



GLOBAL DAY OF FASTING AND PRAYER

GLOBAL DAY OF FASTING AND PRAYER GUIDE

PURPOSE: Repentance, Submission, Intercession, Thanksgiving

LENGTH OF FAST: We recommend a 24-hour fast from solids food and other distractions.
(See below)

TYPES OF FAST TO CONSIDER:

- All intake (Drink only water)
- Solid foods (Drink water and fruit juice only)
- Caffeine
- Carbohydrates, sweets, and processed foods
- Social media
- Screen time, including television
- Makeup and jewelry

**If you have a medical condition, or you are pregnant or a nursing mother, check with your physician before beginning any type of fast.*

RECOMMENDED RESOURCES:

- [Fasting for Beginners](#)
- [Sharpen Your Affections for Fasting](#)
- [The Secret Benefit of Fasting](#)
- [Ambushing Satan with Song](#)
- [The Power of Song](#)

A FEW WAYS TO FOCUS YOUR PRAYERS DURING A FAST:

- Meditate on a verse or passage of Scripture. Cultivate your hunger for God as you continually turn your thoughts from physical satisfaction to your deep need for God and His Word (Joshua 1:8).
- Rely on the Holy Spirit rather than on physical and material goods or yourself and your own abilities (John 14:16).
- Repent. Humbly call on God and seek His face (2 Chronicles 7:14).
- Submit. Cleanse your hands and purify your heart in humble submission to God (James 4:7-10).
- Intercede. Pray earnestly for someone in need (Acts 12:5).
- Offer thanks. Give thanks to God for the works of His hands. Praise His attributes and bless His mighty name (Psalm 100:4).

A SELECTION OF SCRIPTURE FOR PRAYER AND MEDITATION:

PREPARATION

Psalm 27:4, 8

One thing have I asked of the LORD, that will I seek after: that I may dwell in the house of the LORD all the days of my life, to gaze upon the beauty of the LORD and to inquire in his temple.... You have said, "Seek my face." My heart says to you, "Your face, LORD, do I seek."

Psalm 42:1-2

As a deer pants for flowing streams, so pants my soul for you, O God. My soul thirsts for God, for the living God. When shall I come and appear before God?

Psalm 62:5-8

For God alone, O my soul, wait in silence, for my hope is from him. He only is my rock and my salvation, my fortress; I shall not be shaken. On God rests my salvation and my glory; my mighty rock, my refuge is God. Trust in him at all times, O people; pour out your heart before him; God is a refuge for us. *Selah*

Psalm 63:1-8

O God, you are my God; earnestly I seek you; my soul thirsts for you; my flesh faints for you, as in a dry and weary land where there is no water. So I have looked upon you in the sanctuary, beholding your power and glory. Because your steadfast love is better than life, my lips will praise you.... My soul clings to you; your right hand upholds me.

REPENTENCE

1 John 1:9

If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

Proverbs 28:13

Whoever conceals his transgressions will not prosper, but he who confesses and forsakes them will obtain mercy.

Psalm 32:5

I acknowledged my sin to you, and I did not cover my iniquity; I said, "I will confess my transgressions to the LORD," and you forgave the iniquity of my sin.

2 Chronicles 7:14

[I]f my people who are called by my name humble themselves, and pray and seek my face and turn from their wicked ways, then I will hear from heaven and will forgive their sin and heal their land.

Psalm 51:3-4

For I know my transgressions, and my sin is ever before me. Against you, you only, have I sinned and done what is evil in your sight, so that you may be justified in your words and blameless in your judgment.

SUBMISSION

1 Peter 5:6

Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you,

Romans 7:4

Likewise, my brothers, you also have died to the law through the body of Christ, so that you may belong to another, to him who has been raised from the dead, in order that we may bear fruit for God.

James 4:7-10

Submit yourselves therefore to God. Resist the devil, and he will flee from you. Draw near to God, and he will draw near to you. Cleanse your hands, you sinners, and purify your hearts, you double-minded. Be wretched and mourn and weep. Let your laughter be turned to mourning and your joy to gloom. Humble yourselves before the Lord, and he will exalt you.

INTERCESSION

Romans 8:26

Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words.

Isaiah 62:6-7

On your walls, O Jerusalem, I have set watchmen; all the day and all the night they shall never be silent. You who put the LORD in remembrance, take no rest, and give him no rest until he establishes Jerusalem and makes it a praise in the earth.

Ephesians 6:18

[P]rayer at all times in the Spirit, with all prayer and supplication. To that end, keep alert with all perseverance, making supplication for all the saints,

Acts 12:5

So Peter was kept in prison, but earnest prayer for him was made to God by the church.

1 Timothy 2:1-2

First of all, then, I urge that supplications, prayers, intercessions, and thanksgivings be made for all people, for kings and all who are in high positions, that we may lead a peaceful and quiet life, godly and dignified in every way.

THANKSGIVING/ENCOURAGEMENT

2 Corinthians 4:15

For it is all for your sake, so that as grace extends to more and more people it may increase thanksgiving, to the glory of God.

Philippians 4:6-7

[D]o not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Hebrews 13:15

Through him then let us continually offer up a sacrifice of praise to God, that is, the fruit of lips that acknowledge his name.

Lamentations 3:22-23

The steadfast love of the LORD never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness.

Psalms 27:8

The LORD is my strength and my shield; in him my heart trusts, and I am helped; my heart exults, and with my song I give thanks to him.

Psalms 57:9-10

I will give thanks to you, O Lord, among the peoples; I will sing praises to you among the nations. For your steadfast love is great to the heavens, your faithfulness to the clouds.

1 Thessalonians 5:9-11

For God has not destined us for wrath, but to obtain salvation through our Lord Jesus Christ, who died for us so that whether we are awake or asleep we might live with him. Therefore encourage one another and build one another up, just as you are doing.