

# 40-Day Prayer & Fasting Guide

## 2026 HFC NEXT Location :

I am SO excited to begin this 40 day journey with our HFC family. The reason we are taking 40 days to pray and fast is because we are entering a NEW season where we believe God is calling us to plant another HFC location to reach more people with the Gospel. This is a BIG vision. Along with the leading and directing of the Holy Spirit, we are asking everyone who calls HFC home to join us in this journey!

My hope during these 40 days is that each of you draw closer to Jesus!

I challenge you to FAST as a deliberate abstinence from physical food for a greater spiritual goal.

We FAST to humble ourselves before God by denying ourselves and making the eternal more important than the temporary!

FASTING commonly is done with food, though the bible does not clearly give us guidelines on what we can and cannot eat. Typically, a FAST is when only water is consumed. A partial FAST is when some foods are restricted. The focus is on what God is teaching us as we pray and depend on Him. When considering a FAST, ask this question:

“What can I remove from my life for a day or a season in order to make more space for prayer?”

I look forward to this Prayer and Fasting journey with you!

-Pastor Ken

## Fasting Schedule Overview

**Corporate Fast Days** (Entire Congregation):

We want to encourage all members and regular attenders to fast together on these days. Remember, if you are unable to fast from food, choose something else to cut out and focus that time on prayer.

- February 18th
- February 26th
- March 3rd
- March 11th
- March 16th
- March 27th

- April 1st

### Individual Fasting Options:

**We encourage you as you can, to spend even more focused time to pray and fast. If the corporate days do not work for you, then that's okay, pick another day!**

- Choose 1 or 2 additional days per week for personal fasting
  - Consider the Daniel Fast (vegetables and water) for extended periods
  - Partial fasts (one meal, sunrise to sunset, or specific foods)
  - Media/technology fasts on select days (we could all use some FASTING here right?)
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## Daily Prayer Prompts (each week will have a focus)

### Week 1: Foundation & Vision (Days 1-7)

**February 18 - Divine Vision** Pray for clarity and confirmation of God's vision for the new campus. Ask Him to align leadership hearts with His purposes. *Scripture: Proverbs 29:18, Habakkuk 2:2-3*

**February 19 - Unity in Leadership** Pray for unity among pastoral staff, elders, and leadership teams. Ask God to strengthen bonds in a spirit of peace. *Scripture: Psalm 133:1, Ephesians 4:3*

**February 20 - Financial Provision** Pray for miraculous provision and generous hearts within the congregation. Ask God to meet every financial need. *Scripture: Philippians 4:19, 2 Corinthians 9:8 and Exodus 35*

**February 21- The Right Location** Pray for divine guidance in finding the perfect location that will best serve the community God is calling us to reach. *Scripture: Isaiah 30:21, Proverbs 3:5-6*

### SUNDAY - 22 - Come to HFC or watch online

**February 23 - Spiritual Breakthrough** Pray against spiritual opposition and for a breakthrough in the heavenly realms over this location planting endeavor. *Scripture: Ephesians 6:12, 2 Corinthians 10:4*

**February 24 - Congregation's Heart** Pray that the entire church body would catch the vision and be willing to GIVE, SERVE, and SUPPORT this mission. Ask this question: "What is God asking of me?" *Scripture: Nehemiah 4:6, Acts 2:42-47*

**February 25 - Commitment & Covenant** Pray for corporate commitment to this vision. Ask God to seal this initiative with His blessing and presence. *Scripture: Joshua 24:15, 2 Chronicles 7:14*

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## **Week 2: The People God is Calling (Days 8-14)**

**February 26 - The Unchurched Community** Pray for the lost souls in the new community who need to encounter Jesus. Ask God to prepare and soften their hearts. *Scripture: Luke 19:10, Matthew 9:37-38*

**February 27 - Campus Pastor & Key Leaders** Pray for God to raise up or reveal the right Location pastor and core leadership team with the right gifts and calling. Ask this question: "Is God calling me to be part of this NEW location?" *Scripture: 1 Timothy 3:1-7, Jeremiah 3:15*

**February 28 - Launch Team Members** Pray for 250 committed people who will form the launch team, willing to serve sacrificially and GO to the new location. *Scripture: Isaiah 6:8, Romans 12:1*

### **Sunday March 1 - Come to HFC or watch online**

**March 2 - Children & Youth Leaders** Pray for passionate leaders who will shepherd the next generation at the new location. *Scripture: Mark 10:14, Psalm 78:4-7*

**March 3 - Worship & Creative Teams** Pray for musicians, creatives, and worship leaders who will create an atmosphere of genuine worship. *Scripture: Psalm 150, Colossians 3:16*

**March 4 - Community Connections** Pray for favor with local officials, businesses, and community leaders. Ask for open doors of partnership. *Scripture: Proverbs 21:1, Nehemiah 2:8*

**March 5 - Demographic Understanding** Pray for wisdom to understand and effectively reach the unique demographics and needs of the new community. *Scripture: 1 Corinthians 9:22, Acts 17:22-23*

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## **Week 3: Preparation & Resources (Days 15-21)**

**March 6 - Facilities & Infrastructure** Pray for the right building or space, whether permanent or temporary, and for smooth negotiations. *Scripture: Psalm 127:1, Haggai 2:9*

**March 7 - Equipment & Technology** Pray for provision of sound systems, media equipment, and all technical needs for excellent ministry. *Scripture: Exodus 35:31-35, 1 Corinthians 14:40*

### **March 8 - Come to HFC or watch online**

**March 9 - Administrative Systems** Pray for wisdom in establishing organizational structures, policies, and systems that will support healthy growth. *Scripture: Exodus 18:13-27, 1 Corinthians 14:33*

**March 10 - Training & Equipping** Pray for effective training processes that will equip volunteers and leaders for ministry at the new location. *Scripture: Ephesians 4:11-13, 2 Timothy 2:2*

**March 11 - Communication Strategy** Pray for creative and effective ways to communicate the vision and ways to invite the community to the new campus location. *Scripture: Isaiah 52:7, Romans 10:14-15*

**March 12 - Legal & Logistical Details** Pray for smooth handling of permits, zoning, insurance, and all legal requirements we may need. *Scripture: Romans 13:1, Titus 3:1*

**March 13 - Milestone Preparation** Pray for wisdom in setting realistic timelines and achieving key milestones leading to launch. *Scripture: Ecclesiastes 3:1, Proverbs 16:3*

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## **Week 4: Spiritual Readiness (Days 22-28)**

**March 14 - Personal Revival** Pray for revival in individual hearts across HFC. Ask God to purify and prepare His people. Ask “what is God stirring in my heart?” *Scripture: Psalm 51:10, 2 Chronicles 7:14*

**March 15 - Come to HFC or watch online**

**March 16 - Prayer Culture** Pray that the new campus location would be founded on a strong culture of prayer and dependence on God. *Scripture: 1 Thessalonians 5:17, Colossians 4:2*

**March 17 - Evangelistic Passion** Pray for a renewed passion for evangelism and boldness to share the Gospel in the new community. *Scripture: Acts 1:8, Romans 1:16*

**March 18 - Discipleship Vision** Pray for effective discipleship systems that will help new believers grow into mature followers of Christ. *Scripture: Matthew 28:19-20, 2 Peter 3:18*

**March 19 - Spiritual Gifts** Pray for the discovery and activation of spiritual gifts among those who will serve at the new campus location. *Scripture: 1 Corinthians 12:4-11, Romans 12:6-8*

**March 20 - Protection from Enemy** Pray for spiritual protection over leaders, families, and all involved in this campus planting effort. *Scripture: Psalm 91, James 4:7*

**March 21 - Authentic Community** Pray that the new campus location would be known for genuine Christian community, love, and acceptance. *Scripture: John 13:34-35, Acts 2:44-47*

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## **Week 5: Launching towards Preparation (Days 29-35)**

**March 22 - Come to HFC or watch online**

**March 23 - Pre-Launch Events** Pray for successful community outreach events and preview services that will build momentum. *Scripture: Luke 14:23, Matthew 5:14-16*

**March 24- Weekend Team** Pray for excellent hospitality services volunteers who will create a welcoming atmosphere for visitors. *Scripture: 1 Peter 4:9, Hebrews 13:2*

**March 25 - Outreach** Pray that promotional efforts would effectively reach those God is calling to the new campus. *Scripture: Mark 16:15, Acts 8:4*

**March 26 - Opening Day Details** Pray over every detail of launch Sunday from parking to programming to follow-up systems. We do not know when this day will be, but lets pray over that day now! *Scripture: Proverbs 21:5, Luke 14:28*

**March 27 - Salvations & Transformations** Pray in advance for the souls that will be saved and lives that will be transformed at the new campus location. *Scripture: 2 Peter 3:9, Acts 2:47*

**March 28 - Sustainability & Growth** Pray for not just a successful launch but sustainable, healthy, long-term growth. *Scripture: 1 Corinthians 3:6, Colossians 2:6-7*

**March 29 - Come to HFC or watch online**

**March 30 - Neighboring Churches** Pray for unity with other local churches and opportunities for kingdom collaboration, not competition. *Scripture: Philippians 1:27, Psalm 122:6-8*

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**Week 6: Kingdom Impact (Days 36-40)**

**March 31 - Generational Impact** Pray that this campus location would impact multiple generations and see families transformed. *Scripture: Psalm 145:4, Deuteronomy 6:6-7*

**April 1 - Community Transformation** Pray for the new campus location to be a light in the community, addressing real needs and demonstrating Christ's love. *Scripture: Matthew 5:13-16, James 1:27*

**April 2 - Multiplication Vision** Pray that HFC would eventually plant other locations, multiplying kingdom impact. *Scripture: 2 Timothy 2:2, Acts 1:8*

**April 3 - God's Glory Alone** Pray that God alone would receive glory from this endeavor and that pride would not enter. *Scripture: Isaiah 42:8, 1 Corinthians 1:31*

**April 4 - Celebration & Commissioning** Celebrate what God has done during this prayer and fasting and will do in the future. *Scripture: Philippians 1:6, Deuteronomy 31:6*

**EASTER SUNDAY - Join us as we celebrate "A Story Too Big to Bury"**

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## Practical Fasting Guidelines

### Types of Fasts to Consider:

**Full Fast:** Water only (typically 24 hours)

**Partial Fast:** Skip one or two meals

**Daniel Fast:** Fruits, vegetables, and water only

**Selective Fast:** Eliminate specific food categories (sugar, caffeine, meat)

**Media Fast:** Abstain from TV, social media, and entertainment

### Fasting Tips:

- Stay hydrated throughout your fast
- Spend time in prayer during meal times
- Break fasts gently with light foods
- Consult a physician if you have health concerns
- Pregnant women, children, and those with medical conditions should modify as needed
- Focus on the spiritual purpose, not just the physical discipline

### Prayer Meeting Schedule Suggestions:

- Community Groups - If your group meets on a specific day, use that day to pray all together
- Adult Class meets on Sunday. Pray for the upcoming weeks VISION prompts
- Wednesday Night Prayer group - focus on that weeks prompts

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## Additional Resources for Leaders/staff

### Weekly Focus for Teaching:

- Week 1: Vision casting and biblical basis for multi-site
- Week 2: The mission field in your community
- Week 3: Sacrificial giving and serving
- Week 4: The power of unified prayer
- Week 5: Preparing for harvest
- Week 6: Celebration testimonies and commissioning

## **Accountability & Encouragement:**

- Create prayer partner pairs to stay on track
- Daily text/email prayer prompts to remind you
- Testimony sharing on Sundays
- Social media prayer updates (#Vision)

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*"For nothing will be impossible with God." - Luke 1:37*

*"Now to him who is able to do far more abundantly than all that we ask or think, according to the power at work within us, to him be glory in the church and in Christ Jesus throughout all generations, forever and ever. Amen." - Ephesians 3:20-21*