

INTRODUCTION

JOHN WESLEY'S COVENANT PRAYER

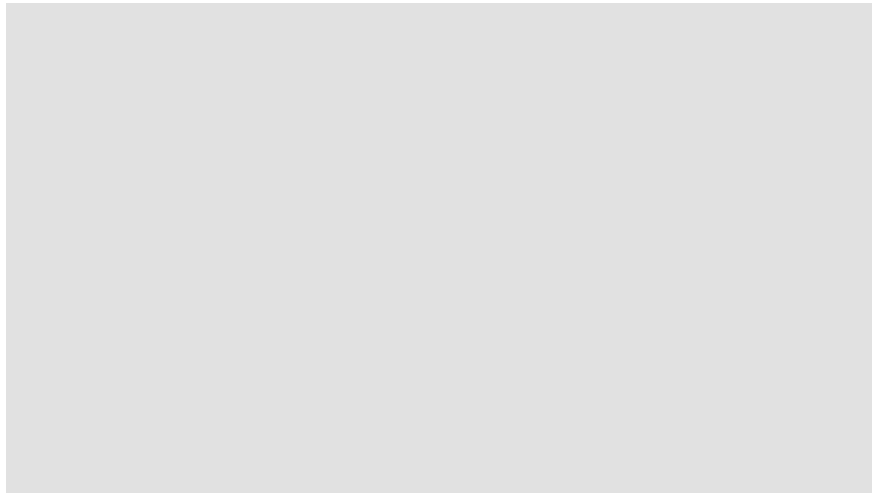
Thank you for choosing to engage with Crosspoint's 10 Days of Prayer and Fasting! I am praying that it is transformative in your life, and the life of our church! This year, we are focusing on a different part of John Wesley's Covenant Prayer each day for our inspiration: We have listed it in the front of this journal for you to easily reference.

Begin your prayer time by breathing deeply three times, slowly. Say this prayer daily. Digest it. Let it become the plea of your heart to set your intention for this new year.

All campuses will be open at noon for prayer. Join us! Or pray where you are, setting aside time and space to connect with God. Set your own fasting plan for these 10 days, even inviting others to join you. Your fasting plan can be fasting food, but it might be fasting something else as well and spending that time with God instead.

I can't wait to see how God continues to awaken us to His Kingdom and purposes in 2025.

Write your fasting plan here:



*Written by Jeremy Smith,
Lead Pastor*

We will be using the P.R.A.Y. model to support our fasting experience. Learn this and make it part of your daily routine.

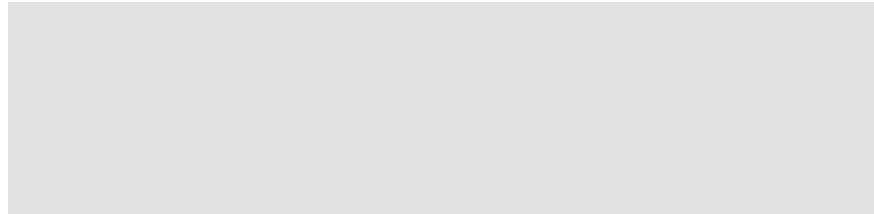
PAUSE

Pause and center yourself in God. Close your eyes and use your imagination. Bring the Father, Jesus the Son, and the Holy Spirit into your space with you. Center yourself. Focus on Him. Rest here for awhile. Practice this breath prayer:

You are mine (inhale), I am yours (exhale).

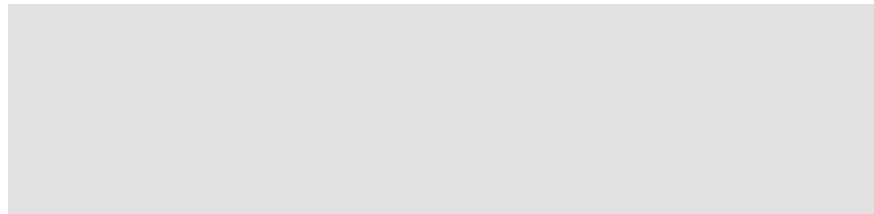
REJOICE

What do you have to be thankful for all God did in 2024?



ASK

What would you ask God to do for you or for those you care about this year? What are your top three prayer requests to focus on in 2025?



YIELD

Pray the Covenant Prayer again, asking God to make it YOUR prayer this year. What phrases stick out to you as focus points that the Lord might be leading you to yield to today?

