

A WEEK OF

PRAYER & FASTING

BELIEVING FOR THE PENINSULA

JANUARY 5TH - 11TH

We invite you to join us as we embark on 7 days of prayer and fasting as a church community.

During this time we will intentionally seek God through prayer and fasting for the peninsula.

TYPES OF FASTS

Complete Fast

Complete Fast

In this type of fast, you drink only liquids, typically water with light juices as an option.

Selective Fast

Selective Fast

This type of fast involves removing certain elements from your diet. One example of a selective fast is the Daniel Fast, during which you remove meat, sweets, and bread from your diet and consume water and juice for fluids and fruits and vegetables for food.

Partial Fast

Partial Fast

This fast is sometimes called the “Jewish Fast” and involves abstaining from eating any type of food in the morning and afternoon. This can either correlate to specific times of the day, such as 6:00 am to 3:00 pm, or from sunup to sundown.

Soul Fast

Soul Fast

This fast is a great option if you do not have much experience fasting food, have health issues that prevent you from fasting food, or if you wish to refocus certain areas of your life that are out of balance. For example, you might choose to stop using social media or watching television for the duration of the fast and then carefully bring that element back into your life in healthy doses at the conclusion of the fast.

ADDITIONAL RESOURCES

Click the title of the resource to be taken directly to it:

- **The Power of Fasting**
Free E-Course by Corey Russell
- **Celebration of Discipline**
Book by Richard J. Foster
- **Fasting**
Book by Jentezen Franklin
- **The Circle Maker**
Book by Mark Batterson
- **Fasting For Spiritual Breakthrough**
Book by Elmer L. Towns
- **Fasting for Breakthrough and Deliverance**
Book by John Eckhardt
- **Prayer: Experiencing Awe & Intimacy with God**
Book by Timothy Keller

DAILY PRAYER POINTS

SUNDAY • 1/5

Pray that the Church will be established in every city on the peninsula.

MONDAY • 1/6

Pray for God's Spirit to be poured out on school and college campuses throughout the peninsula.

TUESDAY • 1/7

Pray for missionaries and global workers to rise up out of the peninsula who are willing to go and serve in areas of conflict, disaster, and tragedy.

WEDNESDAY • 1/8

Pray for missionaries serving in the U.S. as military, institutional, or vocational chaplains and those ministering in cross cultural environments.

THURSDAY • 1/9

Pray for the gospel to be made known on the peninsula to those who have never heard.

FRIDAY • 1/10

Pray for freedom on the peninsula for those battling addiction and for families to be restored.

SATURDAY • 1/11

Send me! Pray that God will prepare our hearts to actively participate in missions by committing to prayer, giving, or going.

To sign up for text reminders during
our 7 Days of Prayer and Fasting:

CLICK HERE

