



DISCOVERY CHURCH

Seven Days of Prayer & Fasting

August 2–8, 2026

THIS BOOK BELONGS TO

ZECHARIAH 4:6 • ACTS 13:2

OUR THEME

“Not by might nor by power,
but *by my Spirit*,”
says the Lord Almighty.

ZECHARIAH 4:6 · NIV

*What we need this fall, we cannot manufacture.
For seven days, let's ask for it.*

A WORD FROM PASTOR JASON & VERONICA

Why We're Doing This

Summer scatters us. Schedules loosen, routines slide, and by August most of us are carrying a low-grade drift we can feel but can't quite name. Fall is not the time to try harder. It's the time to get realigned.

So before we run into the fall together, we're going to stop together. For seven days — Sunday, August 2 through Saturday, August 8 — the whole Discovery family is setting aside food and noise to seek God.

Here's the verse we're building on. In Acts 13, the leaders of the church at Antioch were worshiping and fasting, and while they did, the Holy Spirit spoke. Notice the order. The Spirit didn't interrupt a strategy session. He spoke into a room already turned toward Jesus.

That's our whole aim this week. We're not fasting to twist God's arm or to earn something He already gave us in Christ. We're clearing the room. We're turning down the volume on appetite so we can hear the voice of the One who was speaking all along.

Twenty minutes a day. Seven days. One church.

Come expecting God to say something — and come ready to write it down.

— *Pastor Jason & Veronica*

What Fasting Is

Fasting is voluntarily giving up something good — usually food — for a set time, in order to give that time and attention to God.

Scripture never presents it as a spiritual achievement. Moses fasted. David fasted. Esther called a nation to fast. Daniel fasted over the state of his people. Jesus fasted forty days before His ministry began, and He assumed His followers would fast too: “*When you fast...*” — not *if* (Matthew 6:16–18). The early church fasted before making its biggest decisions (Acts 13:2–3; 14:23).

Three things fasting does

- **It exposes.** Take away food and you find out quickly what else you’ve been feeding on — comfort, control, distraction, approval.
- **It expresses.** Hunger becomes a prayer your body prays. It says, *I want You more than I want this.*
- **It empties.** It makes room. And the Holy Spirit consistently speaks into rooms that have been made ready.

What fasting is not

It’s not a hunger strike aimed at God, a diet with a spiritual label, or a way to make Him love you more. He already does, fully, because of Jesus. Fasting doesn’t change God’s heart toward you. It changes your capacity to receive what’s already there.

Jesus also warned against making it a performance. Keep it quiet. Don’t announce it. Let the Father who sees in secret be the audience.

How to Do This

Pick one and commit to it before Sunday. Don't pick the one that impresses you — pick the one that will actually cost you something and that you can finish.

1. The Daniel Fast

Vegetables, fruits, grains, water. No meat, sweets, or processed food for seven days. (Daniel 10:2–3)

2. One Meal a Day

Skip breakfast and lunch; eat a simple dinner. Use the two missed meals for the daily rhythm.

3. Sunrise to Sunset

Water only during daylight hours, then a light meal in the evening.

4. A Specific Surrender

If a food fast isn't wise for you medically, fast something that genuinely has your attention: social media, streaming, news, gaming, shopping.

Practical notes

- Drink water. A lot of it. Most “fasting headaches” are dehydration.
- If you're pregnant or nursing, diabetic, on medication, or have a history of disordered eating, **do not fast food**. Talk to your doctor and choose option 4.
- Fill the gap. Every time hunger hits, that's a prompt to pray — even ten seconds.
- Break it gently. Sunday evening, eat something light before anything heavy.
- Tell one person, not everyone. You need a partner, not an audience.

TWENTY MINUTES A DAY

The Daily Rhythm

Every one of us — every campus, every age, every schedule — is keeping the same simple rhythm this week. Same four movements, every day, in the same order.

5
MIN

WORSHIP

Start here, not with your list. Put on a song, or sing quietly, or just tell God who He is out loud. You're turning the room toward Jesus before you say anything else.

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PRAYER

Pray the day's focus. Bring the specific area of your life that page is asking about — honestly, not politely.

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THE WORD

Read the passage listed for that day. Read it slowly. Read it twice if there's time. Ask: *What is God actually saying here?*

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RESPONSE

Sit still and write. Not a summary of the passage — what the Holy Spirit is saying to *you*. Even one sentence. Write it down and date it.

Why the response page matters

Most of us have heard God more often than we think. We just never wrote it down, so we couldn't obey it later. This week, the pen is part of the fast.

Getting Ready

1. **Choose your fast** from the previous page, and write it below.
2. **Choose your time.** Same twenty minutes every day. Put it in your phone now. If it isn't scheduled, it won't happen.
3. **Choose your place.** One chair, one room, phone face down.
4. **Choose your person.** One friend who's doing this with you and will ask how it's going.
5. **Choose your ask.** One thing you're bringing to God all seven days.

MY FAST

MY TIME & PLACE

MY PERSON

THE ONE THING I'M ASKING GOD FOR THIS WEEK

*"Not by might nor by power, but by my Spirit," says the Lord Almighty.
— Zechariah 4:6 (NIV)*

Setting the Table

The area: your worship

While they were worshipping the Lord and fasting, the Holy Spirit said, “Set apart for me Barnabas and Saul for the work to which I have called them.”

ACTS 13:2 • NIV

Antioch was a working church — five leaders named, a city to reach, real pressure. And what they did first was worship. Not planning. Not problem-solving. Worship, with fasting attached to it.

Then the Spirit spoke. Same Spirit who had been with them the whole time. What changed wasn't God's willingness to speak; it was their availability to hear.

That's the assumption underneath these seven days. God is not silent and hard to reach. We're loud and hard to reach. So today we set the table. We start where the early church started — not with our agenda for God, but with attention on God.

Before you ask Him for anything this week, spend one day telling Him who He is.

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WORSHIP

No requests yet. Just adoration — out loud if you can. Name three things that are true about who God is.

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PRAYER

Ask one thing: *Lord, make me available. Quiet whatever is louder than You in my life this week.*

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THE WORD

Read **Acts 13:1–5**, then **Zechariah 4:1–7**.

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RESPONSE

Be still first. Then write.

What has been getting the attention this week that God deserves?

WHAT I SENSE THE HOLY SPIRIT SAYING TO ME TODAY

Search Me

The area: your inner life

Search me, God, and know my heart;
test me and know my anxious thoughts.

PSALM 139:23 • NIV

This is one of the bravest prayers in Scripture, and David prays it at the end of a psalm about how thoroughly God already knows him. He isn't informing God of anything. He's consenting to what God already sees.

Most of us live with a gap between the version of us people know and the version of us God knows. Fasting narrows that gap fast. Take away the food, the scrolling, the background noise, and things surface — irritability, envy, an old resentment you thought you'd handled.

Don't panic when it surfaces. That's not the fast failing. That's the fast working. You can't hand God what you refuse to look at.

Today, let Him show you one thing. Not ten. One.

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WORSHIP

Worship God for His mercy specifically — that He sees all of it and stays.

5
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PRAYER

Pray Psalm 139:23–24 slowly, in your own words. Then stop talking and let Him answer.

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THE WORD

Read **Psalm 139** (all of it), then **1 John 1:8–9**.

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RESPONSE

Name what surfaced. Confess it in writing. Then write what forgiveness means for it.

What is the one thing I've been managing instead of confessing?

WHAT I SENSE THE HOLY SPIRIT SAYING TO ME TODAY

As for My House

The area: your home & relationships

But as for me and my household, we will serve the Lord.

JOSHUA 24:15 • NIV

Joshua makes this declaration at the end of his life, in front of a nation, about a household. Not a movement. A house. He understood that whatever doesn't take root at his own table won't last past his own generation.

Summer is hard on households. Everyone's in different places, meals get scattered, conversations get short. And relational drift is quiet — nobody fights, everyone just gets a little further away.

So today we bring the house to God. Your marriage, if you're married. Your kids, if you have them. Your roommate, your parents, the friendships you've gone silent on. And the one relationship you've been avoiding because reconciliation would cost something.

Ask God for one relationship to move toward this week. Then move.

DAY THREE · THE RHYTHM

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WORSHIP

Thank God by name for the people in your house — out loud, one at a time.

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PRAYER

Pray for the person hardest to love right now. Then ask where *you* are the hard one.

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THE WORD

Read **Joshua 24:14–15**, **Deuteronomy 6:4–9**, and **Ephesians 4:29–32**.

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RESPONSE

Write the name and the next step. Take the step today.

Who in my life is getting my leftovers instead of my attention?

WHAT I SENSE THE HOLY SPIRIT SAYING TO ME TODAY

Number Our Days

The area: your time & rhythms

Teach us to number our days,
that we may gain a heart of wisdom.

PSALM 90:12 • NIV

Moses doesn't pray for more days. He prays to count the ones he has. That's a different request entirely — and it produces wisdom, not anxiety.

Right now you're standing at one of the two or three moments a year when your calendar is genuinely re-settable. School is starting. Fall schedules are being written this month. In three weeks the shape of your next four months will be locked, and most of it will have been decided by default rather than by conviction.

Fasting is already teaching you something about time. You just discovered how many minutes a day were quietly going somewhere else.

Today, don't just pray about your schedule. Open it. Look at the actual week ahead and ask God what belongs there.

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WORSHIP

Worship the God who is not in a hurry and is never late.

5
MIN

PRAYER

Open your calendar and pray over the next four months by name — the commitments, the empty spaces, the things you said yes to too fast.

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THE WORD

Read **Psalms 90**, then **Ephesians 5:15–17** and **Mark 1:35**.

5
MIN

RESPONSE

Write one thing to add this fall — and one thing to cut.

If my calendar is a statement of what I love, what is it currently saying?

WHAT I SENSE THE HOLY SPIRIT SAYING TO ME TODAY

Where Your Treasure Is

The area: your money & possessions

For where your treasure is, there your heart will be also.

MATTHEW 6:21 • NIV

Jesus says the heart follows the treasure, not the other way around. That's worth sitting with, because most of us have been waiting to feel generous before we act generous. He says: move the money and the heart will follow it there.

Notice where this teaching sits. Matthew 6 covers giving, then prayer, then fasting, then money — all one conversation about what has your attention when nobody's watching.

Fasting and finances belong together for a simple reason: both expose appetite. Both ask whether you own your desires or your desires own you. And both reveal what you actually believe about God's provision.

Today, be specific. Look at what you spent last month. Ask God one honest question about it. Then ask Him who He wants you to bless this fall.

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WORSHIP

Thank God for provision you didn't earn. Start with three things you'd stopped noticing.

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PRAYER

Bring the financial pressure you're carrying — and the financial habit you'd rather not discuss.

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THE WORD

Read **Matthew 6:19–34**, then **2 Corinthians 9:6–11**.

5
MIN

RESPONSE

Write one change — in giving, spending, or debt — you'll make before September.

What am I trusting to keep me safe that only God can keep me safe from?

WHAT I SENSE THE HOLY SPIRIT SAYING TO ME TODAY

Whatever You Do

The area: your work & witness

Whatever you do, work at it with all your heart, as working for the Lord, not for human masters.

COLOSSIANS 3:23 • NIV

Paul wrote that line first to slaves — people with the least interesting jobs in the empire and no way out of them. If it's true there, it's true at your desk, your job site, your classroom, your kitchen.

Your work is not the thing you do between the spiritual parts of your life. For most of us it's where the largest number of non-believers will ever watch a Christian up close for an extended period of time. They're not evaluating your theology. They're watching how you handle pressure, deadlines, credit, and people who annoy you.

Fasting is a hidden discipline. Work is a visible one. This week is training you in both — the secret life with God that produces a public life people can't explain.

Ask God for one name today. Someone at work who needs Him.

5
MIN

WORSHIP

Worship God as the one who assigned you where you are, on purpose.

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MIN

PRAYER

Pray for your workplace by name — your boss, your team, the difficult one. Ask for integrity where nobody checks.

5
MIN

THE WORD

Read **Colossians 3:17–24**, then **Matthew 5:13–16**.

5
MIN

RESPONSE

Write the name God gave you. Write what you'll do about it this month.

Where am I working for approval instead of for the Lord?

WHAT I SENSE THE HOLY SPIRIT SAYING TO ME TODAY

Sent

The area: your mission

So after they had fasted and prayed, they placed their hands on them and sent them off.

ACTS 13:3 • NIV

The fast in Antioch didn't end with a feeling. It ended with a sending. Two men walked out the door and the gospel went to a continent.

That's the pattern, and it's the test of whether this week actually happened. God rarely speaks just to comfort us. He speaks to commission us. The Spirit's word in Acts 13 was not *rest here* — it was *go*.

So today, read back through what you've written across these seven days. Look at the pages, not your memory. Somewhere in there is an assignment: a relationship to repair, a habit to end, a schedule to change, a person to reach, a step to take.

Tomorrow you eat again. But you don't go back. You go out.

DAY SEVEN · THE RHYTHM

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WORSHIP

Worship with gratitude for a week He was already in before you started.

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PRAYER

Pray for Discovery Church — that this fall would be marked by the Spirit's power and not our effort.

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MIN

THE WORD

Read **Acts 13:1-12** and **Acts 1:8**. Then re-read your own notes from Days One through Six.

5
MIN

RESPONSE

Write the one sentence that sums up what God said this week.

What is the one act of obedience this week is asking of me?

WHAT I SENSE THE HOLY SPIRIT SAYING TO ME TODAY

After the Seven Days

These seven days were never the point. They were the on-ramp. Here's how to keep what God started.

1. Keep the twenty minutes

Don't scale it back — you just proved you can do it. Most people never build a daily rhythm with God; you now have seven days of evidence that yours works. Same four movements, same time, tomorrow and the day after.

It won't stay identical forever, and it shouldn't. Some seasons the Word will stretch long. Some mornings worship takes the whole twenty. The rhythm matures as you do. But the frame holds: turn toward Him, talk to Him, read Him, write down what He says. That frame will carry you for the rest of your life.

2. Obey the first thing

Not the whole list. The first thing. God usually doesn't give the second instruction until the first one is acted on.

3. Tell someone what He said

Your group, your spouse, your friend. What stays private tends to fade. What gets spoken tends to stick.

4. Come Sunday ready

We'll gather to hear what God has been doing across the whole church family. Bring this book with you.

"Not by might nor by power, but by my Spirit," says the Lord Almighty.

ZECHARIAH 4:6 · NIV

NOTES

Everything Else He Said

By My Spirit

Seven days of prayer and fasting
August 2–8, 2026

DISCOVERY CHURCH
BAKERSFIELD, CALIFORNIA

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