

WEEK OF PRAYER AND FASTING

JANUARY 12-17

Preparing for "All God Has Next"

FBC TUSCALOOSA

FBC Tuscaloosa Week of Prayer & Fasting

INTRODUCTION

Welcome to our Week of Prayer! This week is an opportunity for our entire church family—all generations—to start the new year by seeking the Lord together. As we seek the good of my neighbor and all God has next, we're setting aside intentional time to draw near to God, align our hearts with His vision, and prepare ourselves for what He has in store for us and our community this year.

WHAT'S INCLUDED

This packet contains two guides to help you engage fully with the Lord this week:

1. Prayer Guide (6 Days)

A daily prayer guide for **Monday through Saturday** that you can work through at your own pace, in your own home. Each day includes:

- **Scripture passages** to read and meditate on
- **Pause, Reflect, Ask, and Yield** sections to guide your prayer time
- **All God Has Next Steps** to help you in your walk with Christ

The six days focus on:

- **Day 1 (Monday): Preparation** - Surrendering what holds us back
- **Day 2 (Tuesday): Relationships** - Loving God and others well
- **Day 3 (Wednesday): Seeking the Lord** - Building daily habits with Christ
- **Day 4 (Thursday): Prayer** - Deepening our communication with God
- **Day 5 (Friday): Rest** - Trusting in God's provision
- **Day 6 (Saturday): Service** - Using our gifts to advance God's mission

2. Fasting Guide

A simple guide to fasting that explains what biblical fasting is and invites you to join the church in fasting together on **Monday, Wednesday, and Friday**:

- **Monday:** Skip breakfast (morning fast)
- **Wednesday:** Skip breakfast and lunch, join us for church dinner (extended fast + community)
- **Friday:** Skip lunch and pray about “What God Has Next” (afternoon fast with focus)

The fasting guide includes practical tips, medical considerations, and alternatives for those who cannot fast from food.

HOW TO USE THESE GUIDES

At Your Own Pace: These guides are designed for you to use on your own schedule. Find a quiet place each day and spend time working through that day's prayer guide.

With Fasting: If you're able, we encourage you to join us in fasting on Monday, Wednesday, and Friday. Use your meal times for prayer and let your physical hunger increase your spiritual hunger.

With Your Family: Parents, consider working through portions of these guides with your children. Adapt the prayers and challenges to be age-appropriate and help your whole family grow in seeking the Lord together.

With Your Group: Bring what you're learning to your Life Group. Share what God is teaching you and pray together about the commitments you're making.

OUR VISION

Throughout this week, you'll notice language from our church's new vision woven into the prayers and challenges. This is intentional. As we **stand on Scripture, welcome the stranger, invest in relationships, live open-handed, and glorify God in everything**, we're aligning our hearts with what God is calling FBC Tuscaloosa to be and do.

Our mission is to lead all generations to **seek the good of my neighbor and all God has next**. This week of prayer and fasting is about preparing our hearts to live out that mission in every part of our lives.

STARTING TODAY

As you begin, ask God to:

- Open your heart to hear from Him
- Give you discipline to **live dependent** on His Word
- Show you specific areas where He's calling you to grow
- Prepare you for all He has next for you this year

We're praying that this week will be transformational for you and for our church family. Let's seek the Lord together!

Daily Prayer Guides

DAY 1: PREPARATION

This morning, we seek the Lord in prayer, asking Him to prepare us for both the joys and trials of the year ahead. We are letting go of the sin and shame that hold us back from experiencing the love of God, and we commit to making fellowship with Him our highest priority.

PAUSE

Take a moment to pause and ask the Lord to let you feel His presence with you this morning.

Scripture: Ephesians 2:4-10

“But God, being rich in mercy, because of the great love with which he loved us, even when we were dead in our trespasses, made us alive together with Christ—by grace you have been saved—and raised us up with him and seated us with him in the heavenly places in Christ Jesus, so that in the coming ages he might show the immeasurable riches of his grace in kindness toward us in Christ Jesus. For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast. For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.”

REFLECT

Consider the ways God has been faithful in past seasons. What blessings and challenges have shaped your walk with Him?

Scripture: Deuteronomy 8:2-5

“And you shall remember the whole way that the Lord your God has led you these forty years in the wilderness, that he might humble you, testing you to know what was in your heart, whether you would keep his commandments or not. And he humbled you and let you hunger and fed you with manna, which you did not know, nor did your fathers know, that he might make you know that man does not live by bread alone, but man lives by every word that comes from the mouth of the Lord. Your clothing did not wear out on you and your foot did not swell these forty years. Know then in your heart that, as a man disciplines his son, the Lord your God disciplines you.”

Reflect on how God led the Israelites through the wilderness, providing for their needs and teaching them to live dependent on His Word. Think about how He has provided for you and cared for you. Let God's past provision lead you to trust in His continued provision for your future.

ASK

Bring your needs, hopes, and concerns for the year ahead before the Lord. Pray for guidance, strength, and opportunities to **glorify God in everything.**

Scripture: Philippians 4:4-7

“Rejoice in the Lord always; again I will say, rejoice. Let your reasonableness be known to everyone. The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.”

Read Paul's encouragement to live joyful, to pray, and to trust in God's peace. Bring your specific requests before the Lord, asking Him to shape your thoughts and actions this year.

YIELD

Surrender your plans and expectations to the Lord, trusting that His will is good and perfect. Commit to faithfully seeking His will and His presence before all other things.

Scripture: Proverbs 3:5-8

“Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths. Be not wise in your own eyes; fear the Lord, and turn away from evil. It will be healing to your flesh and refreshment to your bones.”

Read this call to trust and honor the Lord with every aspect of your life. Because God's Word is our foundation, our “why” will start from the Bible in every belief, in every decision, and in every action. Ask Him to guide your path and use this year to glorify His name.

"ALL GOD HAS NEXT" STEPS

What's one thing you need to give up this year to fully commit to the life God is calling you to live? As we **seek the good of my neighbor and all God has next**, what is holding you back from **relying on God's Word for truth, strength, and direction each day?**

Take a moment to write down one thing you need to give up. Commit today to **stand on Scripture** and seek the Lord first in all aspects of your life.

DAY 2: **RELATIONSHIPS**

*This morning, we seek the Lord in prayer, asking Him to shape our relationships for His glory. We are praying for deeper connections with Him and others, seeking to **invest in relationships** that reflect His love, grace, and truth.*

PAUSE

Take a moment to pause and remember our Father's faithfulness. Ask Him to deepen your relationship with Him; ask Him to reveal Himself to you in His Word.

Scripture: Exodus 34:5-7

“The Lord descended in the cloud and stood with him there, and proclaimed the name of the Lord. The Lord passed before him and proclaimed, ‘The Lord, the Lord, a God merciful and gracious, slow to anger, and abounding in steadfast love and faithfulness, keeping steadfast love for thousands, forgiving iniquity and transgression and sin, but who will by no means clear the guilty, visiting the iniquity of the fathers on the children and the children’s children, to the third and the fourth generation.’”

Slowly read this passage where God reveals His character to Moses. As you read, focus on who God has revealed Himself to be and how it compares to your perception of Him.

REFLECT

Think about what it means to love others as Christ loves you. Are there relationships in your life where you need to extend grace or forgiveness? Are there ways you can love more selflessly?

Scripture: Luke 10:30-37

“Jesus replied, ‘A man was going down from Jerusalem to Jericho, and he fell among robbers, who stripped him and beat him and departed, leaving him half dead. Now by chance a priest was going down that road, and when he saw him he passed by on the other side. So likewise a Levite, when he came to the place and saw him, passed by on the other side. But a Samaritan, as he journeyed, came to where he was, and when he saw him, he had compassion. He went to him and bound up his wounds, pouring on oil and wine. Then he set him on his own animal and brought him to an inn and took care of him. And the next day he took out two denarii and gave them to the innkeeper, saying, “Take care of him, and whatever more you spend, I will repay you when I come back.” Which of these three, do you think, proved to be a neighbor to the man who fell among the robbers?’ He said, ‘The one who showed him mercy.’ And Jesus said to him, ‘You go, and do likewise.’”

Read the parable of the Good Samaritan. Reflect on what it looks like to seek the good of my neighbor—loving sacrificially, even when it’s inconvenient or costly. **Because spiritual formation occurs in community, our attention will be on developing transformational relationships both within and outside the church.**

ASK

Bring your relationships before the Lord. Pray for healing where there's brokenness, strength where there's strain, and opportunities to encourage others in Christ.

Scripture: Colossians 3:12-14

“Put on then, as God’s chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience, bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive. And above all these put on love, which binds everything together in perfect harmony.”

Pray through Paul's instructions for how to "put on" Christ-like love and humility in your relationships. Ask God to help you **live connected** in **building deep, accountable relationships within biblical community.**

YIELD

Surrender your relationships to the Lord, trusting Him to guide you in loving others selflessly and sacrificially. Commit to pursuing relationships that glorify Him.

Scripture: John 15:12-13, 17

"This is my commandment, that you love one another as I have loved you. Greater love has no one than this, that someone lay down his life for his friends... These things I command you, so that you will love one another."

Read Jesus' command to love others as He has loved you. Yield your plans, conflicts, and desires to Him, committing to live in His love.

"ALL GOD HAS NEXT" STEPS

Who is one person in your life that does not have a relationship with the Lord? **Because every person matters to God, our environments will invite all people to come to know and grow in Christ and belong alongside others doing the same.** How can you **welcome the stranger** and help them come to know Christ? How can you **live sent by sharing the gospel in your daily relationships?**

Write down one name and how you plan to share the gospel with them. Commit today to engage people locally and globally with the gospel and call them to follow Jesus.

DAY 3: SEEKING THE LORD

This morning, we seek the Lord in prayer, asking Him to draw us closer to His presence. We are praying for hearts that long to know Him, follow Him, and find joy in pursuing His will above all else.

PAUSE

Take a moment to pause, be quiet, and listen to God. Thank Him for His presence and His faithfulness; ask Him to help you focus your thoughts on Him.

Scripture: Isaiah 55:6-9

“Seek the Lord while he may be found; call upon him while he is near; let the wicked forsake his way, and the unrighteous man his thoughts; let him return to the Lord, that he may have compassion on him, and to our God, for he will abundantly pardon. For my thoughts are not your thoughts, neither are your ways my ways, declares the Lord. For as the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts.”

Slowly read this passage, surrendering your thoughts to the Lord and remembering the truth of your salvation.

REFLECT

Consider what it means to seek the Lord in your daily life. Are there areas where you've been self-reliant instead of trusting Him? Are there habits or distractions that keep you from pursuing Him wholeheartedly?

Scripture: Psalm 27:4, 8, 13-14

“One thing have I asked of the Lord, that will I seek after: that I may dwell in the house of the Lord all the days of my life, to gaze upon the beauty of the Lord and to inquire in his temple... You have said, ‘Seek my face.’ My heart says to you, ‘Your face, Lord, do I seek...’ I believe that I shall look upon the goodness of the Lord in the land of the living! Wait for the Lord; be strong, and let your heart take courage; wait for the Lord!”

Read through these verses from the Psalm. Reflect on what it looks like to wait on the Lord and to pursue His presence with confidence.

ASK

Ask the Lord to give you a desire to know Him deeply. Allow Him to increase your hunger for His Word and your joy in worship. Pray for the clarity and strength to obey His will.

Scripture: Matthew 7:24-27

“Everyone then who hears these words of mine and does them will be like a wise man who built his house on the rock. And the rain fell, and the floods came, and the winds blew and beat on that house, but it did not fall, because it had been founded on the rock. And everyone who hears these words of mine and does not do them will be like a foolish man who built his house on the sand. And the rain fell, and the floods came, and the winds blew and beat against that house, and it fell, and great was the fall of it.”

Pray that God would help you **live dependent**, building your life on the rock so that you will not be swept away when trials come. Ask Him to help you be **spending time in the Bible daily** and **weekly applying a new lesson from the Bible**.

YIELD

Surrender your heart and mind to the Lord. Reflect on what it means to follow Christ fully and submit your will to His. Trust Him to guide you as you take up your cross daily.

Scripture: Matthew 16:24-26

“Then Jesus told his disciples, ‘If anyone would come after me, let him deny himself and take up his cross and follow me. For whoever would save his life will lose it, but whoever loses his life for my sake will find it. For what will it profit a man if he gains the whole world and forfeits his soul? Or what shall a man give in return for his soul?’”

Read Jesus’ call to deny yourself, take up your cross, and follow Him. Yield your life to His authority, committing to let go of anything that keeps you from submitting fully to Christ.

“ALL GOD HAS NEXT” STEPS

What practice could you start or improve to strengthen your walk with Christ this year? **Because God’s Word is our foundation**, how can you commit to **relying on God’s Word for truth, strength, and direction each day?** What daily habit will help you **live dependent**?

Write down one practice and how you plan to incorporate it into your life. Commit today to **stand on Scripture** and carry your cross and follow Christ every day.

DAY 4: PRAYER

Today, we focus on prayer, recognizing it as both a gift and a command. We approach the Lord in humility, knowing that through prayer, we align our hearts with His will, express our dependence on Him, and grow in intimacy with our Creator.

PAUSE

For several minutes as we begin, take time to be still and quiet before the Lord. Set aside distractions, quiet your thoughts, and rest in the truth that God loves you deeply and is present with you.

Scripture: Psalm 46:1-3, 10-11

“God is our refuge and strength, a very present help in trouble. Therefore we will not fear though the earth gives way, though the mountains be moved into the heart of the sea, though its waters roar and foam, though the mountains tremble at its swelling... ‘Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!’ The Lord of hosts is with us; the God of Jacob is our fortress.”

Read this psalm, focusing on the call to “be still and know that I am God.” Consider how stillness allows you to experience His peace and be reminded of His sovereignty and love.

REFLECT

Think about your own prayer life. Is it consistent or sporadic? Focused or distracted? What do your prayers reveal about your priorities and your understanding of God’s character?

Scripture: Luke 18:1-8

“And he told them a parable to the effect that they ought always to pray and not lose heart. He said, ‘In a certain city there was a judge who neither feared God nor respected man. And there was a widow in that city who kept coming to him and saying, “Give me justice against my adversary.” For a while he refused, but afterward he said to himself, “Though I neither fear God nor respect man, yet because this widow keeps bothering me, I will give her justice, so that she will not beat me down by her continual coming.”’ And the Lord said, ‘Hear what the

unrighteous judge says. And will not God give justice to his elect, who cry to him day and night? Will he delay long over them? I tell you, he will give justice to them speedily. Nevertheless, when the Son of Man comes, will he find faith on earth?”

Read the parable of the persistent widow. Reflect on Jesus’ encouragement to pray with faith and persistence, trusting that God is just and attentive to His people.

ASK

Bring your desires and needs before the Lord in prayer. Ask Him to teach you how to pray with sincerity and dependence on Him. Pray for boldness to intercede for others and faith to trust in His timing and answers.

Scripture: John 17:20-23

“I do not ask for these only, but also for those who will believe in me through their word, that they may all be one, just as you, Father, are in me, and I in you, that they also may be in us, so that the world may believe that you have sent me. The glory that you have given me I have given to them, that they may be one even as we are one, I in them and you in me, that they may become perfectly one, so that the world may know that you sent me and loved them even as you loved me.”

Pray through Jesus’ high priestly prayer. Ask the Lord to give you a heart that seeks His glory, loves His people, and submits to His will. **Pray, praying consistently for people who don’t know Christ.** Let His example guide your requests.

YIELD

Surrender your prayer life to the Lord. Commit to seeking Him daily and relying on Him for strength, wisdom, and direction in all things.

Scripture: Matthew 6:9-13

“Pray then like this: ‘Our Father in heaven, hallowed be your name. Your kingdom come, your will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from evil.’”

Read the Lord's Prayer as taught by Jesus. Yield to His instruction to pray with humility, dependence, and faith. Commit to praying in a way that reflects His kingdom priorities and glorifies His name.

"ALL GOD HAS NEXT" STEPS

How can you deepen your practice of prayer this year? Because worship isn't just something we do on Sundays, our focus will be sending people to reflect God's love and goodness in every part of their lives, every day. What specific step will help you live dependent on God through consistent prayer?

Write down one way you'll strengthen your prayer life and commit to putting it into practice this week. Commit today to glorify God in everything through a life of prayer.

DAY 5: REST

At the end of this week, we're taking the time to rest in the Lord. What does it mean for us that our God created us not just to work, but also to rest in Him?

PAUSE

Sit quietly for several minutes and reflect on our gracious and loving God. Remember that His desire is not to burden you but to bear your burdens and offer you rest.

Scripture: Psalm 23:1-3

“The Lord is my shepherd; I shall not want. He makes me lie down in green pastures. He leads me beside still waters. He restores my soul. He leads me in paths of righteousness for his name’s sake.”

Read slowly through the words of this Psalm. Pause to consider the ways in which the Lord provides for all our needs.

REFLECT

How often does it feel like you have so much to do that there's no time to take a break? When was the last time you were able to rest guilt-free?

Scripture: Genesis 2:1-3

“Thus the heavens and the earth were finished, and all the host of them. And on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done. So God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in creation.”

Reflect on the fact that God was responsible for the whole earth and still deemed it good to rest. How can you be encouraged to rest by God’s example?

ASK

Christ has called us to serve Him and be obedient to His will. At the same time, the Lord provides us with rest and peace so that we are not overwhelmed by the work He’s called us to do.

Scripture: Mark 6:30-32

“The apostles returned to Jesus and told him all that they had done and taught. And he said to them, ‘Come away by yourselves to a desolate place and rest a while.’ For many were coming and going, and they had no leisure even to eat. And they went away in the boat to a desolate place by themselves.”

Ask the Lord to provide you with rest, like He provided it for His disciples when they returned from their work.

YIELD

Christ tells us that those who come to Him will be given rest. Have you accepted the rest that comes from being a follower of Christ Jesus?

Scripture: Matthew 11:28-30

“Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.”

Submit all your plans, motivations, and worries to the Lord this morning and accept the rest that He offers. Understand that resting isn’t an optional bonus for the Christian life, but an essential key to faithfulness.

"ALL GOD HAS NEXT" STEPS

How can you be intentional to step away from the busyness and trust in the Lord's provision this year? **Because everything we have is a gift from God, our passion will be equipping followers of Christ to see their time, skills, resources, and influence as tools to advance His mission.** How will you **live open-handed** with your time—seeing it as a tool to advance His mission rather than something to anxiously control? What does true rest look like for you?

Write down a time this weekend when you can be intentional to step back and rest. Remember that God has created you not only to work but also to rest, and that **worship isn't just something we do on Sundays**, but happens in every part of your life, every day—including in your rest.

DAY 6: SERVICE

This morning, we turn our hearts toward serving others. We recognize that God has equipped us with gifts, resources, and opportunities not for our own gain, but to advance His kingdom and seek the good of my neighbor. Today, we commit to live open-handed, using all that God has given us as tools for His mission.

PAUSE

Take a moment to pause and reflect on all that God has entrusted to you—your time, talents, resources, and influence. Thank Him for these gifts and ask Him to open your eyes to how He wants to use them.

Scripture: 1 Peter 4:10-11

“As each has received a gift, use it to serve one another, as good stewards of God’s varied grace: whoever speaks, as one who speaks oracles of God; whoever serves, as one who serves by the strength that God supplies—in order that in everything God may be glorified through Jesus Christ. To him belong glory and dominion forever and ever. Amen.”

Read this passage slowly. Consider how God has uniquely gifted you to serve others and bring Him glory.

REFLECT

Think about the ways you're currently using your time, skills, resources, and influence. Are you holding anything back from God? Are there gifts He's given you that you're not stewarding well? Are there needs around you that you've been ignoring?

Scripture: Matthew 25:34-40

“Then the King will say to those on his right, ‘Come, you who are blessed by my Father, inherit the kingdom prepared for you from the foundation of the world. For I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me.’ Then the righteous will answer him, saying, ‘Lord, when did we see you hungry and feed you, or thirsty and give you drink? And when did we see you a stranger and welcome you, or naked and clothe you? And when did we see you sick or in prison and visit you?’ And the King will answer them, ‘Truly, I say to you, as you did it to one of the least of these my brothers, you did it to me.’”

Reflect on how serving others is serving Christ Himself. **Because every person matters to God**, how can you demonstrate His love through practical acts of service?

ASK

Ask the Lord to reveal where He's calling you to serve. Pray for eyes to see the needs around you—in your church, your neighborhood, your workplace, and beyond. Ask Him for courage to step out in faith and generosity.

Scripture: Galatians 5:13-14

“For you were called to freedom, brothers. Only do not use your freedom as an opportunity for the flesh, but through love serve one another. For the whole law is fulfilled in one word: ‘You shall love your neighbor as yourself.’”

Pray that God would give you opportunities to **serve** and **influence** others for His glory. Ask Him to help you see your resources not as possessions to protect, but as tools to advance His mission.

YIELD

Surrender your gifts, your time, your resources, and your plans to the Lord. Commit to holding them with open hands, ready to use them however He directs.

Scripture: Romans 12:1-2, 6-8

“I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect... Having gifts that differ according to the grace given to us, let us use them: if prophecy, in proportion to our faith; if service, in our serving; the one who teaches, in his teaching; the one who exhorts, in his exhortation; the one who contributes, in generosity; the one who leads, with zeal; the one who does acts of mercy, with cheerfulness.”

Yield your whole self to God as a living sacrifice. Commit to using your unique gifts in service to others, knowing that this is your true worship.

“ALL GOD HAS NEXT” STEPS

What is one specific way you can serve someone this week? **Because everything we have is a gift from God, our passion will be equipping followers of Christ to see their time, skills, resources, and influence as tools to advance His mission.** How will you live open-handed? How will you lead generously by giving time, talent, and resources to bless others and advance the mission?

Write down one concrete action you will take this week to serve someone in Jesus’ name. Consider: Will you **volunteer your time to serve inside or outside the church?** Will you **give financially** to support God’s work? Will you use your specific skills to meet a practical need? Commit today to **reflect God’s love and goodness** through tangible service.

Fasting Guide

WHAT IS FASTING?

Fasting is **the voluntary denial of a normal function for the sake of intense spiritual activity**. It is not just abstaining from food but feasting on God and His Word. Jesus told His disciples that He had food they did not know about (John 4:32, 34). When we fast, we **live dependent** on God's Word, acknowledging that "man shall not live by bread alone, but by every word that comes from the mouth of God" (Matthew 4:4).

Why Fast?

Jesus said "**when** you fast" (Matthew 6:16-18)—not if you fast. He taught on fasting alongside giving and prayer, indicating these are essential practices for His followers.

Good motives for fasting:

- Obedience to God's Word (**because God's Word is our foundation**)
- Drawing closer to God
- Controlling your flesh and denying self
- Expressing dependence on God (**living dependent**)
- Earnestly seeking God's will

Fasting doesn't get God to bend to our will—it allows us to submit to His.

Practical Considerations

Medical Disclaimer: If you have never fasted before, please consult your physician. If you are pregnant or have diabetes, heart problems, or other health conditions, you should not fast from food. You can fast from other things: certain types of food, media, social media, etc.

What to Drink When Fasting:

- Water throughout the day (stay hydrated!)
- Fruit juice if desired (grape, peach, pineapple—avoid high-acid juices like orange and tomato)

Physical Effects to Expect:

- You may feel weak or dizzy—slow down and avoid sudden movements
- Take time to rest—you won't have as much stamina as usual
- Do not chew gum (it signals your stomach to prepare for food)

Breaking Your Fast:

- Start with lighter foods (fruits, vegetables, easy-to-digest items)
- Avoid heavy meals immediately after fasting

Alternatives to Food Fasting:

If you cannot fast from food, consider fasting from:

- Social media apps
- Streaming services (Netflix, Hulu, etc.)
- Phone scrolling during breaks
- Other media or entertainment

This Week's Fasting Plan

We invite you to join us in fasting together on Monday, Wednesday, and Friday this week as we seek the Lord in prayer.

Monday (Day 1) - Morning Fast

Skip breakfast

Use your normal breakfast time for prayer and Bible reading instead. When you feel hunger, let it remind you to live dependent on God's Word.

Break your fast at lunch, thanking God for His provision and for the reminder that God's Word is our foundation.

Wednesday (Day 3) - Extended Fast

Skip breakfast and lunch

Use meal times for prayer and Scripture reading. When hunger strikes, turn to God in prayer and let your physical hunger increase your spiritual hunger.

Join us for Church Dinner at 5:00 to break the fast together as a church family. This is an opportunity to invest in relationships and live connected in biblical community.

Friday (Day 5) - Afternoon Fast

Skip lunch

During your lunch hour and afternoon, take intentional time to pray specifically about what God has next for you, for our church, and for our community.

Ask God:

- What is He calling you to this year?
- How can you **seek the good of my neighbor**?
- Where is He leading our church?
- How can you **live open-handed** with your time, skills, resources, and influence?

Break your fast at dinner, thanking God that **everything we have is a gift from God** and committing to see all you have as tools to advance His mission.

A Word on Fasting

“The greatest enemy of hunger for God is not poison but apple pie. Our soul is stuffed with small things, and there is no room for the great. If we are full of what the world offers, then perhaps a fast might express, or even increase, our soul’s appetite for God.” — John Piper

Let this week be a time when you are consumed with **seeking the good of my neighbor and all God has next**—not just abstaining from food, but actively pursuing God’s will and serving others in His name.