.

Verse 13 is where fasting enters the psalm, and it enters in pain — David is remembering that he fasted and prayed for people who later turned on him. But zoom out and see what the verse tells us about the *nature* of fasting: "*I humbled my soul with fasting.*" Fasting bends the soul low.

And here is the promise that makes this weekend worth it: **God gives grace to the humble.** Fasting does not earn grace. But fasting puts you directly in the path where grace runs. It is a posture, not a payment. We get low — in body and in soul — so that we are standing exactly where the grace of God is flowing, while He contends with those who contend with us.

Pray Today

Pray against isolation.

- Name the places where you have been pulling away — from the body, from friendship, from being known. Say them out loud to God.
- Ask God to expose the schemes of the enemy in your life and in this church. Ask Him for a flashlight.
- Repent of any agreement you have made with the lie that you are better off alone, or that no one would want you if they really knew you.

Pray Psalm 35:3 over your own soul.

- "Say to my soul, I am your salvation." Ask God to speak directly into the place where you have quietly believed He is unable.
- Where have you concluded God cannot deliver? Bring that specific thing to Him today.

Pray for the fight to be God's.

- Ask the Lord to contend for you. Release the ones you have been trying to fight in your own strength.

- Confess with David: this thing is too strong for me — and You are stronger.

Pray for humility.

- Ask God to use this fast to bend your soul low.
- Ask for grace — not because you have earned it these three days, but because you are choosing to stand in the path where it runs.

Pray for Kingdom City.

- For every person in our church who is currently alone and hiding it well.
- That God would give us supernatural belonging — the kind we could not manufacture.

Breath Prayer

Carry this with you today. When the hunger comes, when you feel the pull toward isolation, when the lie starts whispering — breathe it slowly.

Inhale: *Lord, You are my salvation.* **Exhale:** *Say it to my soul.*

DAY TWO — Tuesday, August 25

"Obligated to Fight"

Isaiah 58:3–6

"Why have we fasted, and you see it not? Why have we humbled ourselves, and you take no knowledge of it?' Behold, in the day of your fast you seek your own pleasure, and oppress all your workers. Behold, you fast only to quarrel and to fight and to hit with a wicked fist." — Isaiah 58:3–4

"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?" — Isaiah 58:6

Reflection

Isaiah 58 is a warning, and we need to sit in it before we rush past it.

These are people who are fasting. Genuinely fasting. Denying themselves food, going through the motions correctly — and then complaining that God isn't responding. *"Why have we fasted,*

and you see it not?" Read that question again and notice what's underneath it: a transaction. They believed they had paid, and God had not delivered the goods.

And God's answer is devastating. He tells them that on the very day of their fasting they are seeking their own pleasure, oppressing their workers, quarreling and fighting. They have gotten the discipline exactly right and missed God completely.

Here is the point we cannot afford to miss: it is possible to fast and miss God entirely. It is possible to pray, to serve, to show up every Sunday, to do every spiritual exercise on the list — and miss Him. Because what God is after is not the exercise. What God is after is a soul brought low.

If we fast without pursuing humility, we have not fasted. We have dieted.

From "Obligated to Fight": Because of Jesus, we are obligated to fight for belonging and for the glory of God. And the first fight — before the fight for community, before the fight for unity — is the fight for humility. It is what God values. It is what God prioritizes. And it is the one thing our flesh will resist the entire way down.

Paul says it plainly in Philippians 2: *do nothing from rivalry or conceit, but in humility count others more significant than yourselves.* And in Romans 15: *we who are strong have an obligation to bear with the failings of the weak, and not to please ourselves.* Not tolerate. Not manage. **Bear.**

Remember the ways we quit that fight:

- **Exclusion** — we fear weakness, so we push it away.
- **Assimilation** — we remake weakness into our own image, and call that love.
- **Tolerance** — we manage weakness at arm's length and call that peace.
- **Hospitality** — we bear weakness. This is the only one that is actually the fight.

And why would we ever choose the fourth? Because of the gospel. Because Christ did not exclude us, did not demand we clean ourselves up first, did not tolerate us from a distance. *He bore us.* He counted us more significant than Himself, took the form of a servant, and became obedient to the point of death. We fight for one another because He fought for us first.

So notice where Isaiah 58 lands. The fast God chooses *loosens bonds, undoes yokes, sets the oppressed free, breaks every yoke.* The fast God honors does not stay in the prayer closet. It comes out into how you treat people.

This is where we can trust God to show up. Not when we fast the longest, but when we fast low.

Pray Today

Search me, O God.

- Ask God honestly: is there anything performative in my fasting? Am I keeping score?
- Where have I done the spiritual exercise and missed the Lord Himself?

Repent of pride.

- Name specific relationships where you have counted yourself more significant.
- Which posture have you been taking toward the weakness in others — exclusion, assimilation, or tolerance? Confess it by name.
- Ask God for the grace to *bear* rather than to manage or avoid.

Preach the gospel to yourself.

- Sit in Philippians 2. Christ did not consider equality with God something to be grasped. He emptied Himself. He obeyed to the point of death.
- Ask God to let the humility of Jesus reshape your own.

Fight for belonging.

- Ask God for one specific person in this body you are being called to pursue — someone whose weakness you have kept at a distance.
- Pray for the courage to move toward them this week, not just feel warmly about them today.

Pray Isaiah 58:6 over Kingdom City.

- That bonds would be loosed. That yokes would be broken. That the oppressed would go free.
- That our fast would not stay inside these three days but would show up in how we treat one another and our neighborhood.

Breath Prayer

Pray this before every conversation today — especially the hard ones.

Inhale: *Jesus, You bore my weakness.* **Exhale:** *Bend me low.*

DAY THREE — Wednesday, August 26

"Speak, Lord — We Will Follow"

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." — Acts 13:2–3

Reflection

Read the sequence carefully, because the order is the whole point.

While they were worshiping and fasting — **then** the Holy Spirit spoke.

The church at Antioch was not waiting on a strategy session. They were not in a planning meeting. They were fasting and worshiping, and in that posture, God gave direction that changed the trajectory of the entire Western world. The first missionary journey in church history began in a room full of hungry, worshiping people who were listening.

We believe God is calling Kingdom City into a new season — for the sake of His kingdom and His glory. And there is deep excitement in that. There should be. God has been faithful, and we are on the brink of something special.

But excitement must be matched by dependency.

That is what this corporate fast is. Our fasting together is a confession. It says out loud: *we need the voice of God*. We need the Good Shepherd to guide us, because sheep who wander off confident in their own sense of direction do not end well. We are not trying to take up His kingdom in our own strength. We are not trying to build His house with our own blueprints.

Hear this clearly: **one word from God can do more than years of planning. One move of the Holy Spirit can accomplish more than decades of perfect execution.**

We are not against planning. We will plan. We will work. We will execute with excellence, because that honors Him. But we refuse to substitute our competence for His voice. A well-run church that God has not spoken to is a machine. We do not want a machine. We want to be led.

And notice what Antioch did once God spoke — *they sent them off*. Hearing came with cost. They released two of their best. The word of the Lord always requires something of us; obedience is how you know we actually heard.

So today we ask, and today we surrender in advance. Whatever He says, we will do.

Pray Today

Worship first.

- Before you ask for anything, spend time simply worshiping. Antioch was worshiping when the Spirit spoke. Get your eyes on Him before you get your eyes on the season.

Confess our dependency.

- "Lord, we do not want to take up Your kingdom in our own strength."
- Name the places where you have been leaning on your own competence, your own planning, your own hustle.

Ask for His voice.

- Pray John 10 — that we would be a people who know the Shepherd's voice and follow Him.
- Ask specifically: *Lord, what are You saying to Kingdom City in this season?* Then be quiet long enough to listen. Keep something nearby to write down what comes.

Pray for our leaders.

- For our pastors, residents, and leadership team — clarity, courage, and ears to hear.
- That God would set apart whom He is setting apart, and that we would have the faith to release them.

Surrender in advance.

- Tell God yes before you know what He is going to ask.
- Ask Him what part you are to play in this next season — and offer it to Him now.

Ask for the one move.

- Pray boldly for a move of the Holy Spirit among us that no amount of planning could produce.
- Ask God to do what only God can do — and to do it for His glory, not ours.

Breath Prayer

Pray this in the quiet places today — in the car, in the pause before you decide something, in the moment you're tempted to move on your own.

Inhale: *Speak, Lord.* **Exhale:** *Your servant is listening.*

Closing the Fast

When you break this fast, break it in community if you can. Sit at a table with someone. Tell them what God said to you over these three days. That is not an add-on to the fast — that is the fruit of it.

We fasted for belonging. So do not end it alone.

"Humble yourselves before the Lord, and he will exalt you." — James 4:10