

PRAY, READ, FAST

Each day, use the prompts to guide your prayer and reading time with the Lord and try the fasting challenge.

M O N D A Y :

Pray: God's glory to expand

Read: Psalm 67, Isaiah 42:1-12

Fast: Refrain from something you enjoy; use that time to meditate on God's glory.

T U E S D A Y :

Pray: Unbelievers

Read: Romans 10:1-4, Luke 15, John 3:16-21

Fast: Give up some alone time to meet someone new or to spend intentional time with an unbeliever.

W E D N E S D A Y :

Pray: Church

Read: Heb. 10:19-25, Mat. 16:13-19, Eph. 1:15-23

Fast: Give up social media for the day.

T H U R S D A Y :

Pray: Community

Read: Romans 12:9-21, John 15:1-17, Jer. 29:4-7

Fast: Turn off the TV and spend time with others in community (or in the community).

F R I D A Y :

Pray: Confession

Read: Psalm 51, Daniel 9:3-19, James 5:13-18

Fast: Fast from food (snacks or a meal, all day or for multiple days).

S A T U R D A Y :

Pray: Hope and peace

Read: 1 Thess. 4:13-14, Psalm 71, Romans 8:18-28

Fast: Give up something in order to bless someone.

S U N D A Y :

Pray: Thanksgiving

Read: 1 Thess. 5:12-18, Isaiah 12, Phil. 4:4-9

Fast: Participate in an "anti-fast." Pick a favorite gift from God, enjoy it, and give Him thanks.