

Ways to Fast

In terms of fasting, you have the freedom to choose what you think will help strengthen your faith and increase your satisfaction in Christ; but here are some suggestions about ways to fast that may be fruitful:

Food

- No food for a day or multiple days
- No food until dinner each day
- Just cut out certain kinds of food (eg: snacks, sweets, alcohol, caffeine)
- No dinners out.

Shopping

- Cut out online shopping
- No shopping for non-essential items

Media

- Cut out non-work related screen time (eg YouTube, streaming, social media, gaming)
- Cut out music or podcasts (listen to sermons or audio Bible instead)

Sleep

- Wake up earlier or go to bed later to spend more time in devotions/prayer

Other

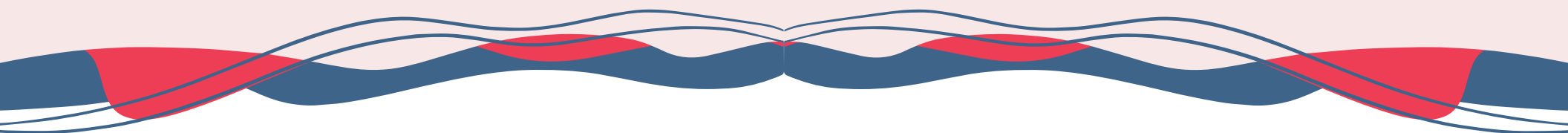
- Spend time praying instead of working out, knitting, woodworking etc.



TriCity Church

Fasting and Prayer Guide

January 5-11, 2026



The purpose of this week is to become more fully satisfied in Jesus and to see God move powerfully in our hearts, in our church, and in our community. We invite everyone to fast in some significant way throughout the week and enter into additional or extended times of prayer.

In addition to the things God has laid on your heart personally, we ask that you would use the scripture and prayer prompts below to seek a powerful movement of God's Spirit in the areas highlighted each day.

Monday: Deeper Faith in Christ

2 Corinthians 3:4-18

Pray: God, we praise you for the spiritual life you have given us in Christ and we pray that you would continue this work in us. Keep growing us in faith, and transform us into the image of Christ for his glory and our good.

Tuesday: Desire and Discernment of Spiritual Gifts

1 Corinthians 12:4-11

Pray: Lord Jesus, help us as individuals and as a church to better understand and identify the gifts you have given us by your Spirit for the building up of our church. May we "earnestly desire" (1 Cor 14:1) these gifts and seek to use them for the common good of the church.

Prayer Meeting - Today 12PM (noon) at the church building.

Wednesday: Open the Eyes of the Lost

2 Corinthians 4:3-6

Pray: Help the lost in our lives to see their spiritual need. May they not remain "comfortable" in their sin, and may the devil not succeed in keeping them blind to the hope of the Gospel. Give us boldness to share Jesus in the hopes that they will truly see him and be saved.

Thursday: Calls to Ministry

Mark 1:16-20

Pray: Jesus, help each of us to hear the call on our lives to follow you fully. We pray that you would call more people into vocational ministry so as to strengthen and bless our church. We pray that you would give wisdom to the elders as they seek to fill staff roles.

Friday: TriCity Elders

Hebrews 13:7-8

Pray: Jesus, give wisdom and help to the elders of our church as they seek to lead us according to your Word and your Spirit. Convict them of sin and encourage them in the faith. Give us hearts eager to support them and follow their lead, trusting that you are at work in them and in our church.

Saturday: Maple Ridge

Jonah 3:1-10

Pray: God, we pray that the Gospel would go forth into Maple Ridge and that those who are under your judgment there would hear the message of warning and repent in Jesus name. We pray you would use us as a church for this gracious work, but give us faith and patience for this work to be done according to your plan and power.

Sunday: Power

2 Timothy 1:3-14

Pray: Jesus we praise you that you have given us not a spirit of fear, but of power and love and self-control. We pray your Spirit would move in us in these ways, and that we would manifest these godly qualities in our lives more fully.

Potluck & Worship Night - Tonight 5PM at the church building.

