

FASTING GUIDE

Fasting is spiritual. When we give up meals, we ask God to fill us with His presence as we devote more time to seeking the Lord in prayer.

When we feel the pain of hunger, we remember the pain Christ endured for us on the cross. As we fast this week, we pray that the Holy Spirit will send us with power to the nations, our families, the next generation and our neighborhoods to help others Know God, Grow Together, Discover Purpose and Make a Difference.

We pray that the Lord would help us to die to our selfishness so that we may live lives of love toward God and others.



SUNDAY, AUGUST 3RD

FAST: Meals ___ Hours ___

READ: John 20:21

PRAY: Father, thank You for sending Christ for our salvation. Jesus, thank You for sending us to continue Your work. Holy Spirit, empower us to go where You are sending us.

TUESDAY, AUGUST 5TH

FAST: Meals ___ Hours ___

READ: Joshua 24:15

PRAY: Father thank You for sending Christ to join us to Your family by the Holy Spirit. Thank You for our church family and our biological families. By faith we pray Joshua's prayer that our church and our biological families serve the Lord and reject any other gods, idols or ideologies.

THURSDAY, AUGUST 7TH

FAST: Meals ___ Hours ___

READ: Joshua 24:15

PRAY: Father, Jesus and Holy Spirit, thank You for the harvest. Empower us to labor, send more workers and sustain us in Your work on earth.

MONDAY, AUGUST 4TH

FAST: Meals ___ Hours ___

READ: Acts 1:8; Matthew 28:18-20

PRAY: Father thank You for loving all people and every nation. Jesus we believe You died for everyone and accept Your call to make disciples of all nations. Holy Spirit empower us to send missionaries and plant churches worldwide.

WEDNESDAY, AUGUST 6TH

FAST: Meals ___ Hours ___

READ: Judges 2:10-11

PRAY: Father, thank You for the children, teens and college students in our church, families, schools and neighborhoods. Jesus, You were sent for them. Holy Spirit, empower us to continue in Christ's mission reaching the next generation. We pray that the next generation of our church, families, schools and neighborhoods would know You and continue in Your mission.

CAMPUS HARVEST - AUGUST 8TH & 9TH

Middle School, High School & College conference, empowering the next generation to spread the Gospel on their campus. Register with the QR code.

