



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
- Your Home Group
- 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.”



Week 1 Prayer Focus: Trinity Church

This week, please pray specifically for Trinity Church...

The People: pray for the families and individuals who call Trinity Church home. Pray for faithfulness in careers, in marriages, in parenting, in grandparenting, in friendships, etc. Pray for 25 new families in 2025. Pray for lost people to believe in Christ.

The Staff: Amy Gex (Kid's Ministry), Angelle Rowe (Communications), Avery Mendheim (Youth Ministry), Kathy Godfrey (Administrator), Miguel Lopez (Pastor), Marcus Busenitz (Pastor), Sarah Gaudet (Youth Ministry Intern).

The Four Values:

- Worship—the Worship Team, the Tech Team, Sunday morning worship services, Generosity in worship, New volunteers
- Community—Home Groups, the Hospitality Team, healthy relationships within the church family
- Discipleship—Home Groups, Kid's Ministry, Youth Ministry, Men's Ministry, Women's Ministry, other discipleship groups
- Missions—the Missions team, Mission Partners, Mission trips, Future ministry leaders from Trinity Church

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)

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.