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DAYS OF PRAYER & FASTING

HOW TO...

READ THE BIBLE

Connect to God through prayer. Discover something from God's Word. Respond with your next step. In this season, consider journaling to see the movement of God in your life. The word of God never returns void (Isaiah 55) and is alive (Hebrews 4). God speaks clearest through His Scripture and His Spirit.

PRAY

Jesus teaches us to pray in Matthew 6. There are limitless ways to pray: expressing gratitude, lamenting, sharing requests with God, sharing dreams with God, admiring Him for who He is, repenting, etc. Our goal is to pray without ceasing, as we see in 1 Thessalonians 5.

FAST

Fasting is the practice of giving up food (or another habit) to give God more of our attention and devotion. We deny our flesh so we may be more aware of the spiritual. Fasting is expected from Jesus and is a foundational spiritual practice. We practice fasting in a variety of ways. Ask God for guidance on what to abstain from for this period of time. If you need assistance, the pastors at your campus would love to help you.

DAILY RHYTHMS

Pray this to start every day, "Holy Spirit be our teacher. Our ears are open. Speak, for Your people are listening. Our yes is on the table. We pray Your Kingdom come, Your will be done. Amen."

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SCRIPTURES

Mar 16 | Psalm 1, Psalm 51

Mar 17 | Psalm 139

Mar 18 | Matthew 5

Mar 19 | Matthew 6

Mar 20 | Matthew 7

Mar 21 | Galatians 5, Galatians 6

Mar 22 | Colossians 1, Colossians 2

Mar 23 | Colossians 3, Colossians 4

Mar 24 | 1 Peter 4, 1 Peter 5

Mar 25 | Psalm 8

Mar 26 | Hebrews 11, Hebrews 12

Mar 27 | James 1, James 2

Mar 28 | James 3, James 4, James 5

Mar 29 | 1 Thess 4, 1 Thess 5

Mar 30 | Romans 7, Romans 8

Mar 31 | Psalm 130, Isaiah 53

Apr 1 | John 14, John 15, John 16

Apr 2 | John 17, John 18

Apr 3 | Matthew 26, Luke 22

Apr 4 | Matthew 27, Luke 23

Apr 5 | Matthew 28, Luke 24