

# DAY 1: LAUNCH WITH A GOAL

Launching the new year with a fast is spiritually healthy! 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 assumes an active fasting experience for us! A powerful 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, make a vow to yourself that this will be a guilt-free experience. Just make a goal to increase your fasting capacity and your prayer life. Take it up a notch, whatever that means for you, but give yourself tons of grace! Some ideas:

- Attend any campus at the noon hour to pray in community.
- Journal through this booklet or the app, recording your thoughts, prayers and experiences.
- Try for a 24 hour fast. Possibly after supper one night to supper the next.
- Shoot for a 2-3 day fast.
- Set your timer to alert you every hour during the day and stop for 5 minutes to pray.
- Read and pray through a gospel over these 10 days: Matthew, Mark, Luke or John. Write your prayers.
- Read and pray through Proverbs. Journal your prayers.
- Call a friend and pray over the phone (or on campus) each day.
- If medically, you shouldn't stop eating, adopt a vegetable-only diet.

Record your prayer/fasting goal here, then share it with a friend. If using the church app, you can email your answer to yourself, then forward it to a friend.

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What do you hope/expect God to do in YOU through this experience?

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If you could see God answer one prayer during these days, what would that be?

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Remember our prayer model? **P.R.A.Y.** P is PAUSE. Fasting helps us pause. Without planning/consuming/cleaning up from food in our lives, we have TIME to pause. Pausing/fasting creates space in our lives. Start prayer with pause. Center your mind on the Trinity: God, Jesus, Holy Spirit. Plus, pausing/centering/meditating is very good for our health as well as our soul!

Here's how to **P.R.A.Y.**:

**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 (breathe in) and you are mine (breathe out) for a couple minutes.

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

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**Ask:** Focused prayer for Crosspoint: Growth in disciple-making. This is a year of launching increasing disciple-making for Crosspoint. Pray for multiply group leaders and participants. Pray for those taking DiscipleStory and those living out their "unique role in God's mission". Ask God to allow us to help 2000 people discover their two words that define their own unique role.

Write your prayer.

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

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**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.

Record your thoughts:

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