

Reset

A 24-Hour Fast & Prayer Experience

release.
refocus.
respond.
reset.
a night of prayer

Join us!

6:30pm September 9
Main Auditorium

What is it?

Fasting from **Monday, September 8** (after dinner) through **Tuesday, September 9** (at the "Reset" event)

As we seek a spiritual reset—personally and as a church—we're inviting everyone to join in a **24-hour fast** leading up to our Prayer Night on Tuesday, September 9. The fast begins after dinner on Monday and continues until after the "Reset" event. During this time, we'll intentionally turn our hearts toward God—asking Him to renew our minds, purify our hearts, and move powerfully in our lives and community. This guide will help focus your prayers throughout the 24-hours.

What is fasting?

Fasting is the voluntary denial of otherwise normal functions (like food) for the sake of spiritual activity.

Why Fast?

Fasting helps us humble ourselves before God and create space to hear His voice more clearly. It's not about earning God's favor or doing it perfectly – it's about drawing near to Him with our whole heart. Whether your fast feels powerful or weak, what matters is that you're drawing near to God. He honors every step towards Him. James 4:8 says: "Come near to God and He will come near to you."

Scriptures

Matthew 6:17-18 – "But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you."

Joel 2:12 – "Even now," declares the Lord, "return to me with all your heart, with fasting and weeping and mourning."

Practical Fasting Tips

Pick a fast that works for you:

Full fast: Only liquids (water/juice) for 24 hours

Partial fast: Skip one or two meals

Daniel fast: Eat only fruits, vegetables, and water

Health concerns? Choose a partial fast—God sees your heart.

- Stay hydrated and rest when needed.
- Use hunger pains as a prompt to pray and redirect your focus onto God.
- Keep a Bible and journal nearby.

24-hour Prayer Guide

Preparing our hearts for the “Reset” Prayer Event

EVENING: Prayer of Surrender & Confession

Begin your fast with honesty and humility before God.

READ Psalm 139:23-24; 1 John 1:9

REFLECT & PRAY

What needs to come into the light?

Ask the Holy Spirit to reveal areas you've been avoiding or where you're clinging to control instead of trusting God. "Search me; show me anything not aligned with you."

How is God inviting you deeper?

What thoughts or desires need to be “reset?” Ask God to replace them with His truth.

What needs confession?

Bring specific sins, attitudes, or habits before God. Write them out if helpful. "Father, I confess... Please cleanse and renew me." (1 John 1:9)

Rest in His love.

Sit quietly knowing you are fully known and fully loved. Journal your thoughts if led.

MORNING: Prayer for Renewal & Identity

Start by inviting God to restore your soul and remind you who you are in Christ. Set aside 20-30 minutes (or more) to be still and meet with Him.

READ Romans 12:2, Psalm 51:10-12, Romans 8:1-2, 14-17, 31-39, Ephesians 1:3-14

REFLECT & PRAY

Renew your mind.

What negative thoughts or lies dominate your mornings? Ask God to replace those lies with His truth. "Father, renew my mind —replace the lies I've believed with Your truth."

Ask for specific renewal.

Where do you need God's life, healing, or clarity today?

Declare your identity.

From Romans 8 and Ephesians 1, what does God say is true of you right now? Choose 1-2 truths & write them as "I am" statements. Post where you'll see throughout the day.

Optional:

Listen to worship music or take a prayer walk outside.

MIDDAY: Prayer for Others

Who has God placed on your heart today (family, friends, co-workers, neighbors)? What specific needs or struggles are they facing? How can you pray for their spiritual breakthrough?

"Father, I lift up [name]. Would You move powerfully in their life today..."

- Pray for spiritual growth, protection, and God's purposes in their lives
- Pray for healing in broken relationships, reconciliation where needed
- Ask God to soften hearts of non-believing friends & family

LATE AFTERNOON: *Prayer for the Church & Community*

Optional

Walk through your neighborhood while praying. Pray over specific streets, schools, or businesses by name. Ask God to raise up more believers as salt and light in your community.

"Lord, let Your kingdom come and Your will be done in [your city/town] as it is in heaven..."

Pray for the church

Unity & Love: that we would be known by our love for one another

Leadership: Wisdom for pastors, elders, & ministry leaders

Boldness: Courage to share the gospel and serve the community

Spiritual Growth: that members would grow in faith and discipleship

Vision & Direction: Clear guidance for upcoming decisions and ministries

For the Community

Local Leaders: Government officials, school board members, business leaders

Schools: Protection, wisdom for educators, salvation for students and staff

First Responders: Safety and strength for police, firefighters, EMTs

Businesses: Integrity in leadership, provision for employees

Vulnerable Populations: The homeless, elderly, struggling families

Revival: That God would move powerfully to bring spiritual awakening

EVENING (Before Prayer Event): *Prayer of Expectancy*

Thanksgiving

Thank God for how He's met you these past 24-hours. What has He shown you about Himself or yourself?

Expectancy

Ask God to move powerfully in the upcoming prayer event. Invite Him to reset hearts, including your own.

Come ready to worship, listen, and step forward in faith.

"Father, I come expectant & open. Do what only You can do. Reset our hearts for Your glory."