

CHURCH WIDE FAST

ADULT
PRAYER GUIDE



PRAYER AT ACTION CHURCH

From its inception, Action Church has made it a priority to seek God first in prayer. From monthly Morning Prayer to Encounter and Sunday services, prayer is foundational to our church. Twice a year, in January and August, we come together to pray collectively as a church. These two months are intentional as they begin new seasons of the year. Together, we faithfully seek God first, trusting in His power alone to create lasting impact in our lives, our church, and the world.

Why a Church Wide Fast?

Through our Church Wide Fast we express our deep desire to humble ourselves before God and as a church allow Him to guide us as we enter a new season with new opportunities and challenges. We fast and pray together in order to hear from God and seek His wisdom in living out His particular vision for our church.

Prayer & Fasting

Biblical fasting always has to do with eliminating distractions for a spiritual purpose. By intentionally abstaining from something that comforts us for a period of time (typically food), we focus on expressing need for the only One who can truly comfort us. However, fasting without prayer is simply a diet. When coupled with prayer, fasting becomes a powerful discipline that brings about the revelation and presence of God.

Your personal fast should present a level of challenge, but it is very important to know your body, your options, and to follow what the Holy Spirit leads you to do.

Visit theactionchurch.com/fast for more information on Fasting & Prayer.

FASTING AS A CHURCH

Fasting is the practice of going without something. We “fast from” in order to “feast on” God’s Word and His presence, which bring spiritual revelation.

During the Church Wide Fast, we gather daily to hear a short teaching and pray intentionally through the vision for our church. Each day will have a specific focus and prayer points to help make your time of prayer personal to you.

STAYING FOCUSED

Plan ahead to make the most out of this week. Here are some ideas and resources to help you as you fast:

- Find a friend from Action Church who can keep you accountable this week. Make plans to attend a Prayer Gathering together.
- Set aside time to worship and tune into our Spotify Church Wide Fast playlist found at theactionchurch.com/fast.
- Read the Bible. Use the YouVersion app to complete a reading plan on Fasting or another topic relevant to you.
- Attend a prayer gathering each day - put it in your calendar and set a reminder.
- Take a prayer walk around your neighborhood and pray through the prayer points of the day.
- Meditate on the daily verse throughout the day and use the SOAP bible study method to gain more insight into it. Learn how to SOAP at theactionchurch.com/soap.
- Return to this Guide to reflect on what God is saying to you each day, journaling all along your prayer journey this week.
- Search for The Action Church on YouTube and watch previous message series that you may have missed.

Opt-in to receive daily Fast reminders: Text FAST2026 to 55498

DAILY PRAYER FOCUSES & FAST CHALLENGES:

Day 1 - God Work in You

Fast Challenge: Media

Day 2 - Let The Spirit Renew

Fast Challenge: Daniel Fast

Day 3 - Reveal God's Word

Fast Challenge: Daniel Fast

Day 4 - Share God's Word

Fast Challenge: Sunup to Sundown

Day 5 - Reach Our City, Nation and World

Fast Challenge: Liquid Only

Day 6 - Expand The Influence of Action Church

Fast Challenge: Fast Until 10AM

Every time I think of you, I give thanks to my God. Whenever I pray, I make my requests for all of you with joy, for you have been my partners in spreading the Good News about Christ from the time you first heard it until now. And I am certain that God, who began the good work within you, will continue his work until it is finally finished on the day when Christ Jesus returns.

PHILIPPIANS 1:3-6 NLT

DAY 1 | MONDAY, AUGUST 17

GOD WORKS IN YOU

Work hard to show the results of your salvation, obeying God with deep reverence and fear. For God is working in you, giving you the desire and the power to do what pleases him.

PHILIPPIANS 2:12-13 NLT

PRAYER POINTS:

- Invite the Holy Spirit into this week of prayer and fasting. Submit your will to God's will in all the things that are filling your mind today. Pray that you hear Him clearly and reverently obey Him in all these areas.
- Yield to God all the decisions you are struggling with today. Lay down your preferences, and commit to obeying Him. Pray until you can say Yes to His will in each of these matters.
- Be honest with God about the areas you continue to struggle with. Remind Him of His promise to give you the desire and the power to do what pleases Him. Ask Him to change your want-to, and expect to see a change.
- As you fast today, thank God that He is changing your desires from the inside out so you naturally want to do what pleases Him. Repent of any times you sought out sin for entertainment or allowed sin into your home or your heart through the media.

DAY 1 | MONDAY, AUGUST 17

GOD WORKS IN YOU

NOTES

DAY 2 | TUESDAY, AUGUST 18

LET THE SPIRIT RENEW

Throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. Instead, let the Spirit renew your thoughts and attitudes. Put on your new nature, created to be like God—truly righteous and holy.

EPHESIANS 4:22-24 NLT

PRAYER POINTS:

- Examine your thoughts and attitudes, and notice which ones are not pleasing to God. Do you have trouble being honest at work? Respecting your boss? Controlling your lusts? Do you envy others? Are you weighed down by your old way of life or past relationships? Repent and invite the Holy Spirit to work in your heart and mind to change any sinful attitudes so you can be set free to live in your new nature.
- Notice what you think about when your mind is idle. Are you critical and judging? Angry and blaming? Anxious? Feeling sorry for yourself? Ask God to lead you to scriptures to meditate on that will renew your thoughts to match the life-giving truth of the Word.
- Examine your faith in God's current activity in your life. Do you believe He loves you and is working for your good? What thoughts or attitudes are hindering your faith? Repent of any unbelief and choose to believe that God is for you and that He is guiding you every day.
- Ask God to clothe you with your new nature – the one made in the image of God. Pray that He will make a righteous and holy life attractive to you in every way. Repent of any attitudes, behaviors, or beliefs that resist a holy life.

DAY 2 | TUESDAY, AUGUST 18
LET THE SPIRIT RENEW

NOTES

DAY 3 | WEDNESDAY, AUGUST 19

REVEAL GOD'S FRUIT

The Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.

GALATIANS 5:22-23 NLT

PRAYER POINTS:

- Admit to God that you cannot change yourself on the inside. Invite the Holy Spirit to fill you every day so He can produce in you the life God desires.
- Look at the fruit of the Spirit listed above. Choose one or two that you need in your life right now. Ask God to develop these in you and allow situations in your life that will produce this kind of fruit in you as you obey the Holy Spirit.
- Fruit is the natural product of a healthy fruit tree. Invite God to reveal anything unhealthy in you that could block good fruit, such as unhealed past trauma, unforgiveness, rebellion, or self-righteousness. Repent as God directs you and ask Him for your next step toward health.
- Ask God to transform you from one degree of glory to another by the power of the Spirit at work in you. Pray that those around you will notice the change - your family, friends, neighbors, co-workers - and give glory to God.

DAY 3 | WEDNESDAY, AUGUST 19

REVEAL GOD'S FRUIT

NOTES

DAY 4 | THURSDAY, AUGUST 20

SHARE GOD'S WORD

Pray for us, too, that God may open a door for our message, so that we may proclaim the mystery of Christ, for which I am in chains. Pray that I may proclaim it clearly, as I should. Be wise in the way you act toward outsiders; make the most of every opportunity. Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone.

COLOSSIANS 4:2-6 NIV

PRAYER POINTS:

- Thank God that He has made us partners together in spreading the good news of the Gospel with others. Recall the opportunities He has given you to pray with people or share your story, and pray that those people would remember your conversation about the good news you shared and come to Christ.
- Ask God for open doors to share His in your everyday life – at work, in your neighborhood, and with your family and friends. Pray that He would make you alert to what He is doing in people around you so you would not miss His invitation for you to share.
- Seek God for creative and clear ways to share the Gospel. Invite Him to guide your conversations, filling them with His grace.
- Pray that God will lead you to the right people, and that He will prepare their hearts in advance to be ready for the Word that you plant in them. Ask Him to anoint your words so those who listen would become thirsty for Christ.

DAY 4 | THURSDAY, AUGUST 20

SHARE GOD'S WORD

NOTES

DAY 5 | FRIDAY, AUGUST 21

REACH OUR CITY, NATION AND WORLD

The kingdom of the world has become the kingdom of our Lord and of his Messiah, and he will reign for ever and ever.

REVELATION 11:15 NIV

PRAYER POINTS:

- Ask God to favor local churches around the world, that they would be lights in their communities. Pray for their influence in governmental decisions, business, and education. Ask God to confirm His Word in these churches with miracles and signs, and to grant the grace for many people to come to Christ through them.
- Pray about going on a mission trip to expand your sphere of influence for the gospel. Ask Him to give you a plan so you can prepare to go.
- Prioritize praying for the missionaries and missions partners Action Church supports. Ask God to provide financial support, good health, and effective ways to reach people. Pray that they have wisdom for raising their families on the mission field and that their extended family back home stay safe and healthy.
- Pray for our nation, for righteousness in our laws and our courts. Ask God to give our leaders wisdom and to unify our nation under Him. Pray for a nationwide revival, with humble repentance and a genuine return to dependence on God.
- Pray for our local schools with the new school year. Pray for school administrators, teaching staff, and students. Ask God to stir a desire for His truth in the hearts of our students.

DAY 6 | SATURDAY, AUGUST 22

EXPAND THE INFLUENCE OF ACTION CHURCH

You are the light of the world – like a city on a hilltop that cannot be hidden. No one lights a lamp and then puts it under a basket. Instead, a lamp is placed on a stand, where it gives light to everyone in the house. In the same way, let your good deeds shine out for all to see, so that everyone will praise your heavenly Father.

MATTHEW 5:14-16 NLT

PRAYER POINTS:

- Thank God that He has invited you to partner with Action Church in the spreading of the Gospel. Retrace the path that led you to Action Church, and thank God for every step on your journey here.
- Pray for our church pastors, staff, outreach teams, and members that their good deeds would be lights in the darkness, guiding people directly to Christ.
- Lift up your school, your neighborhood, your place of work, and the businesses you frequent. Pray that you would be intentional every time you go so the light of Christ will shine through you in all these places.
- Pray for our community, that the light of the gospel would remake schools, colleges and universities, government, and businesses. Ask for an outpouring of the Holy Spirit to transform life in central Florida so that it is honoring to God.
- Ask God to reveal any next steps you need to take to help Action Church expand its influence.

NOTES

Opt-in to receive monthly Morning Prayer reminders:

Text **morningprayer** to 55498

Page 10 of 10

Page 10 of 10

