


Prepare

TWENTY-TWENTY-FOUR





**“LET US HOLD ON TO THE  
CONFESSION OF OUR HOPE  
WITHOUT WAVERING, SINCE HE  
WHO PROMISED IS FAITHFUL.”**



**HEBREWS 10:23**

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# Keystone Family,

Every year when Prepare comes around, I am deeply excited to see what God is going to do in and through our church. There's something about fasting, praying, and worshiping together to start the year that is so powerful.

My prayer is that this year, Prepare is a place where you can come and be honest with where you're at with God, with life, and with your community. This little book is a way to help you through it. There are prayers you can pray, Scripture you can meditate on, and fasting resources to equip you for the week ahead.

I also want to challenge you to pray big prayers. I've seen God be faithful and answer so many Prepare prayers throughout the years, and I know it'll happen again. So, what do you need God to do in your life? Offer it up in prayer to the One who hears, listens, and answers.

2023 was a great year for Keystone Church, where we saw God provide and guide us in mighty ways. I'm praying that in 2024 God would use you, and our entire church, to reach the lost and help others know & follow Jesus.

I hope you enjoy Prepare, and be ready for what God may have for you this year.

Pastor Brent Minter

A handwritten signature in black ink that reads "Brent". The signature is written in a cursive, flowing style with a large initial "B" and a long horizontal stroke extending to the left.

# 2024 Prayer Points

## NEXT BEST STEP

The focus our Elders have given for Keystone in 2024 is “Next Best Step”.

In a season where so many new people are coming to Keystone, we want to focus on helping people take their “Next Best Step” to be engaged in the spiritual family at Keystone. The hope is for people to be a vital part of Keystone and not just a casual observer.

Further, we want to challenge the whole body of Keystone to constantly be asking the Lord, “What is my next best step?” Whether it is from the teaching in a sermon, conviction from scripture reading, or following the Spirit’s leadership in life, or ministry opportunities, may we be a people who say yes to Jesus and take our Next Best Step.

- **People will move from attending Keystone to being vitally engaged to the point of living in the community of our spiritual family.**
- **People will recognize and embrace the movement of God in their life and actively take their next best step to follow Jesus.**

## PROVISION & GUIDANCE

In 2024, we will continue our first year in the new building. We need his provision and guidance as we continue in this significant season in our church.

- **People will embrace a life of financial generosity to provide for the needs of Keystone.**
- **God will guide us to serve our community and continue to help people know & follow Jesus in this unique season.**
- **Fruitful ministry to our community in the new building.**

## SALVATION & BAPTISMS

Our mission as a church is to help people know & follow Jesus. Pray that people would come to know Jesus for the first time and follow all His teachings. Pray for the Lord to use you in your home, workplace, school, and community to be a light in a dark and hurting world.

- **People to accept Jesus Christ and know Him as Lord and Savior**
- **People to follow Jesus in baptism**
- **Salvation in our services, connection groups, equipping events, and relationships**
- **People to have boldness and courage to share Christ**

## MARRIAGE & FAMILY

Marriage and family is God’s idea and design. We must pray and stay united because disruptions and challenges put pressure on the most important relationships we have in life.

- **Peace, presence, and power of God in our homes**
- **Renewed marriages and love for one another**

# 2024 Prayer Points

- **Strength in communication and lessened conflict**
- **Prioritize teaching children in the ways of God**

## **NEXT GENERATION**

Pray for our kids, youth, and college students to have encounters with Jesus that lead to salvation and boldness to live for Him now.

- **The next generation to be saved and fully committed to Christ**
- **God's Word to be established as truth in their hearts**
- **Strength and courage to stand on biblical convictions**
- **Godly leaders that invest in the next generation**
- **Godly friends that encourage and support them**

## **CONNECTION GROUPS & EQUIPPING**

As we help more people know & follow Jesus, personal discipleship is the key to each person walking in all God has for them. Connection groups provide the best atmosphere and environment for discipleship and growth. Equipping courses and events provide teaching and practical help in the life of a disciple.

- **People would experience spiritual family through connection groups**
- **Pray for new leaders to step out and lead connection groups**
- **Pray people will be led to choose the right equipping opportunities for growth**

## **CHURCH PLANTING**

Pray God would continue to use Keystone to plant churches and reach people around the globe.

- **Pray for the Commons Church in East Lansing, MI, to reach the campus and their community.**
- **Pray for Salt Church in Bloomington, IL, to reach the campus and their community.**
- **Pray for Matt & Rachel Mabry as they prepare and discern where to plant a church in 2025.**
- **Pray God would raise up laborers to be a part of our 2025 Church Plant with the Mabry's.**

## **GLOBAL MISSIONS**

Pray God would continue to use Keystone to reach all people around the globe.

- **Pray for people in Keystone to be called to as career missionaries around the world.**
- **Pray for the people of Keystone to step in faith to go on short-term mission trips.**
- **Pray for missionaries that we support in Japan.**
- **Pray for missionaries that we support as they reach their city in South Asia.**
- **Pray for the 300+ Compassion kids who are sponsored by Keystone families.**

# I am praying for the following in 2024...

## 1. CHRIST: YOUR SPIRITUAL GROWTH AND RELATIONSHIP

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## 2. CORE RELATIONSHIPS: FAMILY, FRIENDS, ETC.

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## 3. CHURCH: WAYS YOU WILL PRAY FOR KEYSTONE

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## 4. CAREER: YOUR UNIQUE ROLES, WHETHER PAID OR UNPAID

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## 5. COMMUNITY: PRAYERS FOR THE COMMUNITY YOU LIVE IN

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*Luke 11:1* — He was praying in a certain place, and when he finished, one of his disciples said to him, “Lord, teach us to pray, just as John also taught his disciples.”

**Lord, teach me to pray.**

*Philippians 4:6* — Don’t worry about anything, but in everything, through prayer and petition with thanksgiving, present your requests to God.

**I will be anxious for nothing...**

*Proverbs 3:6* — In all your ways know him, and he will make your paths straight.

**In all my ways, I will acknowledge You and You will direct my path.**

*John 16:24* — Until now you have asked for nothing in my name. Ask and you will receive, so that your joy may be complete.

**I will ask in Jesus’ name and in receiving, my joy will be made full.**

*James 4:2* — You desire and do not have. You murder and covet and cannot obtain. You fight and wage war. You do not have because you do not ask.

**I do not have because I do not ask.**

*Luke 18:1* — Now he told them a parable on the need for them to pray always and not give up.

**I will always pray and not lose heart.**

*Romans 4:21* — Because he was fully convinced that what God had promised, he was also able to do.

**I am fully convinced that You are able to fulfill Your promises.**

*James 1:6* — But let him ask in faith without doubting. For the doubter is like the surging sea, driven and tossed by the wind.

**I will ask in faith, without doubting.**

*Psalms 37:4* — Take delight in the Lord, and he will give you your heart’s desires.

**I will delight myself in the Lord, and He will give me the desires of my heart.**

*Matthew 26:41* — Stay awake and pray, so that you won’t enter into temptation. The spirit is willing, but the flesh is weak.

**I will watch and pray, so that I do not enter into temptation.**

*Jeremiah 29:13* — You will seek me and find me when you search for me with all your heart.

**I will seek You and find You, when I search for You with all my heart.**

*John 14:14* — If you ask me anything in my name, I will do it.

**If I ask anything in Your name, You will do it.**



*Hebrews 4:12* — For the word of God is living and effective and sharper than any double-edged sword, penetrating as far as the separation of soul and spirit, joints and marrow. It is able to judge the thoughts and intentions of the heart.

**The Word is living and active.**

*Hebrews 11:3* — By faith we understand that the universe was created by the word of God, so that what is seen was made from things that are not visible.

**All of creation was formed by the Word of God.**

*Psalms 119:11* — I have treasured your word in my heart so that I may not sin against you.

**I have hidden Your Word in my heart, that I might not sin against you.**

*Matthew 24:35* — Heaven and earth will pass away, but my words will never pass away.

**Heaven and earth will pass away, but Your Word stands forever.**

*John 6:63* — The Spirit is the one who gives life. The flesh doesn't help at all. The words that I have spoken to you are spirit and are life.

**Your words are spirit and life.**

*2 Timothy 3:16-17* — All Scripture is inspired by God & is profitable for teaching, for rebuking, for correcting, for training in righteousness, so that the man of God may be complete, equipped for every good work.

**All Scripture is profitable for teaching, reproof, correction, and instruction.**

*Psalms 119:105* — Your word is a lamp for my feet and a light on my path.

**By Your words, I can see where I am going.**

*John 20:31* — But these are written so that you may believe that Jesus is the Messiah, the Son of God, and that by believing you may have life in his name.

**Through the Scriptures, I believe that Jesus is the Christ.**

*1 Peter 1:25* — But the word of the Lord endures forever. An this word is the gospel that was proclaimed to you.

**The Word of the Lord endures forever.**

*Isaiah 55:10-11* — For just as rain and snow fall from heaven and do not return there without saturating the earth and making it germinate and sprout, and providing seed to sow and food to eat, so my word that comes from my mouth will not return to me empty, but it will accomplish what I please and will prosper in what I send it to do.

**The Word of God does not return empty; it will accomplish its purpose.**

*John 14:15* — If you love me, you will keep my commands.

**I love Jesus, therefore I keep His commandments.**

*2 Timothy 3:16* — All Scripture is inspired by God and is profitable for teaching, for rebuking, for correcting, for training in righteousness

**All Scripture is given by inspiration of God.**

*Romans 8:31* — What, then, are we to say about these things? If God is for us, who is against us?  
**God loves me and is for me.**

*Matthew 19:26* — Jesus looked at them and said, “With man this is impossible, but with God all things are possible.”

**With God, all things are possible.**

*Philippians 4:13* — I am able to do all things through him who strengthens me.

**I can do all things through Christ who strengthens me.**

*Psalms 27:1* — The Lord is my light and my salvation — whom should I fear? The Lord is the stronghold of my life — whom should I dread?

**The Lord is my light and my salvation, I will fear no one.**

*Romans 8:37* — No, in all these things we are more than conquerors through him who loved us.

**I am more than a conqueror through Jesus Christ.**

*1 John 4:4* — You are from God, little children, and you have conquered them, because the one who is in you is greater than the one who is in the world.

**He who is in me is greater than he who is in the world.**

*Numbers 14:21* — Yet as I live and as the whole earth is filled with the Lord’s glory

**I know that all of the earth will be filled with God’s glory.**

*Psalms 46:1-3* — God is our refuge and strength, a helper who is always found in times of trouble. Therefore we will not be afraid, though the earth trembles and the mountains topple into the depths of the seas, though its water roars and foams and the mountains quake with its turmoil.

**The Lord is my refuge and strength, a very present help in trouble.**

*Ephesians 6:10* — Finally, be strengthened by the Lord and by his vast strength.

**I am strong in the Lord and in the power of His might.**

*Proverbs 18:10* — The name of the Lord is a strong tower; the righteous run to it and are protected.

**The name of the Lord is a strong tower, in it I am safe.**

*Psalms 118:6-7* — The Lord is for me; I will not be afraid. What can a mere mortal do to me? The Lord is my helper; therefore, I will look in triumph on those who hate me.

**The Lord is on my side; I will not fear.**

*Ephesians 5:31* — For this reason a man will leave his father and mother and be joined to his wife, and the two will become one flesh.

**I am united with my spouse and we are “one”.**

*Hebrews 13:4* — Marriage is to be honored by all and the marriage bed kept undefiled, because God will judge the sexually immoral and adulterers.

**Our marriage will be honorable and pure before God.**

*Ephesians 5:25* — Husbands, love your wives, just as Christ loved the church & gave himself for her.

**As a husband, I will love my wife as Christ loved the church and gave Himself up for her.**

*Proverbs 31:28* — Her children rise up and call her blessed; her husband also praises her

**As a husband, I will praise my wife.**

*1 Peter 3:7* — Husbands, in the same way, live with your wives in an understanding way, as with a weaker partner, showing them honor as coheirs of the grace of life, so that your prayers will not be hindered.

**As a husband, I will give my wife honor and live with her in an understanding way.**

*Proverbs 31:12* — She rewards him with good, not evil, all the days of her life.

**As a wife, I will do my husband only good, never evil.**

*1 Peter 3:1* — In the same way, wives, submit yourselves to your own husbands so that, even if some disobey the word, they may be won over without a word by the way their wives live

**As a wife, I will influence my husband by obeying God.**

*Exodus 20:12* — Honor your father and your mother so that you may have a long life in the land that the Lord your God is giving you.

**I will honor my father and mother.**

*Deuteronomy 6:7* — Repeat them to your children. Talk about them when you sit in your house and when you walk along the road, when you lie down and when you get up.

**Our family will learn the Word of God together.**

*Ephesians 6:4* — Fathers, don't stir up anger in your children, but bring them up in the training and instruction of the Lord.

**I will not provoke my children.**

*Joshua 24:15* — But if it doesn't please you to worship the Lord, choose for yourselves today: Which will you worship — the gods your ancestors worshiped beyond the Euphrates River or the gods of the Amorites in whose land you are living? As for me and my family, we will worship the Lord.

**As for me and my family, we will serve the Lord.**

*Matthew 19:26* — Jesus looked at them and said, “With man this is impossible, but with God all things are possible.

**With God, all things are possible.**

*2 Corinthians 5:7* — For we walk by faith, not by sight.

**I walk by faith, not by sight.**

*Romans 10:17* — So faith comes from what is heard, and what is heard comes through the message about Christ.

**Faith comes from hearing the Word.**

*Romans 4:17* — As it is written: I have made you the father of many nations— in the presence of the God in whom he believed, the one who gives — the God who gives life to the dead and calls things into existence that do not exist.

**God calls all things into existence that do not exist.**

*Hebrews 11:1* — Now faith is the reality of what is hoped for, the proof of what is not seen.

**Faith is the substance of hope, the evidence of things unseen.**

*2 Timothy 1:12* — And that is why I suffer these things. But I am not ashamed, because I know whom I have believed & am persuaded that he is able to guard what has been entrusted to me until that day.

**I am confident God will perform what He has promised.**

*Hebrews 10:23* — Let us hold on to the confession of our hope without wavering, since he who promised is faithful.

**I will hold tightly to the confession of my faith.**

*2 Corinthians 1:20* — For every one of God’s promises is “Yes” in him. Therefore, through him we also say “Amen” to the glory of God.

**All the promises of God find their Yes in Him.**

*Ephesians 3:20* — Now to him who is able to do above and beyond all that we ask or think according to the power that works in us

**God is able to do far more than I ask.**

*Ephesians 6:16* — In every situation take up the shield of faith with which you can extinguish all the flaming arrows of the evil one.

**In all circumstances I will take up the shield of faith.**

*1 John 5:4* — Because everyone who has been born of God conquers the world. This is the victory that has conquered the world: our faith.

**My faith is the victory that overcomes the world.**

*Proverbs 3:9-10* — Honor the Lord with your possessions and with the first produce of your entire harvest; then your barns will be completely filled, and your vats will overflow with new wine.

**My first financial priority is to honor the Lord.**

*1 Chronicles 29:16* — Lord our God, all this wealth that we've provided for building you a house for your holy name comes from your hand; everything belongs to you.

**All money comes from God so all I have belongs to God.**

*Deuteronomy 8:18a* — But remember that the Lord your God gives you the power to gain wealth...

**The Lord gives me the ability to earn income.**

*Luke 16:10-11* — Whoever is faithful in very little is also faithful in much, and whoever is unrighteous in very little is also unrighteous in much. So if you have not been faithful with worldly wealth, who will trust you with what is genuine?

**I will be a trustworthy and honest steward of finances.**

*Luke 6:38* — Give, and it will be given to you; a good measure — pressed down, shaken together, and running over — will be poured into your lap. For with the measure you use, it will be measured back to you.

**I will give money as an act of worship.**

*Malachi 3:10* — “Bring the full tenth into the storehouse so that there may be food in my house. Test me in this way,” says the Lord of Armies. “See if I will not open the floodgates of heaven and pour out a blessing for you without measure.”

**I will give 10% of my total household income to the local church.**

*1 Peter 4:10* — Just as each one has received a gift, use it to serve others, as good stewards of the varied grace of God.

**God's generosity will flow through me.**

*Matthew 6:20-21* — But store up for yourselves treasures in heaven, where neither moth nor rust destroys, & where thieves don't break in and steal. For where your treasure is, there your heart will be also.

**I will invest in the Kingdom of God.**

*2 Corinthians 9:8* — And God is able to make every grace overflow to you, so that in every way, always having everything you need, you may excel in every good work.

**By His grace, God will provide all I need.**

*Colossians 3:23-24* — Whatever you do, do it from the heart, as something done for the Lord and not for people, 24 knowing that you will receive the reward of an inheritance from the Lord. You serve the Lord Christ.

**I work for the Lord, so I will work with all my heart.**

*Deuteronomy 6:5* — Love the Lord your God with all your heart, with all your soul, and with all your strength.

**I will love the Lord my God with all my heart, soul, and strength.**

*1 John 4:19* — We love because he first loved us.

**I love because He first loved me.**

*Matthew 4:10* — Then Jesus told him, “Go away, Satan! For it is written: Worship the Lord your God, and serve only him.”

**I will worship the Lord my God and serve Him only.**

*Psalms 95:6* — Come, let’s worship and bow down; let’s kneel before the Lord our Maker.

**I will worship and bow down before the Lord, my Maker.**

*Revelation 15:4* — Lord, who will not fear and glorify your name? For you alone are holy. All the nations will come and worship before you because your righteous acts have been revealed.

**I will fear You and glorify Your name, for You alone are holy.**

*John 4:24* — God is spirit, and those who worship him must worship in Spirit and in truth.

**You are Spirit, and I will worship You in the Spirit and in truth.**

*Philippians 3:3* — or we are the circumcision, the ones who worship by the Spirit of God, boast in Christ Jesus, and do not put confidence in the flesh

**I will worship God in the Spirit and put no confidence in the flesh.**

*2 Chronicles 20:19* — And the Levites, of the Kohathites and the Korahites, stood up to praise the LORD, the God of Israel, with a very loud voice.

**I will stand up and praise the Lord God with a strong voice.**

*Psalms 103:1* — My soul, bless the Lord, and all that is within me, bless his holy name.

**I will bless the Lord.**

*Psalms 47:1-2* — Clap your hands, all you peoples; shout to God with a jubilant cry. For the Lord, the Most High, is awe-inspiring, a great King over the whole earth.

**I will clap my hands and shout a song of joy.**

*Psalms 134:2* — Lift up your hands in the holy place and bless the Lord!

**I will lift up my hands and bless the Lord.**

*Acts 4:24* — When they heard this, they raised their voices together to God and said, “Master, you are the one who made the heaven, the earth, and the sea, and everything in them.”

**I will lift my voice to the Sovereign Lord.**

*Philippians 2:10-11* — so that at the name of Jesus every knee will bow—in heaven & on earth & under the earth — & every tongue will confess that Jesus Christ is Lord, to the glory of God the Father.

**Every knee should bow and every tongue should confess that Jesus Christ is Lord.**

*John 4:24* — God is spirit, and those who worship him must worship in Spirit and in truth.

**God wants me to worship in the Spirit and in truth.**

*John 16:13* — When the Spirit of truth comes, he will guide you into all the truth. For he will not speak on his own, but he will speak whatever he hears. He will also declare to you what is to come.

**The Holy Spirit leads me into all truth.**

*Luke 24:49* — And look, I am sending you what my Father promised. As for you, stay in the city until you are empowered from on high.

**I am clothed with power from the Holy Spirit.**

*John 16:7* — Nevertheless, I am telling you the truth. It is for your benefit that I go away, because if I don't go away the Counselor will not come to you. If I go, I will send him to you.

**The Holy Spirit is my Comforter and Helper.**

*Acts 1:8* — But you will receive power when the Holy Spirit has come on you, and you will be my witnesses in Jerusalem, in all Judea and Samaria, and to the ends of the earth.

**The Holy Spirit gives me power to witness.**

*Galatians 5:16-17* — I say, then, walk by the Spirit and you will certainly not carry out the desire of the flesh. For the flesh desires what is against the Spirit, and the Spirit desires what is against the flesh; these are opposed to each other, so that you don't do what you want.

**I will walk in the Spirit and not fulfill the lust of the flesh.**

*Romans 8:26-27* — In the same way the Spirit also helps us in our weakness, because we do not know what to pray for as we should, but the Spirit himself intercedes for us with inexpressible groanings. And he who searches our hearts knows the mind of the Spirit, because he intercedes for the saints according to the will of God.

**The Holy Spirit intercedes for me according to God's will.**

*John 14:26* — But the Counselor, the Holy Spirit, whom the Father will send in my name, will teach you all things and remind you of everything I have told you.

**The Holy Spirit teaches and reminds me of all things.**

*Matthew 9:35* — Jesus continued going around to all the towns and villages, teaching in their synagogues, preaching the good news of the kingdom, and healing every disease and every sickness.

**Jesus can heal every sickness and disease among us.**

*1 Thessalonians 5:11* — Therefore encourage one another & build each other up as you are already doing.  
**I will encourage others with my words.**

*Proverbs 18:21* — Death and life are in the power of the tongue, and those who love it will eat its fruit.  
**Life and death are in the power of my tongue.**

*Proverbs 15:1* — A gentle answer turns away anger, but a harsh word stirs up wrath.  
**A soft answer turns away wrath.**

*Ephesians 5:20* — Giving thanks always for everything to God the Father in the name of our Lord Jesus Christ.  
**I will always give thanks to God for all things.**

*James 1:19* — My dear brothers and sisters, understand this: Everyone should be quick to listen, slow to speak, and slow to anger  
**I will be quick to hear, slow to speak, and slow to anger.**

*Colossians 4:6* — Let your speech always be gracious, seasoned with salt, so that you may know how you should answer each person.  
**I will always let my speech be filled with grace.**

*Luke 12:12* — For the Holy Spirit will teach you at that very hour what must be said.  
**The Holy Spirit will teach me what to say.**

*Titus 3:2* — To slander no one, to avoid fighting, and to be kind, always showing gentleness to all people.  
**I will speak evil of no one.**

*Psalms 19:14* — May the words of my mouth and the meditation of my heart be acceptable to you, Lord, my rock and my Redeemer.  
**My words and my thoughts will be pleasing to the Lord.**

*Ephesians 4:15* — But speaking the truth in love, let us grow in every way into him who is the head — Christ.  
**I will speak the truth in love.**

*1 Peter 3:9* — Not paying back evil for evil or insult for insult but, on the contrary, giving a blessing, since you were called for this, so that you may inherit a blessing.  
**I will bless rather than return an insult.**

*Ephesians 4:31* — Let all bitterness, anger and wrath, shouting and slander be removed from you, along with all malice.  
**I will put away all evil speech.**



*John 1:12* — But to all who did receive him, he gave them the right to be children of God, to those who believe in his name

**I am a child of God.**

*John 15:15* — I do not call you servants anymore, because a servant doesn't know what his master is doing. I have called you friends, because I have made known to you everything I have heard from my Father.

**I am a friend of God.**

*John 15:16* — You did not choose me, but I chose you. I appointed you to go and produce fruit and that your fruit should remain, so that whatever you ask the Father in my name, he will give you.

**I am called and chosen by God.**

*Romans 5:1* — Therefore, since we have been justified by faith, we have peace with God through our Lord Jesus Christ.

**I have been justified.**

*1 Corinthians 6:20* — For you were bought at a price. So glorify God with your body.

**I have been bought with a price. I belong to God.**

*Ephesians 1:5* — He predestined us to be adopted as sons through Jesus Christ for himself, according to the good pleasure of his will

**I have been adopted by God.**

*Colossians 3:3* — For you died, and your life is hidden with Christ in God.

**I am hidden in Christ.**

*Matthew 5:13* — You are the salt of the earth. But if the salt should lose its taste, how can it be made salty? It's no longer good for anything but to be thrown out and trampled under people's feet.

**I am the salt of the earth.**

*Romans 8:35* — Who can separate us from the love of Christ? Can affliction or distress or persecution or famine or nakedness or danger or sword?

**I cannot be separated from the love of God.**

*2 Timothy 1:7* — For God has not given us a spirit of fear, but one of power, love, and sound judgment.

**I do not have a spirit of fear, but of power, love, and a sound mind.**

*1 Corinthians 3:16* — Don't you yourselves know that you are God's temple & that the Spirit of God lives in you?

**I am God's temple and His Spirit dwells in me.**

# What is Fasting?

The goal of fasting is not just to go without food; it is to draw nearer to God. The definition of a biblical fast is “to restrict food for a spiritual purpose.” Fasting is not just an exercise for the super-spiritual, but it should be a periodic discipline in the life of every believer. Fasting is not a tool to manipulate God to get our way nor is it a tool to lose weight. Rather, it is a way to open our lives to the direction and work of God. We are proactively giving Him attention and priority where we might otherwise focus on eating.

**FASTING IS ABSTAINING FROM  
FOOD OR OTHER THINGS IN  
YOUR LIFE SO YOU CAN TURN  
ALL YOUR ATTENTION ON GOD.**

# Choosing the Right Fast for You

Your personal fast should present a level of challenge, but it is very important to know your own body, know your options and, most importantly, seek God in prayer and follow what the Holy Spirit leads you to do.

## TYPES OF FASTS

**A normal fast** is when solid foods are removed and only liquids are consumed (water and/or juice). This would be the type practiced by Elijah (see 1 Kings 19:8) and Jesus (see Matthew 4). Many utilize vegetable and fruit juice as well as whey protein in their liquid fast.

**A partial fast** is when some foods are restricted. Two of the most common partial fasts are:


**A Daniel fast** is based on the fasting principles of the prophet in Daniel 1 and 10. Daniel 1 states that he ate only vegetables and drank only water, and Daniel 10 states that he ate no rich (or choice) foods, as well as no meat or wine. The foundation of the Daniel fast is fruits and vegetables.

**A meal fast** is when you intentionally choose to abstain from food for a certain meal in order to seek God. For example, you may choose to fast from breakfast and lunch but eat dinner with your family. If you are new to fasting, abstaining from a meal each day may be a great starting point.

Remember, the power of fasting has less to do with food and more with setting yourself apart for a specific period of time to focus on the Lord through prayer and worship.

**For more resources and guides, scan here:**





**“THEREFORE, I TELL YOU, ALL  
THE THINGS YOU PRAY AND ASK  
FOR — BELIEVE THAT YOU HAVE  
RECEIVED THEM, AND YOU WILL  
HAVE THEM.”**

**MARK 11:24**



# Notes

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