



THELIFECHRISTIANCHURCH

Prayer & Fasting Guide

SUN, SEPTEMBER 14 - SUN, SEPTEMBER 21
2025

What is Fasting?

Generally, fasting is not about food, it is about God. We surrender something foundational to our lives (e.g., food) so we can focus on God as the ultimate provider and source of true life. There are a few forms of fasting, which include:

(a) Daniel Fast: The Daniel Fast is found in the book of Daniel. This type of fasting allows the individual to eat only vegetables and fruits and consume only water and no sugary juices.

(b) Full Fasting: The Full Fast is the most common type of fast found throughout the Bible. During a full fast, a person chooses to forgo all solid foods and limits their intake to only water.

(c) Partial Fast: When one participates in a Partial Fast, they typically agree to miss a meal in order to spend that time in prayer. One great discipline for this sort of fasting is to take the money one would pay for lunch, save it, and give to someone who is in need. By doing so, one can combine two spiritual disciplines: fasting and generosity.

PHYSICALLY & SPIRITUALLY, FASTING REQUIRES PREPARATION.

At least several days ahead of time, do the following:

- Seek God and list your prayer goals.
- Eat healthy meals leading up to the fast.
- Gradually eliminate coffee and sugar so your body can adjust.

**Listen to your body. Consult a doctor if you have health issues or you are pregnant or nursing.*

Prayer Guide

The following guide is intended to help our church family be united in prayer — centered on the theme of “belonging” — over the course of the next week. It provides (1) a Scripture that you can use in your prayer time and to inspire your prayer, (2) a theme you can pray around, and (3) specific points you can address in your prayer. Then, there is (4) a worship song and (5) a reflection question to help you continue to reflect on our prayer theme while spending time in God’s presence. We pray this serves you over our Week Of Prayer and Fasting.

Day 1: Belonging to God's Love

Scripture:

For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

Romans 8:38-39

Theme:

Our primary belonging is to the Father, through Christ.

The Heidelberg Catechism (Q & A 1):

Q: What is your only comfort in life and in death?

A: That I am not my own, but belong body and soul, in life and in death to my faithful Savior Jesus Christ.

Prayer Points:

- Thank God for adopting us into His family.
- Pray that every person in our church would rest securely in God's love.
- Intercede for those wrestling with rejection, loneliness, or shame — that they may know they belong to Christ.

Worship Song:

Good, Good Father by Chris Tomlin

Reflection:

Where in my life do I need to rest more deeply in God's love and security?

Day 2: Belonging to God's Family

Scripture:

Consequently, you are no longer foreigners and strangers but fellow citizens with God's people and also members of his household.
Ephesians 2:19

Theme:

The Church as God's household.

Prayer Points:

- Pray for stronger unity and deeper connection in our church family.
- Ask God to heal divisions and foster reconciliation.
- Pray for newcomers to feel welcomed and rooted in community.

Worship Song:

The Blessing by Kari Jobe & Cody Carnes

Reflection:

How can I help someone in our church feel more at home this week?

Day 3: Belonging Through the Cross

Scripture:

There is neither Jew nor Gentile, neither slave nor free, nor is there male and female, for you are all one in Christ Jesus.

Galatians 3:28

Theme:

Christ tears down barriers of race, culture, and status.

Prayer Points:

- Pray against prejudice and division in the church and community.
- Pray for TLCC to reflect the beauty of diversity in Christ.
- Interceded for healing where people have been hurt by exclusion.

Worship Song:

Living Hope by Phil Wickham

Reflection:

What barriers in my own heart need to be surrendered at the Cross?

Day 4: Belonging in the Spirit

Scripture:

For we were all baptized by one Spirit so as to form one body — whether Jews or Gentiles, slave or free — and we were all given the one Spirit to drink.

1 Corinthians 12:13

Theme:

The Spirit unites us and gives us gifts to serve.

Prayer Points:

- Pray for a fresh outpouring of the Holy Spirit.
- Ask God to stir up spiritual gifts within our church.
- Pray that each member recognizes their value and role in the body.

Worship Song:

Holy Spirit by Francesca Battistelli

Reflection:

What gift or ability has God given me to strengthen the body of Christ?

Day 5: Belonging to the Mission

Scripture:

"Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age."

Matthew 28:19-20

Theme:

Belonging means being sent together in God's mission.

Prayer Points:

- Pray for boldness and compassion to reach the lost.
- Intercede for our local community — that many would encounter Jesus.
- Pray for missionaries and global partners.

Worship Song:

Make Room by COMMUNITY MUSIC

Reflection:

Who is God calling me to invite into His family this week?

Day 6: Belonging Through Service

Scripture:

*"For even the Son of Man did not come to be served, but to serve,
and to give his life as a ransom for many."*

Mark 10:45

Theme:

We show belonging by serving one another.

Prayer Points:

- Pray for a servant's heart in our church family.
- Ask God to raise up new volunteers for ministry teams.
- Pray that serving will bring joy, not burnout, to those giving their time.

Worship Song:

I Give Myself Away by William McDowell

Reflection:

Where is God inviting me to serve as an expression of belonging?

Day 7: Belonging to Eternal Hope

Scripture:

*"For even the Son of Man did not come to be served, but to serve,
and to give his life as a ransom for many."*

Revelation 7:9

Theme:

Our ultimate belonging is in the eternal family of God.

Prayer Points:

- Thank God for the eternal hope we share.
- Pray for perseverance and encouragement for those weary in faith.
- Intercede for those who do not yet know this eternal belonging in Christ.

Worship Song:

Jireh by Maverick City Music & Elevation Worship

Reflection:

How does my eternal belonging with God shape how I live today?



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