

# PRAAYER & FASTING

JANUARY

**8-13**

2024

MONDAY 01/08 – PSALM 51

TUESDAY 01/09 – ROMANS 12

WEDNESDAY 01/10 –  
COLOSSIANS 3:5-14

THURSDAY 01/11 – ROMANS 6

FRIDAY 01/12 – JOHN 3

SATURDAY 01/13 – 2 TIMOTHY 2



**PRAY  
DAILY**

**READ  
THE  
WORD**

# Fasting

Fasting is the spiritual discipline of sacrificing food so that one can focus on prayer, contemplation and worship of God.

Some people have health or dietary requirements that prevent them from fasting from food. Please feel free to do a disciplined fast from snacks, junk food or unproductive habits. Many people have engaged in technology or media fasts. The idea is to **sacrifice** your creature comforts to focus on JESUS.

Our fasting hours will be from 7am-6pm each day **01/08-01/13**. During those hours please add additional prayer, Bible reading and worship to your daily routine. Please follow the daily scripture reading guide.