

How to FAST

28 Days of Prayer and Fasting

Why do we fast?

As a tool to help us focus our lives and our prayers on God alone. The hungers and desires that we feel during a period of fasting remind us of our greatest need – a relationship with God made possible by His Son, Jesus Christ. Deny these worldly hungers and focus your attention instead on the One who satisfies your deepest hunger.

Consider fasting from food:

- Complete fast – All food
- Partial Fast – A certain type of food or drink
- 1 meal per day
- 1 day per week
- Sunup to sundown

Consider fasting from something other than food:

- TV
- Technology
- Social Media
- Browsing the internet
- The News
- A favorite activity

Consider fasting with others for a specific purpose:

- Your church family
- A friend or group of friends
- Your spouse or family

Use wisdom!

“The idea of a fast is to go without something that we normally depend on to some degree. The associated discomfort heightens our dependence on God.”



How to PRAY

Week 1: January 8th-14th

Prayer Focus: WORSHIP

Each week we are focusing on one of our four ministry values here at Trinity Church. This week we focus on worship (recognizing who God is and giving Him what he is worth). Pray and meditate on these things throughout the week...

Focus Verses to pray through: “Oh come, let us worship and bow down; let us kneel before the LORD, our Maker! For he is our God, and we are the people of his pasture, and the sheep of his hand.” (Psalm 95:6-7)

Your personal/private worship: What is working well? What needs work? Pray that God will give you a desire to worship Him not just on Sunday morning, but 24/7.

Your public/corporate worship with the Trinity Church Family: What is working well? What needs work in your heart? Pray that God is pleased with our worship gatherings.

Pray specifically for: Worship team, Tech team, Miguel as he leads worship, Marcus as he preaches the Word, future worshipers (individuals who will trust Christ and begin to worship Him this year), worship gatherings, scattered worship (the worship that occurs throughout the week), generosity in worship, future leaders, 23 new families to worship at Trinity in 2023.

Above all, pray that we exalt the name of the Father, the Son, and the Holy Spirit as we worship—both on Sunday mornings, and throughout the week.



How to PRAY

Week 2: January 15th-21st

Prayer Focus: DISCIPLESHIP

Each week we are focusing on one of our four ministry values here at Trinity Church. This week we focus on discipleship (following Jesus, growing spiritually). Pray and meditate on these things throughout the week...

Focus Verse to pray through: “I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing.” (John 15:5)

Your personal/private discipleship and growth: How are you engaging God’s Word personally to draw closer to Him? What is working well? What needs work? Pray that God will give you a desire to grow closer to Jesus.

Your public/corporate discipleship within the Trinity Church Family: How are you learning God’s Word from others? How are you sharing it with others? What is working well? What needs to change? Pray that God creates growth through our discipleship opportunities.

Pray specifically for: Home Groups, Women’s Ministry, Men’s Ministry, Kid’s Ministry, Youth Ministry, Adult Bible Fellowship, Silver Seekers, Hospitality Team, Our Staff—Amy Gex, Avery Mendheim, Miguel Lopez, Marcus Busenitz, Angelle Rowe, Kathy Godfrey, other ministry leaders, generosity in discipleship, future disciples (individuals who will trust Christ and begin to follow Him this year), future leaders, Access Building Initiative, 23 new families who will grow at Trinity in 2023.

Above all, pray that we exalt the name of the Father, the Son, and the Holy Spirit as we make disciples of ourselves and others—both on Sunday mornings, and throughout the week.



How to PRAY

Week 3: January 22nd-28th

Prayer Focus: COMMUNITY

Each week we are focusing on one of our four ministry values here at Trinity Church. This week we focus on community (growing as a family of faith). Pray and meditate on these things throughout the week...

Focus Verse to pray through: “And they devoted themselves to the apostles’ teaching and the fellowship, to the breaking of bread and the prayers.” (Acts 2:42)

Your personal community/connection to other believers: How are you growing alongside others? Who can you turn to if you need help or encouragement? How are you connected? What is working well? What needs work? Pray that God will connect you to a strong network of people to help you grow.

Your connection/community within the Trinity Church Family: How are you helping others to grow? How are you caring for/serving others? Who are you including? What is working well? What needs to change? Pray that God creates growth through healthy community.

Pray specifically for: Home Groups, GriefShare, Women’s Ministry, Men’s Ministry, Kid’s Ministry, Youth Ministry, Adult Bible Fellowship, Silver Seekers, Hospitality Team, Our Staff—Amy Gex, Avery Mendheim, Miguel Lopez, Marcus Busenitz, Angelle Rowe, Kathy Godfrey, other ministry leaders, generosity and hospitality in community, future disciples (individuals who will trust Christ and begin to connect to this church family this year), future leaders, Access Building Initiative, 23 new families who will grow at Trinity in 2023.

Above all, pray that we exalt the name of the Father, the Son, and the Holy Spirit as we make disciples of ourselves and others—both on Sunday mornings, and throughout the week.



How to PRAY

Week 4: January 29th-February 5th

Prayer Focus: MISSION

Each week we are focusing on one of our four ministry values here at Trinity Church. This week we focus on our mission (sharing the good news about Jesus Christ with the world around us). Pray and meditate on these things throughout the week...

Focus Verses to pray through: “After this I looked, and behold, a great multitude that no one could number, from every nation, from all tribes and peoples and languages, standing before the throne and before the Lamb, clothed in white robes, with palm branches in their hands, and crying out with a loud voice, “Salvation belongs to our God who sits on the throne, and to the Lamb!” (Revelation 7:9-10)

Your personal involvement in the mission: With whom are you sharing the gospel, both in word and deed? How are you praying, giving, and going to missions? What is working well? What needs work? Pray that God will give you opportunities to proclaim the gospel.

Your involvement with missions at Trinity Church: How are you connected to our missions efforts at Trinity? What is going well? What needs work? Pray that God creates growth through our Missions initiatives at Trinity Church.

Pray specifically for: Missions Team, Missions partners (see website), Crisis Pregnancy Centers, GriefShare, Dulce Refugio, ESL Classes, generosity in missions, future missions trips, future disciples (individuals who will trust Christ this year, both here and abroad), future leaders, Access Building Initiative, Neverthirst Wells in Cambodia, 23 new believers connected to Trinity Church or mission partners in 2023.

Above all, pray that we exalt the name of the Father, the Son, and the Holy Spirit as we share the love of Christ in a world desperately needing Him—both on Sunday mornings, and throughout the week.