

ASCEND PRAYER & FASTING GUIDE

AUGUST 2-5, 2026

DAY 0 | ASCEND TO MEET GOD

Scripture:

Draw near to God, and he will draw near to you. Cleanse your hands, you sinners, and purify your hearts, you double-minded. –James 4:8 (ESV)

Reflection:

God invites us to draw near and encounter his presence. Knowing God is foundational and made possible through Jesus.

Prayer: (Exodus 24:9–10; Psalm 24:3–4)

Father, thank you for inviting us to draw near and know you through Jesus. Stir in us and in the next generation a hunger for your presence. Draw our hearts closer to you and prepare us for all that you desire for us to do through ASCEND. Let this conference be marked by your presence and power. Amen.

DAY 1 | ENCOUNTER GOD

Scripture:

And this is eternal life, that they know you, the only true God, and Jesus Christ whom you have sent. –John 17:3 (ESV)

Reflection:

God still reveals himself to those who draw near. As we seek him, he meets us through his Word, his Spirit, and his Son, Jesus Christ.

Prayer: (Psalm 27:8; Jeremiah 29:13; Exodus 33:11)

Father, thank you that you desire to be known. Reveal yourself through your Word, your Spirit, and your Son, Jesus Christ. Draw the youth throughout our region into a personal relationship with you, and let those who are far from you discover the joy of knowing you and the power of your presence. Amen.

DAY 2 | BE TRANSFORMED

Scripture:

And we all, with unveiled face, beholding the glory of the Lord, are being transformed into the same image from one degree of glory to another. –2 Corinthians 3:18 (ESV)

Reflection:

An encounter with Jesus changes the way we see him, ourselves, and the world around us.

Prayer: (Matthew 17:1–5; Romans 12:2)

Father, transform us as we behold Jesus. Renew our minds, strengthen our faith, and help us see life through your truth. Bring healing, freedom, and renewed faith to the youth, and grow in them a love for your Word, courage to follow you, and Christ-centered friendships that help them walk faithfully with you. Amen.

DAY 3 | LIVE SENT

Scripture:

And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him. –Colossians 3:17 (ESV)

Reflection:

God uses us right where he has placed us. Every school, team, friendship, family, and community is an opportunity to reflect Jesus and make a difference.

Prayer: (1 Timothy 4:12; Matthew 5:14–16)

Father, help us reflect Jesus wherever you have placed us. Use our schools, teams, friendships, families, and communities for your glory. Raise up young people who boldly live for you and make a difference wherever you send them. Help them know you, grow together, and discover your purpose for their lives. Amen.

PRAY. FAST. EXPECT GOD TO MOVE.