
HOUSE DENVER

Three Days of

Fasting & Prayer

Crying out for a fresh outpouring of the Holy Spirit

May 11–13, 2026

Monday · Tuesday · Wednesday | 6:30 – 8:30 PM

1885 S. Ogden St., Denver, CO 80210

OUR FOCUS FOR THIS FAST

This fast is a corporate cry before God — that He would pour out His Spirit upon our church, our city, and our region with fresh power and fire. We come with one voice and one longing: *more of You, Lord.*

We are believing God for:

- A fresh outpouring of the Holy Spirit on HOUSE Denver
- Greater power and boldness in our witness to the lost
- The fire of God's love burning in every heart
- Holy Spirit renewal across Denver and our region

“You will receive power when the Holy Spirit comes on you; and you will be my witnesses.” — Acts 1:8

WHY FASTING MATTERS

Fasting is a biblical spiritual discipline seen and taught throughout the Scriptures. It was practiced and instructed by Jesus (Matt. 4:2; 6:16–18; 17:21) and by the New Testament church (Acts 13:1–2). Fasting is a way in which we voluntarily humble ourselves and choose to be weak in order that we might become more dependent on God's Word, presence, and power in our lives.

Fasting, paired with prayer and the Scriptures, empowers us to receive more from God and walk in greater faith for answered prayer. We do not believe that anything is earned through fasting — rather, our need for and dependence on God becomes more evident to us through it.

HISTORY SHAPED BY FASTING & PRAYER

History has been indelibly shaped through seasons of fasting and prayer. Daniel saw breakthrough in the heavenlies that resulted in Israel being released from exile (Daniel 10:2). Esther fasted three days for her people to be saved (Esther 4:15). Jesus fasted forty days to begin His earthly ministry in the power of the Spirit (Luke 4:14). Paul was commissioned by the Spirit to begin his apostolic ministry through a fast (Acts 13:2–4). We believe that as we fast and cry out together, God will move in power once again.

PREPARING YOUR HEART

While encouraged as part of our discipleship to Jesus, fasting is not compulsory, nor should it ever be done from a place of obligation. It is one of God's gifts to His people and should be engaged with faith and conviction. We encourage you to identify one or two specific areas of prayer for this fast — places where you are believing for the Spirit's fresh power and fire.

As you prepare, ask God to give you His heart for this season. May He release supernatural grace and resolve to you as you enter this fast.

Let's come together in faith, crying out with one voice for the Holy Spirit to fall on our church, our city, and our region.

— HOUSE DENVER