RESTORE

Fall Week of Prayer & Fasting Guide, Oct 26- Nov 1, 2026

Joining God in His Work, Praying for our Church, our Community, our Mission

Day 1
*MONDAY

Give us a Burden
*6:45AM on Zoom Mon-Sat

Focus: Asking God to help us see and feel what He sees in our city, community and church.

Key Scripture: Nehemiah 1:3 - 4 - "When I heard these things, I sat down and wept. For some days I mourned and fasted and prayed before the God of heaven."

Additional Scriptures:
Matthew 9:36 - 38 – "When he saw the crowds, he had compassion on them… 'The harvest is plentiful but the workers are few.'"
Jeremiah 29:7 - "Seek the peace and prosperity of the city… Pray to the Lord for it."

Prayer Points:
Ask God to break our hearts for what breaks His heart in our church and community.
Pray for eyes to see people and needs we have become accustomed to overlooking.
Ask God to give our church a deeper burden for those who do not yet know Jesus.
Pray that our compassion would move beyond concern into prayer and action.

Practice: Take a prayer walk through your neighborhood, workplace, school, or another part of the city. Pay attention to what you see and ask, "Lord, what do You want me to notice?"

Day 2
*TUESDAY

We have sinned

Focus: Taking corporate responsibility and asking God to renew His church.

Key Scripture: Nehemiah 1:6-7 - "I confess the sins we Israelites, including myself and my father's family, have committed against you. We have acted very wickedly toward you."

Additional Scriptures:
2 Chronicles 7:14 – "If my people, who are called by my name, will humble themselves and pray and seek my face…"
Daniel 9:5 – "We have sinned and done wrong. We have been wicked and have rebelled."
James 4:8 – "Come near to God and he will come near to you."

Prayer Points:
- Confess where we as God's people have become comfortable, distracted, divided, or inward-focused.
- Ask forgiveness for ways we have failed to love our neighbors or share the gospel.
- Pray against the things that bring about division within the body of Christ. Things like pride, competition, unforgiveness etc.
- Ask God to renew holiness, humility, prayer, surrender, a dependence on Him in our church.

Practice: Instead of beginning with what is wrong with other people, ask: "Lord, where are we contributing to what needs to change?" Spend time praying "we" prayers rather than "I" prayers.

Day 3
*WEDNESDAY

Give us your Vision and Courage

Focus: Asking God for clarity about the work He is calling us to do together.

Key Scripture: Nehemiah 2:17-18 - "Come, let us rebuild the wall of Jerusalem, and we will no longer be in disgrace… They replied, 'Let us start rebuilding.' So they began this good work."

Additional Scriptures:
Nehemiah 2:11-12 - Nehemiah takes time to understand the situation before announcing what God has placed in his heart.
Nehemiah 2:19-20 - Opposition comes immediately, but Nehemiah remains confident in God and committed to the work.
Acts 4:29–31 - The early church faces opposition and prays, not primarily for safety, but for boldness to continue God's mission.
Habakkuk 2:2 – "Write down the revelation and make it plain…"
Ephesians 3:20–21 – "To him who is able to do immeasurably more than all we ask or imagine…"

Prayer Points:
- Ask God to give our church clarity about what He is calling us to in this season.
- Pray for courage to pursue God-sized opportunities rather than settle for what is comfortable.
- Ask God to align our leaders, ministries, resources, and people around a shared mission.
- Pray for faith to believe that God can accomplish more through us together than we could individually.

Practice: Write one sentence answering: "What would I love to see God do through our church in the next generation?" Turn that vision into prayer.

Day 4
*THURSDAY

Everyone has a part to play

Focus: Recognizing that God's mission requires the whole church, not simply pastors and leaders.

Key Scripture: Nehemiah 3:1-2 - "Eliashib the high priest and his fellow priests went to work and rebuilt the Sheep Gate… The men of Jericho built the adjoining section."

Additional Scriptures:
Nehemiah 4:6 – "So we rebuilt the wall… for the people worked with all their heart."
1 Corinthians 12:27 – "Now you are the body of Christ, and each one of you is a part of it."
1 Peter 4:10 – "Each of you should use whatever gift you have received to serve others."

Prayer Points:
- Ask God to awaken every person in our church to the part they have to play.
- Pray for people who are watching from the sidelines to step into serving and mission.
- Ask God to reveal gifts, abilities, resources, and relationships that can be used for His Kingdom.
- Pray that we would serve faithfully without comparing our contribution to someone else's.

Practice: Ask yourself: "What is my section of the wall?" Identify one practical way you can contribute to what God is doing through the church and take one step toward it.

Day 5
*FRIDAY

Revive us again

Focus: Asking God to renew His people through His Word and presence.

Key Scripture: Nehemiah 8:5 - 6 - "Ezra praised the Lord, the great God; and all the people lifted their hands and responded, "Amen! Amen!" Then they bowed down and worshiped the Lord with their faces to the ground.

Additional Scriptures:
Psalm 85:6 – "Will you not revive us again, that your people may rejoice in you?"

Prayer Points:
- Ask God to create fresh hunger for His presence throughout our church.
- Pray that people would not simply attend church but genuinely encounter and follow Jesus.
- Ask God to bring repentance, healing, restored relationships, and spiritual renewal among us.
- Pray for the next generation to experience God personally and grow into passionate disciples of Jesus.

Practice: Pray specifically for three people in our church, preferably from different generations or stages of faith. Ask God to deepen their relationship with Him.

Day 6
*SATURDAY

Strengthen our hands

Focus: Praying for perseverance when God's work faces opposition.

Key Scripture: Nehemiah 6:9 - "They were all trying to frighten us… But I prayed, 'Now strengthen my hands.'"

Additional Scriptures:
Nehemiah 4:6 - "The people worked with all their heart."
Nehemiah 4:9 – "But we prayed to our God and posted a guard day and night to meet this threat."
Nehemiah 4:14 – "Remember the Lord, who is great and awesome…"
Galatians 6:9 – "Let us not become weary in doing good…"

Prayer Points:
- Pray for leaders (pastors, ministry leaders, volunteers, and missionaries) who are carrying significant responsibility.
- Ask God to strengthen those who are tired, discouraged, disappointed or tempted to quit.
- Pray for discernment against distractions that could pull the church away from its mission.
- Ask God to give us perseverance to finish what He has entrusted to us.

Practice: Encourage someone who is helping build the church. Send a message, make a call, pray for them by name. Thank someone whose service often goes unnoticed.

Day 7
SUNDAY

Rebuilt for His glory
In person at CHEC | 8:30 AM

Focus: Celebrating and what God has done for His purposes.

Key Scripture: Nehemiah 12:43 - "And on that day they offered great sacrifices, rejoicing because God had given them great joy… The sound of rejoicing in Jerusalem could be heard far away."

Additional Scriptures:
Nehemiah 12:27-30 - The people gather to dedicate the wall with thanksgiving and joyful worship.
Nehemiah 12:43 - Their joy is so great that "the sound of rejoicing in Jerusalem could be heard far away."
Nehemiah 13 - The people have to continue taking responsibility for sustaining God's work after the celebration.
Isaiah 58:12 – "You will be called Repairer of Broken Walls, Restorer of Streets with Dwellings."
Matthew 5:14-16 – "You are the light of the world… let your light shine before others."
Acts 1:8 – "You will receive power when the Holy Spirit comes on you; and you will be my witnesses…"

Prayer Points:
- Pray that what God does within our church would overflow into our neighborhoods, workplaces, schools, families and city.
- Ask God to send us toward people who are hurting, overlooked, isolated, or far from Him.
- Pray for many people to hear the gospel and find new life in Jesus.
- Ask God to make us a church known for sending people to serve His mission.

Practice: Write down things you are grateful God is doing within our church community.

General Fasting Guidance

Choose your fast: Full fast (water or juice only), partial fast (one or two meals).
Stay hydrated and spend extra time in prayer and Scripture instead of distractions.
Break your fast intentionally with prayer and thanksgiving.
Journal daily what God reveals to you.

Practical Tips

During hunger moments, read today's passages out loud.
Take prayer walks during meal times
Share with others what the Lord is revealing to you.
Adjust as necessary if you have medical needs (eg. pregnant or breastfeeding)