

# FASTING GUIDE

Throughout Christian history, followers of Jesus have practiced fasting—a discipline Jesus assumed His disciples would do (Matthew 6:16-18). Fasting is abstaining from food to engage with God through prayer and Scripture, sitting down to “meals” of His Word instead of physical food. For millennia, believers have fasted to offer themselves wholly to God, to sharpen their spiritual focus, and to hear His voice more clearly. Fasting also mirrors generosity—choosing to go without so that others may have more. As an act of discipleship, our church is fasting together to seek God’s direction for MISSION: IMPACT. Please use the outline on the back of this card and/or pages 9-10 in your MISSION: IMPACT Guidebook to guide your day.

## Morning

**Read:** *Psalm 46:10.*

Be still and commit your day to God.

**Pray:** “God, I exalt You and give You this day. Speak to me and guide my thoughts to honor You. Amen.”

## Midday

**Read:** *Proverbs 3:5-6.*

As you “feast” on Scripture instead of food, trust God with your hunger.

**Pray:** “Lord, I trust You with my whole heart. Direct my paths and strengthen me by Your Spirit. Amen.”

## Evening

**Read:** *Romans 12:1-2; 2 Corinthians 9:6-8.*

As hunger deepens, reflect on God’s sustaining grace.

**Pray:** “God, I am Yours. Show me how to give myself fully to Your work through MISSION: IMPACT. Amen.”

**Pause throughout the day to remember—you are loved by God. Listen for His voice. May this day of fasting draw you closer to God and align your heart with His mission.**