

A Week of Prayer & Fasting

Draw near to God, and He will draw near to you.

Welcome

We believe that this week of prayer and fasting will be significant for you. Collectively, they are always significant for us as a church. Below you will find everything you need: what fasting is, why we fast, how to fast, both practically and spiritually, and a daily guide with a specific prayer focus.

Come with expectation. God loves to meet people who seek Him.

What Is Fasting?

In the Bible, we see Jesus fast, nations fast, and the early church fast.

(Matthew 4:2, 2 Chronicles 20:3, Acts 13:2-3)

Jesus himself anticipated that his followers would fast after he was gone:

- *“The time will come when the bridegroom will be taken from them; then they will fast.” – Matthew 9:15*
- Fasting is abstaining from food or certain meals for a specific period of time to dedicate ourselves more fully to prayer.
- Fasting is embodied prayer. We engage our whole being, body, soul, spirit, in drawing near to God.
- Fasting is a response to a significant moment: grief, crisis, repentance, urgency, the need for direction.
- Fasting is a powerful spiritual practice used by Christians throughout the ages to respond to God, draw near to God, and train themselves in godliness.

What Fasting Is Not

Fasting is not twisting God’s arm by being really serious in our prayers. It’s not performance; it never places God in a position where He owes us an answer or is obliged to respond to our request.

Fasting does not earn anything. It repositions us; it brings us into a posture of dependence, hunger, and openness before God.

Why Do We Fast?

We practise church-wide fasting and encourage people to fast individually at different times of the year. These are opportunities to:

- Draw near to God in a deeper way
- Push forward spiritually and take new ground
- Heighten our spiritual sensitivity
- Reconsecrate ourselves to God's purposes
- Take ground in the spiritual before we take ground in the physical

If fasting was good enough for Jesus, was anticipated by Jesus, and has been a practice of the church for thousands of years, that should prompt us to pay attention to it and give it a try.

How to Fast

Practically

In the Bible, fasting always involves abstaining from food for a specific period. Depending on your health, vocation, and the demands of life, the way you fast may look different from someone else's. For a week-long fast, here are several ways to engage:

- Give up food completely for the week (water only)
- Give up solid food for the week (liquids only, water, juices, smoothies)
- Give up food during daylight hours (only eating after sundown)
- Give up one specific meal each day

While it is good to give up other things, entertainment, social media, streaming, this is more accurately called abstinence than fasting in the biblical sense. However, for a week of fasting, we strongly encourage you to also look at what else you can give up, to create more time for prayer, remove worldly distractions, and give greater attention to your heavenly Father.

A Few Practical Tips

- If you are a coffee drinker, reduce or give up coffee a few days before the fast begins so you are not dealing with hunger and caffeine headaches at the same time.
- Be realistic about how you can fast, given your health and the demands of your life, then stick with it for the week.
- It gets harder before it gets easier. The first couple of days are the most difficult, but then your body adjusts. If you can make it to day three, you will likely settle into a rhythm.
- Drink plenty of water throughout, regardless of which type of fast you are doing.
- If you are on medication, pregnant, managing a health condition, or have a history of disordered eating, please consult your doctor before fasting from food. You can still engage with the week fully through prayer and abstinence.

- When the week ends, break your fast gently. Start with light foods, fruit, broth, and yoghurt before moving back to full meals. Coming off a longer fast too quickly can make you unwell.

Spiritually

- Ask the Holy Spirit to guide you in what kind of fast you are doing and what you are bringing to God this week.
- Consider what moment you are responding to: grief, a desire for a breakthrough, wanting to renew your dependence on God, freedom from a particular sin, wisdom for a season ahead, or interceding on behalf of someone else.
- Schedule time each day for prayer. We recommend setting aside times in the morning, midday, and evening to replace normal meal times with prayer times.
- Get your physical Bible. Choose a book or area of Scripture you will read through during the week.
- Get a journal. Write down your prayers, longings, what you are sensing from God, and how the week is unfolding.
- Include worship. Put on music that draws you into God's presence, let it fill the spaces that food and distraction normally occupy.
- If the fast feels dry or difficult, and it may, press through. Dryness is not absence. God is at work even when you cannot feel it.

Our Prayer Focus

Use the guide below each day to direct your prayer. These are starting points, not ceilings. Let the Spirit lead you deeper.

DAY 1 | Monday

Salvation

“The Lord is not slow in keeping his promise, as some understand slowness. Instead he is patient with you, not wanting anyone to perish, but everyone to come to repentance.” – 2 Peter 3:9

Thank Jesus afresh for your own salvation, you once were blind, but now you see. Let gratitude be your starting place today.

Then contend for salvation in your family, friends, workmates, school community, neighbourhood, city, nation and world.

Practical Prayer Ideas

- Write down five names of people you are believing God to save. Pray through the list morning and evening every day this week, not just today.
- Walk the streets around your home and pray over each house as you pass it.
- Spend time in Luke 15, let the Father’s posture toward the lost shape how you pray.
- Consider sending a gospel-shaped message to someone on your list this week.

Further Reading

- Luke 15:1-32, Romans 10:1-15, Acts 2:37-47

DAY 2 | Tuesday

Community Impact

“Seek the peace and prosperity of the city to which I have carried you... Pray to the Lord for it, because if it prospers, you too will prosper.” – Jeremiah 29:7

Pray for both the community impact of LIFE Church and for the gospel to permeate our communities. Pray for the community kitchens, Help & Hope week, Christmas boxes, and our education work. Think about the social needs of our city: abuse, economic hardship, loneliness, and sickness.

Practical Prayer Ideas

- Drive or walk through an area of your city that carries poverty, addiction or loneliness, pray on location.
- Pray for specific schools, workplaces, or institutions by name.
- Ask God to show you one practical act of service this week, alongside your prayer.
- Pray through real local needs and statistics, let the facts sharpen your intercession.

Further Reading

- Isaiah 58:6-7, Matthew 25:31-46, Micah 6:8

DAY 3 | Wednesday

The Kingdom

“Your kingdom come, your will be done, on earth as it is in heaven.” – Matthew 6:10

We are one church among many in our community, city and nation, each playing our part in God’s mission in this world. Today, we pray for God’s bigger kingdom impact. Pray for other churches and Christian organisations, for Christian business people, and for all people working in their spheres believing that God’s kingdom might come on earth as it is in heaven.

Practical Prayer Ideas

- Look up three to five other local churches and pray for them by name and for their pastors by name.
- Pray for Christians in your workplace, school, or community that their faith would be influential.
- Pray for the persecuted church globally. Organisations like Open Doors publish current prayer points.
- Ask God honestly: where is my sphere of influence in his kingdom, and am I taking it seriously?

Further Reading

- Matthew 13:31-33, Revelation 11:15, Colossians 1:13-20

DAY 4 | Thursday

Future Homes for LIFE

“Enlarge the place of your tent, stretch your tent curtains wide, do not hold back; lengthen your cords, strengthen your stakes. For you will spread out to the right and to the left.” – Isaiah 54:2-3

We need God’s favour. We need continual open doors for the work of LIFE to expand into more areas. Let’s pray for breakthrough in buildings and facilities, in East, West, Tauranga, and beyond. That God would open doors, favour processes, and new ground would be taken.

Practical Prayer Ideas

- If possible, drive or walk through one of the target areas and pray on site.
- Pray for the people who don’t yet know Jesus who will one day walk through those doors.
- Pray for the right buildings, the right favour, the right timing, be specific.
- Ask God for a faith picture of what those campuses could become.

Further Reading

- Joshua 1:1-9, Nehemiah 2:11-20, Habakkuk 2:2-3

DAY 5 | Friday

Generosity & Expansion Impact

“Whoever sows sparingly will also reap sparingly, and whoever sows generously will also reap generously.” – 2 Corinthians 9:6

We break through in faith and in generosity before we break through in the physical. Jesus said we cannot serve both God and money. Generosity is called provision because it provides for the vision. Let's pray for a spirit of generosity in the church, and pray against anything that would hold people back, fear, jadedness, cynicism, and instead for faith, open hearts, and the leading of the Spirit.

Practical Prayer Ideas

- Spend time asking God honestly: is money a place of fear or faith in my life?
- Consider making a specific act of generosity during the fast, give something away.
- Pray for people in your church community who are in financial hardship.
- Ask God to speak to you about your own generosity posture heading into the Expansion offering.

Further Reading

- 2 Corinthians 9:6-15, Malachi 3:10, Luke 12:15-34

DAY 6 | Saturday

Leadership & Vision

“I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people, for kings and all those in authority.” – 1 Timothy 2:1-2

Thank God for godly leaders. Today is our day to honour them in prayer, our senior leaders, campus Pastors and all of those leading at LIFE (staff and volunteer's) . Lift up our national leaders. Pray for godly vision, godly purpose, godly protection, and God's purposes to be released in all those who are leaders in our lives.

Practical Prayer Ideas

- Write a short note or message of encouragement to a leader who has shaped you, send it today.
- Pray through the names of your leaders specifically: senior pastors, campus pastors, DG leaders.
- Pray protection over them, their marriages, mental health, calling, and courage.
- Ask God: what kind of leader is he making me in my own sphere?

Further Reading

- Nehemiah 1:1-11, 1 Timothy 3:1-7, Proverbs 29:18

Day 7 | Sunday

Gather & Celebrate

Sunday is our corporate moment to break the fast together and celebrate what God has done. Come ready to worship, to share, and to receive. The week of prayer and fasting culminates in the gathered community, which has always been the heartbeat of what we are doing.

“Draw near to God, and he will draw near to you.” – James 4:8