

Ways to fast:

- Fast 1, 2, or 3 meals a day
- Liquids-only fast
- 21-day Daniel fast
- Fast sugar, coffee, or other item that is sacrificial
- Fast media
- Fast shopping or spending

Resources:

- "Praying the Bible" by Donald S. Whitney
- "The Circle Maker" by Mark Batterson
- "Prayer: Experiencing Awe and Intimacy with God" by Timothy Keller
- "Fasting" by Jentezen Franklin
- "The Ultimate Guide to the Daniel Fast" by Kristen Feola
- "A Hunger for God" by John Piper
- "Fasting for Spiritual Breakthrough" by Elmer L. Towns
- 21 Days of Fasting & Prayer - YouVersion Bible-reading plan by James River Church

Personal questions to ask while fasting:

- What am I asking God to do during these 21 days?
- What or who am I specifically praying for?

Personal job-related questions to ask while fasting:

- Who is God asking me to lead in my current position?
- What is God asking me to do this year in my area of influence?

Unified prayer for church and staff while fasting. Please join in praying:

- For continued favor in reaching the northern Great Plains region for Jesus.
- For those that made a decision to follow Jesus, that they would live fully-devoted to Him.
- For people to live out the breakthrough they experienced in 2018.
- For protection and wisdom for Pastor Josh and Jenaye, our pastors, staff, and board.
- For the wisdom, energy, and finances needed to successfully complete local, global, and future initiatives.
- For all people to experience a deeper hunger for God's Word.
- For success for all Bible-believing churches across our community and region.

Want to give above and beyond to Legacy Makers? You can give money saved in areas of sacrifice:

- 1 meal/day $\$5 \times 21 = \105
- 2 meals/day $\$10 \times 21 = \210
- 3 meals/day $\$15 \times 21 = \315
- 1 coffee drink/day $\$3 \times 21 = \63
- 1 soda per day $\$1 \times 21 = \21