



Day of Prayer and Fasting Guide

“Return to me with all your heart, with fasting, with weeping, and with mourning.” - Joel 2:12 (ESV)

Why Fast?

Fasting is the intentional setting aside of food—or another comfort—to focus more fully on seeking God. It’s not about earning favor with God but about humbling ourselves to depend on him more deeply. We fast from food to feast on Christ. In fact, Jesus assumed his followers would fast (Matthew 6:16), and Scripture consistently links fasting with repentance, renewal, and revival.

Purpose

The purpose of this fast is to humble ourselves before God, seek his presence and power, and intercede for what he desires to do at Church at the Dome—in us, among us, and through us.

Use the prompts below throughout your day as guided times of prayer.

Prayer Prompts

1. Revival

“Will you not revive us again, that your people may rejoice in you?” - Psalm 85:6

Pray for:

- a fresh outpouring of the Holy Spirit across RDU
- hunger and boldness among believers to pursue God and proclaim the gospel
- the church to be fully committed to its mission and calling

2. Renewal

“Create in me a clean heart, O God, and renew a right spirit within me.” - Psalm 51:10

Pray for:

- each person to turn away from sin and toward God so that they might receive spiritual refreshment in him
- marriages, families, and small groups to be strengthened and renewed
- leaders and pastors to be encouraged, faithful, and filled with joy

3. Unity

“Make every effort to keep the unity of the Spirit through the bond of peace.” - Ephesians 4:3 (NIV)

Pray for:

- deep love and oneness across all Summit campuses
- Church at the Dome to display the unity we already have in Christ
- our church family to be completely at peace with one another and fully committed to our shared vision

4. Repentance

“Search me, O God, and know my heart ... See if there is any offensive way in me, and lead me in the way everlasting.” - Psalm 139:23–24

Pray for:

- hidden sin to be confessed before the Lord and each other
- God’s people to walk in holiness and humility
- each individual and our whole church to turn from sin and toward God

5. Celebration

“Rejoice in the Lord always. I will say it again: Rejoice!” - Philippians 4:4

Pray for:

- the Summit family to come to Church at the Dome filled with expectation and the overflowing joy of God
- testimonies of transformation to be shared and celebrated
- many people to experience the joy of salvation

6. Salvation and Mission

“Everyone who calls on the name of the Lord will be saved.” - Romans 10:13

Pray for:

- the lost to hear, respond, and believe the gospel at the Dome
- a harvest of new believers who follow the Lord by being baptized
- every Summit attendee to live sent—on mission wherever they are

Tips for Your Fast

- **Stay hydrated:** Drink plenty of water throughout the day.
- **Use your hunger:** Let physical hunger prompt spiritual hunger. When you feel it, pray.
- **Stay in the Word:** Meditate on short passages throughout the day (Psalms, John 15, Isaiah 58).
- **Break your fast gently:** When ending your fast, do so with thanksgiving and light nourishment.

Closing Prayer

Lord, we humble ourselves before you. Move in power. Renew your church. Save the lost. Unite your people. Be glorified at Church at the Dome and beyond. We are yours.