

Day of Prayer and Fasting - October 15, 2026

{3rd Thursday of the month}

October Prayer Focus: Love. 1 John 4:10-11 (CSB): *Love consists in this: not that we loved God, but that he loved us and sent his Son to be the atoning sacrifice for our sins. Dear friends, if God loved us in this way, we also must love one another.*

Let us praise Him for His love, grow in enjoying His love, and make progress in loving one another out of the overflow of His great love! Where the Lord calls us to repentance and faith, may we be humble and quick to follow.

Encouragement

[If We Love God Most, We Will Love Others Best](#)

[How Do We Know and Feel God's Love?](#)

[What You Need is Love](#)

Why practice these spiritual disciplines?

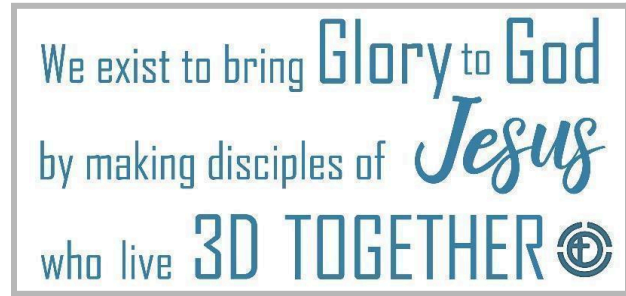
God's people pray and fast because we believe our God is great, glorious, good and gracious (Psalm 145), that He is able to do above and beyond all that we ask or think, and it will be for His glory (Ephesians 3:20-21). As His people, we walk in a posture of worshipful dependence upon Him. We trust Him not only in our salvation, but in all of life, and we have the incredible privilege of being able to talk to our triune God all the time and about everything (Philippians 4:6)!

When will we be praying and fasting? (3rd Thursday of each month)

Thursday, October 15. [Sign up for a 30 minute time slot to pray.](#)

What about fasting?

Fasting is a spiritual discipline (like prayer) that reveals we are ultimately depending upon the Lord. That He is our living water and bread of life, our sustainer and strength. We encourage you to go without something that day, so that you might intentionally spend time with the Lord. For instance, in lieu of a meal, replace that time with prayer. Or in lieu of screen time, pray. This time of fasting may or may not end up being during the time slot that you sign up for and that's ok. [Read this article](#) for more encouragement and understanding. <https://bit.ly/WhatIsBiblicalFastingandHowDoesItWork> (from [Cru.org](https://www.cru.org))



What might your 30 minute prayer time look like?

- **Silence & Solitude.** Disconnect from technology. Ask the Lord to quiet your heart and mind.
- **Scripture.** Read 1 John 4:7-21 a handful of times, patiently and reflectively. Let His Word guide you in how to pray.
- **Journal.** Respond to the Lord through written words of prayer.
- **By yourself or with others.** Get in the 'prayer closet' by yourself or choose a time and pray with fellow believers.
- **In creation.** Talk with the Lord as you walk in His creation.
- **Using the ACTS acrostic.**
 - Adoration (worship of the Lord)
 - Confession (of our sin)
 - Thanksgiving (gratitude to the Lord)
 - Supplication (asking of the Lord)
- **The Lord's prayer** (Matt. 6:9-13). Use this as an example of how and what to pray for.
- **Pray through Crosspoint's mission.** Devoted to Jesus, Dedicated to One Another, Driven to Reach People.
- **As the Spirit and Scripture lead you.**

[Scan this QR code/click here to access links & sign up sheet](#)

