

SYDNEY DISCIPLE MAKERS

END-OF-MONTH FAST & PRAYER

Saturday 26 September – Monday 28 September 2026

Finishing Monday 28 September at 5:30pm

THEME

“If my people, who are called by my name, will humble themselves and pray and seek my face...”

— 2 Chronicles 7:14

Three days to humble ourselves before God, seek His face, surrender every area of our lives to the Lordship of Jesus Christ, and contend together for breakthrough in disciple-making.

WHY ARE WE FASTING & PRAYING?

1. Dedicating every area of our lives to the Lordship of Jesus

“Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me...” — Psalm 139:23-24

We are praying: Jesus, have complete Lordship over my life. Search my heart and reveal anything that is not pleasing to You. Show me areas where I have become distracted, compromised or self-reliant. Help me surrender my relationships, finances, work, ambitions, habits, time and future to You.

2. Humbling ourselves before God and asking for grace to faithfully follow Him

“Humble yourselves, therefore, under God’s mighty hand...” — 1 Peter 5:6

“God opposes the proud but shows favor to the humble.” — James 4:6

We are praying for humility, obedience, holiness, teachability, repentance and grace to persevere in faithfully following Jesus.

3. Breakthrough in disciple-making, addictions and sinful patterns

“This kind can come out only by prayer and fasting.” — Mark 9:29

We are praying for breakthrough in our disciple-making hubs; people far from Jesus to encounter His love; freedom from addictions and destructive patterns; healing and restoration in families and relationships; courage to repent and seek accountability; boldness to make disciples and share the Gospel; and greater hunger for God’s Word and prayer.

Isaiah 58 — The Fast God Desires: We want our fasting to produce fruit in the way we live, moving beyond outward religious practice toward genuine surrender, mercy, justice and obedience.

WHAT KIND OF FAST SHOULD I DO?

1. Food & Calorie Fast	Abstain from solid food and high-calorie drinks. Water, electrolytes, black coffee and warm lemon water may be used.
2. Partial Fast	Abstain from solid food until 4pm each day, then eat normally or moderately after 4pm.

3. Abstinence Fast

Ask the Holy Spirit what desires, pleasures or distractions you can lay down for three days—such as Netflix, social media, chocolate, refined sugar, gaming or worldly entertainment.

The most important part: The type of fast is not as important as the heart behind it. You are not less spiritual because you fast for one day or choose an abstinence fast. God looks at the heart. Give up something that genuinely costs you something and replace it with communion with God.

FASTING WITHOUT PRAYER IS JUST DIETING

Our emphasis is prayer and communion with God. Spend dedicated time alone with Jesus each day, and where possible gather with your local hub to pray, worship, read Scripture and encourage one another. If meeting physically is not possible, meet together on Zoom. The goal is not simply to fast separately—we want to seek God together.

SUGGESTED THREE-DAY PRAYER FOCUS

SATURDAY — SURRENDER

“Jesus, have Lordship over every area of my life.”
Psalm 139:23-24 • Romans 12:1-2 • Luke 9:23

SUNDAY — HUMILITY & GRACE

“Lord, humble me and give me grace to faithfully follow You.”
2 Chronicles 7:14 • 1 Peter 5:6 • James 4:6 • Micah 6:8

MONDAY — BREAKTHROUGH

“Lord, bring freedom and breakthrough as we seek You.”
Mark 9:29 • Isaiah 58 • Isaiah 61:1-3

5:30PM — BREAK THE FAST

Gather together where possible and finish with prayer, thanksgiving and worship. Thank Jesus for what He has done and commit the coming month to Him.

A FINAL ENCOURAGEMENT

Don't approach these three days simply as a religious exercise. Come hungry for Jesus. Come ready to repent, surrender, forgive, obey, pray for the lost and believe God for breakthrough.

SEEK HIS FACE.

May the Spirit of grace fill your hearts with a deeper desire for Jesus and the lost as you seek His face this month.

WANT TO LEARN HOW TO LEAD A PRAYER & FASTING GROUP?

If you would like to be equipped in how to organise a prayer group to fast and pray together, please contact Dione or Tom.

Note: If fasting from food may be unsafe for you due to a medical condition, medication, pregnancy/breastfeeding, history of an eating disorder, or another reason, choose a suitable

alternative and seek appropriate medical advice.