

cornerstone.

Prayer &
FASTING

15 - 26 Sept. 2025

Dear Cornerstone Family,

As we begin a new semester, we want to do so in total dependence on God - our Heavenly Father. We are also reminded of the words of Jesus when He said: "... apart from me you can do nothing." (John 15:5)

So as a church family, and as individuals, we recognise that we can do nothing apart from God's work and the power of the Holy Spirit. For that reason, we want to start the year by having our Church Family come together for a period of "Fasting and Prayer."

It is our hope that the Scriptures and Prayer Points in this short guide will help to direct and fuel your praying... and that this experience will be a blessing, as we all seek to re-focus and re-align our hearts with the will and ways and purposes of God.

So let us boldly approach the "Throne of Grace" (Hebrews 4:16) and earnestly seek the face of God with great expectation, as we wait for His revelation and instruction in our lives and in the life of our church through these 12 day of Prayer & Fasting, together!

***"Call to me and I will answer you and tell you great and unsearchable things you do not know."* (Jeremiah 33:3)**

In His Love,

Chris & Nicola.
(Joshua & Katie)

Fasting

Here are a few examples of what fasting and prayer can look like for you in the coming days.

Why do we fast?

Simply put, fasting aims to turn ourselves and our focus from worldly things and to set our minds and hearts fully on God.

It is not a way to manipulate God or coerce Him to hear and answer our prayers, but rather to acknowledge our complete dependence on Him. The purpose of fasting is to temporarily give up something that meaningfully uses much of our time or focus while committing that time to prayer.

Fasting awakens us to the reality that we are so often driven by our fleshly desires and appetites. It humbles us and awakens us to our great need for and reliance on God. Let's meditate on a few verses from the Scriptures:

Ezra 8:23 - "So we fasted and implored our God for this, and He listened to our entreaty."

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

Luke 18:1 - "Now Jesus was telling the disciples a parable to make the point that at all times they ought to pray and not give up and lose heart."

Matthew 6:16-18

16. "When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full.

17. But when you fast, put oil on your head and wash your face,

18. 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."

As you consider fasting, we want to encourage you to listen to the Holy Spirit. Ask God to lead you in this time of seeking His face. Whether you choose to fast for one day, several days, or the entire two weeks, the point is to humble yourself in a new way and draw near to God.

HERE ARE SOME IDEAS OF WHAT YOU COULD DO:

- **You might choose a selective fast, eliminating certain things from your diet.** Eating only fruits and vegetables, what some might call a “Daniel fast,” is an example of this type of fasting.
- **Another option is a partial fast, which is refraining from eating for a set period of time each day.** You could choose to fast from a single meal, or from sunrise to sunset.
- **Some of you may feel led to engage in a complete fast:** Refraining from eating and only drinking liquids for particular days or even an extended period of time.
- **If fasting from food is not possible (because of health issues or other reasons), you may feel led by the Lord to fast from something else.** For example, you may fast from social media, television, or movies, training at the gym or sports, or certain times or activities on your cell phone. However, whatever you choose, it is between you and the Lord and it should be something meaningful on which you are regularly dependent.



Prayer

Praying is spiritual breathing, essential for our life in God.

As we meditate on God's Word, we breathe in the promises and purposes of God. In prayer, we breathe out, responding to God's Word to us. Each day in this guide, there will be one verse and a few prayer responses and requests to guide you in your time of praying. Throughout the 12 or 14 days, you will be praying for specific areas in your Personal Life & Family, for our Church, and for our Mission. Together, let's put our faith into action, trusting in the promises of God for us and for Cornerstone. Below are some helpful tips on how to make the most of this guide.

- **Commit to a specific time each day to devote to prayer.**

Find a place where you can be free of distractions and be alone with God.

- **Use the Prayer Points and Scripture** in this guide to focus and fuel your praying. **Write the Daily Scripture and Prayer Point** on a card and carry it with you, post it on your social media, make it the **Screensaver on your phone**—whatever you can think of to keep these prompts in front of you. Use them throughout the day and invite others to join you in praying.

• You can take it a step further by **Journaling** your prayers each day (if you enjoy journaling) or simply writing out your prayers to God. It's a great opportunity to hide God's Word in your heart, working to memorize the verses as you meditate and pray.

• In addition, you may consider ways to **Pray with others** during this season of Prayer and Fasting. Set up a Zoom call with friends or with your overseas family, or with members of your Life Group. Pray together as a family.



Day 1

PRAYER

Prayer is our direct line of communication with God. It deepens our relationship with Him, aligns our will to His, and invites His power and presence into our daily lives.

"Pray without ceasing." (1 Thessalonians 5:17)

Reflection Questions:

- When do I feel closest to God in prayer?
- What distractions often keep me from praying consistently?

Prayer Focus Today.

1. Lord, Deepen our Church's desire to seek You in Prayer.
2. Help us to listen to your still voice, as much as we speak when we pray.
3. Pray for our Lead Team - (Chris, Nicola, Manu & John).

Day 2

BIBLE STUDY

Bible Study helps us know God's heart, understand His truth, and grow in wisdom. The Word of God.

*"Your word is a lamp to my feet and a light to my path."
(Psalm 119:105)*

Reflection Questions:

- Do I approach Scripture expecting to hear from God?
- How can I be more consistent in reading and practicing God's Word?

Prayer Focus Today

1. God, give us a thirst for more of You and hunger for Your Word.
2. Help our Cornerstone Family to grow in knowledge and wisdom through Your Holy Scriptures and by Your Holy Spirit.
3. Pray for our Life Group Ministry & LG Leaders and for our Couples' Ministry and Pray for God to raise up a Leader for each of these Ministries.

Day 3

WORSHIP

Worship is more than music. It is our whole-life response to God's Greatness and Goodness, and to His Majesty and Sovereignty in our lives. We were created to glorify Him with our voices, instruments, hearts, and actions!

"Worship the Lord in the splendor of holiness." (Psalm 96:9)

Reflection Questions:

- Do I worship only on Sundays, or do I worship daily with my life?
- What does True Worship look like in my everyday choices?

Prayer Focus Today.

1. Lord...Stir up in us a passion to worship You in spirit and truth.
2. Fill our Sunday Celebrations and Gatherings with Your presence, Lord.
3. Pray for our Worship Ministry and for Joel & Maurício as they take up leadership.

Day 4

FASTING

Fasting is the voluntary denial of something (often food) to focus on God. It creates space for deeper dependence, spiritual clarity, intercession and intimacy with our Heavenly Father.

"When you fast...your Father who sees in secret will reward you." (Matthew 6:17-18)

Reflection Questions:

- What or Who do I turn to for hope, comfort and direction instead of God?
- How can fasting redirect my heart towards Christ?

Prayer Focus Today.

1. Heavenly Father...use our time of fasting to reveal the idols in our hearts.
2. Help us hunger more for You, more than anything else.
3. Pray for our Prayer Ministry and for Moni S. as she leads.

Day 5

SILENCE & SOLITUDE

Silence and Solitude help us in our noisy, fast-paced world, to become still before God. These practices quiet our souls so we can hear His voice clearly and follow His leading and calling for our lives.

“Be still, and know that I am God.” (Psalm 46:10)

Reflection Questions:

- When was the last time I was truly still before God?
- How can I create space in my day to be quiet and to spend time with the Lord?

Prayer Focus Today.

1. Lord, teach us to rest in Your presence.
2. Abba Father...Help us hear Your voice in the silence.
3. Pray for our Media Team and for Lyn as she leads.



Day 6

CONFESSION

Confession is the act of acknowledging our sins before God. It opens the door to forgiveness, healing, freedom, and restored fellowship with our Saviour.

"If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness." (1 John 1:9)

Reflection Questions:

- What sins have I been reluctant to confess?
- How can confession bring healing and freedom in my life?

Prayer Focus Today.

1. God... break any pride that keeps us from confession and repentance.
2. Help me to walk in hope and in the freedom of Your forgiveness.
3. Pray for our Coffee Team & Welcome Team and for Suki & Moni T. as they lead.

Day 7

FELLOWSHIP

Fellowship is intentional community with other believers. It encourages growth, accountability and love as we walk out our faith together and live life together.

"They devoted themselves to...fellowship." (Acts 2:42)

Reflection Questions:

- How can I be more intentional about Relationships and Christian Community?
- Who in our Cornerstone Church needs encouragement right now and how can God use me as His instrument to give that encouragement?

Prayer Focus Today.

1. Lord... Strengthen the bonds of unity at Cornerstone, keep us from division and help us to graciously and joyfully celebrate our cultural differences and diversity.
2. God...Use our friendships and relationships to build up the body of Christ.
3. Pray for our Tech & Online Team and for Keith as he leads.



Day 8

SERVICE

Service humbly reflects the heart of Christ, who came not to be served, but to serve. It is a way to practically love others, build up the Church, and glorify God.

“Through love... serve one another.” (Galatians 5:13)

Reflection Questions:

- How can I serve others with a joyful heart this week?
- Where is God calling me to step out in action? What Cornerstone Ministry will I join after our Season of Prayer & Fasting?

Prayer Focus Today.

1. Heavenly Father... Show each of us how we can serve in Your Kingdom today.
2. Bless every volunteer, ministry leader and ministry team at Cornerstone.
3. Pray for our Set-Up Team and Chill & Connect & for Nick & Harsha as they lead.

Day 9

SIMPLICITY

Simplicity helps us focus on what matters most—God and His kingdom. It challenges materialism, and cultivates humility, contentment and generosity.

“Do not store up for yourselves treasures on earth...” (Matthew 6:19-21)

Reflection Questions:

- What possessions or habits complicate my life unnecessarily?
- How can I practice contentment and gratitude?

Prayer Focus Today.

1. Lord, Help us to find joy in simplicity and generosity... and keep us humble.
2. Father...Free us from the grip of materialism and comparison.
3. Pray for our Kid's Church and for Nicola & Maria as they lead.

Day 10

EVANGELISM

Evangelism is sharing the Gospel - the “Good News” of Jesus with others. It flows from a heart that has been transformed by grace, and from a desire for everyone to know Christ as their Lord and Saviour.

“Go and make disciples of all nations...” (Matthew 28:19)

Reflection Questions:

- Who in my life still needs to hear about Jesus?
- What fears or excuses hold me back from sharing the Gospel with those who do not yet have a true relationship with Jesus?

Prayer Focus Today

1. Heavenly Father, Empower each of us at Cornerstone to boldly proclaim the Good News of Salvation in Christ Jesus alone.
2. Open hearts in our community, in our workplace, in our schools and universities, in our families and in our neighborhoods, to receive the Gospel.
3. Pray for our Monthly Evangelistic Outreaches in Stuttgart and our Summer Missions ... and Pray for God to raise up a Leader for our Evangelism Ministry.

Day 11

GUIDANCE

Guidance from God means seeking and trusting Him with our decisions and being willing to submit to His direction. It is about following His will, not our own!

“Trust in the Lord with all your heart and do not lean on your own understanding. In all your ways acknowledge Him, and He will make straight your paths.” (Proverbs 3:6)

Reflection Questions:

- Am I seeking God first in my decisions?
- What areas of my life needs His direction today?

Prayer Focus Today.

1. Lord, guide our Church Leadership with Your wisdom.
2. Give clarity and peace to those making big decisions in this season of life.
3. Pray for our Flex Ministry and for Josh, Alaina & Harsha & Sophia as they lead.

Day 12

STEWARDSHIP

Stewardship is managing all we have—time, talents, and resources—for God's glory. It acknowledges that everything we are and everything we have comes from Him and belongs to Him.

"Each of you should use whatever gift you have received to serve others..." (1 Peter 4:10)

Reflection Questions:

- Am I using my time, talents, and resources for God's glory and purposes?
- What am I holding onto that I need to offer back to God?

Prayer Focus Today.

1. Lord, Help us be faithful stewards of all that You have given us.
2. Heavenly Father, Bless our Tithes and Offerings, and generosity, as we faithfully give back to you what is really already Yours, and remind us of Your provision, goodness and faithfulness in each of our lives.
3. Pray for our Finance Team and for John as he leads.

Day 13

MEDITATION (ON SCRIPTURE)

Meditation on Scripture is the slow, thoughtful dwelling and reflecting on God's Word. It allows His truth to shape our hearts and renew our minds.

*"I will meditate on your precepts and fix my eyes on your ways."
(Psalm 119:15)*

Reflection Questions:

- Do I take time to let Scripture sink deep into my mind and into my heart?
- How can I practice dwelling on God's truth today?

Prayer Focus Today.

1. Lord, Teach us to meditate on Your Word and to memorize it, and not just read it.
2. God, Let Your truth renew our minds and hearts and shape our thoughts.
3. Pray for our Translation Team and for Jules as she leads.

Day 14

CELEBRATION

Celebration is rejoicing in God's goodness, faithfulness, and presence in our lives. It reminds us that joy is a gift from the Lord, available to all of us...even in the hard seasons of life!

"The joy of the Lord is your strength." (Nehemiah 8:10)

Reflection Questions:

- What has God done in my life during these past two weeks of Prayer and Fasting... for which I can rejoice?
- How can I celebrate His goodness in the lives of those around me?

Prayer Focus Today.

1. God, Fill our hearts with joy and gratitude to You each day.
2. Heavenly Father... Let Cornerstone be known as a joyful, Christ-centered Church where people feel loved and accepted, and where they are introduced to Jesus and the Gospel, and where joyful Celebration takes place always!
3. Pray for our Cornerstone Missionary Partners all around the world, as they joyfully serve God with much passion and sacrifice, even in difficult and dangerous contexts... and Celebrate all the God is doing, for His honour and for His glory!

This isn't the end! We have seen God move and answer our prayers. However, that only serves to increase our awareness of our need for His intervention in our lives. It creates a greater longing to see him move. He has delighted us and satisfied us with His great love in so many ways... but that has simply stirs up a greater desire and yearning to be with him. Praying calls us to pray even more!

Jesus made an astounding promise to us when He said:

"You did not choose me, but I chose you and appointed you so that you might go and bear fruit—fruit that will last—and so that *whatever you ask in my name the Father will give you*" (John 15:16).

So God chose us to bear fruit and to bring Him glory. He promised to hear and answer when we pray. What would it look like for you and me to continue to call out to God on behalf of His people and for His purposes in the world? What might God do if we just prayed?

Well, we want to encourage you to continue some of the disciplines you've developed over the past two weeks.

Maintain a set time to pray each day. **Commit** to fasting from time to time, as you continue to seek God. Keep a prayer **Journal**, writing out your prayers. **Participate** in Prayer Meetings and other Prayer Gatherings throughout the year. **Print** out our Cornerstone 12-day "Prayer and Fasting Guide" and work through it again later in the year.



And remember:

Plenty Prayer...Plenty Power!
Little Prayer... Little Power!

"... If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land..." -

2 Chronicles 7:14

In His Love,

Chris & Nicola.

