

GRACEPOINT PRAYER & FASTING GUIDE

INTRODUCTION: WHY PRAYER & FASTING?

Throughout Scripture, God's people have turned to prayer and fasting as a way to draw closer to Him, seek His guidance, and intercede for others. Jesus Himself fasted (Matthew 4:2) and even taught on it (Matthew 6:16-18), showing us that fasting is not an "if" but a "when."

Fasting is simply giving something up in order to create space for God. It reminds us that our deepest hunger is not for food, entertainment, or comfort, but for God's presence and power in our lives. Prayer focuses our attention on God, and fasting sharpens that focus by removing distractions.

This Fall, we are calling our church family to fast and pray together on Mondays. We will gather corporately on the first Monday of October, November, and December for worship and prayer. Then, every other Monday, we invite you to fast in some way and take time to pray over lunch for yourself, others, our church, our community and schools, and our nation.

HOW TO FAST

Fasting doesn't look the same for everyone. The goal is to "give up" something that costs you, so that you might replace it with prayer and seeking God.

Some options include:

- + Food fasts: Skip one meal (we encourage you to skip lunch), fast from sunrise to sunset, or abstain from a particular food/drink (coffee, sweets, etc.).
- + Non-food fasts: Step away from social media, TV, video games, or anything that regularly consumes your attention.

Whatever you choose, let it be an intentional sacrifice that creates space to connect with God.

WEEKLY RHYTHM

Every Monday (October – December), set aside 15–20 minutes at lunchtime (or whatever is best for you) for a time of guided prayer using this handout.

The format is simple:

- +Scripture (2–3 minutes) – Read the week's passage slowly.
- +Worship (3–5 minutes) – Play one of the suggested songs and use it to center your heart.
- +Prayer Prompts (10–12 minutes) – Use the guide to pray through key areas.

WEEKLY PRAYER GUIDES

Week 1 – October 6

Scripture Focus: Matthew 6:9–13

Song: Kingdom Come – Elevation Worship

Prayer Prompts:

- Pray for personal renewal – “Lord, help me to seek Your kingdom first in my life.”
- Pray for family & relationships – Pray for unity, forgiveness, and love in your home.
- Pray for our church – Ask God to use GracePoint as a light in Wichita.
- Pray for our community & schools – Pray for teachers, students, and administrators.
- Pray for our nation – Pray for leaders to walk in wisdom and humility.

Week 2 – October 13

Scripture Focus: Isaiah 58:6–9

Song: Goodness of God – Bethel Music

Prayer Prompts:

- Pray for personal hunger for God – “Lord, make me more hungry for You than anything else.”
- Pray for your neighbors – Pray for people in your life who don’t yet know Jesus.
- Pray for continued church unity – Pray that we would love one another well.
- Pray for community needs – Pray for the poor, hungry, and overlooked.
- Pray for our nation – Ask God to bring healing and reconciliation.

WEEK 3 – OCTOBER 20

Scripture Focus: Philippians 4:6–7

Song: Firm Foundation (He Won't) – Cody Carnes

Prayer Prompts:

- Pray for personal peace – Lay your anxieties before God.
- Pray for your friends in need – Pray for someone you know who is struggling.
- Pray for church growth – Pray for people to find belonging at GracePoint.
- Pray for community leaders – Pray for city officials, first responders, and healthcare workers.
- Pray for our nation – Pray for revival and spiritual awakening.

WEEK 4 – OCTOBER 27

Scripture Focus: Psalm 63:1-4

Song: My Soul Longs for You – Jesus Culture

Prayer Prompts:

- Pray for personal longing – Ask God to deepen your desire for Him.
- Pray for your family – Pray for salvation, healing, or restoration in your family.
- Pray for our church leaders – Pray for wisdom, encouragement, and protection for pastors/staff.
- Pray for our community schools – Pray for safety, learning, and support for children.
- Pray for our nation – Pray for unity where there is division.

WEEK 5 – NOVEMBER 3

Scripture Focus: Acts 2:42-47

Song: Great Are You Lord – All Sons & Daughters

Prayer Prompts:

- Pray for personal repentance & renewal.
- Pray for our church family to grow in generosity and love.
- Pray for God to move in Wichita.
- Pray that God would move in the schools and colleges in our community.
- Pray for God's kingdom to come in our nation.

WEEK 6 – NOVEMBER 10

Scripture Focus: James 1:5

Song: Same God – Elevation Worship

Prayer Prompts:

- Pray for personal wisdom – Ask God for direction in your decisions.
- Pray for friends & coworkers – Pray for opportunities to encourage and serve them.
- Pray for church volunteers – Pray for strength, joy, and perseverance.
- Pray for community workers – Pray for those in service jobs who bless others daily.
- Pray for our nation – Pray for wise leadership and just laws.

WEEK 7 – NOVEMBER 17

Scripture Focus: Ephesians 3:16–19

Song: God You're So Good – Passion/Kristian Stanfill & Melodie Malone

Prayer Prompts:

- Pray for personal strength – Pray to be rooted in Christ's love.
- Pray for your relationships – Pray for reconciliation where there is conflict.
- Pray for continued church unity – Pray that our differences would be overcome by love.
- Pray for our community ministries – Pray for local nonprofits meeting real needs.
- Pray for our nation – Pray for God's love to heal wounds of hate and division.

WEEK 8 – NOVEMBER 24

Scripture Focus: Psalm 100:4–5

Song: Gratitude – Brandon Lake

Prayer Prompts:

- Pray for personal gratitude – Thank God for His faithfulness.
- Pray for your family & friends – Thank God for specific people in your life.
- Pray for our church family – Give thanks for God's provision and stories of impact.
- Pray for community blessings – Thank God for Wichita and those who serve it.
- Pray for our nation – Pray that gratitude would replace entitlement.

WEEK 9 – DECEMBER 1

Scripture Focus: 2 Chronicles 7:14

Song: Come to the Altar – Elevation Worship

Prayer Prompts:

- Pray for personal humility before God.
- Pray for families to be healed and strengthened.
- Pray for the church to shine brightly in the city.
- Pray for our schools to be safe and thriving places of learning.
- Pray for humility and healing across our nation, that compassion, justice, and peace would take root.

WEEK 10 – DECEMBER 8

Scripture Focus: Galatians 5:22–23

Song: Holy Spirit – Kari Jobe

Prayer Prompts:

- Pray for personal growth – Ask God to grow His fruit in your life.
- Pray for your neighbors – Pray for opportunities to show love, joy, and peace.
- Pray for the church ministries – Pray for fruitfulness in outreach and discipleship.
- Pray for community families – Pray for homes to be filled with patience and kindness.
- Pray for our nation – Pray for gentleness and self-control in public discourse.

WEEK 11 – DECEMBER 15

Scripture Focus: Luke 1:46–55

Song: Great Things – Phil Wickham

Prayer Prompts:

- Pray for personal praise – Magnify God for who He is.
- Pray for your family – Pray for Christ to be at the center of Christmas celebrations.
- Pray for our church worship – Pray that our gatherings point to Jesus.
- Pray for community outreach – Pray for those lonely or hurting this season.
- Pray for our nation – Pray for peace on earth and goodwill among people.

WEEK 12 – DECEMBER 22

Scripture Focus: John 1:1–5, 14

Song: O Come All Ye Faithful – Traditional

Prayer Prompts:

- Pray for personal wonder – Reflect on God becoming human for us.
- Pray for family traditions – Pray for Christ to be central in your celebrations.
- Pray for church services – Pray for visitors to encounter Jesus.
- Pray for community gatherings – Pray for peace and safety during the holidays.
- Pray for our nation – Pray for light to overcome darkness in our land.

WEEK 13 – DECEMBER 29

Scripture Focus: Revelation 21:1-5

Song: Do It Again – Elevation Worship

Prayer Prompts:

- Pray for personal reflection – Thank God for His faithfulness this past year.
- Pray for family hope – Pray for joy and renewal in the new year.
- Pray for church vision – Pray for bold faith as we step into 2026.
- Pray for community needs – Pray for continued service to the hurting.
- Pray for our nation – Pray for God's kingdom to advance in the year ahead.

CLOSING ENCOURAGEMENT

Every Monday, you're not alone. You are joining voices and prayers with our whole church family. As we fast, pray, and worship together, may we see God move in powerful ways in our lives, in our church, in Wichita, and beyond.