

LEGACY CHURCH

SEPT 2026

Encounter God

A CHURCHWIDE FAST
SEPTEMBER 7TH - 11TH

PRAYER & FASTING

5 DAYS SET APART TO SEEK GOD

THIS WEEK'S THEME

ENCOUNTERING *God.*

"IT WAS MOSES' PRACTICE TO TAKE THE TENT OF MEETING AND SET IT UP SOME DISTANCE FROM THE CAMP. EVERYONE WHO WANTED TO MAKE A REQUEST OF THE LORD WOULD GO TO THE TENT OF MEETING OUTSIDE THE CAMP."

EXODUS 33:7 NLT



"ENCOUNTER IS AVAILABLE TO ANYBODY WILLING TO LEAVE THE CAMP. IT NEVER HAPPENS BY DEFAULT. SOMEBODY HAS TO GO OUT." — **PASTOR CHAD**

BEFORE YOU BEGIN

IMPORTANT *info.*



As a church, we are coming together from September 7th - 11th for five days of corporate prayer and fasting. Join us every morning at 7 AM for prayer as we seek God together.

WHILE YOU *fast.*

1

7 AM ZOOM PRAYER

Join us live every morning over Zoom.



2

THE BIBLE APP

Follow along with our Bible reading plan.



3

THIS RESOURCE

Revisit these pages for the reading plan, reflections, and the why behind the fast.



THE BASICS

WHAT IS *fasting*?

Fasting is a deliberate act of denying oneself food and other fleshly desires for a set period of time. In essence, it's a way to conquer the natural realm and invite God's supernatural power into your life. By saying “NO” to everything else and “YES” to God, you create space to grow closer to Him and experience His presence more deeply.

“ THE LENGTH OF YOUR FAST IS A PERSONAL DECISION BETWEEN YOU AND THE LORD. AS A CHURCH, WE COME TOGETHER EACH YEAR FOR A CORPORATE FAST, UNITING IN PRAYER AND DEVOTION TO SEEK GOD'S PRESENCE AND GUIDANCE.

THE REASON

WHY SHOULD I *fast*?

Fasting is not only a command from God (*Matthew 6:16*), but it also opens the door to transformative benefits. At its core, fasting draws you closer to God, helping you hear His voice more clearly and deepen your relationship with Him. It also breaks the power of Satan and sin in your life, setting you free from spiritual strongholds (*Isaiah 58:6*). Fasting humbles the believer, bringing the heart into alignment with God's will (*Joel 2:12–13; Psalm 35:13*). Additionally, it increases spiritual power, enabling you to overcome obstacles and step into greater faith and authority (*Matthew 17:19–21*). Fasting is more than abstaining from food, it's a powerful spiritual discipline that shifts focus from the temporary to the eternal, inviting God to work in and through your life in extraordinary ways.



THERE ARE ALSO PHYSICAL BENEFITS TO FASTING! IT ALLOWS MAJOR ORGANS OF THE BODY TO REST AND RESET.

GETTING STARTED

HOW DO I *fast*?

6AM–6PM Fast: A spiritual practice of abstaining from food between 6:00 AM and 6:00 PM to focus on prayer, reflection, and seeking God. This fast is a way to set aside the distractions of daily life and deepen your connection with Him through intentional time spent in His presence.

Partial Fast: This involves refraining from specific meals or multiple meals, rather than fasting the entire day. It's important to choose something that challenges your flesh. Simply skipping a meal you already don't eat, like breakfast, does not constitute a fast. Alternatively, you can fast from activities that take up significant time or focus.

Water Fast: A water fast means abstaining from all food and consuming only water. This type of fast requires careful preparation and a prayerful approach, as it is a significant commitment of both body and spirit.



WHAT YOU DO DURING A FAST IS JUST AS IMPORTANT AS THE FAST ITSELF. BE INTENTIONAL WITH YOUR TIME BY FOCUSING ON PRAYER, READING SCRIPTURE, AND WORSHIP.

IN PRACTICE

WHAT SHOULD I DO WHEN I AM *fasting*?

There's nothing worse than not knowing what to do while fasting. However you choose to fast, be intentional about how you spend your time. Instead of wasting it or scrolling through social media, dedicate yourself to prayer and reading the Word of God daily. Dive into the Bible; don't just skim through Scripture. Study it, meditate on it, and let it transform your heart and mind. Pray with focus, using your prayer time wisely by centering on these key areas:

Confession: Be honest with God about your sins and let go of unforgiveness.

Thanksgiving and Praise: Give God the honor and gratitude He deserves.

Pray the Word of God: Speak His promises over your life and the lives of those you love. Declaring Scripture brings power and alignment with His will.

“WHETHER YOU'RE A STAY-AT-HOME PARENT, A STUDENT, A NURSE, OR JUGGLING MULTIPLE ROLES, NOT ALL OF US HAVE THE ABILITY TO SPEND HOURS IN PRAYER AND STUDY EACH DAY, AND THAT'S OKAY. THE KEY IS TO FIND A RHYTHM THAT WORKS FOR YOU. THE WAY YOU CAN TRULY BENEFIT FROM THIS FAST IS TO MAKE THE CHOICE TO LET GO OF EXCUSES AND FULLY CONNECT WITH GOD. MAKE THAT CHOICE, AND WATCH HOW HE MOVES IN YOUR LIFE!

DAY ONE · MONDAY, SEPTEMBER 7

TURN *aside.*

"Encounters are appointed, not accidental."

THE STORY

Moses at the Bush

Exodus 3:1–12

TODAY'S READING

Exodus 3:1–12

Psalm 27

DAY TWO · TUESDAY, SEPTEMBER 8

MIGHTY IN THE *winepress.*

"Encounters reframe your identity before they change your circumstances."

THE STORY

Gideon

Judges 6:11-16

TODAY'S READING

Judges 6:11-24

Ephesians 2:8-10



DAY THREE · WEDNESDAY, SEPTEMBER 9

PRESS *through.*

"Encounters break open what nothing else can."

3

THE STORY

The Woman with the Issue of Blood

Mark 5:25-34

TODAY'S READING

Mark 5:21-43

Psalm 34

DAY FOUR · THURSDAY, SEPTEMBER 10

BRING THE *house*.

"Encounters run through families."



THE STORY

Cornelius

Acts 10

TODAY'S READING

Acts 10:1-48

Joshua 24:14-15

DAY FIVE · FRIDAY, SEPTEMBER 11

COME AND *see.*

"Encounters send you."

5

THE STORY

The Woman at the Well

John 4:1-42

TODAY'S READING

John 4:1-42

Matthew 28:18-20

PRAYER AND FASTING



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ENCOUNTER GOD

