

# INTRODUCTION

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## 10 DAYS OF PRAYER AND FASTING: JANUARY 12-21, 2026

There are plenty of times in our lives when we find ourselves with appetite issues. We enjoyed two or three helpings of Christmas dinner and found it hard to eat a regular meal the next day. We work ourselves ragged during the day and find ourselves starving at 8:00 p.m. because we haven't stopped to eat. The pace of life and the temptation of easy-access options can make us struggle to truly eat what is GOOD for our bodies and souls. The same is true for our spiritual lives. Hard seasons can leave us grasping for any spiritual nourishment at all, and easy times in life can lull us into a complacency where we forget to feed our spiritual lives with the Word and presence of God. Taking ten days at the beginning of our year to pray and fast is a rhythm that we use at Crosspoint to help us "**eat what is good.**" In other words, making intentional space in our lives to put God first helps us crave God more than any lesser thing that whets our appetites.

Fasting has been a longstanding spiritual practice/discipline amongst Christians since the earliest days of the Church (= the global community of God's people). Fasting typically involves cutting out a meal or a type of food for a set period of time and replacing it with an intentional time of prayer. We are encouraging all who are able to consider fasting lunch for the next ten days and join us in prayer from 12:00-1:00 p.m. each day. (Many people may need to choose a different fast, or even a non-food fast, because of health/other reasons. Please do so as you need! The heart behind the practice is more important than the exact fast you choose.

We will be using Isaiah 55 as our main Scripture text to pray through during this fast, and we will be referencing other Bible stories that teach us about hungering for spiritual, lasting things more than anything temporary that this world offers us. You'll hear some of these stories in our current sermon series, *Hungry for More!*