

21 *days of* GROWING DEEPER TOGETHER Fasting + Praying

JANUARY 13 — FEBRUARY 2

WHY FAST?

Fasting and prayer draw us closer to God's presence, deepening our hunger for more of Him and less for the things of this world. This spiritual discipline is expected of us and prepares us for all that He has in store for us.

FASTING OPTIONS

We understand that there are many factors that affect our physical and mental ability to fast, which is why there are multiple ways that you can engage in this time of fasting and prayer. What matters most is our heart posture; this isn't simply about going hungry, attending prayer meetings, or "completing" the fast. The focus is on following Jesus' example and seeking the transforming presence of God.

HERE ARE SOME WAYS YOU CAN FAST:

Fast 1 or 2 meals a day - Eating only one meal per day OR fasting from one meal each day

"Daniel Fast" (Daniel 1:8-20) - Fasting from meats, breads and sweets, mainly consuming water, fruits and vegetables

Social Media/Technology - Fast from the distractions of social media, TV, News and/or technology

Vice Fast - Fast from a specific substance, such as sugar, caffeine, tobacco or alcohol

We are encouraging everyone to include some form of *physical* and *digital* fast.

FOCUSED PRAYER POINTS

CONNECT

- to our Creator
- to one another

GROW

- in your understanding of the Word
- in your relationship to God
- in the likeness of Christ

SERVE

- serve God by serving one another
 - serving our community
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TIMES OF GATHERED PRAYER

We will be setting apart time during the fast to join together and pray!

Monday-Friday 7-9am (**Jan 13-17, 20-24, 27-31**)

Prayer Room

Tuesdays 6:30-7:30pm (**January 14, 21, 28**)

Chapel

Saturdays 7-8am (**January 18, 25, February 1**)

Chapel

DIFFERENT TYPES OF BIBLE STUDY QUESTIONS TO CONSIDER:

General questions

- What does this passage teach us about God?
- How does this passage apply to our lives today?

Application questions

- What specific action should I take based on this passage?
- How can I share this message with others?
- What challenges will I face in applying this to my life?
- What prayer can I pray based on this passage?

Personal reflection questions

- How does this passage speak to my current situation?
- What is one thing I need to change in my life based on this passage?
- What questions do I still have about this passage?

21 DAY READING PLAN IN JAMES

	OPTION 1	OPTION 2
Day 1	Chapter 1	Chapter 1
Day 2	Chapter 2	Chapter 2
Day 3	Chapter 3	Chapter 3
Day 4	Chapter 4	Chapter 4
Day 5	Chapter 5	Chapter 5
Day 6	1:1-11	1:1-8
Day 7	1:12-20	1:9-11
Day 8	1:21-27	1:12-18
Day 9	2:1-13	1:19-20
Day 10	2:14-26	1:21-27
Day 11	3:1-12	2:1-13
Day 12	3:13-18	2:14-26
Day 13	4:1-6	3:1-12
Day 14	4:7-17	3:13-18
Day 15	5:1-6	4:1-6
Day 16	5:7-20	4:7-10
Day 17	Chapter 1	4:11-12
Day 18	Chapter 2	4:13-17
Day 19	Chapter 3	5:1-6



East Auburn Baptist Church

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