



 **THELIFECHRISTIANCHURCH**

Prayer & Fasting Guide

SUN, OCTOBER 4 - SAT, OCTOBER 10
2026

Fasting Guide

1. What is Fasting?

- Fasting is the biblical practice of voluntarily abstaining from something – most commonly food (and sometimes drink) – to pursue a deeper spiritual purpose.
- In the case of abstaining from food, it's more than skipping meals – it's replacing physical nourishment with spiritual focus.
- In Scripture, fasting was a way for God's people to humble themselves, seek His face, and realign their hearts with His will.
- Jesus expected His followers to fast (Matthew 6:16–18); it's part of a normal, healthy spiritual life.
- At its core, fasting expresses hunger for God, saying, "Lord, You are my strength, satisfaction, and source."

2. What's the Point of Fasting?

- *To draw closer to God:* It quiets distractions and heightens our awareness of His presence.
- *To gain clarity:* Believers fast for wisdom in major decisions or spiritual battles (Acts 13:2–3).
- *To humble the soul:* Fasting reminds us that we depend on God's power, not our own (Psalm 35:13).
- *To strengthen prayer:* It helps us listen more intently and align with God's voice.
- *To break unhealthy patterns:* It disconnects us from habits and desires that hinder spiritual growth.
- *To renew purpose:* As we begin a new season, fasting re-centers our hearts on God's vision, not our ambitions.

Fasting Guide

3. Different Ways to Fast

- Complete Fast: Abstaining from all food, drinking only water (Luke 4:2). Should be done with care and wisdom.
- Partial Fast (Daniel Fast): Eating only fruits, vegetables, and water (Daniel 10:2–3). A common church-wide fast.
- Media or Social Fast: Giving up entertainment or social media to create space for prayer and reflection.
- Corporate Fast: When the church family fasts together in unity and expectation (Joel 2:15–16).
- And more, depending on what you believe God is calling you to in this season.

4. Fasting Tips

- Prepare your heart with repentance and gratitude.
- Stay hydrated and rest as needed, if doing a food fast.
- Immerse yourself in Scripture, prayer, and worship.
- Journal your journey; record what God reveals.

5. What Happens When I Fast?

- God willing,
 - Your spirit becomes more sensitive to God's voice.
 - Faith grows and prayers gain power.
 - Old habits lose strength as spiritual hunger deepens.
 - You experience renewal, clarity, and joy in God's presence.

**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 “increase” — over the course of the next week. It provides (1) a Scripture and “Prayer Points” that you can use in your prayer time and to inspire your prayer throughout the week, (2) a reflection question to inspire further thought around the theme, and (3) a “Declaration” to help you remember the truth for the day. We pray this serves you over our Week Of Prayer and Fasting.

Day 1: Increase Our Spiritual Growth

Scripture:

So that you may live a life worthy of the Lord and please Him in every way: bearing fruit in every good work, growing in the knowledge of God.

Colossians 1:10

God desires us to grow deeper before He grows us wider.

Prayer Points:

- Pray that every member would grow deeper in their relationship with Christ.
- Pray for increased hunger for God's Word, prayer, worship, and spiritual disciplines.
- Pray that new believers would become mature disciples.
- Ask God to produce greater spiritual fruit in our lives and ministries.
- Pray that TLCC would experience healthy, sustainable, God-honoring growth.

Reflection:

Where is God inviting me to grow deeper in my relationship with Him?

Declaration:

"Lord, increase my spiritual hunger, my faith, my obedience, and my fruitfulness."

Day 2: Increase Our Capacity

Scripture:

*Enlarge the place of your tent, stretch your tent curtains wide,
do not hold back; lengthen your cords, strengthen your stakes.*

Isaiah 54:2

***Before God increases what is around us, He often increases our
capacity to carry what He wants to give us.***

Prayer Points:

- Pray that God would enlarge our vision for what He wants to do through TLCC.
- Ask God to increase our capacity to disciple, serve, welcome, and care for people.
- Pray for wisdom as our church grows and develops.
- Pray for our pastors, staff, elders, and ministry leaders to have increased wisdom and strength.
- Ask God to prepare TLCC for the people He is sending.
- Pray that we would not fear growth but faithfully prepare for it..

Reflection:

What area of my life or ministry needs greater capacity for what God wants to do?

Declaration:

***"Lord, enlarge our vision, strengthen our foundation, and increase our
capacity for Your purposes."***

Day 3: Increase Our Resources & Finances

Scripture:

And God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work.

2 Corinthians 9:8

God provides resources so that His people can participate in His work.

Prayer Points:

- Thank God for His faithfulness and provision to TLCC.
- Pray for increased generosity throughout our church family.
- Pray for wisdom and integrity in how church resources are managed.
- Ask God to provide the financial resources needed for the vision and mission of TLCC.
- Pray for members who are experiencing financial challenges.
- Pray that increased resources would result in increased ministry impact.

Reflection:

Am I trusting God with my resources, or am I allowing fear to determine how I steward what He has given me?

Declaration:

"God is my provider. I will be faithful with what He places in my hands, and I trust Him to provide for every good work."

Day 4: Increase Our Leaders & Volunteers

Scripture:

And the things you have heard me say ... entrust to reliable people who will also be qualified to teach others.

2 Timothy 2:2

Healthy growth requires developing people who can carry the mission.

Prayer Points:

- Pray for God to raise up a new generation of leaders at TLCC.
- Pray for pastors, ministry leaders, LIFE Team leaders, and volunteers.
- Ask God to identify people with leadership potential and give them courage to say yes.
- Pray for increased volunteers across every ministry.
- Pray that every person would discover the gifts God has placed within them.

Reflection:

What gift, ability, or leadership capacity has God given me that I need to begin using for His Kingdom?

Declaration:

"Lord, raise up leaders among us. Increase our leadership capacity and give us willing hearts to serve."

Day 5: Increase Our Harvest

Scripture:

"The harvest is plentiful but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into His harvest field."

Matthew 9:37-38

We are praying for an increase in people coming to know Jesus, being baptized, becoming disciples, and belonging to the church.

Prayer Points:

- Pray for people throughout our communities to encounter Jesus.
- Pray for an increase in salvations and baptisms.
- Pray for people to take their next step toward Christ.
- Pray for new members to become connected and rooted in the life of the church.
- Pray for children, teenagers, young adults, and older adults to encounter Christ.
- Pray that every member would see themselves as part of God's mission to reach people.

Reflection:

Who is one person God may be calling me to pray for, invite, encourage, or introduce to Jesus?

Declaration:

"Lord of the harvest, increase the harvest and make us faithful workers in Your field."

Day 7: Increase Our Impact for God's Glory

Scripture:

*I planted the seed, Apollos watered it, but God has been
making it grow.*

1 Corinthians 3:6-7

We do our part faithfully, but God is the One who gives the increase.

Prayer Points:

- Thank God for everything He has already done at TLCC.
- Thank Him for every life changed, baptism celebrated, person served, prayer answered, and family restored.
- Pray that God would increase the spiritual impact of every ministry.
- We surrender the future of TLCC completely to God.

Reflection:

*What am I trusting God to increase, and am I willing to faithfully plant and water while
trusting Him with the results?*

Declaration:

***"We will plant. We will water. We will pray. And we will trust God to give the
increase."***

Closing Prayer

Father, we thank you for what you have already done and for what you are preparing to do. Increase our faith. Increase our love. Increase our spiritual maturity. Increase our capacity. Increase our resources. Increase our leaders and volunteers. Increase our baptisms and membership. Increase our outreach and influence. Increase our ability to make disciples. However, above everything else, increase your presence among us. We recognize that we can plant and water, but you alone give the increase. Therefore, we surrender our plans, our vision, our resources, and our future to you. Let everything that increases through TLCC bring glory to Jesus Christ.

In Jesus' Name, Amen.