READY

THANKSGIVING PRAYER & FASTING GUIDE

A Heart Prepared for Thanksgiving | November 19–25, 2026

DAY 1	DAY 2	DAY 3
Ready to Heal Thursday, November 19 Fasting Focus: Fast from self-reliance and bring your pain honestly before God. Scriptures: 1 Peter 2:24; Jeremiah 17:14; Isaiah 58:8; Psalm 147:3 Reflection: Thanksgiving can stir grief, stress, and emotional fatigue. God meets us in every wound and invites us toward healing and wholeness. Prayer Points: • Ask God to heal places of grief, pain, or weariness. • Pray for peace in mind, body, and spirit.	Ready to Increase Faith Friday, November 20 Fasting Focus: Fast from fear and choose to trust God beyond what you see. Scriptures: Matthew 17:20; Mark 11:23; Romans 10:17; 2 Corinthians 5:7 Reflection: When life feels uncertain, faith anchors us in God's character. We may not understand every season, but we can still trust Him. Prayer Points: • Pray for stronger faith in difficult or confusing seasons. • Ask God to help you see your situation through His possibilities.	Ready to Trust God's Provision Saturday, November 21 Fasting Focus: Fast from anxiety over needs and lean into God's provision. Scriptures: Philippians 4:6–7, 19; Matthew 6:31–33; 2 Corinthians 9:8 Reflection: Rising costs can make the holiday season heavy. God is still our provider, and He gives grace for both trust and generosity. Prayer Points: • Pray for families dealing with financial strain, food insecurity, or job concerns. • Ask God for wisdom, provision, and a generous heart.
DAY 4	**DAY 5**	**DAY 6**
Ready to Pursue Peace Sunday, November 22 Fasting Focus: Fast from harsh words and prepare your heart to respond with grace. Scriptures: Romans 12:18; Colossians 3:12–15; Proverbs 15:1; Ephesians 4:31–32 Reflection: Holiday gatherings can expose old tensions and fresh frustrations. God calls us to pursue peace with humility, wisdom, and healthy boundaries. Prayer Points: • Pray for peace in strained relationships and family interactions. • Ask God to guard your words, attitudes, and reactions.	Ready to Extend Love and Comfort Monday, November 23 Fasting Focus: Fast from isolation and be available to encourage someone else. Scriptures: Psalm 34:18; 2 Corinthians 1:3–4; Romans 12:15; Hebrews 13:1–2 Reflection: For many, Thanksgiving highlights loss, loneliness, or transition. God comforts us and also uses us to comfort others. Prayer Points: • Pray for those who are grieving, lonely, or quietly struggling. • Ask God to show you someone you can encourage in a practical way.	Ready to Stand in Hope and Unity Tuesday, November 24 Fasting Focus: Fast from division and intercede for your community with hope. Scriptures: 1 Timothy 2:1–2; Micah 6:8; Psalm 46:1–2; Jeremiah 29:7 Reflection: Political tension and social pressure can leave people weary. Our hope is in Christ, and our call is to pray for our communities and leaders. Prayer Points: • Pray for wisdom, justice, and peace in Georgia and beyond. • Ask God to help the church model unity, compassion, and discernment.

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DAY 7 | GRATITUDE & REFLECTION

DAY 7
Ready to Give Thanks in Every Season Wednesday, November 25 Fasting Focus: Fast from complaining and embrace gratitude rooted in God’s faithfulness. Scriptures: 1 Thessalonians 5:16–18; Psalm 100:1–5; Habakkuk 3:17–19; 1 Peter 3:15 Reflection: Thanksgiving is more than a holiday meal. It is a posture of the heart that remembers God’s goodness in both abundance and hardship. Prayer Points: • Thank God for His faithfulness through every season. • Pray that your home, family, and gathering reflect peace, gratitude, and grace.

PERSONAL REFLECTION

CLOSING PRAYER

Heavenly Father, thank You for sustaining us through every season. As we conclude this fast, heal what is broken, strengthen our faith, provide for every need, and fill our homes with peace. Help us enter Thanksgiving with grateful hearts, compassion for others, and hope rooted in Jesus Christ. Make us truly READY—to trust You, to reflect Your love, and to show people the way to life with Jesus. In Jesus’ name, Amen.