



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, May 27, 2026

Prayer doesn't have to be complicated or perfect—it's just spending time talking with God. This simple "F.A.S.T. Prayer" can guide you to stay focused, honest, surrendered, and thankful as you pray for yourself, other people, and the situations around you.

1. (F) Focus on God

Start by turning your attention toward God instead of your worries. Praise Him for who He is—faithful, loving, powerful, and present. Before asking for anything, slow down and remember that you're talking to your Heavenly Father.

Read: Psalm 46:10, Colossians 3:2

Things to pray over: Ask God to help you focus on Him instead of stress, fear, or distractions ▪ Pray that you would notice God working in your everyday life ▪ Pray for friends or family who feel far from God to feel His love and peace ▪ Ask God to help people trust Him during hard situations and uncertain times

2. (A) Admit & Ask

Be honest with God about your struggles, sins, fears, and needs. Admit where you've fallen short, then ask Him for forgiveness, wisdom, strength, and direction. God already knows your heart, but prayer invites Him into every part of your life.

Read: 1 John 1:9, James 1:5

Things to pray over: Be honest with God about your mistakes, struggles, worries, or fears ▪ Ask God for strength, wisdom, patience, and direction in your life ▪ Pray for people who are hurting, sick, stressed, or going through hard times ▪ Bring your problems to God and ask Him to help with family issues, work, school, money, or big decisions

3. (S) Surrender

Lay down your plans, control, and expectations before God. Trust Him with the outcome, even when the answer isn't immediate or easy. Surrender means choosing God's will over your own and believing His way is better.

Read: Luke 22:42, Psalm 55:22

Things to pray over: Ask God to help you trust Him in areas of life that feel confusing or out of control ▪ Give your plans and goals to God and ask Him to lead your steps ▪ Pray for others who are carrying heavy burdens or trying to handle everything on their own ▪ Surrender difficult relationships, future plans, and unanswered prayers to God

4. (T) Thank Him

Finish your prayer with gratitude. Thank God for His blessings, His provision, answered prayers, and even the ways He's working that you can't yet see. Gratitude builds faith and reminds your heart of His goodness.

Read: Psalm 103:2, 1 Thessalonians 5:18

Things to pray over: Thank God for the big and small blessings in your life ▪ Thank Him for ways He has helped you in the past ▪ Thank God for the people who support, encourage, and care about you ▪ Thank Him even during hard times, trusting that He is still working things out for good