



# 40 DAYS

Prayer & Fasting



DAILY GUIDEBOOK



As followers of Jesus, we are to love God and desire his presence above all else. Therefore, we pray and fast as a way of seeking his face and devoting ourselves to him. It's been said that prayer and mission are the breath of the church. We breathe in prayer and breathe out mission.

As we take 40 days to pray and fast together, we take one collective inhale, knowing our natural response will be to exhale and experience mission like never before. This is one way we become a People of Hope.

# FASTING

## Why Should I Fast?

**We are not merely abstaining from food. We are replacing food with prayer, worship, and communion with God. It's a practice that reshapes our perspective, teaching us to prioritize God's will above our desires and rely on him as our ultimate source of fulfillment.**

In the New Testament, the Greek word *nesteuo* most simply means “to abstain from eating.” However, there’s more to fasting than that. It was practiced by ancient Jewish people, including Moses, David, Elijah, and Esther, and was still practiced in the time of Jesus by people like Anna, John the Baptist, and Jesus himself. Today, it’s one of the most misunderstood, misused, and often ignored of all spiritual practices, but it’s worth revisiting and reclaiming, so we too can uncover its profound spiritual importance.

In a culture that is often entangled with negative stereotypes surrounding food and body image, it’s crucial to understand the difference between Biblical fasting and some popular health trend. For Christians, fasting is not a diet plan or a rigid ritual but an intentional act of devotion to God—an embodied act of worship that transcends simply abstaining from food.

Fasting reminds us that we are physical creatures—not just spiritual—and that our bodies play an integral role in expressing devotion to and dependence upon God. As we hunger physically, we express our deeper spiritual need for God alone.

Throughout history, there have been many misconceptions and misuses of fasting as a spiritual practice, and our day is no different. Fasting must not be used as a tool to manipulate God, like a magic button for our prayer requests. Neither is it a self-help strategy for spiritual growth. John Piper summarizes it well: “We ache and yearn and fast to know more and more of all that God is for us in Jesus. But only because He has already laid hold of us and is drawing us ever forward and upward into all the fullness of God.”

This yearning *for* God, rooted in our relationship *with* God, sets biblical fasting apart from other forms of self-denial. Throughout the Bible, fasting serves various spiritual purposes: strengthening prayer, seeking guidance, expressing repentance, or demonstrating love and worship for God. At its core, fasting is meant to help us draw closer to God.

By embracing this practice with the right motives and purpose, we can follow in the footsteps of Jesus, draw closer to God, and align ourselves with his Kingdom.

# How Should I Fast?

Biblically speaking, fasting is the strict abstinence of food. However, this definition has been broadened among many Christian traditions to allow for different types of fasts or periods of abstinence.

Prayerfully and wisely choose what type of fast you will do. It may not be safe for some to go without food for long periods of time, or to make sudden dietary changes. Fasting is not meant to be harmful to your physical or mental health. If you have concerns, talk to a physician, mentor, or guardian before making the decision to start a fast.

## **LIQUID FAST**

During this type of fast, you consume only liquids and no solid food. Consider trying a liquid fast for 24-72 hours.

## **PARTIAL FAST**

During a partial fast, you may choose to only fast certain mealtimes or restrict certain types of food. For example, a morning to evening fast, a single meal fast, or a fast where you choose to only eat fruit, vegetables, and grains (sometimes called the “Daniel Fast”). Consider using what would have been a mealtime to pray, as your hunger pains serve as a reminder to depend on the Lord.

## **DIGITAL FAST**

During digital fasts, you choose to abstain from certain technologies or forms of entertainment like social media, certain apps, television, or video games. Consider no social media for the whole 40 days or abstain from using your phone for a day each week. Every time you reach for a device, let it be a reminder to draw near to God in prayer.



For more resources on fasting  
scan the QR code.

# PRAYER

## RELATIONSHIPS

Praying alone is a formative expression of prayer, but during this season we also want to spend time praying together. Here are a few ways you can pray in relationships:

- **IN WORSHIP SERVICES** When we pray in our worship services, let your heart join in rather than simply listening to the one praying aloud.
- **IN YOUR SMALL GROUP** As you share prayer requests, take time to pray over each other by name.
- **IN THE COMMUNITY** When someone you know shares something going on in their life, boldly ask if you can pray for them right then and there.

## RHYTHMS

Throughout the ages, the church has prioritized set times during the day to go before God in prayer. This daily prayer rhythm is a way to practice the presence of God throughout your day. On the following page you'll find a model for daily prayer that we will use in hopes that it will create sustainable rhythms of prayer in our daily life.

## ROOMS

Join us in one of our prayer rooms during the 40 Days of Prayer & Fasting. We will be hosting spaces for people to pray together in community. Each Wednesday morning, we will be led by a different local area pastor and worship leader, through a time of guided prayer and worship.

**PRAYER ROOMS  
WEDNESDAYS  
6:30-7:30 AM**

### **Egret Bay Campus**

999 FM 270, League City

### **528 Campus**

4201 FM 528 Road, Friendswood

**March 5, 12, 19, & 26  
April 2, 9, & 16**





## Morning Prayer

### GUIDED MORNING PRAYER

Use the daily prayer guides in this guidebook to help initiate your morning prayer time. Carve out a few moments in silence and solitude and use these prompts to guide your own prayers to God.

## Afternoon Prayer

### PRAYER FOR YOUR TOP 5

Take a few moments in the middle of your day to pause what you're doing and pray for your Top 5. "Top 5" is language we use to refer to 5 people we are praying would come to saving faith in Jesus. Try setting an alarm on your phone for 1 p.m. or another time where you can consistently pause for a minute or more and pray for your Top 5 by name.

## Evening Prayer

### PRAYER OF GRATITUDE

Before the end of the day, pray a prayer of gratitude. It could be on your commute home, after dinner, or before you fall asleep. Recall the ways you saw God work or the good gifts he provided that you may have taken for granted. Thank him for times you felt his presence, for his provision, or for the promises of his word.

# Reverence for God



## Guided Morning Prayers

### ○ WEDNESDAY

Start off today praying Revelation 4:11 out loud three times slowly. “Worthy are you, our Lord and God, to receive glory and honor and power, for you created all things, and by your will they existed and were created.”

### ○ THURSDAY

Begin your prayer by reading Psalm 34:1-3 out loud. Then tell God three reasons why you love who he is.

### ○ FRIDAY

1 Sam. 2:2 says, “There is none holy like the Lord: for there is none besides you; there is no rock like our God.” Tell God the ways he is unlike anything in all creation.

### ○ SATURDAY

Ask God to reveal himself more fully to you today, allowing you to stand in wonder and awe at who he is.

## Afternoon Prayer

Pause in your day to pray for someone on your Top 5 (five people in your life you hope to see come to saving faith in Jesus).

## Evening Prayer

How are you seeing God work in your life this week? Pray a prayer of gratitude each evening for the ways you see him moving in your life.

# Repentance of Sin



## Guided Morning Prayers

### ○ MONDAY

Read Psalm 51:1-4 and confess your personal sin to God.

### ○ TUESDAY

Read Psalm 139:23-24. Ask the Spirit to show you patterns of sin in your life that you may not have noticed. Ask him to search you deep within.

### ○ WEDNESDAY

Pray Matthew 6:9-13 using each line as a guide to your prayers. When you get to verse 12, pay attention to the sins in your life that come to mind or forgiveness you may need to offer to others.

### ○ THURSDAY

Read Isaiah 6:1-7 and try to imagine seeing the glory of God. Offer to God your feelings of inadequacy, and confess your need to trust in the atoning work of Jesus.

### ○ FRIDAY

Read Psalm 32:1-5. Confess your sin and offer to God a prayer of gratitude for his forgiveness.

### ○ SATURDAY

Read Luke 5:32 three times slowly. Then ask God to grant you the ability to turn away from your sin and to turn to him instead.

## Afternoon Prayer

Pause in your day to pray for someone on your Top 5 (five people in your life you hope to see come to saving faith in Jesus).

## Evening Prayer

How are you seeing God work in your life this week? Pray a prayer of gratitude each evening for the ways you see him moving in your life.



# Renewal of the Heart



## Guided Morning Prayers

### ○ MONDAY

What area of your old life do you need to lay down? Ask God to give you the strength to take up the new life he offers you in Christ.

### ○ TUESDAY

In what ways are you content with sinful behavior? Ask the Spirit of God to give you a greater desire for obedience.

### ○ WEDNESDAY

Is there anyone you have struggled to forgive? Ask the Spirit to search your heart and heal any wounded areas.

### ○ THURSDAY

Pray Psalm 51:10-13 out loud. As you do, invite God's Spirit to create a clean heart and right spirit within you.

### ○ FRIDAY

Ask God to reveal how he wants to use you to help bring spiritual renewal to those around you.

### ○ SATURDAY

Read Eph. 4:17-24 out loud slowly. As you do, ask the Spirit to renew your mind and heart in Christ.

## Afternoon Prayer

Pause in your day to pray for someone on your Top 5 (five people in your life you hope to see come to saving faith in Jesus).

## Evening Prayer

How are you seeing God work in your life this week? Pray a prayer of gratitude each evening for the ways you see him moving in your life.

# Devotion to Jesus



## Guided Morning Prayers

### ○ MONDAY

Read Rom. 12:1-2 out loud three times slowly, asking God to convict you over parts of you not yet fully devoted to Jesus.

### ○ TUESDAY

Ask God to show you what parts of your life have been conformed to this world and need to be transformed by him.

### ○ WEDNESDAY

Ask God to bring godly people into your life today who will encourage you to live a life of full devotion to him.

### ○ THURSDAY

Since devotion requires sacrifice, ask the Lord what he would have you lay down on the altar as an act of worship to him.

### ○ FRIDAY

Thank God for being worthy of devotion. List a few reasons he can be trusted with your whole life.

### ○ SATURDAY

What pains and fears keep you from devoting yourself to God whole-heartedly? Write them down and express them to God in prayer.

## Afternoon Prayer

Pause in your day to pray for someone on your Top 5 (five people in your life you hope to see come to saving faith in Jesus).

## Evening Prayer

How are you seeing God work in your life this week? Pray a prayer of gratitude each evening for the ways you see him moving in your life.

# Surrender to the Spirit



## Guided Morning Prayers

### ○ MONDAY

As you've been praying and fasting, what tension have you experienced in your life? Tell God about it in detail.

### ○ TUESDAY

Take a few deep breaths and offer this breath prayer three times slowly: Inhale: "Holy Spirit" Exhale: "I surrender"

### ○ WEDNESDAY

Read James 4:1-10 out loud slowly. Ask the Spirit to reveal how you've given into the world, the flesh, and the devil. Confess your submission to Jesus anew today.

### ○ THURSDAY

Take a few minutes of silence and solitude. Then read Psalm 46:10-11. Pray it as a first-person prayer (e.g. "I will be still and know that you are God...").

### ○ FRIDAY

Read Galatians 5:16-26. Ask God to produce each fruit of the Spirit in your life by the power of the Holy Spirit.

### ○ SATURDAY

What dreams or ambitions do you have? Surrender them one by one to the Father, and submit your life to him for his Kingdom work.

## Afternoon Prayer

Pause in your day to pray for someone on your Top 5 (five people in your life you hope to see come to saving faith in Jesus).

## Evening Prayer

How are you seeing God work in your life this week? Pray a prayer of gratitude each evening for the ways you see him moving in your life.

# Spiritual Revival



## Guided Morning Prayers

### ○ MONDAY

Ask God to fill the Church in Houston afresh with the Holy Spirit, awaken us to live on mission, and see revival in our city.

### ○ TUESDAY

Pray for your specific neighborhood. Ask God for his Kingdom to come and his will to be done in your neighborhood as it is in Heaven.

### ○ WEDNESDAY

Pray for national and local officials to become followers of Jesus and to be empowered by his Spirit to lead faithfully.

### ○ THURSDAY

Take a moment to pray for family and friends who once followed Jesus but have walked away from their faith. Pray that they would be awakened and would return to the Father who loves them.

### ○ FRIDAY

Pray for our global mission partners in Honduras, Brazil, and the Caribbean to experience revival in their communities.

### ○ SATURDAY

Pray for our global mission partners in Mozambique and Spain to experience revival in their communities.

## Afternoon Prayer

Pause in your day to pray for someone on your Top 5 (five people in your life you hope to see come to saving faith in Jesus).

## Evening Prayer

How are you seeing God work in your life this week? Pray a prayer of gratitude each evening for the ways you see him moving in your life.



Join the Global  
Mission Prayer  
Team.



## **Guided Morning Prayers**

### **○ MONDAY**

Remember Jesus' compassion for the city of Jerusalem and his passion for the temple to be a place of prayer (Luke 19:41-48). Ask him to give you the same compassion for the lost and passion for prayer.

### **○ TUESDAY**

Take a moment to reflect on Jesus confronting religious hypocrisy (Matthew 23:1-36). Ask the Spirit to shed light on any hypocrisy in your own life and confess that to him.

### **○ WEDNESDAY**

Reflect on Judas' decision to betray Jesus for the price of a slave (Matthew 26:14-16). Days later, Jesus would go to the cross to set us free from the slavery of sin. Offer a prayer of thanksgiving to him for his grace.

### **○ THURSDAY**

After the Last Supper, Jesus prayed in the Garden of Gethsemane, "Not my will but yours be done," (Matthew 26:36-46). Offer a similar prayer to God as you reflect on this moment of humble submission.

### **○ FRIDAY**

Reflect on the sacrifice of Jesus for the sins of the world (Matthew 27:32-56). Visualize his death on the cross and thank him for his selfless sacrifice.

### **○ SATURDAY**

Reflect on the somber silence of Saturday (Matthew 27:62-66). Spend a few moments in silence anticipating the celebration that resurrection Sunday will bring. Feel the weight of waiting and rest in his promise of new life.

## **Afternoon Prayer**

Pause in your day to pray for someone on your Top 5 (five people in your life you hope to see come to saving faith in Jesus).

## **Evening Prayer**

How are you seeing God work in your life this week? Pray a prayer of gratitude each evening for the ways you see him moving in your life.



We pray these 40 Days of Prayer & Fasting have been a blessing to you as you seek to become fully devoted followers of Jesus. The rhythms you have practiced over the last 40 days are part of a way of life we hope to continue to foster as a church.

Prayer is one of our 8 Practices of spiritual formation. We encourage you to continue practicing a daily prayer rhythm as a means of growing in the gospel and fully surrendering your heart to God.

We want to hear your story! Let us know what God did in your life during this 40 Days of Prayer & Fasting.

[CLEARCREEK.ORG/SHAREYOURSTORY](https://clearcreek.org/shareyourstory)



# Looking for more resources?

**Studies, videos,  
podcasts, more**



[clearcreekresources.org/prayer](http://clearcreekresources.org/prayer)

## **Lectio 365**

Download the Lectio 365 app  
and experience guided prayer  
moments morning, afternoon,  
and evening every day!



