



A GUIDE FOR

PRAYER

*and*

FASTING

JULY 21- AUGUST 10, 2025

This guide is adapted from *Practicing the Way* by John Mark Comer.

# WHY WE FAST AND PRAY

Fasting and prayer go together. Like two wings of a bird, together they take flight. You can pray without fasting, and you can fast without praying, but when you combine the two, there's a noticeable amplification of our prayer before God. Prayer involves both speaking and listening. And fasting is a key companion in both.

Fasting is an aid in *hearing* God.

It helps us to discern his voice through the noise and distraction of our lives. It sharpens our mind; in the fasting state, our mind is more alert, focused and open. It makes it easier for us to hear how God is coming to us and to hear his will and direction for our lives.

But fasting is also an aid to *being heard* by God.

It helps us to break through the walls that stand between us and the release of God's plans, purposes, and power. Story after story - in scripture and church history - attest to this reality: When prayer and fasting link arms, it's often the tipping point in the struggle to release God's Kingdom, on earth as it is in heaven.

## **BEGIN WITH PRAYER AND LISTEN**

Ask God for wisdom on what you should fast from and for how long. (Food, social media, news, sugar, or alcohol are common modern day fasts.) There is no formula for fasting.

## **FAST FOR 24 HOURS A DAY OR UNTIL SUNDOWN**

Pick a day or a series of days and fast for either the full 24 hours or from sun up to sun down. If you are fasting from food and a full day is too much, break fast at 3pm. (Drink plenty of water.)

In the time you'd normally be shopping, cooking, eating, listening to music, or scrolling social media, give yourself to prayer. Let your desire for whatever you are fasting from point you to Jesus as you open yourself to Him. (Only fast from food if your health allows.)

## **PRAY CONTINUOUSLY**

In your dedicated times of prayer, or each time you're tempted to break fast, you may want to pray Romans 12:1-2, or simply "God, I offer my body to you in worship. Please transform me."

As you go about your day - your morning commute, caregiving, email, errands - just enjoy God's company and attempt to open your heart to him all through the day.

The more time you can give to prayer and reflection, the better. Make it your goal to slow down the days that you fast and be present to God as much as you possibly can.

## **RESIST**

Resist the urge to judge your experience. Release thoughts like, "I liked it; I disliked it." "I felt close to God; I didn't feel close to God." Just let the experience of fasting be what it is, and offer it to God in love. Resist the enemy's attempt to persuade you away from God. Arm yourself with scripture.

## SCRIPTURE

Search me, God, and know my heart;  
test me and know my anxious thoughts.  
See if there is any offensive way in me,  
and lead me in the way everlasting.

-Psalm 139:23-24

Therefore, brothers and sisters, in view  
of the mercies of God, I urge you to  
present your bodies as a living sacrifice,  
holy and pleasing to God; this is your  
true worship. Do not be conformed to  
this age, but be transformed by the  
renewing of your mind, so that you may  
discern what is the good, pleasing, and  
perfect will of God.

-Romans 12:1-2

The Lord is like a father to His children,  
tender and compassionate to those  
who fear him.

-Psalm 103:13

Let all that I am praise the Lord; with my whole heart, I will praise His  
holy name. Let all that I am praise the Lord; may I never forget the  
good things He does for me. He forgives all my sins and heals all my  
diseases. He redeems me from death and crowns me with love and  
tender mercies. He fills my life with good things. My youth is renewed  
like the eagles!

-Psalm 103

May God himself, the God of  
peace, sanctify you through  
and through. May your whole  
spirit, soul and body be kept  
blameless at the coming of our  
Lord Jesus Christ.

-1 Thessalonians 5:23

You will show me the way of  
life, granting me the joy of  
your presence and the  
pleasures of living with you  
forever.

-Psalm 16:11

The Lord has made the  
heavens His throne; from  
there He rules over  
everything.

-Psalm 103:19

## PRAYER

“God, purify my heart and purge  
my whole person of sin.”

“God speak to me, I’m listening.”

“God, I offer my body to you in  
worship. Please transform me.”

“Jesus, Son of David, have  
mercy on me!” Luke 18:38

# 21 Days of Prayer and Fasting

HOME	HOPE	HEALING	GOSPEL TRANSFORMATION
For the Leaders of the Clear Creek home, we seek God's wisdom, courage, direction for hiring future staff.	Christ is Lord. We devote ourselves to being ready to give the reason for the hope that we have. 1 Peter 3:15	Ask God to amplify our message to the weary that the mercy and compassion of Christ is where they can find rest and healing for their souls. Matthew 11:28-30	Ask God to use our ministries like Alpha, the school and groups to clearly and lovingly facilitate conversations about the Good News of Jesus. John 6:44
Ask for the Holy Spirit's help to be obedient to Christ so that we experience great unity under His Name. Matthew 6:33, Ephesians 4:3-6	Ask God to open the eyes of this generation to His compassion so that they turn to Him for hope.	Ask the Holy Spirit to lead people to forgiveness and reconciliation where it is needed so that marriages, families and relationships are healed. Matthew 6:14-15	Ask the Holy Spirit to supply our words for authentic faith conversations. Reveal to each of us how we can imitate Christ with generous love. Ephesians 5:1
Ask God to show each of us how we can grow in biblical hospitality. 1 Peter 4:7-11	For those who are close to us but far from God, may they see through our lives the Living hope that only He provides.	Ask the God of impossibilities to bring physical healing to David and others who are suffering. Psalm 103:2-5	Ask the Holy Spirit to lovingly draw people to their next step of faith. Steps like repentance, baptism, serving, discipling others, tithing, leading.
Ask God for wisdom to be good stewards of our spiritual and material resources.	Ask God to amplify our confidence that what we hope for is distinctly better than what the world tells us to hope for. John 4:13-14, 2 Corinthians 4:16-18	Ask God to position Healing Care and Freedom In Christ for maximum impact.	Ask God to increase our desire for scripture and prayer so that we may spur each other to maturity. Ephesians 1:7
For the Leaders of the Clear Creek home, we seek God's wisdom, courage, direction for hiring future staff.	Ask God for His continued protection over the church physically and spiritually. Ephesians 5:8-11, 6:11-18. 2 Thessalonians 3:3	Repentance and prayer precede revival. Ask the Holy Spirit to intercede on our behalf, convict us of sin and purify the Church to bring glory to Jesus Christ. James 4:7-10	Ask for the Holy Spirit's help to be bold in prayer, trusting for the salvation of many people. Mat.9:38 Give thanks to the Lord. His love endures forever.