

Prayer and Fasting Schedule

Evening Meditation: Starting the Fast

Scripture: Psalm 63:3-6

Prayer Prompt: Confess your need for God during the upcoming fast. Pray in agreement with the words of this Psalm, for example, “God I believe that your love is better than life itself. I confess that at times I have gotten this backwards and cherished life more than your love...”

Morning Meditation

Scripture: Psalm 90:14

Prayer Prompt: Ask God to satisfy you today (before the day even begins) with His unfailing love – for you to be so full of His love today that it would spill over into every relationship and conversation. Ask that the feelings of hunger you will experience today will not lead to crankiness or irritability, but that His unfailing love would allow you to be joyful in all circumstances today.

Mid-day Meditation

Scripture: Luke 5:16

Prayer Prompt: Thank God for this example that Jesus modeled – and pray that you would have the same desire as Jesus to spend time with your heavenly Father. Ask God to show you grace to be able to find a quiet space for connection with Him, to step out of the “busy-ness” of the day and lean into your need for God.

Evening Meditation: Ending the Fast

Scripture: Psalm 119:103

Prayer Prompt: Thank God for sustaining you through this fast. Express your gratitude for how His words are sweet to you, and ask Him to increase your appetite for His word. As you approach your next meal, eat with a deepened sense of gratitude for God’s provision in your life.

Feel free to follow this format, or create your own. The objective in fasting is to authentically seek God through His Word and in prayer. This is just one way to do that.