

Fasting Mealtime Prayer Guide

As we take time this month for the practice of Jesus called “fasting,” it’s important that we do not just view fasting as skipping meals, but instead as an opportunity for prayer and the reading of Scripture. During the times you would normally eat a meal, work through this prayer guide instead. You can pray through all of the topics, or focus on one at a time. It’s entirely up to you.

GOD’S LOVE & PRESENCE

Lord, as I refrain from eating food today, would you fill me with your love and a sense of your presence? Speak to me now about your love for me and about your grace toward me.

Romans 8:37-38 No, in all these things we are more than conquerors through him who loved us. For I am persuaded that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor any other created thing will be able to separate us from the love of God that is in Christ Jesus our Lord.

REPENTANCE

Lord, is there anything in my life I need to repent of? Please reveal to me actions, thoughts or places in my heart that do not line up with your vision for me.

Matthew 4:17 From then on Jesus began to preach, “Repent, because the kingdom of heaven has come near.”

Romans 2:4 Or do you despise the riches of his kindness, restraint, and patience, not recognizing that God’s kindness is intended to lead you to repentance?

CRISIS (to be prayed if you find yourself in a crisis or on the brink of one)

Lord, you see my situation. You are aware of my needs, desires, and hopes. God, would you intervene? Would you help? Would you rescue and redeem?

Psalms 18:6 I called out to the Lord from my distress, and I cried to my God for help. From his temple he heard my voice, and my cry to him reached his ear.

CHANGE

Lord, I am asking you to change the reality of a situation. Maybe I am asking for you to change someone’s heart. Maybe I am asking you to change my heart. As I wrestle through this with you, would you reveal more of yourself and your love for me?

Ephesians 3:20-21 Now to him who is able to do above and beyond all that we ask or think according to the power that works within us - to him be glory in the church and in Christ Jesus to all generations, forever and ever. Amen.

TO KNOW GOD’S MIND

Lord, I desire to know your mind and your thoughts about my situation. With this decision I am facing, I need your guidance. With this question I am asking, I seek your clarity. With this fear I am holding onto, I ask for your peace as I release it into your hands.

Isaiah 30:11 And whenever you turn to the right or to the left, your ears will hear this command behind you: “This is the way. Walk in it.”

Isaiah 58:11 The Lord will always lead you, satisfy you in a parched land, and strengthen your bones. You will be like a watered garden and like a spring whose water never runs dry.

GRIEF

Lord, is there anything in my life I need to grieve over? Loss, suffering, pain or trauma in my own life or in the world? As I grieve these things, would your comforting and healing presence draw near to me?

Psalms 34:18 The Lord is near the brokenhearted; he saves those crushed in spirit.