

UNMIXED

21 DAYS OF PRAYER + FASTING

What is fasting?

Fasting is abstaining from something that we normally desire (i.e. food or multimedia). By abstaining from those things we usually desire, we are deliberately creating a hunger for those things within us. We then use that hunger as a reminder to go to God in prayer.

What is prayer?

A dialogue between us and God where we can express our concerns, our praise, and listen to the Holy Spirit. Prayer is a sign of an active relationship with God.

Getting Started:

As you start your 21 days, take time to establish a specific time and place to meet with God. Put a reminder in your phone or on your calendar.

Choose something to abstain from and allow your desire to turn from what you're missing to going to God in prayer. Here are some ideas: TV, video games, social media, food, sweets, coffee, etc.

Start by praying at least five minutes every day. Use a timer if that helps. Prayer could look like speaking out loud or sitting in silence.

Follow along each day in your *Unmixed Series Journal*.

Dates to Remember:

January 10-31 - 21 Days of Prayer + Fasting

January 29 - 30 - 24 Hours of Prayer. Starts Friday 12p and ends on Saturday at 12p. Register for a 30 minute time slot at the Welcome Bar or e-mail info@captivatesd.com

January 31 - Unmixed series finale. Family celebration w/ free food following each service.