

PRESSING IN

5-Day Fast Devotional Guide

Whether you are doing a **Full Fast**, a **Daniel Fast**, or a **Non-Food Fast**, we are pressing in together. The goal isn't just to empty ourselves; it is to be filled. Use this guide to focus your heart each day. Remember: The win isn't perfection; the win is seeking.

Be gentle with yourself this week. You haven't sinned if you feel grumpy; you've just discovered how dependent you are on "daily bread." If you stumble and eat something out of habit, or start doom scrolling, don't quit! Wipe the crumbs off and keep pressing in.

CHOOSE YOUR LANE:

LANE 1: FULL FAST	LANE 2: DANIEL FAST	LANE 3: PARTIAL FAST	LANE 4: NON-FOOD
Water/liquids only. For those experienced in fasting and in good health.	Plant-based whole foods only. No meat, dairy, sweeteners, or caffeine.	Skip one meal daily, sunrise-to-sunset, or eliminate specific items.	Fast from screens, social media, spending, or noise. For those who cannot fast food.

Before you begin: What do I want God to do this week that I cannot do on my own? Write it down. Be specific.

DAY 1: THIRSTING IN A DRY LAND

Theme: Holy Thirst

Scripture: Psalm 63:1, 3

"O God, you are my God; earnestly I seek you; my soul thirsts for you... Because your steadfast love is better than life, my lips will praise you."

Focus: What are you seeking? Let physical hunger awaken spiritual hunger.

Prayer Practice: The Hunger Prayer

- Notice: When you feel hunger, a headache, or the urge to grab your phone - stop.
- Redirect: Let that feeling be a bell calling you to prayer.
- Pray: "Lord, I need You more than this."

DAY 2: THE DIAGNOSTIC MIRROR

Theme: The Diagnostic

Scripture: Psalm 139:23-24

"Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends you, and lead me along the path of everlasting life."

Focus: Fasting reveals what controls us. When we remove our "numbing agents," what we suppress bubbles up. We can't repent of what we don't see.

Prayer Practice: The Prayer of Examen

- Silence: Sit quietly. Invite the Holy Spirit to guide you.
- Pray: Pray Psalm 139:23-24 out loud. Give God permission to search you.
- Review: Walk through your day. Where did you feel closest to God? Furthest?
- Ask: What did you reach for when stressed? Ask Him for strength for the next step.

DAY 3: YOU ARE NOT ALONE

Theme: Homothumadon (Together)

Scripture: Acts 4:24

“When they heard this, they raised their voices together in prayer to God.”

Focus: You are part of a homothumadon - a people of one mind and one passion. While you pray, so many others are doing the same. We are a chord: many notes, one sound.

Prayer Practice: Intercession

- Shift your focus off your own hunger and onto the Body of Christ.
- Pray for neighbors by name. Pray for our church family.
- Prayer Walk: Take 15 minutes to walk your neighborhood. Lift up the people in each home.

DAY 4: BOLDNESS AND MIRACLES

Theme: Boldness

Scripture: Acts 4:29-31

“And now, O Lord... give us, your servants, great boldness in preaching your word. Stretch out your hand with healing power... After this prayer, the meeting place shook, and they were all filled with the Holy Spirit.”

Focus: The disciples didn't pray for safety - they prayed for boldness and for God to move in power. Some of the most important spiritual work happens when we feel nothing.

Prayer Practice: Lectio Divina (Praying Scripture)

- Read: Acts 4:29-31 slowly. Out loud if you can.
- Notice: Is there a word or phrase that catches you? “Boldness”? “Healing power”?
- Pray: Turn that word into a prayer. “Lord, give me boldness in...”
- Rest: Sit quietly for a few minutes. Don't ask for anything. Just be with God.

DAY 5: ASK TO BE FILLED

Theme: Fresh Filling

Scripture: Ephesians 3:16, 19-21

“I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being... that you may be filled to the measure of all the fullness of God. Now to him who is able to do immeasurably more than all we ask or imagine...”

Focus: The goal was not just to empty ourselves—the goal was to be filled. God does not pour out His Spirit on those with perfect willpower; He pours His Spirit out on those who are hungry.

Prayer Practice: The Open Hands

- Palms Down: Place your hands palms down. Pray: “Lord, I have emptied myself. I let go of my control, my comfort, and my apathy.”
- Palms Up: Turn your hands palms up. Pray: “Holy Spirit, fill me afresh. I need Your power. I need Your presence. Meet me today.”

FRIDAY NIGHT GATHERING

6:30 PM • Worship & Prayer

We gather to break the fast together and ask God to meet us. Come hungry for Him.

If you “fail” this week - wipe the crumbs off and come anyway. The win is not perfection; the win is seeking.