



SHILOH CHURCH 10-Day Prayer Guide

August 10-19, 2026

10 Days of Prayer – Daily Prayer Points and Fast Information

PRAYER PERIMETER ON ZOOM - Call 1-669-900-6833. Enter **meeting ID 842 8017 3738** followed by #, **WAIT TO JOIN THE MEETING**. If you have a zoom account/app please click the link below that will direct you to the call. <https://bit.ly/PrayerPerimeter> **Times:** Monday - Friday: 4:00-10:00 AM, 11:00 AM – 1:00 PM, 3:00 PM - 4:00 PM; 5:00 PM to 12:00 AM; and Saturdays: 5:00-9:00 AM.

RESOURCES:

- Each day use a different prayer model as outlined in the booklet, *First Pray*, to guide your devotional time. [Download the First Pray Booklet](#) [Download the Spanish Edition](#)
- See the bottom of this document for resources on fasting.

Day 1, August 10 - FOCUS: *Prayer for the Shiloh Church Family*

Psalms 95:7-8: *For He is our God and we are the people of His pasture, the flock under His care. Today, if only you would hear His voice, "Do not harden your hearts as you did at Meribah, as you did that day at Massah in the wilderness."*

It seems, for many believers, that a major disconnect occurs between Sunday and Monday. Let's pray as John did for not only an encounter with God but that He would dwell (live His life) in us. That, we as the church, would be aware of His presence each day we live.

Let's pray, during these 10 Days of Prayer, that each person will receive a fresh outpouring of the Holy Spirit and will become living habitations for God's presence. Let's pray for a people that go deeper into God's word, with times of communion with God. Go wider in their influence and go bigger in their faith!

Romans 8:5: *For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit, the things of the Spirit. For to be carnally minded is death, but to be spiritually minded is life and peace.*

As we pray, let's allow the Holy Spirit to cleanse and purify His people by allowing the power of the "Living Water" of God to flow into every area of our lives. Ephesians speaks of Christ and His bride, "That He might sanctify and cleanse her with the washing of water by the word." God's living water and His living word is ever present to do their work. Let's say, "Yes" to His will and way in us and through us!

The Holy Spirit desires new wineskins for there to be a fresh move of God in our lives. When a new spiritual "mind-set" is aware of Christ's promises, His Love, and His power, and His Spirit at work in our lives, a fresh outpouring of "new wine" will follow. When new wine comes, "times of refreshing" in the Spirit will overcome and



SHILOH CHURCH 10-Day Prayer Guide

August 10-19, 2026

overtake us with breakthroughs in all aspects of our lives and those we influence, as was the case on the Day of Pentecost and throughout the book of Acts.

Jesus started the Church the way He wanted it; now He wants the Church the way He started it! He wants us THE CHURCH saturated with a fresh outpouring of His Holy Spirit!

As we sit here and pray this over Shiloh, our hearts resound: “Why not here? Why not now??” We as a community of Christ followers at Shiloh believe it is possible, and that *now* is the time because our Heavenly Father wants to Glorify and Exalt His Son Jesus over our church!

Prayer: *Lord, I pray for times of refreshing as Your Word and Holy Spirit's presence cleanses and renews your people. I pray that I will be spiritually minded and that I will say yes to Your way and will through me. I pray that every person that attends Shiloh will be filled with the Holy Spirit and experience breakthroughs in EVERY area of their life. Thank you for YOUR church - Shiloh. Thank you for your faithfulness to us! I pray that my spiritual family will receive a fresh outpouring of Your Spirit! I pray that Jesus will be GLORIFIED at Shiloh. That we will see your Kingdom AMPLIFIED through each person that makes up SHILOH, that as a community we will be UNIFIED and function in one accord and we will see those following you MULTIPLIED! In Jesus Name we pray! AMEN!*

Day 2, August 11 - FOCUS: *Prayer for Families & Kids*

Deuteronomy 11:18-19: *Fix these words of mine in your hearts and minds; tie them as symbols on your hands and bind them on your foreheads. Teach them to your children, talking about them when you sit at home and when you walk along the road, when you lie down and when you get up.*

Proverbs 22:6: *Start them off on the way they should go, and even when they are old they will not turn from it.*

Divorce. Busyness. Culture. Media influences. Lack of communication. Financial pressures. This list makes up some of the issues that families and kids face on a daily basis. But what does this list mean? Are our families and kids doomed?

Our job as husbands, wives, fathers, mothers, aunts, uncles, and grandparents is to model what it is to have a true relationship with Jesus. What it means to have God's word treasured in our hearts so that we don't sin against Him (Psalms 119:11).

We are to teach our children the way that they should go. Teach them that the Bible is more than a book of rules; it is God's love letter to us. It is a guide, a map to help us navigate our lives. It helps us when we need direction or correction. It lets us know what God thinks of us, the promises He has for our family, and it encourages us to keep on going, to dig deeper, and seek after him.

Today, as we seek God, we ask for a closer relationship with Him, that our actions speak louder than our



SHILOH CHURCH 10-Day Prayer Guide

August 10-19, 2026

words, and that those actions point to Jesus. As families and the Body of Christ, we pray that we will continually delve into His word. And that as we pursue Him for the answers, we can build a solid foundation for ourselves, and be an example for our families and our kids.

Reflect:

- How can I model a true relationship with Jesus? What does that even look like?
- How can I be an example to my family and/or kids?

Prayer: *Lord Jesus, let me have a genuine relationship with you, one that will be an example to my family and my children. Let my actions point to you. I pray that salvation spring up within my family and children, that they may obtain the salvation that is in Christ Jesus (2 Tim. 2:10). And that they will grow to find Your Word more precious than pure gold and sweeter than honey (Ps. 19:10). In Jesus Name we pray! AMEN*

Day 3, August 12 - FOCUS: *Prayer for Youth*

Isaiah 40:31: *For even young people tire and drop out, young folk in their prime stumble and fall. But those who wait upon God get fresh strength. They spread their wings and soar like eagles, they run and don't get tired, they walk and don't lag behind.*

In life we sometimes hit a wall, lose focus, or get sideswiped by tragedy. In those moments, we realize where our strength really comes from. Isaiah reminds us that those that are young or young at heart can't depend on their own passion or endurance to accomplish God's plan. And only through waiting upon the Lord can someone find fresh strength and vision to walk it out the will of God.

God is calling us to wait on Him and then walk out His plan and purposes in our 9-5, 24/7, 365. The way to walk it out comes through a lifestyle of God-dependency. A 401k won't sustain, talent is not enough, bodies get sick, but those that wait upon the Lord get renewed vision that creates a renewed strength.

Prayer Points:

1. Pray that this upcoming generation obtains a God-dependency. May all of our options be exhausted and Jesus is the One we lean on. Pray that the young and young adults of our church learn that God is the One that lifts them up. It is God who offers a strength that sustains. There's nothing like fasting that expedites our exhaustion. Fasting leads us to the end of our flesh to where we can hear God clearly!
2. Pray for an elevated perspective in their lives. God speaks through Isaiah a profound thought, that humbling ourselves to wait upon God is how we purchase a flight into the heavens. From that elevated perspective we begin to see like God sees.
3. Pray for enablement. May God enable us for the task that is ahead. May He supply the vision, strength, resources, to complete the task. We don't want to just hear God; we want to take action and apply our faith.



SHILOH CHURCH 10-Day Prayer Guide

August 10-19, 2026

Prayer: *Lord Jesus, we cover our young people in prayer today. We pray for a generation that is hungry for YOU, for Your presence, for Your Word, for You to move in their lives. Help us to be the community that will encourage them, disciple them, equip them, pour into them and come alongside them as they grow into the men and women of God that You have called them to be. We pray for them to walk with purpose, direction and receive wisdom from You. We pray that they will stand firm in their generation and not waver to the left or the right, to be those who are passionate about loving God and loving people. We believe God is calling them to be the head and not the tail, to be people of faithfulness, excellence and courage. Lord, help them to walk in Your perfect will and way for their lives. In Jesus Name we pray! AMEN!*

Day 4, August 13 - FOCUS: *Prayer for Young Adults & Singles*

Psalms 62:5: *My soul, wait silently for God alone, for my expectation [is] from Him. (NKJV)*

Isaiah 40:28-31: *Have you not known? Have you not heard? The everlasting God, the LORD, The Creator of the ends of the earth, neither faints nor is weary. His understanding is unsearchable. 29 He gives power to the weak, And to [those who have] no might He increases strength. 30 Even the youths shall faint and be weary, And the young men shall utterly fall, 31 But those who wait on the LORD Shall renew [their] strength; They shall mount up with wings like eagles, They shall run and not be weary, They shall walk and not faint. (NKJV)*

James 1:4: *But let patience have [its] perfect work, that you may be perfect and complete, lacking nothing. (NKJV)*

The process of waiting can be one of the most difficult, but yet beneficial, things the Lord will require of us. And for young adults full of zeal, vision and passion, waiting can feel nothing short of torturous. But here is the perspective... *Waiting* isn't always about standing still. The posture of waiting requires us to **actively** believe in faith until God fulfills His promise in our lives. Waiting requires us to take bold steps forward in pursuit of our God-given dreams and destiny, despite our failures and what obstacles we may see in our way. Whether it's the completion of school, the start of a new social enterprise or business venture; Or whether it's finding "the one" and getting married, or desiring to start a new family, waiting on the Lord requires that we don't give up. It's through this process that patience perfects us, preparing us for the promise. It's while we wait on the Lord, we gain strength, grow wings, and fly!

Prayer Points for Young Adults/ Singles and:

1. Pray for clarity in vision and single-mindedness toward the purpose and destiny that God has for their lives. Pray for Servant Leaders to arise that serve within the House of God and our communities. Pray for divine appointments and open doors in their areas of influence in both work and social settings. That God would set them in places of authority to lead and bring Kingdom perspective wherever they go.
2. Pray for strength to endure disappointment and set back, and grace to overcome failure. Pray for boldness and courage to conquer fear, and the wherewithal to STAND in their generation. Pray for peace of the Holy Spirit, fresh faith to believe God at His word and the ability to trust Him to bring it to pass.
3. Pray for daily GOD encounters. That the Lord would give them an ear to recognize and hear what the Spirit of the Lord is saying. Intimacy with Jesus and a fresh hunger for the word of God. That they would be Spirit-led in all things, guarding against religion, deception, and false doctrines of this age.



SHILOH CHURCH 10-Day Prayer Guide

August 10-19, 2026

4. Pray for authentic relationships that edify, strengthen, and encourage. For those who are solitary to find true community and family, and those who desire marriage to find a Godly wife/ husband. Pray that those recently married would build their families and homes on the principles found in the word of God.

5. Pray for financial blessings and breakthroughs. That they would understand the Biblical truth of sowing and reaping and giving of tithes and offerings, pray for jobs, and for career paths to be established and expanded. The purchasing and selling of property, and houses, and that all physical and natural needs are met.

6. Pray that they would be holy, as God is Holy. Guard them from lust, fornication, and the perversion that is trying to overcome this generation. Pray against pride and that they would be clothed in humility. That God would sanctify them body, soul and spirit, giving them His identity and the mind of Christ, as they continue to wait on the Lord.

Prayer: *Lord, we pray for young adults and singles today. We pray that You would overshadow them, with your grace, peace and joy everyday. May they be guided by Your wisdom in their decision making when it comes to finances, relationships, educational opportunities, careers and decisions they make. We pray that You are the CENTER of their lives and that they are passionate about living out Your plan for their lives. In Jesus Name we pray! AMEN!*

Day 5, August 14 - FOCUS: *Prayer for Marriages*

Mark 10:9: *"Therefore what God has joined together, let not man separate."* (NKJV)

Ecclesiastes 4:12: *"Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken."* (NKJV)

Marriage was intended to be a reflection of Christ's love for the Church. But what does that really look like? In Ephesians 5:25 it says that Christ gave Himself up for the Church. This means our marriage should be sacrificial – where serving, giving, and preferring are part of our daily routine. The blueprint for a loving marriage is found in the "Love Chapter" of the Bible – 1 Corinthians 13. "Love is patient, love is kind..."

In our own strength, this seems impossible. Yet, the key to having a successful relationship is having a *God-centered* marriage. Our first priority is to love the Lord with all our heart, mind, soul, and strength. Then and only then, do we truly have the capacity to love with an agape, unconditional love. With His love in our hearts, we can then follow the second commandment to love others as ourselves.

The Bible refers to a cord of three strands that is not easily broken. Two together is strong, but two united with God is even stronger! The three strands represent the Lord, the husband, and wife. These three form a close relationship that can weather the storms of life.



SHILOH CHURCH 10-Day Prayer Guide

August 10-19, 2026

For those of who have been married for a while, we can reflect on times of joy, as well as challenging times. We are learning more each day that our marriage must be founded on God's Word. There is an answer for every circumstance we face in the Bible. If you are married or are considering marriage, we encourage you to dig in deeper, wider, and bigger in His word and find the path to a happy, healthy marriage!

Prayer:

Lord Jesus, we ask you to cover the marriages in Shiloh. Be the center of each relationship. Prepare the hearts of husbands and wives to love each other with a sacrificial, giving love. We ask that you would help them to demonstrate the fruits of love, kindness, patience, and gentleness with their spouses. Restore broken homes and marriages. We believe for forgiveness, reconciliation, and generational curses of divorce, addiction, and abuse to be broken over people's lives. We pray for marriages that reflect Your love for the Church. In Jesus Name we pray! AMEN!

Day 6, August 15 - FOCUS: *Prayer for 55 and Older*

It is the senior saints who helped lay the foundational stones we stand on today at Shiloh. Their prayers, sacrifice, and service were seeds sown into good ground. And we graciously reap the mighty harvest in this season. Let's cover them in prayer everyday!

Prayer Points:

Pray that our seniors would be appropriately honored.

Proverbs 16:31: *Gray hair is a crown of glory; it is gained by living a godly life.* (NLT)

Pray that our seniors would share their experience with the next generation so that they may benefit from the wisdom of their elders.

Proverbs 20:29: *The glory of the young is their strength; the gray hair of experience is the splendor of the old.* (NLT)

Pray that our seniors will be strong. Physically and mentally and physically strong - in spite of what the world might expect.

Joshua 14:10-11: *Now, as you can see, the Lord has kept me alive and well as he promised for all these forty-five years since Moses made this promise—even while Israel wandered in the wilderness. Today I am eighty-five years old. I am as strong now as I was when Moses sent me on that journey, and I can still travel and fight as well as I could then.* (NLT)



SHILOH CHURCH 10-Day Prayer Guide

August 10-19, 2026

Psalm 92:12-14: *But the godly will flourish like palm trees and grow strong like the cedars of Lebanon. 14 Even in old age they will still produce fruit; they will remain vital and green. (NLT)*

Pray that the Lord gives our seniors new dreams to help Shiloh and its people prosper in the Next 50.

Joel 2:28: *Then, after doing all those things, I will pour out my Spirit upon all people. Your sons and daughters will prophesy. Your old men will dream dreams, and your young men will see visions. (NLT)*

Prayer: *Lord Jesus, bless our Senior Saints and continue to use them mightily for Your glory. Help them to realize that they are a vital and important part of the body of Christ! We ask for divine health, provision in every aspect of their life, and that the joy of the Lord would be their strength. In Jesus Name we pray! AMEN!*

Day 7, August 16 - FOCUS: *Prayer for A Heart of Worship*

God has called us to have a heart of worship and live a LIFESTYLE of worship in everything we do. This isn't a Sunday thing but a daily choice to seek God first and dedicate our lives to serving Him.

1 Peter 1:13-16 (Amplified): *"So prepare your minds for action, be completely sober [in spirit - steadfast, self disciplined, spiritually and morally alert], fix your hope completely on the grace [of God] that is coming to you when Jesus Christ is revealed. [Live] as obedient Children [of God]; do not be conformed to the evil desires, which governed you in your ignorance [before you knew the requirements and transforming power of the good news regarding salvation.] But like the Holy One who called you, be holy yourselves in all your conduct [be SET APART from the world by your godly character and moral courage]; because it's written, "YOU SHALL BE HOLY (SET APART), FOR I AM HOLY."*

Prayer Points:

1. Please pray for a continued work of Holiness. Holiness doesn't mean perfection. A simple definition - Holiness is a life set apart in total devotion and OBEDIENCE to God. So as we are SET APART in obedience (and this is the key word) to Him, He's going to make us whole, teach us how to live right, make right choices, live in moral purity and obedience. We know the pure in heart will SEE God. So please pray for a continued work of Holiness - both in the worship department and in the church. A generation (young and old) totally set apart to God.

2. Pray that those coming weekly would have a true encounter with the living God. We're not interested in entertaining or singing the most popular songs, but leading people to a forever-life-changing encounter with Christ.



SHILOH CHURCH 10-Day Prayer Guide

August 10-19, 2026

3. Pray for the worship pastors and worship leaders, all the musicians and singers, the choir, sound engineers, and all volunteers in the worship department. Pray protection for their families, marriages, health, hearts, and minds. The tribe of Judah (worship and the arts) would go before the people in the battle. Judah is always on the front line.

4. Pray for wisdom and strategy for the worship department and leaders.

5. Pray for revival and a fresh baptism of the Holy Spirit in every heart, from the kids to the elderly. This is going to be a sovereign work of God - please stand in faith with us for revival and a return to the true heart of worship in this church and region.

Prayer: *Lord Jesus, we pray for a passion for Your presence, that we won't be satisfied unless we spend time on our knees, seeking Your face. Ignite a hunger, a fire in our hearts like never before. Help us to live a lifestyle of worship, consecrated to You, loving You with all of our hearts, souls, minds and strength. We proclaim You are holy, worthy, and glorious! We exalt Your holy Name! In Jesus Name we pray! AMEN!*

Day 8, August 17 - FOCUS: *Prayer for Mission & Evangelism*

John 4:35 states that the call of the New Testament Church is to lift their eyes above the mundane and insignificant cares of this life and behold the fact that the harvest is now ripe.

Shiloh from its very inception in the mid-'60's has been a church that has had an apostolic commission, which has caused our church body to be strategically involved with cross-cultural missions both locally and globally. The following is a brief list of foreign mission endeavors that Shiloh is currently involved with:

- 1) Pray for the churches in Hong Kong - Pray that as Mainland China has taken over, our churches will remain open and free to worship and propagate the gospel.
- 2) Pray that our ministry in several provinces of Mainland China will continue to be protected as the pastors and leaders have been recently experiencing a lot of surveillance and prosecution.
- 3) Japan - Pray that our main church in Tokyo will continue to move in the prayer revival, which is currently a model for the prayer revival that is touching the nation.
- 4) Philippines - Pray for our church in Cavite, which continues to expand into other areas of the nation with church plants.
- 5) Africa - Pray for the Bible College in Ethiopia as it grows to reach people in other parts of Africa and in the Middle East.



SHILOH CHURCH 10-Day Prayer Guide

August 10-19, 2026

These are just a portion of the nations that Shiloh has touched over the years.

Prayer: *Lord Jesus, we thank You for giving us the nations as an inheritance. We pray for a heart for missions both locally and abroad, that we would seek to fulfill Your great commission to go to every nation and see them saved, set free, and following after You. It starts with us. Help us to shine as a light and be salt in our community, our spheres of influence and throughout the world. Cover those who are serving faithfully on the mission field and we believe for more people to be raised up to GO! We are expecting to see revival spread throughout the nations! In Jesus Name we pray! AMEN!*

Day 9, August 18 - FOCUS: *Prayer for Connection/ Fellowship of Believers*

Acts 2:46-47: *And day by day, attending the temple together and breaking bread in their homes, they received their food with glad and generous hearts,⁴⁷ praising God and having favor with all the people. And the Lord added to their number day by day those who were being saved.*

This passage describes the early Christian Church and their seamless ability to connect and fellowship with each other, both inside and outside of the physical church building. Their passion for the Gospel and their Love for one another propelled them to form a community truly united by the Power of the Holy Spirit. The evidence of this Love was real and contagious, so much so, that the Church grew rapidly each day.

The Mission of Shiloh Church is "Loving God and Loving People." Let's pray for a deeper and more radical personal encounter with God's Love. One that propels us to a deeper and more radical love for one another. A love that is demonstrated to the world and is contagious.

Prayer Points:

Let's pray that God would use every service, every LifeGroup, and every Pathway class to cultivate an atmosphere of Love, Connection, Fellowship, and Equipping.

Let's pray that every first time guest experiences the love of God and gets connected into the true Godly fellowship.

Let's pray for every Care Team leader and LifeGroup leader that is responsible for connecting with new people and guiding them into the next steps of deeper fellowship. Pray for fresh vision and the heart of a servant leader to meet the needs of those they come into fellowship with.

Let's pray for continual growth and expansion of new LifeGroups throughout the Bay Area in homes and coffee shops so that every member in the body is connected.



SHILOH CHURCH 10-Day Prayer Guide

August 10-19, 2026

Prayer: Lord Jesus, we thank You for the Body of Christ, for our brothers and sister of Christ. You have brought us together as a family to love each other and uphold each other in prayer, support, and encouragement. We pray for a strong community of believers to stand together in unity. In Jesus Name we pray! AMEN!

Day 10, August 19 - FOCUS: *Prayer for Healing*

Psalms 103:2: Bless the LORD, O my soul, And forget not all His benefits: ³ Who forgives all your iniquities, Who **heals** all your diseases, ⁴ Who redeems your life from destruction, Who crowns you with loving kindness and tender mercies, ⁵ Who satisfies your mouth with good things, So that your youth is renewed like the eagle's. (NKJV)

Jeremiah 33:6: Behold, I will bring it **health and healing**; I will heal them and reveal to them the abundance of peace and truth. (NKJV)

Isaiah 53:4: Surely He has borne our griefs and carried our sorrows; Yet we esteemed Him stricken, smitten by God, and afflicted. ⁵ But He was wounded for our transgressions, He was bruised for our iniquities; The chastisement for our peace was upon Him, And by His stripes we are **healed**. (NKJV)

Jesus is well-acquainted with pain and sorrow, as He bore it all on the cross. Now we can boldly go to the throne of grace and ask for Him to set us free from sickness, pain, oppression, depression, and the attacks of the Enemy against our health and emotions.

We trust the Lord to do a great work in this season. We have declared this as a year of miracles and healing and are believing the Lord for His touch upon our church family.

Prayer: Heavenly Father, we ask for healing for the Shiloh Family from sickness and disease. Send your Word and heal those who are bound by fear and oppression. We ask for wholeness, divine health, longevity, and blessed lives. You said we would do greater works in Your Name, so we believe for a great outpouring of the Holy Spirit. We give you praise that by Your stripes we are healed. In Jesus Name we pray! AMEN!



SHILOH CHURCH 10-Day Prayer Guide

August 10-19, 2026

SHILOH CHURCH – A GUIDE ON FASTING

Since Shiloh's beginning, WE HAVE MADE IT A PRIORITY TO SEEK GOD FIRST! THROUGH PRAYER AND FASTING.

At Shiloh, we hold corporate times of fasting. Together, we faithfully seek God first, trusting Him to create a lasting impact in our lives, our church and our world.

There are specific times in our lives when God tries to get our attention. We believe that this is that time for you. God is calling your name. God is wooing, drawing you to turn to Him completely right now. During these 21 days of prayer and fasting, we believe that God will speak to you, change your life and use this as a time of encounter with Him.

Fasting has the potential for significant impact in our lives. Through fasting and prayer, the Holy Spirit can transform your life personally and God can speak to you in new and dynamic ways.

This guide will aid this season of prayer and fasting. It includes a biblical guide to fasting with different fasting options. We eagerly await what the Lord will do for us, in us, and through us during these very special 21 days. What a way to begin 2021!

Charles Spurgeon stated that " the proper study of God's elect is God; the proper study of a Christian is the Godhead. The highest science, the loftiest speculation, the mightiest philosophy which can ever engage the attention of a child of God, is the name, the nature, the person, the work, the doings and the existence of the great God whom he calls his Father."

It is important that we each know who we are as individuals but more important than that is that we know who GOD is! Paul's prayer in Ephesians 1:17-19a is our prayer for you in 2021; that you *keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know Him better. I pray that the eyes of your heart may be enlightened in order that you may know the hope to which He has called you, the riches of His glorious inheritance in His holy people, and His incomparably great power for us who believe.* - Ephesians 1:17-19a

What does the Bible teach about fasting?

Biblical fasting involves abstaining from eating and/or drinking and doing it for spiritual purposes.

In the Old Testament, Israel celebrated certain annual fasts, the most prominent being the Day of Atonement. There were also occasional fasts tied to specific historical events, sometimes individual and sometimes corporate. Here are a few of the occasions for fasting: at a time of grief (I Samuel 31:13, Nehemiah 1:4); at a time of repentance (I Samuel 7:6, I Kings 21:27); as an expression of humility (Ezra 8:21, Psalm 69:10); and as an expression of a need for God's guidance and help. What all of these fasts share in common is that they were an expression of dependence on God.

Several New Testament passages give us insight about fasting:

Fasting teaches us that God's Word nourishes us: Matthew 4:1-4 records the only example of Jesus fasting, just prior to His being tempted in the wilderness. He faced temptation with these words, "Man shall not live on bread alone, but on every word that proceeds out of the mouth of God." Jesus is quoting Deuteronomy 8:3-5 which talks about the 40 years Israel spent in the



SHILOH CHURCH 10-Day Prayer Guide

August 10-19, 2026

wilderness, depending daily on manna to sustain them. He says that God humbled them and let them be hungry in order to teach them to depend on God's Word to sustain them. By His example of fasting, Jesus reminds us that food alone can't sustain us. We need to be nourished by God's Word.

Fasting teaches us that doing God's will sustain us: John 4:31-35 records Jesus' encounter with the woman at the well. When the disciples return, they encourage Jesus to eat. He responds by saying, "I have food to eat that you know not of." Then He adds, "My food is to do the will of the Father." Again, Jesus reminds us that food alone is not enough. We are sustained by doing God's will.

Fasting teaches us that Jesus Himself sustains us: In John 6:48-50 Jesus says, "I am the bread of life. Your fathers ate the manna in the wilderness and they died. This is the bread which comes down out of heaven so that one may eat of it and not die." We see this pictured symbolically in the bread and the cup of the Lord's Supper. Jesus is the source of eternal life. Fasting is feasting on Jesus.

Jesus assumed that fasting would be a part of His disciples' spiritual life. In Matthew 6:16-18, He says, "*When* you fast," not "*If* you fast." He warns us not to fast to impress people but to be near to the heart of God.

When you fast, you will find yourself being humbled, you will discover more time to pray and seek God's face, and as He leads you to recognize and repent of unconfessed sin, you will experience special blessings from God.

What is the purpose of fasting?

If you do not already know the power and importance of fasting, here are some very important facts:

- Fasting was an expected discipline in both the Old and New Testament eras. For example, Moses fasted at least two recorded 40-day periods. Jesus fasted 40 days and reminded His followers to fast, "when you fast," not if you fast.
- Fasting and prayer can restore the loss of the "first love" for Jesus and result in a more intimate relationship with Him.
- Fasting is a biblical way to truly humble yourself in the sight of God (Psalm 35:13; Ezra 8:21). King David said, "I humble myself through fasting."
- Fasting enables the Holy Spirit to reveal your true spiritual condition.
- Fasting allows the Holy Spirit to quicken the Word of God in your heart and His truth will become more meaningful to you!
- Fasting can transform your prayer life into a richer and more personal experience.
- Fasting can result in a dynamic personal revival in your own life and make you a channel of revival to others.

Fasting is designed to intensify our dependence on God by weakening our dependence on food and other things.

How does a fast do that?



SHILOH CHURCH 10-Day Prayer Guide

August 10-19, 2026

Fasting reveals and heals our dependence on food (and other things) to fill the discomfort caused by low self-esteem, unfulfilling work, unloving relationships, uncontrollable circumstances, etc. It removes the false peace derived from the pleasure of eating.

Richard Foster says, "More than any other discipline, fasting reveals the things that control us. This is a wonderful benefit to the true disciple who longs to be transformed into the image of Jesus Christ. We cover up what is inside us with food and other good things, but in fasting these things surface. If pride controls us, it will be revealed almost immediately. David writes, "I humbled my soul with fasting" (Psalm 69:10). Anger, bitterness, jealousy, strife, fear—if they are within us, they will surface during fasting."

Fasting teaches us that we can go without getting what we want to survive. Fasting can free us from needing to have what we want. Therefore, fasting can teach moderation or self-control, not only in relation to food, but also in other areas. It teaches contentment (1 Timothy 6:6).

Fasting expresses and deepens our hunger for God. "Fasting reminds us that we are sustained 'by every word that proceeds from the mouth of God'" (Matthew 4:4). Food does not sustain us; God sustains us. In Christ, "All things hold together" (Colossians 1:17). During a fast we are abstaining from food or other activities and feasting on God's Word.

Fasting must always, first and foremost, center on God. It is ALL about Him.

Step 1: Clarify the purpose of your fast

Why are you fasting? Ask the Holy Spirit to clarify His leading and objectives for your prayer fast. This will enable you to pray more specifically and strategically. Fasting is God-led and God-initiated. That means that He fuels a desire to fast and pray. He loves it when we fast.

Step 2: Specify the kind of fast you will do

Pray about the kind of fast you should undertake. Jesus implied that all of His followers should fast. (Matthew 6:16-18; 9:14,15) For Him it was a matter of when believers would fast, not if they would do it. Before you fast, decide the following up front:

- How long will you fast? - one meal, one day, one week, several weeks, certain days? (Beginners should start slowly and build up to longer fasts)
 - What type of fast does God want you to undertake? - More information in the *Types of Fasts* section below.
 - What physical or social activities will you restrict?
- How much time each day you will devote to prayer and God's Word? Make these commitments ahead of time. It will help you sustain your fast when physical temptations and life's pressures tempt you to abandon it.

Step 3: Prepare your heart, mind, and body for fasting



SHILOH CHURCH 10-Day Prayer Guide

August 10-19, 2026

Fasting is not a spur-of-the-moment thing. It is planned. We must prepare. The very foundation of fasting and prayer is repentance. Unconfessed sin can hinder your prayers. Here are several things you can do to prepare your heart, mind and body.

- Fasting requires reasonable precautions. Consult your physician first, especially if you take prescription medication or have a chronic ailment. Some persons should never fast without professional supervision.
- Do not rush into your fast. Prepare your body. Eat smaller meals before starting a fast. Avoid high fat and sugary foods. Eating raw fruit and vegetables prior to your fast is helpful. 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.
 - Prepare your heart and mind: Remember that God is your Father and He loves you and is for you.
- 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; Luke 11:4; 17:3,4). Make restitution as the Holy Spirit leads you.
- Surrender your life fully to Jesus Christ (Romans 12:1, 2). Meditate on the attributes of God, His love, sovereignty, power, wisdom, faithfulness, grace, compassion and others. (Psalm 48:9,10; 103:1-8, 11-13)
 - Begin your time of fasting and prayer with an expectant heart. (Hebrews 11:6)
 - Do not underestimate spiritual opposition. Satan sometimes intensifies the natural battle between body and spirit.
- Finally, and of deep importance, Jesus instructs us in Matthew to not let others know about your fasting. The strict details of your fast should not be something you constantly talk about to others. It should remain between you and God.

Types of Fasts

Biblical fasting almost always concerns food. Since the purpose of fasting, as we saw above, is to focus on God, to humble ourselves and to remind ourselves that we are sustained by every word that proceeds from the mouth of God, the task in fasting is connecting our "going without" to "hungering for God." This takes time, focus and prayer. Please do not expect to be an "expert" at fasting right away. Fasting is a discipline that can take a very long time to understand well. Also, do not let this fact deter you or intimidate you. Fasting is simple enough for youth to understand and enjoy and yet magnificently rich enough for the scholar to devote his/her entire life to.

Abstaining from certain types of foods (meat, sweets, etc.)

The Daniel (*Daniel 10: 3*) Fast is good for newcomers to fasting or those with health needs and special or restrictive diets. Choose to abstain from something like breads, sweets, sodas, coffee, or even red meat. Spend some time reading through Daniel's fast in Daniel chapter 1 and chapter 10. Stick to only fruits and vegetables as he did or something similar. Determine the timing and duration of your fast and begin. You may choose to go without this specific type of food on only certain days like Fridays, or you may go without during the weekdays only or perhaps every day. Choose the duration of your fast. Shiloh sets apart 21 days to fast



SHILOH CHURCH 10-Day Prayer Guide

August 10-19, 2026

(January 10-January 30) but that does not mean you must go without for all 21 days. Determine the timing and duration ahead of time and pray through it.

Abstaining from all food

Esther 4:16; Acts 9:9 - This kind of fast is more difficult but can be broken up by timing and duration. This seems to be the most prevalent of the fasts we see in the Bible. It is also the most intimidating but refuse to let it scare you. Fasting from all food is not scary if you determine beforehand when you will do so and for how long.

Here are some ideas:

- Start slowly. Begin with fasting for only a part of a day (lunch, or lunch and dinner). Do this for one day a week, or perhaps three days a week. You determine the timing and duration. Take a step of faith. Fasting is risky and involves our faith.
- Next, try fasting from food but not beverages. This means that according to your timing and duration, you would not eat any solid foods but only water, juices, smoothies or perhaps simple soup broths.
- Do this for the first one or two weeks. Devote the time that you normally would eat to Scripture reading and prayer. Focus on Jesus' statements about food.
- Next, try a 24-hour fast. This means that you get up and eat a good breakfast and drink only water or juice until the following breakfast the next day. Set aside specific time, during normal meal times if possible, to pray and seek God.
- Finally, you may progress to a two or three day fast. For some, progression may lead to a multi-day, even multi-week fast. But remember the purpose of your fast.

Abstaining from entertainment

Daniel 6:18- the king's voluntary "fasting" from entertainment in the time of Daniel helps us further understand yet another type of fast. Fasting from entertainment can be particularly helpful and accessible for kids and teens. Think about abstaining from television, iPods, video games, electronics, music, texting and all reading except the Bible for the duration of the fast. This can be a very powerful decision even as a supplement to food fasts. Choosing your fasting plan is a very personal decision. We are all at different places in our walk with God and our spirituality should never be a cause for comparison or competition. There is nothing more "inherently spiritual" about one type of fast as opposed to another. Your personal fast should present a level of challenge to it, but know your body, know your options, and most importantly, seek God in prayer about this and follow what the Holy Spirit leads you to do. It's also important to not let what you eat or do not eat become the focus of your fast. This is a time to disconnect enough with your regular patterns and habits in order to connect more closely to God.

No matter what kind of fast you choose or even if you choose not to fast, please seek God with us in prayer.