

2021 BIBLE, PRAYER & FASTING

WHAT TO DO

- Determine your January prayer goals:

- Determine your type of fast and frequency:

(See the reverse.)

- Determine your Bible reading plan for 2021:

JANUARY 2021 READINGS

DATE	✓	CHAPTER Mark
1	<input type="checkbox"/>	1
2	<input type="checkbox"/>	2
3	<input type="checkbox"/>	3
4	<input type="checkbox"/>	4
5	<input type="checkbox"/>	5
6		Reflection
7		Reflection
8	<input type="checkbox"/>	6
9	<input type="checkbox"/>	7
10	<input type="checkbox"/>	8
11	<input type="checkbox"/>	9
12	<input type="checkbox"/>	10
13		Reflection
14		Reflection
15	<input type="checkbox"/>	11
16	<input type="checkbox"/>	12
17	<input type="checkbox"/>	13
18	<input type="checkbox"/>	14
19	<input type="checkbox"/>	15
20		Reflection
21		Reflection
22	<input type="checkbox"/>	16 Acts
23	<input type="checkbox"/>	1
24	<input type="checkbox"/>	2
25	<input type="checkbox"/>	3
26	<input type="checkbox"/>	4
27		Reflection
28		Reflection
29	<input type="checkbox"/>	5
30	<input type="checkbox"/>	6
31	<input type="checkbox"/>	7

2021 CORPORATE PRAYER GOALS

*And now, just as you accepted Christ Jesus as your Lord, you must continue to follow Him. ⁷ Let your **roots** grow down into Him, and let your lives be built on Him. Then your faith will grow **strong** in the truth you were taught, and you will overflow with **thankfulness**.*

Colossians 2:6-7 NLT

Lord make us rooted, strong, and thankful in 2021!

1. Roots!

- Deep roots with you, God.
 - Complete New Testament readings this year.
 - Continued abiding in our groups.
 - Freedom in confession, retreats and sessions.
- Deep roots with each other.
 - New ways to love, encourage, and build community.
 - Building character in each of us.

2. Strength!

- Lord strengthen our faith and ministry.
 - A renewed post-quarantine church.
 - A renewed witness as Christ in our Community, bringing our community to Christ.
- Show us where to go next in missions.
- Finances for ministry.
- Leaders: government, community, church.
- Our people: marriages, families, friendships, next generation.

3. Gratitude!

- Overflowing gratitude for who You are and what You have done.
- We choose thankfulness as a way of being in all things.
- Father, Son and Holy Spirit, you make us rooted, strong and thankful.

Amen!



FASTING INFORMATION

WHAT TO DO

- Determine your fasting goal through prayer.** For example, you may wish to fast for a family member, for your marriage, for an addiction, for a decision that you need to make, for emotional or physical health, for your finances, for a child, to love God more, etc.
- Commit to a type of fast** (see below).
- Commit to daily prayer** (with personal and corporate prayer goals).
- Commit to attending Prayer Summit on January 24, 2021.**
- Commit to attending Pre-Service Prayer on Sundays.** 8AM on Zoom.
- If you would like to receive prayer, attend After Service Prayer in the Zoom breakout room.**
- Commit to Bible Reading.** Feed on the living Word who will speak to you!
- Commit to attend a small group with prayer / pray in your small group.**
- Fast together as a small group.** Fast on the day of your group meeting. Fast for the same things.
- As you fast, monitor the inner attitude of your heart.** At first, you'll focus on the physical aspects of the fast, but it is most important to monitor the inner attitude of the heart. Outwardly you perform regular duties of the day, but inwardly you will be in prayer and adoration, song and worship to God!

TYPES OF FASTS

Partial Fast: (particularly if you have never tried fasting before)

1. 24 hour Partial Fast
 - A full day of fasting, from one meal to the same meal on the next day, for example, lunch to lunch.
 - You can drink fruit or vegetable juices.
 - You can fast 1 day per week or 1 day a month, or anything in between.
2. One-Meal-Per-Day Fast
 - Fast one meal per day for one or more days per week.
3. Daniel Fast (Daniel 1:12)
 - A partial fast with a vegetarian or vegan diet. This can be a multi-day fast.
4. Modified Fast
 - Continual removal of certain foods from your diet. E.g. junk food, caffeine, sugar.
 - This is a good choice if you have physical reasons why you should not fast from food. e.g. diabetes, hypoglycemia, expectant mothers, heart patients, etc.
If you have a medical condition always seek medical advice.

Full Fast: (if you've done partial fast before)

- Drink only clear juices or water for 24 hours.
- Ignore the hunger pangs. We are to be masters of our stomach, not its slave!
- If you can, devote meal times to prayer and Bible reading.
- If you've done 24 hours before, God may lead you to try multi-day fasts.
If you do, eat lighter meals before and after the fast. And always ask your doctor.

Media Fast: (additional to the above)

- Ask the Lord about fasting from internet, phones, social media, movies, TV, video games, etc.