Converge Corporate Fasting Guide

Love City Global

Tuesday October 20 and Thursday October 22 2026
8:00 a.m.–8:00 p.m. Central Time each day

Dear Love City Global family and fellow Kingdom leaders,
I invite you to join us in two days of corporate fasting and prayer as we prepare for CONVERGE on Sunday, October 25. Together, we are seeking God's direction for Love City Global, the Converge gatherings, and every leader and ministry represented. Let us approach these days with humility, expectation, and a willingness to obey what God reveals.

What Biblical Fasting Means

Biblical fasting is voluntarily abstaining from food for a set time in order to seek God through prayer, worship, repentance, and attention to His Word. It expresses our dependence on Him and helps us turn our attention toward His purposes. Fasting does not earn God's love, compel Him to answer, or replace obedience. We seek His will and surrender ourselves to Him.

Our corporate fast will be a food fast with water permitted. We will abstain from food from 8 a.m. to 8 p.m. on each designated day. These are two separate daytime fasts, not one continuous fast between Tuesday and Thursday.

Why We Fast

We fast to humble ourselves before God and seek His guidance (Ezra 8:21), return to Him wholeheartedly (Joel 2:12–13), and give focused attention to worship, discernment, and ministry commissioning (Acts 13:2–3). Isaiah 58:6–10 reminds us that fasting must be joined to justice, compassion, generosity, and care for others. Our conduct toward people matters as much as our withdrawal from food.

Biblical Examples of Corporate Fasting

Seeking Direction and Protection

Ezra proclaimed a fast so the people could humble themselves and seek God for a safe journey (Ezra 8:21–23). When Judah faced a threatening army, Jehoshaphat proclaimed a fast, and the people gathered to seek the Lord (2 Chronicles 20:3–4, 12).

Gathering in Repentance and Prayer

Joel called the people to consecrate a fast and gather before God (Joel 2:12–17). Esther asked the Jews in Susa to fast with her before she approached the king (Esther 4:15–16). Her fast included abstaining from drink; our Converge fast permits water.

Discerning and Sending Leaders

As the church at Antioch ministered to the Lord and fasted, the Holy Spirit directed the setting apart of Barnabas and Saul. The leaders then fasted, prayed, laid hands on them, and sent them out

(Acts 13:2–3). This provides a clear example of fasting connected to spiritual direction and ministry assignment.

How to Prepare and Participate

Our aim is a consecrated mind and heart: less distraction, more attention to God, and greater readiness to respond to His direction.

Before 8 a.m. on Each Fast Day

Set aside time to pray. Bring your heart before the Lord, repent where needed, forgive others, and surrender your agenda. Review the shared prayer focus and prepare your Bible, water, and a notebook. Plan intentional pauses for prayer around your work and family responsibilities.

Anoint Your Head Pray and Wash Your Face

As our preparation practice, anoint your head with a small amount of oil, pray, and then wash your face. In Matthew 6:17–18, Jesus instructs those fasting to anoint their head and wash their face, emphasizing sincerity before the Father rather than making a display of fasting. We follow this practice as an expression of consecration, not as a formula that makes the fast effective. Scripture does not prescribe a required order for oil, prayer, and washing.

Suggested opening prayer: Father, I set this day apart to seek You. Cleanse my heart, quiet distractions, and align my desires with Your will. As I abstain from food, draw my attention to Your Word and teach me to listen and obey. Receive our corporate prayer for Love City Global, Converge, and every leader You are calling to gather. In Jesus' name, amen.

From 8 a.m. to 8 p.m.

Abstain from food; water is allowed. Let times normally spent eating become opportunities for prayer and Scripture. When hunger draws your attention, use it as a reminder to turn toward God. Fasting includes intentional spiritual engagement throughout the day, not simply missing meals.

Reduce Distractions

Pull back from nonessential social media, unnecessary phone conversations, television, entertainment, and excessive engagement that crowds out prayer. Maintain necessary work, family, and caregiving responsibilities. Choose conversations and activities that support a consecrated mindset and heart.

Increase Worship Prayer and Scripture

Make room for worship, thanksgiving, intercession, and quiet reflection. Read Scripture slowly and prayerfully. Suggested readings are Matthew 6:16–18, Isaiah 58:6–12, Acts 13:1–3, and Ephesians 1:17–19. Record impressions, questions, and practical steps to consider. Test what you sense against Scripture rather than assuming every thought is the Holy Spirit's direction.

At 8 p.m.

Close the fast with thanksgiving and prayer. Reflect on what you learned, note any next steps, and resume eating. Continue to carry the prayer focus and practice obedience beyond the fasting hours.

Participation and health: If abstaining from food may be unsafe because of a health condition, pregnancy, breastfeeding, medication requirements, or an eating disorder history, consult your healthcare professional about participation. Do not stop prescribed medication. You may join fully

in prayer and consecration without abstaining from food; food fasting is not a measure of spiritual worth.

Our Shared Prayer Focus

Use these petitions throughout both fasting days. Pray for the gathering as a whole and for the specific leaders, ministries, and assignments God brings to your attention.

Clarity of Vision

Ask God to clarify the vision, priorities, and next steps for Love City Global and the Converge gatherings. Pray for wisdom, unity, and discernment so our plans reflect His purposes and can be communicated clearly. Scripture focus: Habakkuk 2:2–3; James 1:5.

Leaders and Their Ministries

Intercede for every leader who will attend and for each person's specific ministry, family, team, and sphere of influence. Pray for encouragement, prophetic alignment, spiritual renewal, and wisdom for present responsibilities. Scripture focus: Colossians 1:9–11; Ephesians 3:16–19.

Provision and Greater Reach

Ask God to provide the people, resources, partnerships, and practical support needed for the ministry and gathering. Pray that Love City Global will reach the leaders it is called to serve, and that increased exposure will lead people toward Christ and meaningful equipping. Scripture focus: Philippians 4:19; Colossians 4:3; Matthew 5:16.

Strength to Stand in Our Calling

Pray for courage, endurance, integrity, and spiritual strength to stand where God has placed us. Ask Him to help us resist discouragement, remain grounded in His Word, and serve with love. Scripture focus: Ephesians 6:10–18; 1 Corinthians 15:58.

Gifts and Expertise That Glorify God

Dedicate our ministry gifts, talents, professional expertise, and influence to God. Ask Him to develop our abilities, purify our motives, and help us serve others faithfully rather than seek recognition for ourselves. Scripture focus: 1 Peter 4:10–11; Colossians 3:17, 23.

Faithfulness in What God Has Entrusted to Us

Pray that we will steward people, opportunities, relationships, time, and resources with care. Ask for discipline to follow through, humility to receive correction, and obedience in both visible and unseen responsibilities. Scripture focus: 1 Corinthians 4:2; Luke 16:10.

A Prayer We Can Pray Together

Father, in the name of Jesus, we humble ourselves before You and dedicate these days to Your purposes. Give clarity to the vision of Love City Global and Converge. Strengthen every leader who will gather, and meet the needs of their ministries and families. Provide what is needed and open doors for us to reach those You have called us to serve. Establish us in our assignments, shape our character, and help us use every gift and area of expertise for Your glory. Make us faithful stewards of all You have entrusted to us. As we worship, pray, and study Your Word, teach us to hear and obey You. Let Jesus Christ be honored in our preparation, our gathering, and our lives. Amen.

Dr. Derrick Traylor
Founder and Senior Leader
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