HCC Day of Prayer and Fasting Guide

Why Fasting?

As we are in the midst of the season of Thanksgiving, we want to intentionally pause from the busyness of our everyday lives to seek the Lord through prayer and fasting.

This is an opportunity to quiet the distractions around us, remember God's faithfulness, surrender our concerns to Him, and intercede for our families, church, community, and those who do not yet know Jesus.

Our goal is not simply to abstain from something for a day. Our goal is to draw closer to God, align our hearts with His Word, and become more attentive to His leading.

Use the guide below to help you spend time in connection with God through prayer as you fast.

Wednesday, November 25, 2026

Surrender • Gratitude • Dependence • Intercession
"Draw near to God, and he will draw near to you." — James 4:8 (ESV)

Surrender — Prepare Our Hearts

Scripture: Romans 12:1–2
Prayer focus: Ask God to examine your heart, reveal areas that need surrender, and help you align your desires with His will.

Consider:

- What distractions have been keeping me from spending intentional time with God?
- Is there anything I need to confess, release, or surrender?
- Where is God inviting me to trust and obey Him more fully?

Application: Spend five to ten minutes in quiet prayer. Write down one area you are surrendering to God and one step of obedience you can take.

Gratitude — Remember His Goodness

Scripture: Psalm 103:1–5
Prayer focus: Thank God for His faithfulness, provision, forgiveness, and steadfast love.

Consider:

- Where have I seen God's faithfulness this year?
- What blessings have I taken for granted?
- How can I cultivate gratitude even in difficult circumstances?

Application: Make a list of at least five things for which you are grateful. Thank God for both the extraordinary blessings and the ordinary gifts of everyday life.

Dependence — Trust Him With Our Needs

Scripture: Philippians 4:6–7
Prayer focus: Bring your worries, burdens, decisions, and unanswered questions before the Lord.

Consider:

- What am I trying to control instead of entrusting to God?
- Where do I need His wisdom, peace, or strength?
- How can I faithfully respond while trusting Him with the outcome?

Application: Write down your specific prayer requests. Pray over each one individually, asking for God's wisdom and strength as you wait on Him.

Intercession — Pray for Others

Scripture: 1 Timothy 2:1–4
Prayer focus: Pray for the spiritual growth, healing, encouragement, and salvation of others.

Pray specifically for:

- Your family: That homes would be rooted in Christ and relationships would reflect His love.
- Our church: That HCC would grow in unity, spiritual maturity, faithful service, and love for our neighbors.
- Our leaders and volunteers: That God would grant wisdom, endurance, humility, and encouragement.
- Our community: That families, schools, local leaders, and those facing hardship would experience support and hope.
- Those who do not know Jesus: That hearts would be open to the gospel and that we would faithfully reflect Christ in our words and actions.
- Those who are hurting: That the grieving, lonely, sick, and struggling would experience God's comfort and the care of His people.

Application: Write down the names of three people you want to pray for today. Pray for each person by name, and consider one practical way you can encourage or serve them.