



New Beginnings
FELLOWSHIP CHURCH

2025 Fall Fasting Guide

40 Days of Prayer & Fasting

Monday, October 6 – Friday, November 14, 2025

Dear Church Family,

We are excited to begin our 40-Day Corporate Fast together! From October 6 through November 14, we will follow the Daniel Fast (8:00 AM – 5:00 PM, Monday–Friday). Alongside fasting, we ask each member to prayerfully create and lift up their FRANC List — Friends, Relatives, Acquaintances, Neighbors, and Co-Workers — people you are believing God will draw closer to Him.

What is Fasting?

Throughout the Bible, God's people practiced fasting during crucial moments of seeking His direction and favor. Fasting is more than giving something up—it is intentionally setting aside distractions to focus fully on God. (Jeremiah 26:9, Joel 1:14, Matthew 4, Acts 13:2; 14:23)

How Do I Fast?

Prepare your mind, body, and spirit. Remember—fasting is not a diet. Plan ahead, replace activities with prayer, and stay consistent. If you stumble or miss a day, don't quit. Pick back up. The goal isn't perfection—it's transformation.

What is the Daniel Fast?

This fast is based on the life of Daniel (Daniel 1:15–16, 10:2–3). Daniel abstained from meat, wine, and rich foods to honor God. Through his devotion, God gave him wisdom, health, and understanding. We fast not to mimic Daniel, but to seek God with intentionality and focus, depending on Him for strength and direction.



Your FRANC List

Friends: _____

Relatives: _____

Acquaintances: _____

Neighbors: _____

Co-Workers: _____

Weekly Focus

WEEK 1: Devotion & Foundation

Spend at least 30 minutes daily in prayer and Scripture. Pray for salvation and transformation for those on your FRANC list.

WEEK 2: Friends

Pray for your purpose and for your friends. Use the BLESS Practices: Begin with Prayer, Listen, Eat, Serve, Share.

WEEK 3: Relatives

Pray for your family's salvation, unity, and protection. Reach out with love and the BLESS Practices.

WEEK 4: Acquaintances

Pray for church growth and leadership. Use everyday connections as opportunities to shine Christ's light.

WEEK 5: Neighbors

Pray for peace and love in our communities. Look for ways to serve and connect with your neighbors.

WEEK 6: Co-Workers

Pray for workplace relationships and influence. Lift up World Vision outreach and bless children worldwide.

The Sinner's Prayer

Dear Jesus,

I know I have sinned and that my sin separates me from You. I believe You died on the cross for my sins and rose from the grave so I could have eternal life. Please forgive me. Come into my life and be my Lord and Savior. I choose to follow You and honor You with my life.

Amen.

Church family, let's seek God with one heart and one voice during these 40 days. We believe He will move mightily in our lives, our church, and our community!