

DAY 1: VISION

It's not spiritually healthy to rush into a new year. Let's PAUSE together and get centered individually and collectively on God. In the Sermon on the Mount (Matthew 6:16), Jesus said, "when you fast." He assumed that it was a regular activity of his followers. A great prayer to pray during a fast is: **Lord, give me a hunger for you!** He will answer that prayer!

As we move into our first day of fasting, let's use the model from our prayer series: P.R.A.Y. **P** is pause. Fasting helps us pause. When you fast you don't have to make decisions about where or what to eat. You don't travel to lunch, don't stand in line, don't pay for or unwrap lunch, don't have to spend time chewing or cleaning up your mess or even taking out the trash! You've slowed down the loss of your food supply at home so can delay shopping another day! Fasting helps us pause by creating space and purpose in our lives. Plus, it's very good for our health!

Here's how to get started: Use a journal to record your thoughts during your fasting prayer time.

PAUSE: Get away from your activity and sit/walk to get focused on God. Slow your motors by practicing a breath prayer like: I am yours (breath in) and you are mine (breathe out) for a couple minutes.

REJOICE: List (write) 10 things you can rejoice about regarding your fast.

ASK: Focus prayer for Crosspoint - **Vision**. This year is a year of new vision for Crosspoint. Pray for discernment for our leadership, clear communication of the vision, and receptive hearts as we seek to become a disciple-making movement. Pray for God to unite us in this vision. Pray for wisdom as new vision is communicated. Write out your prayer.

Also ask God to give you three prayer focuses for you and those you love.

YIELD: Praise God for calling you to a fast. Yield to his work through your prayers. Ask God what assignment he has for you today. Write down all your thoughts.

If you have time, read and pray through Psalm 1, Proverbs 1 and John 1. Record insights.

Day 1 - Journal