



DECEMBER 2025

Prayer & Fasting

DECEMBER 1ST - DECEMBER 14TH

IN-PERSON CORPORATE PRAYER

MONDAY - SATURDAY - 7:30 PM

SUNDAYS - 7:00 PM

609 W. COLUMBUS ST. PICKERINGTON, OH 43147

SIX STEP GUIDE TO YOUR FAST

How you begin and conduct your fast will largely determine your success. For some people, this might be the first time ever to follow a fast or having done one without having a proper understanding or meaning. We are hoping that following the six basic steps to fasting will make your time with the Lord more meaningful and spiritually rewarding.

STEP 1: Set Your Objective

Ask the Holy Spirit to clarify His leading and objectives for your prayer fast. This will enable you to pray more specifically and strategically.

STEP 2: Prepare Yourself Spiritually

The very foundation of fasting and prayer is repentance. Unconfessed sin will hinder your prayers. There are several things you can do to prepare your heart:

- Ask God to help you make a comprehensive list of your sins.
- Confess every sin that the Holy Spirit calls to your remembrance and accept God's forgiveness (1 John 1:9).
- Seek forgiveness from all whom you have offended and forgive all who have hurt you (Mark 11:25).
- Make restitution as the Holy Spirit leads you.
- Begin your time of fasting and prayer with an expectant heart (Hebrews 11:6).

STEP 3: Prepare Yourself Physically

Physical preparation makes the drastic change in your eating routine a little easier so that you can turn your full attention to the Lord in prayer.

- Do not rush into your fast.
- Prepare your body. Eat smaller meals before starting a fast. Avoid high-fat and sugary foods.
- Eat raw fruit and vegetables for two days before starting a fast.

While You Fast

Your time of fasting and prayer has come. You are abstaining from all solid foods and have begun to seek the Lord. Here are some helpful suggestions to consider:

- You may drink water during your fast. If necessary; for health reasons you may consume beverages such as tea or coffee.
- You may find it useful to take mints during the fast to freshen your breath.
- Prepare yourself for temporary mental discomforts such as impatience, crankiness, and anxiety.
- Expect some physical discomforts, especially on the second day.
- You may have fleeting hunger pains or dizziness.
- Withdrawal from caffeine and sugar may cause headaches.
- Physical annoyances may also include weakness, tiredness, or sleeplessness.

The first two or three days are usually the hardest. As you continue to fast, you will likely experience a sense of well-being both physically and spiritually. However, should you feel hunger pains, increase your liquid intake.

STEP 4: Put Yourself on a Schedule

For maximum spiritual benefit, set aside time to be alone with the Lord. Listen for His leading. The more time you spend with Him, the more meaningful your fast will be.

Morning

- Begin your day in praise and worship.
- Read and meditate on God's Word.
- Invite the Holy Spirit to work in you.
- Invite God to use you.
- Pray for His vision for your life and empowerment to do His will.

Afternoon

- Return to prayer and God's Word.
- Take a short prayer walk.

Evening

- When possible, begin and end each day on your knees for a brief time of praise and thanksgiving to God.

STEP 5: End Your Fast Gradually

Break Your Fast

First of all drink water; if possible warm water or beverage to help the digestive track to relax. After that, you should start off with something light to eat such as fruit; namely bananas or apples. Do not break your fast with fruits such as oranges due to their high acidic content. **The fast for each day will end at 6pm.**

STEP 6: Expect Results

If you sincerely humble yourself before the Lord, repent, pray, and seek God's face; if you consistently meditate on His Word, you will experience a heightened awareness of His presence (John 14:21). The Lord will give you fresh, new spiritual insights. Your confidence and faith in God will be strengthened. You will feel mentally, spiritually and physically refreshed.

DAY	DATE	PRAYER TOPIC	SCRIPTURES
1	MON. DECEMBER 1 ST	COME OUT OF THE WORLD (Egypt, Babylon and Sodom) <ul style="list-style-type: none"> • Separate my heart from worldly affections. • Order my time, relationships, and habits around the light of Christ. • Give me grace to say no to compromise and yes to holiness. 	Genesis 1:1-5 2 Corinthians 6:17-18 1 John 2:15-17
2	TUE. DECEMBER 2 ND	GRACE TO STAND IN A CORRUPT GENERATION <ul style="list-style-type: none"> • Find grace like Noah and walk blameless before God. • Obedience to the word of God for my household. • Strengthen our ability to witness at work, school, and community. 	Genesis 6:8-9 Hebrews 11:7
3	WED. DECEMBER 3 RD	BREAK WITH ANY HIDDEN SIN <ul style="list-style-type: none"> • God help us expose and uproot anger, bitterness, and any other secret sin. • Heal generational patterns that produce strife. • Fill our homes with peace and righteousness. 	Genesis 6: 11-13 Psalms 139:23-24
4	THU. DECEMBER 4 TH	NEW BEGINNINGS <ul style="list-style-type: none"> • Offer my life as a form of worship and renew my commitment with God. • Cover our SRM church family with signs of His mercy and grace. 	Genesis 8:20-22 Genesis 9:8-13
5	FRI. DECEMBER 5 TH	COMING OUT OF BABEL WITH HUMILITY <ul style="list-style-type: none"> • Deliver me from pride and selfishness. • Purify my speech so my words build unity within the church. • Give our church members one heart and one purpose in Christ. 	Genesis 11:4-9 Philippians 2:1-4

6	SAT. DECEMBER 6 TH	REMOVING EGYPT FROM OUR HEARTS <ul style="list-style-type: none"> • Break reliance on worldly systems and fears. • Renew my mind to trust God's provision. • Guard me from compromise under pressure. 	Genesis 12:10-20 Isaiah 31:1 Romans 12:2
7	SUN. DECEMBER 7 TH	REMOVING SODOM AND GOMORRAH FROM OUR HEARTS <ul style="list-style-type: none"> • Protect me from a culture of sexual immorality. • Give me a heart to intercede for our church members so that we can overcome any sexual perversions. 	Genesis 18:23-33 Genesis 19:12-17 Jude 23
8	MON. DECEMBER 8 TH	JUSTIFICATION BY FAITH <ul style="list-style-type: none"> • Anchor my life in the righteousness that comes by faith. • Break guilt, shame, and self-serving faith from my life. • Release the blessings that come to me because of my faith in God. 	Genesis 12:1-3 Genesis 15:6 Romans 4:3 Galatians 3:6-9
9	TUE. DECEMBER 9 TH	MY INHERITANCE IN CHRIST <ul style="list-style-type: none"> • Teach me how to obey your instructions during times of famine so that I can reap the manifold blessings of God. • Establish Your presence over my household and work • Open new wells of provisions and peace. 	Genesis 26:2-5, 12-14, 24-25
10	WED. DECEMBER 10 TH	FAMILY AND HOUSEHOLD BLESSINGS <ul style="list-style-type: none"> • Pray for existing marriages to be strengthened and for future marriages to be in God's will. • Pray family wounds to be healed and for the restoration of honor, joy and peace. • Make our homes altars of prayer and hospitality. 	Genesis 24: 12-27, 63-67 Psalms 128
11	THU. DECEMBER 11 TH	BETHEL EXPERIENCE <ul style="list-style-type: none"> • Open my spiritual eyes to perceive your presence in seemingly ordinary places and circumstances. • Help me understand your word and apply it to my life. • Make me a pillar in the house of the Lord. 	Genesis 28:10-22
12	FRI. DECEMBER 12 TH	ENDURING THE DEALINGS OF GOD IN MY LIFE <ul style="list-style-type: none"> • Help me to stay faithful to your dealings so I can be broken for your service. • Touch what needs to be strengthened in my walk with you so grace may abound. • Turn my fear into favor as I face the attacks of the devil. 	Genesis 32:24-30 Hosea 12:3-6

13	SAT. DECEMBER 13 TH	BECOMING A PILLAR IN THE HOUSE OF GOD <ul style="list-style-type: none"> • Pray that you will yield all your “I WILL” desires to the service of God’s will. • Pray that you have the fruit of endurance to suffer all the wiles of the enemy because of your faith. • Pray that God will surround you with an amazing set of Christian friends who will help you stay focused in Christ Jesus. 	Revelation 3:12 1 Timothy 3:15 Galatians 2:9
14	SUN. DECEMBER 14 TH	BUILD YOUR CHURCH <ul style="list-style-type: none"> • Fit us together as living stones in love and unity. • Fill our gatherings with devotion, generosity, power and your presence. • Give us the desire to evangelize to our neighbors and to reach the world. 	Ephesians 2:19-22 1 Peter 2:5 Acts 2:42-47