



Invitation to a Season of Prayer and Fasting Autumn 2026

*“While they were worshiping the Lord and
fasting, the Holy Spirit said...”*

Acts 13:2

A Prayer for Greenwich

*Almighty and eternal God,
by your grace you have called us in this time and place
to be your servant people as we follow our servant Lord.
Make your Holy Spirit move within and among us,
that together we may live a new life
bearing witness to the crucified and risen Christ.
Bind us together in faith, hope, and love,
that our shared life may be peaceable and glad in your Spirit,
And that as we receive your gifts we may support one another,
through Jesus Christ our Lord. Amen.*

Invitation and Guide to Fasting

The Session invites you to a season of dedicated prayer and fasting for the life and ministry of Greenwich. We encourage you to fast and spend time in prayer with these focuses in mind:

- Greenwich's desire to be a flourishing congregation
- Our denominational discernment process
- Specific congregational concerns you are led to pray for

We want to hear God more clearly and follow His plans through the Holy Spirit's guidance, as in Acts 13:2, where the Spirit spoke to those who were worshiping and *fasting*.

How to Participate in a Fast

Ordinarily, fasting is choosing to go without food for a set amount of time as a sign of our spiritual hunger for God. Skipping one meal each day and spending that time in prayer is a common practice. Another traditional approach is to abstain for 12 or 24 hours one day each week, using the extended time for prayer. You might also fast selectively, giving up certain foods, technology or social media, or other activities, and replacing them with time in prayer.

It is important to remember that biblical fasting is a spiritual discipline, not a diet plan or public proclamation. A fast that pleases God comes from a humble heart and pure motives, not ritual or manipulation (Joel 2:12–13). And Jesus taught that fasting is between you and God, not a performance (Matthew 6:16–18); don't make it visible to others, seek your Father's quiet reward instead. Set specific prayer times (morning, midday, bedtime, or moments of temptation) and pair your fast with Bible reading: the psalms and devotionals like *The Upper Room* or *Our Daily Bread* are good starting points. More Resources: greenwichpres.org/prayer

My Plan for Fasting

What I am committed to fasting from: _____

When and how I plan to fast: _____

My Plan for Prayer

- ☐ Sign up for the prayer warrior email list: *prayers@greenwichpres.org*
- ☐ Participate in the Monday or Wednesday 9:00 AM Zoom Prayer Group: *prayers@greenwichpres.org*
- ☐ *Prayers & Praises* from the Sunday bulletin or weekly newsletter
- ☐ Denominational Realignment Prayers (next page)
- ☐ Pray for one or more Special Prayer Requests:
 1. **Session Leadership:** For faithfulness to God, openness to the Spirit, and unity in decision making as the Elders and Pastors shepherd the Greenwich family.
 2. **Denominational Realignment:** For God's guidance and protection as we continue the conversation with representatives from National Capital Presbytery (see back page)
 3. **Congregational "Koinonia" and Communication:** For continued bonds of trust and relational connection within the church family as we cast vision and discern our shared future.
 4. **Flourishing Ministry and Mission:** For our worship services, fellowship and study gatherings, family ministry programs, and all other mission and service efforts to thrive.
 5. **Healing and Restoration:** For healing in body, mind, and soul for individuals, families, and friends in the Greenwich community.
 6. **Worship & Intimacy:** Worship in spirit and truth, fixing our eyes on Jesus, hungering to hear His voice and walk in His ways, and delighting in deeper intimacy.
 7. **Hunger for God:** That our fasting would remind us of our need for God, and for those in need physically and spiritually and the missions serving them.
- ☐ For a specific concern or mission as you're led. Examples: *children & youth programs and leaders, pastors, mission partners, parents, homebound members, marriages, denominational discernment, etc.*

What I am committed to praying for: _____

How & when I plan to pray: _____

Denominational Realignment Prayers

For God's favor upon members of the National Capital Presbytery Property Task Force: Heather Deacon, John Molina-Moore, Mark Stunder, Jessica Tate and Casey Thompson.

Lord, hear our prayer

We praise you for protecting the unity of the Greenwich church family and trust you as we prepare to engage the next step of the process this spring.

Lord, hear our prayer

We confess our sin for the many ways we have thought and spoken against our brothers and sisters in Christ at National Capital Presbytery and at Greenwich.

Lord, hear our prayer

That God would give all parties involved a desire and ability to "look not only to our own interests but the interests of others."

Lord, hear our prayer

For a spirit of humility, transparency, generosity and respect to be present in every conversation and decision we engage this year.

Lord, hear our prayer

We praise you for a continued openness to creative and collegial opportunities at Greenwich and National Capital Presbytery.

Lord, hear our prayer

May God's strong tower and sheltering wings protect against every scheme of the devil that would seek to disrupt, divide or diminish the work of God at Greenwich and in National Capital Presbytery.

Lord, hear our prayer

May Jesus Christ be glorified, the Name of God honored and the unity of the Spirit preserved at every step of this journey.

Lord, hear our prayer