

DAY 9: UP CLOSE AND PERSONAL

Just an everyday routine. The theme of fasting is sprinkled throughout scripture, but always mentioned when bold and personal things are unfolding. We hope fasting is becoming part of your routine, your rhythm. In Acts 13:2: “While they were worshipping the Lord and fasting, the Holy Spirit said...”

Fasting is the understory for so much that God does in the lives of bold and praying disciples, and therefore so much of what He does in the church. How are you willing to be one of those disciples? J.D. Walt declares: “The single most neglected and most desperately needed movement of the people of God today (notably in the American church) is the movement of fasting. If we were to liken prayer to the skeletal system of the body of Christ, we would liken fasting to the muscular system. The lack of strength across so much of the body of Christ in this country (and conversely, its burgeoning strength in places like China and Africa) can be largely accounted for by the absence of fasting.”

But for the past 9 days across the Crosspoint family, fasting has been the emphasis. We have bolstered our church mission and vision with the power of fasting and prayer. Thank you for participating. This emphasis is becoming part of our yearly rhythm at Crosspoint. How can it become part of your rhythm of life? Would you consider:

- ☐ Setting aside 24 hours each week to fast and pray (and heal your body)?
- ☐ Would you begin intermittent fasting (from supper one day to lunch the next) as part of your most-days rhythm and set aside a prayer time during those 16-18 hours?
- ☐ Or fast 2-3 days once a month? (Deeper physical healing occurs during these longer fasts.) Make a prayer retreat or a sabbatical of sorts out of it.

What is a rhythm you think God might be calling you for the rest of 2024? Don't let your fasting journey stop now.

P.R.A.Y.

Pause: Try this breath prayer: Jesus, I belong to you.

I lift up my heart to you.

I set my mind on you.

I fix my eyes on you.

I offer my body to you as a living sacrifice.

Jesus, I belong to you.

Rejoice: Whether you've participated every day or some days in 10 Days of Prayer and Fasting with Crosspoint, you've likely taken new territory in your fasting and spiritual experience. Celebrate your success! In what ways has God deepened you through prayer and fasting. List ways here:

Remember, this is a guilt-free zone! Keep it positive. What can you celebrate?

Ask: Request of God, "Take ME deeper." Lord, use prayer and fasting as a means to deepen. Teach us. Help us be willing to follow you no matter what! Ask God to inspire you with a prayer/fasting rhythm you can extend into this calendar year. Reviewing the suggestions above, what rhythm is He encouraging you to embrace (go with your gut on this answer.) Write it here:

Yield: Growing spiritually as a faithful follower is a life-long process. But the experience of fasting can fast-forward that. Can you say "yes" today to a deepening of your spiritual life through fasting?

Why? _____

How? _____