



### **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 3 Prayer Focus: Reaching the Lost**

This week, please pray specifically that God will use Trinity Church to reach those who have not yet trusted Christ. Our vision as a church is to share the love of Christ in a world desperately needing him.

#### **Prayers for Lost People**

New believers: pray for at least 25 new believers in 2025 here at Trinity Church.

**Friends and Neighbors:** Pray by name for your friends and neighbors who have not yet trusted Jesus.

**Family Members:** Pray by name for your family members who have not yet trusted Jesus.

#### **Prayers for Passion and Boldness to Reach the Lost**

**Local and Global Missions Partners:** Pray for each of our local and global mission partners to be effective in reaching the lost. ([trinityefca.com/missions](http://trinityefca.com/missions))

**New Missionaries and Ministry Leaders**—pray that out of our Trinity Church family, God will raise up missionaries, ministry leaders, and kingdom-minded workers from all occupations to reach the lost.

-Luke 10:2 And he said to them, “The harvest is plentiful, but the laborers are few. Therefore pray earnestly to the Lord of the harvest to send out laborers into his harvest.”

**Trinity Church Members**—pray that like Jesus, we will have a heart of compassion for lost people and boldness to share our faith.

-Matthew 9:36 “When he saw the crowds, he had compassion for them, because they were harassed and helpless, like sheep without a shepherd.”

-Acts 4:29 “...grant to your servants to continue to speak your word with all boldness.”

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