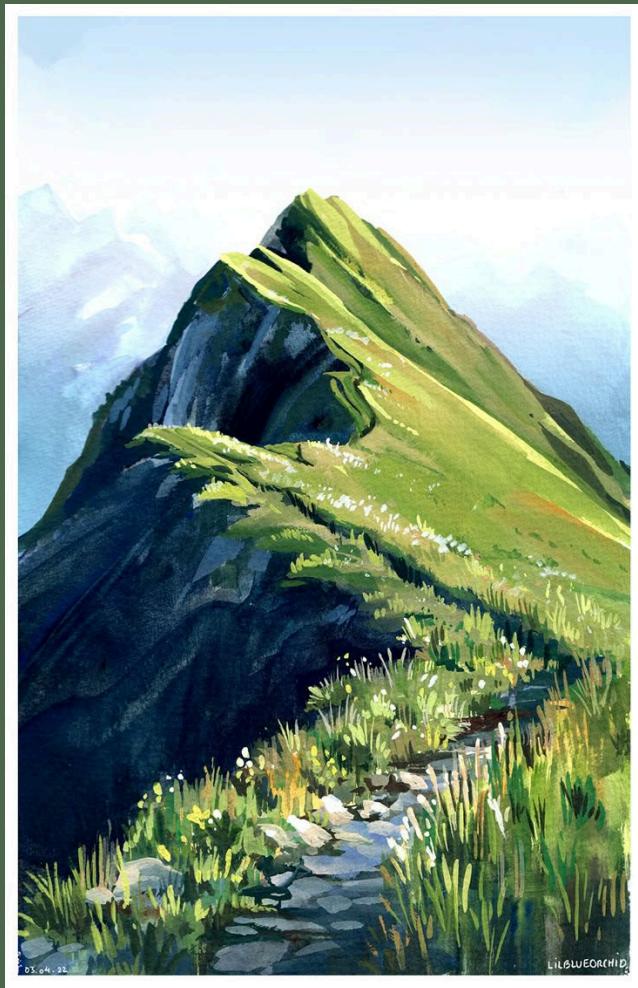




EUGENE  
CHURCH OF CHRIST  
GROWING, WORKING, SHARING...TOGETHER

---

# 40 Days of Prayer



“...and He went up to a mountain to pray...”

# Intent for the 40 Days of Prayer

**DATES: January 11-February 19, 2026**

As Christians we are called to practice multiple spiritual disciplines as individuals and collectively as a church body. These disciplines include prayer and fasting. Our elders are leading us to embark on a 40 day prayer and fasting journey in the new year.

The desire for this collective practice of spiritual disciplines is for all of us individually and as a unified church family, to draw closer to the Lord and hear his voice clearly in order to discern the path forward for our congregation. We know we are called to be a light in our community by spreading the gospel and serving our neighbors. Recognizing there are many ways we can accomplish this mission, we want to ask the Lord to guide us in the direction He wills for our congregation.

Our fervent desire is for each and every one of you to participate in at least one prayer group during these forty days. For many of you this will be outside of your comfort zone but we ask that you take that big step into discomfort and see what blessings come from it.

Every single day between Jan 11th and Feb 19th there will be organized prayer services. Each day of the week has a broad topic to be used as a guide for focus, but of course the intention is not to limit anyone. Come and gather with each other and pray for what the Lord has put on your heart.

# Fasting Guide

## **Fasting from Food every Saturday.**

As a church I am inviting us to times of fasting in order to seek intimacy with God and build our relationship with Him. **As a church we are seeking vision, wisdom, and guidance from God in order to understand the best ways the Eugene Church of Christ can fulfill God's mission.**

Fasting connects us to and teaches us about the reality that, **“Man does not live by bread alone, but by every word that proceeds from the mouth of God.”** -Deuteronomy 8:3

Jesus understood this reality and refers to it: “The disciples were urging Jesus, ‘Rabbi, eat something.’ But Jesus replied, ‘I have a kind of food you know nothing about.’ ...Then Jesus explained: **‘My nourishment comes from doing the will of God** who sent me, and from finishing his work.” -John 4:31-32, 34

Fasting is the way we align ourselves more closely to God's action with us and through us. As with all disciplines, this is hard at first and has to be learned in order to do it profitably.

# Fasting Guide

I would say that Fasting is a primary exercise in taking up the cross, and through it “those who fast learn to remain sweet and strong when they do not get what they want.”

It's good for us to go through times of not immediately getting what we want. We are very quick to comfort ourselves, but just allowing ourselves to go hungry for a while can reveal the things that are controlling us.

But fasting isn't just about feeling miserable... and while it is of some value to train our bodies to not get whatever they want whenever they want it... fasting CAN actually be a kind of feasting. Fasting sets aside the normal rhythm of meal times so that we can fill our time and address our “hunger” in a different way.

**For Fasting to be profitable is has to be connected to prayer.**

Prayer is about relationship and is the primary way we personally and intimately connect with God. Prayer is the pipeline to bring the nourishment of God into our lives and connects us to His power and sustenance.

# Fasting Guide

At the minimum, use the time you would normally spend preparing a meal and eating a meal... use that time to pray!

**Every Saturday for our 40 Days will be set aside for Fasting together with Prayer.**

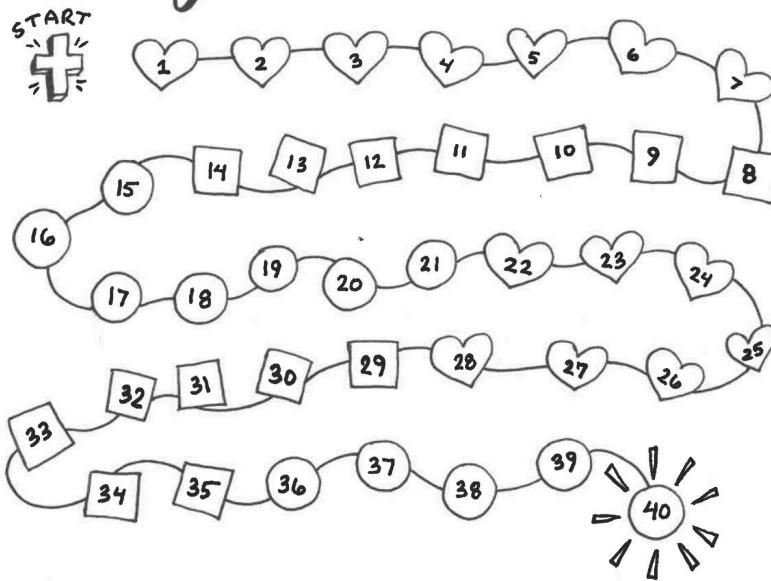
You can choose what meals you would like to skip.

For myself, I plan on eating breakfast on Saturday morning, then doing a light lunch (often I will just do liquids like a protein shake), and then skip dinner and go to bed hungry.

**Set an alarm for your meal time(s) to remind you to pray.** It is my normal practice to skip breakfast Sunday morning and then I break my fast with the Lord's Supper and after worship, I eat lunch like normal. **I always drink plenty of water throughout my fast.** But even just a single meal and a few extra minutes of prayer can be very good. **If you have any questions, please come and talk with me!**

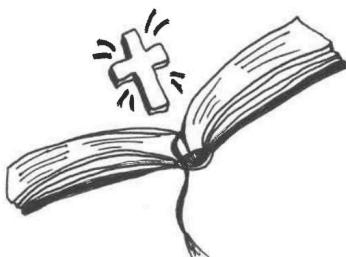
**In the Love of Christ, Calvin Groen**

# 40 DAYS OF prayer CHALLENGE



"My food," said Jesus,  
"is to do the will of him  
who sent me and to  
finish his work."

John 4:34



# **Sunday**

**TOPIC:** Praying for unity in love for God, each other, & community

**WHEN:** During class at church **AND**

5 PM at church: Revival prayer (pray for community, churches, Lane County & more)

# **Monday**

**TOPIC:** Reveal any personal & collective sin we have as a church & help us to turn away from it

**WHEN:** 6-8 PM at the Groens home **OR** 6-7 PM at the Foremans

# **Tuesday**

**TOPIC:** Praying for community outreach ideas & the Lord's direction in what to pursue

**WHEN:** 9 AM at church

# **Wednesday**

**TOPIC:** How to use our building, property & resources to serve the Lord and our neighborhood

**WHEN:** 6 PM at church

# **Thursday**

**TOPIC:** Workers for the harvest & volunteers for the work God's calling us to do

**WHEN:** 9 AM at church

# **Friday**

**TOPIC:** Praying for family members of our church members who no longer believe or don't go to church and live in our area

**WHEN:** 6:30 AM at church

# **Saturday**

**TOPIC:** Teach us how to receive and disciple the variety of people God brings us

**WHEN:** 9 am to pray together, fast from food as long as you choose for the day