

# VOX 2025 FALL PRAYER AND FASTING COMPANION GUIDE

MONDAY, SEPT. 22 - FRIDAY, SEPT. 26

*“Draw near to God and He will draw near to you...” James 4:8a*

Over the next five days, we'll come together as a community to intentionally draw near to God through the spiritual practice of prayer and fasting. While many people fast for reasons like weight loss or health—which are valid—our purpose as followers of Jesus goes deeper. We fast to awaken our hunger for God. It may be a response to a pressing need, a struggle with sin, a longing for more of Jesus, or a desire to intercede for someone far from him. Whatever the reason, the goal isn't just to see results—it's to draw closer to Jesus. Fasting and prayer are ways we offer our whole selves in pursuit of truly following him. Use this simple guide to walk with us through the next five days.

## PREPARE FOR THE WEEK

- Make room in your schedule. It is wise to not add fasting to an already over-busy life. As you prepare, ask yourself: What can I cut out of my schedule? How can I slow down and find time to pray and seek God? Making these types of adjustments is giving God room to speak and move in your life.
- Wholeheartedly commit. The more fully you engage this week, the more meaningful and impactful it will be for you. Don't dabble or take shortcuts – dive in with your whole heart!
- Pick your fast. Each of these choices suggest fasting from food and drinking only liquids. However, if you have a persistent medical condition, please consult your physician first.
  - **Full fast.** 24 hours, no food, only liquids to drink.
  - **Partial fast.** Skip one or two meals each day.
- Do this in community. Invite a trusted friend to partner with you in this process. Connect often. Pray for one another.
- Approach the whole thing with faith. Whatever your experience is with fasting – we are all growing! The goal is not perfection – it's union with Jesus. Don't give up. God is with you.
- Use this QR code to subscribe to our daily prayer and fasting podcast.



## BEST USE OF THIS COMPANION GUIDE

Each section was created to support you. Here's a brief description of this guide.

**Morning Focus:** A brief podcast is provided for each day of prayer and fasting. After listening to the podcast, read the scripture passage provided and use the reflection questions for journaling and prayer.

**Midday Prayer:** The Psalms give us the words and structure to express the full spectrum of human emotions in prayer—from joy to sorrow, faith to doubt. With this in mind, each day you'll find a psalm to not only read but to pray through deeply and personally.

**Evening Examen:** The Examen is a simple daily prayer practice where you reflect on your feelings and experiences to recognize what drew you closer to God and what distanced you. You invite God to help you review your day—identifying what energized you and what left you feeling drained—and to reveal his perspective on those moments. Each day, you'll find several Examen questions to guide your reflection and prayer as you close out the day.

## Monday, 9/22/25

**Morning Focus:** Jesus: Dependence on God

Listen: Vox Prayer and Fasting podcast for today.

Text: Luke 4:1-11

Reflect:

- What temptations am I facing in my life right now? To answer this, ask the Holy Spirit to highlight specific areas of your life. Journal what he shows you. Spend time in prayer about these things.
- What would it look like for you to respond to temptation the way Jesus did?
- Who in your life right now is facing temptation? Spend time now in prayer for that person.

**Midday Prayer:** Psalm 23

**Evening Examen:**

- Begin with one minute of silence.
- Consider these questions: When did I love well today? When did I not love well today? Is there someone I need to ask for forgiveness from?
- Reflect, repent, and respond as prompted by the Holy Spirit.
- Closing Prayer: *Father, I receive your love for me. Holy Spirit, fill my heart with love for others.*

## Tuesday, 9/23/25

**Morning Focus:** Nehemiah: Fasting for Corporate and Personal Spiritual Renewal

Listen: Vox Prayer and Fasting podcast for today.

Text: Nehemiah 1:1-11

Reflect:

- How do I respond when I hear about broken and hurting people in my life or in the world? Do I respond in prayer like Nehemiah did?
- Is repentance from sin a consistent practice in my life? Do I regularly ask God for forgiveness?
- Is there someone I've hurt or wronged recently? When can I take the step to seek their forgiveness?

**Midday Prayer:** Psalm 51

**Evening Examen:**

- Begin with one minute of silence.
- Consider these questions: Did I live with a thankful heart today, or did I neglect thankfulness? How can I show more gratitude tomorrow?
- Reflect, repent, and respond as prompted by the Holy Spirit.
- Closing Prayer: *Pray a simple prayer of thanksgiving to God.*

## Wednesday, 9/24/25

**Morning Focus:** The Early Church: Fasting for Discernment

Listen: Vox Prayer and Fasting podcast for today.

Text: Acts 13:1-5, 14:19-23

Reflect:

- How often do I invite God into my decision-making? Am I listening to his direction for my life?
- When is the last time the Holy Spirit prompted you to say or do something? How did you respond?
- Take unhurried time to fully surrender your whole life to God. Be still and listen for his voice.

**Midday Prayer:** Psalm 37

**Evening Examen:**

- Begin with one minute of silence.
- Consider these questions: How did I use my words today? Did I build up, or did I tear down? How can I season my words with grace tomorrow?
- Closing Prayer: *May my spoken words and my unspoken thoughts be pleasing to you, O Lord, my rock and my redeemer.*

## Thursday, 9/25/25

**Morning Focus:** David: Fasting to express sorrow, repentance for sin, and to seek God's divine intervention.

**Listen:** Vox Prayer and Fasting podcast for today.

**Text:** 2 Samuel 12:1-23

**Reflect:**

- How do I respond when someone points out something I've done wrong?
- Is there a sin in my life right now that I am struggling to confess to God?
- Do I fully trust that God's grace is greater than my worst failures and that he can truly forgive and cleanse me of my sin?

**Midday Prayer:** Psalm 32

**Evening Examen:**

- Begin with one minute of silence.
- Consider these questions: Did I depend upon God's nearness as I went about my day today? Or did I work from my own strength? How can I be different tomorrow?
- Closing Prayer: *My heart and my flesh may fail, but God, you are the strength of my heart and my portion forever.*

## Friday, 9/26/25

**Morning Focus:** Esther: Fasting on behalf of others.

**Listen:** Vox Prayer and Fasting podcast for today.

**Text:** Esther 4

**Reflect:**

- Like Esther, where is God calling me to step out in courage, even if it feels risky?
- How often do I use my influence and position to stand up for others?
- Ask God to show you someone who needs you to contend for them in prayer today. When he brings someone to mind, respond – pray for them. Take your time. Be still and listen for any action steps God is inviting you to take on their behalf.

**Midday Prayer:** Psalm 73

**Evening Examen**

- Begin with one minute of silence.
- Consider these questions: When did my life display the fruit of God's Spirit? Was there a moment I could have but didn't? What fruit of the Spirit do I long to express tomorrow?
- Closing Prayer: *I have been crucified with Christ. It is no longer I who live, but Christ who lives in me. And the life I now live is by faith in the Son of God, who loved me and gave himself up for me.*