



PRAYER & FASTING



7 practices that should always be growing in a Christian's life are self-denial, daily prayer, Bible engagement, 360 faith, Spirit led, mission minded, and healthy community. This week, we are growing in Self-Denial through fasting.

I NEED GROWTH IN SELF-DENIAL

Self-denial is telling your body NO so your spirit can grow. It helps you see Jesus is really what you need most, but it's more than giving something up. You also spend time saying YES to Jesus. Fill the time with things that build your spirit. That is why the Lord says, "Turn to me now, while there is time. Give me your hearts. Come with fasting, weeping, and mourning." –Joel 2:12 NLT

ASK YOURSELF

- What is one area of my life that probably gets too much of my focus, attention, or energy?
- What is one area in my relationship with Jesus that would benefit from more of my focus, attention, or energy?

WHAT YOU CAN DO

- Give up something hard: food, unhealthy food, caffeine, video games, screen time, scrolling, or anything you love. Decide what you're giving up and how long you will go without it.
- Set aside a time and place every day where you spend extra time with Jesus in worship and prayer.
- Decide what you need God to do in your life and ask for it.
- Every time you notice how much you want what you've given up, stop and pray for that thing you need from God.

EXAMPLE

"I'm giving up video games and getting up earlier than normal every day to pray for 10 minutes in my room for my friends and family."

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2025 WEEK OF

PRAYER & FASTING

MY COMMITMENT

my name: _____

I AM FASTING

when: _____

what: _____

I WILL BE PRAYING

where: _____

when: _____

what: _____

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