



5 DAY PRAYER AND FASTING

Starts Monday, June 8 - Friday, June 12th, 2026

As we turn the corner and begin a new year, our dependence on God seems as obvious as ever. In new ways, we feel the reality of Jesus' words "... apart from me you can do nothing." (John 15:5) We as a church, and as individuals, can do nothing apart from God's work. For that reason, we want to start the year by having our church family come together for 5 days of fasting and prayer. Our hope is for this experience to anchor us to our purpose as the people of God at Lighthouse A/G. Below are few examples of what fasting and prayer can look like over the next 5 days.

1. **FASTING** – Why do we fast? Simply put, the goal of fasting is to turn ourselves from worldly things and set our minds and hearts fully on God. It is not to manipulate God or coerce him to hear and answer our prayers, but rather it acknowledges our complete dependence on him.
2. The purpose of fasting is to temporarily give up something that meaningfully uses a lot of our time or focus, while then committing that time to prayer.
3. Fasting awakens us to the reality that we are so often driven by our freshly desires and appetite.
4. It humbles us and awakens us to our great need for and reliance on God.
5. As you consider fasting, I want to encourage you to listen to the Holy Spirit. Ask God to lead you in this time of seeking His face.
6. Whether you choose to fast for one day, or the entire 5 days, the point is to humble yourself in a new way and draw near to God. Here are some ideas of what you could choose to do:
 - You might choose a selective fast simply eliminating certain things from your diet. For example: eating only fruits and vegetables which is called the "Daniel Fast".
 - Another option is a partial fast, which is refraining from eating for a set period of time each day. You could choose a fast from a single meal or from Sunrise to Sunset.
 - Some of you may feel led to engage in a complete fast, refraining from eating and only drinking liquids for particular days or even an extended period of time.
 - If fasting from food is not possible, you may feel led by the Lord to fast from something else, such as social media, TV, or certain times or activities on your cell phone, though whatever you choose it should be something meaningful on which you are regularly dependent.

PRAYER: Praying is spiritual breathing, essential for our life in God. As we meditate on God's Word, we breathe in the promises and purposes of God. In prayer we breathe out, responding to God's Word to us. Each Day we should meditate on God's Word. I have provide a few verses, but feel free to follow God's leading. Also, we will be praying for specific areas in our lives, our church, family, and community. Let's join together and put our faith into action, trusting in the promises of God for us and our church.

- Commit to a specific time each day to devote to prayer. Find a place where you can be free from distractions and be alone with God.
- Use prayer points and scriptures to help guide your prayers. This is a good time to work on memorization of verses; Hide His Word in your heart.
- Journal your prayers and what God spoke to you during this time of fasting.

PRAYER POINTS:

- Pray that God would reveal himself and His glory as we seek Him during our 5 day Fast.
- Ask Him to Speak to you as you read his Word. Pray for understanding and faith;
- Pray that the people of God at Lighthouse Assembly of God would be drawn to worship and adore Him. See Him As Father, and see themselves as sons and daughters.
- Ask God to show you how to share your faith and encourage those around you so that they would seek Him with all of their hearts.
- Pray that the presence and the Power of the Holy Spirit will be known among us; because without Him; all our efforts are meaningless.
- Pray for courage and boldness to serve as witnesses of the Kingdom of God.
- Pray for effectiveness in making disciples; Ask God to cause us to be fruitful.
- Pray for a renewed commitment to being disciple-making believers. Ask God to lead you in investing in the lives of others.
- Pray especially for our youth and children; Ask God to redeem our children and raise them up to be His servants in the world.
- Pray that we would see people grow in their walk with the Lord through this New Season.
- Pray that we would see new people come to Christ and be Baptized in 2026
- Pray that we would always remember God's love poured out for us on the cross. May we always stand in Awe of Him.
- Pray that we would be devoted to one another; ask God to show us how to serve each other in Love.
- Pray that we would "Go and Be Great and Make others great while we are at it!"

SCRIPTURES: Jeremiah 33:3; Exodus 33:18-19; Acts 1:8; John 15:5; Ephesians 2:4-5; Eph. 1:7; Psalm 37:4; John 17:20-21; Romans 12:9-10; Romans 12:3-5; Ephesians 4:15-16; 1 Peter 4:9-11; 2 Corinthians 9:6-8; Psalm 90:12; 2 Thessalonians 3:1; John 15:16;