



# HCC Day of Prayer and Fasting Guide

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## Why Fasting?

*Consider these: Fasting helps you draw closer to God. It allows you to humble yourself before God. Fasting helps you resist temptation and grow in self-control. It can also give you time to pray and seek God's guidance, and it helps you show solidarity with others.*

*Here are some ways you can make time during your day to give up earthly things you depend on in order to fix your heart and mind on the things above in prayer. Skip lunch today and pray during the time you would normally be eating. Pass on that morning cup of coffee and pray every time you think about drinking your coffee. Do a partial fast by eliminating something you eat or partake in everyday and pray whenever you desire that item. If taking a step back from food is not an option, fast from something like electronics and stop throughout the day to take time in prayer.*

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

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## Wednesday, September 30, 2026

As we fast and pray, let us consider the changing of the seasons and the never-ending presence of God. *"The grass withers and the flowers fall, but the word of our God endures forever" (Isaiah 40:8):*

### 1. Thank the Lord for the places in your life where you have seen Him at work.

**Read:** 1 Chronicles 16:8-11; Romans 6:17-18

**Things to pray over:** Places where you have experienced joy - redeemed relationships - The desire to grow closer to God - His creation - The sacrifice of Jesus Christ - Neverending love - The truth of the scriptures - Every breath of life

### 2. Pray over the areas in your life that you fight to keep control over; Ask God for a willingness to let go of control.

**Read:** Psalm 103:8-10; Proverbs 16:9

**Things to pray over:** Goals - Time management - Frustrations in life - Busy schedules - The Lord's timing - patience - perseverance - The present season of life - Sacrifices

### 3. Pray for others that you know need to surrender their lives to the Lord.

**Read:** 2 Corinthians 5:20; Matthew 5:14-16

**Things to pray over:** Family - Friends - Your circle of influence - Coworkers - Community - Those who are lost.

**4. Pray for those who are sick, grieving, hurting, tired, or anxious.**

**Read:** *Psalm 41:1-3; James 5:14-15*

**Things to pray over:** Those who are grieving - sickness - broken relationships - mental struggle - physical injuries - exhaustion - loneliness - stress

**5. Ask God to change your heart to focus fully on Him.**

**Read:** *Matthew 6:33; Proverbs 3:5-6*

**Things to pray over:** Spiritual disciplines in your own life - consistent prayer - devotion to the will of God - Connection to the Church body - A full focus on things above