



**CITF Women's Ministry
Friday Morning Fasts
Fall 2026**



Once again, we will be fasting every Friday morning throughout September. This year, our focus will be on the **Fruit of the Spirit**.

For the past few months, Michael has been preaching through the fruits described in Galatians 5:22–23. Now, we will set aside time each Friday to fast, pray, and reflect on how these fruits are developing in our own lives.

Use these prompts to focus your thoughts each week:

- **What was cultivated?** Where did I see this week's fruit naturally show up in my actions or thoughts?
 - **What was choked out?** What anxiety, distraction, or old habit tried to choke this fruit out this week?
 - **What needs pruning?** What is the Holy Spirit explicitly asking me to cut away so that more of this fruit can grow?
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Week 1: The Upward Fruits (Love & Joy)

- **Focus:** Realigning your relationship with God. Fasting to clear away bitterness, coldness of heart, and situational unhappiness.
- **The Core Verses:** Galatians 5:22, Romans 5:5, Psalm 16:11.
- **The Fasting Shift:** Fast from **complaining and negative speech**. Every time a complaint enters your mind, immediately replace it with an explicit statement of gratitude to God.
- **Home Application:** When household chores, difficult family dynamics, or solo tasks feel draining, refuse to voice irritation. Instead, practice whispering, *"Thank You, Lord, that your joy is my strength."*
- **Personal Prayer Focus:** Ask the Holy Spirit to unearth any hidden roots of bitterness, resentment, or spiritual apathy in your heart, replacing them with a fresh revelation of His unconditional love and a deep, circumstantial-proof joy.

Week 2: The Relational Fruits (Peace & Patience)

- **Focus:** Cultivating emotional stability and endurance. Fasting to cure anxiety, hurry, and the constant urge to control outcomes.
- **The Core Verse:** Galatians 5:22, Philippians 4:6-7, Colossians 3:12.
- **The Fasting Shift:** Fast from **toxic rushing and over-scheduling**. Intentionally slow your physical pace and commit to an "unhurried" presence in your daily tasks.
- **Home Application:** Build a mandatory **10-to-15-minute buffer** of silence into your morning or evening. Turn off all music, podcasts, or background television to practice quiet stillness at home.
- **Personal Prayer Focus:** Ask the Holy Spirit to pinpoint what you are trying to micro-manage out of fear. Pray to release your grip on timelines, family members, or uncertain outcomes, allowing God's supernatural peace to guard your mind.

Week 3: The Outward Fruits (Kindness, Goodness, & Faithfulness)

- **Focus:** Becoming a tangible extension of Christ to others. Fasting from self-absorption, digital isolation, and consumer-minded Christianity.
- **The Core Verse:** Galatians 5:22, Ephesians 4:32, 2 Thessalonians 1:11.
- **The Fasting Shift:** Fast from **digital media, social media, and recreational scrolling** during daylight hours.
- **Home Application:** Look up from your screens and intentionally observe the physical needs of those in your immediate circle. Commit to one proactive, anonymous act of kindness for someone else each day.
- **Personal Prayer Focus:** Ask the Holy Spirit to break any habits of self-centeredness or digital distraction. Pray for eyes that see people the way Jesus does, and a heart that remains fiercely loyal and faithful to its commitments.

Week 4: The Inward Fruits (Gentleness & Self-Control)

- **Focus:** Mastering the flesh, the tongue, and reactions. Fasting from anger, defensiveness, and demanding your personal rights.
 - **The Core Verse:** Galatians 5:23, Proverbs 16:32, Titus 2:11-12.
 - **The Fasting Shift:** Fast from **defending yourself, correcting others, or needing to have the last word** in conversations.
 - **Home Application:** When triggered by an annoying comment, a mess, or an incorrect statement from a family member or coworker, practice a **mandatory 5-second pause**. Choose holy silence or a gentle response over an emotional reaction.
 - **Personal Prayer Focus:** Ask the Holy Spirit to reveal secret habits, triggers of quick irritation, or patterns of frustration in the home. Pray for a quiet, unshakeable confidence that does not need to defend itself, and the strength to master fleshly impulses.
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