

FBC Day of Prayer & Fasting - Monday, October 5th, 2026

Why Are We Doing This?

Corporate prayer and fasting are divinely prescribed means of seeking God's presence, help, and guidance with special earnestness (e.g., Acts 13:2-3; 14:34). To learn more:

- [Here](#) is a sermon on **prayer** from our Spiritual Disciplines series.
- [Here](#) is a sermon on **fasting** from the same series.
- [Here](#) is a great article on **fasting** by David Mathis.
- [Here](#) is an article from gotquestions.org listing instances of prayer and fasting in the Bible.
- [Here](#) is an article from desiringgod.com called 'Fasting for Beginners'.

Who Should Fast?

- We encourage all FBC members to factor in any medical, dietary, or other restrictions when considering fasting.
- Common medical, dietary, and other restrictions may include -
 - Chronic illnesses (such as diabetes, heart disease, low blood pressure, gout)
 - Medication regimens that require regular food intake
 - Pregnancy and breastfeeding
- Fasting is generally **not** recommended for children, the elderly, and those with physically demanding jobs.

What Will This Look Like?

- Whether and how long you fast from food is entirely up to you. If you're not used to fasting, consider skipping one meal. If you're more practiced, consider fasting the whole day.
- If you do fast, we would encourage you to replace your mealtimes with prayer, rather than with entertainment (YouTube, social media, etc.). Our goal is to direct our attention away from something important (food) to something even more important (communion with God).
- Whether or not you fast, we're encouraging our members to set aside **three time periods** to pray: One in the morning, one in the afternoon, and one in the evening. **Twenty minutes** could be a helpful target-length for each period.
- The church office will email out three sets of prayer requests to help focus each prayer period.
 - In the **morning**, we'll turn "**Upward**," and pray about our own relationship with the Lord and our corporate worship.
 - In the **afternoon**, we'll turn "**Inward**," and pray for our relationships with each other and our life together as a church.
 - In the **evening**, we'll turn "**Outward**," and pray for the spread of the gospel among our unsaved friends, family, and neighbors.
- Feel free to pray on your own or with others.
- We encourage parents to include their children by picking 3 prayer requests from each list and praying through them together.
- If you'd like to pray with others at the church building, we'll host **two meetings in the Multipurpose Room**, one from **6:30am to 7:15am**, and another from **12:15pm to 1:00pm**.

- We would especially encourage you to connect with other church members to pray together in the evening. Consider having others over for prayer instead of dinner! Or, consider planning to fast lunch or breakfast & lunch and then to meet for prayer followed by dinner.

We understand that schedules & availability will vary, and we don't want to lay unhelpful burdens on anyone. We also recognize that not everyone will be able to fast all or even part of the day. We provide these guidelines as flexible encouragements, not laws.

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

May God help us to draw near to Him today, on October 5th, and every day until Jesus returns.