



Awaken: Getting Started

There are 3 simple ways you can participate with our church family during our month of prayer and fasting.

1. CHOOSE YOUR FAST

Take some time to prayerfully consider how you will fast with our church family from February 17th to March 28th. If you need some practical tips, suggestions, and insights, then take a few minutes to read this short guide below.

How to Choose Your Fast

There are four common ways Christians choose to fast:

- A. Major Fast** A major fast is when you abstain from food or drink for twenty-four consecutive hours or more. A major fast requires a certain level of physical health, and it is recommended that you check with your doctor if you're doing a major fast that lasts more than a few days in a row. Some examples from Scripture of a major fast can be found in Matthew 4:2, Acts 9:9, and Esther 4:15-16.

- B. Minor Fast.** A minor fast is when you choose to abstain from food for a set amount of time (i.e., 6 a.m. to 3 p.m. or sunup to sundown). This fast is sometimes called a "Jewish fast". It can last several days at a time while eating only at a set time of the day. In a minor fast, most people will drink liquids during the day and have one small meal after sundown each evening.

- C. Partial Fast.** A partial fast is when you give up only certain foods during your fast. This fast is seen most clearly in Daniel 1, where Daniel abstains from certain foods out of devotion to God for a set of time. During a partial fast, some people choose to give up foods they enjoy to turn their hearts more deeply toward God.

- D. Soul Fast.** Technically speaking, biblical fasting only refers to abstaining from food or drink (or both) for a spiritual purpose. However, some people choose to fast from things other than food. Some people will give up television, social media, or other activities for a soul fast to focus on prayer.

Each of these fasts can be a valuable way of connecting with God more deeply. If you are physically able, though, we encourage you to prayerfully consider one of the first three fasts. There is something about giving up *food* that physically and spiritually realigns you in ways nothing else can.

2. START EACH DAY WITH GOD

To set your heart on God at the beginning of each day, this simple guide will get you started with a passage of Scripture, a few reflection questions, and practical prayer prompts to help you encounter God each morning.

Daily Prayer Guide

Daily Rhythm:

- A. **60 Seconds of Silence.** Start your time with 60 seconds of uninterrupted silence. Use this time to clear your mind of distractions as you turn your attention to God.
- B. **Invite God to Speak.** Before you open your Bible, ask God to speak to you through His Word. If you don't know what to pray, feel free to pray this short prayer: *"Father, thank you for loving me. Will you please speak to my heart as I read your Word?"*
- C. **Read the Daily Passage.** We suggest following the daily reading plan listed below. Read the daily scripture slowly. Take note of anything that grabs your attention.

Feb. 17th – Acts 1
Feb. 18th – Acts 2
Feb. 19th – Acts 3
Feb. 20th – Acts 4
Feb. 21st – Acts 5
Feb. 22nd – Acts 6
Feb. 23rd – Acts 7
Feb. 24th – Acts 8
Feb. 25th – Acts 9
Feb. 26th – Acts 10
Feb. 27th – Acts 11
Feb. 28th – Acts 12

March 1st – Acts 13
March 2nd – Acts 14
March 3rd – Acts 15
March 4th – Acts 16
March 5th – Acts 17
March 6th – Acts 18
March 7th – Acts 19
March 8th – Acts 20
March 9th – Acts 21
March 10th – Acts 22
March 11th – Acts 23
March 12th – Acts 24

March 13th – Acts 25
March 14th – Acts 26
March 15th – Acts 27
March 16th – Acts 28
March 17th – Romans 1
March 18th – Romans 2
March 19th – Romans 3
March 20th – Romans 4

March 21st – Romans 5
March 22nd – Romans 6
March 23rd – Romans 7
March 24th – Romans 8
March 25th – Romans 9
March 26th – Romans 10
March 27th – Romans 11
March 28th – Romans 12

D. Reflect on Scripture. Use a journal or note-taking app on your device to reflect on what you just read in the daily passage. Here are some questions you can use for your reflection time if needed:

- a. What did this scripture reveal to you about God?
- b. What did this scripture reveal to you about yourself or human nature?
- c. How will you apply this scripture to your life today?
- d. Who will you share these reflections with today?

E. End with Prayer. Close your time by talking with God about the following:

- a. Thank God for his goodness toward you.*
- b. Share any of the burdens of your heart with God.*
- c. Pray for God to move mightily through His Church in Nashville.*
- d. Pray for the people in your life who are not yet followers of Jesus.*

3. **JOIN WITH OTHERS IN PRAYER.** Take the opportunity to gather with others, both in-person and online, as we pray for our city during the month of prayer and fasting (Note: Social distancing and discretion should be taken into consideration).

To learn more about prayer and fasting, [read this chapter](#) from the book *Revival Starts Here*, by Dave Clayton.

If you have any other questions, send us an email at aallen@churchatwoodbine.com – we'd be glad to help you!