



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 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.

Wednesday, July 29, 2026

*Praise

- **Psalm 19:1:** "The heavens declare the glory of God; the skies proclaim the work of his hands."
- **Isaiah 6:3:** "Holy, holy, holy is the Lord Almighty; the whole earth is full of his glory."
- **Revelation 4:11:** "Worthy are you, our Lord and God, to receive glory and honor and power, for you created all things."
- **Psalm 29:2:** "Ascribe to the Lord the glory due his name; worship the Lord in the splendor of his holiness."
- **Romans 11:36:** "For from him and through him and for him are all things. To him be the glory forever! Amen."

God owes us nothing but has given us everything.** Spend the first part of your prayer time ***just praising Him for His goodness, faithfulness, patience, generosity, kindness, love, and any other ways you want to tell Him how awesome He is, how much you love Him, and how thankful you are for the things He is doing in your life and the lives of others.

*Boldness

- **Acts 4:29, 31:** "'Now, Lord, consider their threats and enable your servants to speak your word with great boldness...' After they prayed, the place where they were meeting was shaken. And they were all filled with the Holy Spirit and spoke the word of God boldly."
- **Acts 28:31:** "He (Paul) proclaimed the kingdom of God and taught about the Lord Jesus Christ with all boldness and without hinderance!"

Looking for more prayer resources? Go to www.heath.church/prayer for tools, guides, and to submit prayer requests.

***Pray for boldness to speak Jesus to friends, family, co-workers, neighbors, EVERYONE.** Offer prayers for boldness for yourself, our mission partners, Champions Network, Care Portal, Prayer Walking opportunities, D-Groups, Journey Groups, The Path, church planting/expansion, Fidelis, etc.

***Spiritual Needs**

- **Ezekiel 34:16:** "I will search for the lost and bring back the strays. I will bind up the injured and strengthen the weak. . . I will shepherd the flock with justice."
- **1 Thessalonians 5:14:** "And we urge you, brothers and sisters, . . . encourage the disheartened, help the weak, be patient with everyone."
- **Galatians 5:16, 25:** "So I say, walk by the Spirit, and you will not gratify the desires of the flesh. Since we live by the Spirit, let us keep in step with the Spirit."

***Pray for God's Spirit to move people to action.** Lift up family and friends who are far from God. Ask for comfort and direction for brothers and sisters in Christ who are experiencing spiritual challenges in their lives. Pray for the equipping of the Body of Christ to be filled and led by the Spirit of God.

***Physical Needs**

- **1 John 3:17-18:** "If anyone has material possessions and sees a brother or sister in need but has no pity on them, how can the love of God be in that person? Dear Children, let us not love with words or speech but with action and in truth."
- **James 5:14-15:** "Is anyone among you sick? Let them call the elders of the church to pray over them and anoint them with oil in the Name of the Lord. And the prayer offered in faith will make the sick person well; the Lord will raise them up. If they have sinned, they will be forgiven."

***Lift up all physical needs (material and sickness) to God on behalf of family, friends, co-workers, neighbors, etc.**

***Yield**

- **1 Peter 5:6:** "Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time."
- **Luke 22:42:** "Father, if you are willing, take this cup from me; **yet not my will, but yours be done.**"

***Lay EVERYTHING at His feet.** As you have shared your heart with the Father, now ask for His perfect will to be accomplished in all things, believing and trusting in His goodness.