




# **FASTING AND PRAYER GUIDE**

*January 5-11, 2026*



*The purpose of this week is to become more fully satisfied in Jesus and to see God move powerfully in our hearts, in our church and in our community. We invite everyone to fast in some significant way throughout the week and enter into additional or extended times of prayer.*

*In addition to the things God has laid on your heart personally, we ask that you would use the scripture and prayer prompts below to seek a powerful movement of God's Spirit in the areas highlighted each day.*

## **Monday: Spiritual growth in us**

### **Psalm 51:1-12**

Pray: God help us to see our sin and remember the forgiveness we have in Jesus. Help us to find our true satisfaction and joy in Christ. Help us to hear your voice and follow your direction of your lives.

## **Tuesday: Spiritual growth in others**

### **1 Thessalonians 4:1-8**

Pray: Heavenly Father, please move in the hearts of my brothers and sisters in Christ. May they hear the voice of your spirit and respond with repentance and faith. May they be strengthened and encouraged in the Gospel. Give me wisdom to know how to help them in times of trial and sin.

## **Wednesday: Salvation of the lost**

### **Romans 1:16-17**

Pray: Lord Jesus, we pray that you would move in the hearts and minds of those around us who are not saved. Bring conviction to their hearts of sin and clarity to their darkened minds - that they would understand who you are as Lord and Saviour.



## **Thursday: Crossridge Church leaders**

### ***Hebrews 13:17-18***

Pray: Jesus, we thank you for those that have taken on leadership roles in our church. This includes Elders, Staff, Community Group leaders, Bible Study leaders, Youth leaders, Kids team (and many more!). By your Spirit's power and in your grace, please protect them, grow them and use them to bless the church.

## **Friday: Ministry Training Program**

### ***Acts 13:1-3***

Pray: Jesus we see an opportunity to raise up ministers of the gospel, right here at Crossridge; but we need your leading, your guidance and your power. Give us discernment, vision and courage to pursue this opportunity in a way that has a long lasting spiritual fruit.

## **Saturday: Canada**

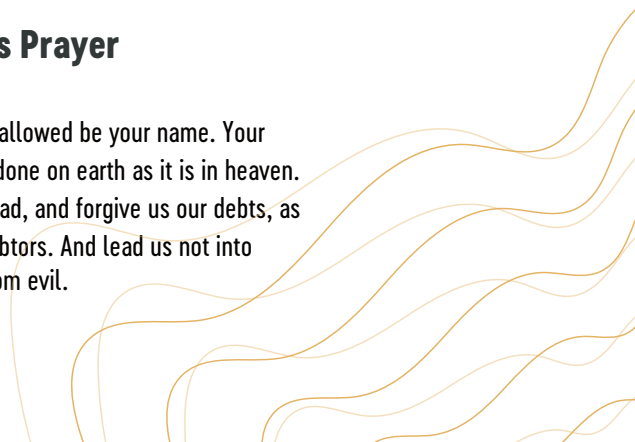
### ***Psalms 72***

Pray: Lord Jesus we do pray that you would have Dominion in Canada from sea to sea. We pray your Spirit would soften the hearts of Canadians to receive the truth of the Gospel and that many people would be called to plant churches and engage in kingdom ministry for your glory.

## **Sunday: The Lord's Prayer**

### ***Matthew 6:5-15***

Pray: Our Father in heaven, hallowed be your name. Your kingdom come, your will be done on earth as it is in heaven. Give us this day our daily bread, and forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from evil.



# *Ways to Fast*

*In terms of fasting, you have the freedom to choose what you think will help strengthen your faith and increase your satisfaction in Christ; but here are some suggestions about ways to fast that may be fruitful:*

## **Food**

- No food for a day or multiple days
- No food until dinner each day
- Just cut out certain kinds of food (eg: snacks, sweets, alcohol, caffeine)
- No dinners out.

## **Shopping**

- Cut out online shopping
- No shopping for non-essential items

## **Media**

- Cut out non-work related screen time (eg YouTube, streaming, social media, gaming)
- Cut out music or podcasts (listen to sermons or audio Bible instead)

## **Sleep**

- Wake up earlier or go to bed later to spend more time in devotions/prayer

## **Other**

- Spend time praying instead of working out, knitting, woodworking etc.