



HCC Day of Prayer and Fasting Guide

Why Fasting?

On the surface, fasting can sound unpleasant and difficult, but also intriguing. You may wonder if you're strong enough to do it but are interested in trying it so you can see what others like about it. And you may be wondering what benefits you will receive through this discipline.

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 earthy 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.

Wednesday, April 29, 2026

Preparation and Invitation

- Before diving into the text, settle your heart.
- Take a moment and release the distractions of the day.
- Ask the Holy Spirit to bring the Word to life in this time of prayer. Acknowledge that you are entering the presence of the King.
- Read Colossians 1:9-14

Petition for Spiritual Wisdom

"We continually ask God to fill you with the knowledge of his will through all the wisdom and understanding that the Spirit gives..." - Colossians 1:9b

- Pray specifically for "spiritual wisdom" in your current decisions. Instead of asking for a specific outcome, ask to see your circumstances through God's perspective.
- Pick 2-3 people. Pray that they wouldn't just have "information" about God, but a deep, saturating knowledge of His will for their lives.

Walking Worthy and Bearing Fruit

"...so that you may live a life worthy of the Lord and please him in every way: bearing fruit in every good work, growing in the knowledge of God, being strengthened with all power according to his glorious might so that you may have great endurance and patience..." - Colossians 1:10-11

- Reflect on your own relationship with Jesus. Where is your life currently inconsistent with the character of Christ? Ask for the “all power” mentioned in verse 11 to practice endurance and patience in a difficult area.
- Visualize the “good works” ahead of you this week (work, parenting, service). Pray that these wouldn’t just be tasks, but “fruit” that comes from being connected to the vine.

Gratitude for the Gospel

“...and giving joyful thanks to the Father, who has qualified you to share in the inheritance of his holy people in the kingdom of light. For he has rescued us from the dominion of darkness and brought us into the kingdom of the Son he loves, in whom we have redemption, the forgiveness of sins.” -

Colossians 1:12-14

- Meditate on the word “rescued.” What has God rescued you from (fear, guilt, past addictions)? Thank him for the inheritance you now share.
- Spend time praying for a vision of the kingdom of God all around you. Thank God for redemption and ask Him to help you see redemption all around you. Ask God for the courage to share this hope and redemption with those around you.