

Acts 13:2-3

Rochester CRC Day of Fasting and Prayer

Rochester CRC plans a day of fasting and prayer **October 27-28**. There are two main reasons for this. First, at that time we will be seeking and discerning God's guidance in whether to call our pastoral candidate as a fulltime pastor. Second, the CRCNA encourages us to fast and pray as our denomination embarks on a new venture in discipleship and church planting.

Our church's fasting and prayer schedule and general guidance for fasting and prayer are provided below, followed by links to additional resources and a description of Project Antioch, the CRCNA's call to fast and pray.

Schedule for a full 24-hour fast

Fasting begins	Before your evening meal Tuesday October 27
Congregational prayer	Wednesday, October 28, 5–6 PM at Rochester CRC
Fasting ends	At your evening meal on Wednesday October 28, Koinonia for some folks (which happens to be the chili cook-off.)

Guidance:

How do we fast and pray?

The purpose of fasting is to focus our whole being - body, mind, and spirit - on the Lord and to seek his guidance through the work of his Holy Spirit.

Our suggested period of fasting is listed above. Fasting can take many forms, as explained in the "How to Fast" links below. In its classic form, fasting involves taking in only water for a period of time. Some of us cannot do this, however. Some are completely unable to fast due to physical conditions. Some are capable of a modified fast, such as missing one meal, taking in only liquids, or reducing portions as described in the links below. We encourage everyone to participate to the extent they are able.

As you fast, schedule specific times to pray. For example, use the time you usually are preparing and/or eating a meal to pray. And when you feel hungry, use that as a reminder to pray spontaneously throughout your fast.

Resources

How to Fast

- *A Primer on Congregational Fasting*, J. E. Eubanks at Reformed Worship website <https://reformedworship.org/resource/primer-congregational-fasting>

- *Fasting for Beginners*, David Mathis at Desiring God website
<https://www.desiringgod.org/articles/fasting-for-beginners>

Why is the CRCNA encouraging us to fast and pray now?

Before We Plant, We Pray: Project Antioch and the CRC's Ten-Year Church Planting Vision, Dr. Martin Spoelstra at the CRC The Network

<https://network.crcna.org/topic/spiritual-formation/prayer/we-plant-we-pray-project-antioch-and-crcs-ten-year-church-planting>

An excerpt from this article:

When Synod 2026 approved Resonate Global Mission's Ten-year Strategic Plan for Church Planting, it invited the CRCNA into an ambitious season of church multiplication. It is natural to begin thinking about goals, funding, leaders, locations, and strategy. Those conversations are necessary. Yet the first movement in the plan begins somewhere more foundational: prayer and fasting. That first movement is called Project Antioch.

Drawing its name from Acts 13:1–3, it calls classes and congregations to become intentionally attentive to the Holy Spirit. The church at Antioch was worshiping and fasting when the Spirit set apart Barnabas and Saul. The church then prayed and fasted again, laid hands on them, and sent them. Their missionary movement did not begin with a program. It began in the presence of God.