



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 2 Prayer Focus: Spiritual Growth at Trinity Church

This week, please pray specifically for spiritual growth at Trinity Church...

Nursery: Pray that each child experiences the love of Jesus, pray for each volunteer as they serve our young families, pray for the parents of these young children. Pray for new families with nursery kids.

Kid's Ministry: Pray that each kid understands and believes the gospel. Pray for good friendships between the kids, and that they will be safe and have fun at church, that they will know the Word of God, and know the God of the Word. Pray for each volunteer as they get to know the kids, and teach them the Word of God. Pray for new kids. Major event: VBS in June.

Youth Ministry: Pray that each student understands and believes the gospel. Pray for strong small groups. Pray for healthy friendships between the students, and the students and leaders. Pray for the leaders and volunteers who lead small groups. Pray for new students. Major events: Polar Bear Winter Retreat in January, Student Life Camp in July, possible missions trip?

Women's Ministry: Pray for quality relationships with God and with others. Pray for the Bible Studies and Discipleship Groups. Pray for the leadership team. Pray for new women. Major Event: Women's Retreat in the spring

Men's Ministry: Pray for men to have a desire to grow closer to Jesus. Pray for men's discipleship groups. Pray for men's leadership team. Pray for new men.

Home Groups: Pray for the 11 Home Groups. Pray for the leaders. Pray for each family/individual. Pray that the groups would connect and care for people. Pray for new Home Groups to form in 2025.

Other Classes and Bible Studies: Pray that God's Word transforms the lives of people. Pray for new believers

Focus Verse to pray through: "But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be the glory both now and to the day of eternity. Amen." (2 Peter 3:18)

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