

## **Prayer**

In Scripture there are three parables Jesus told regarding prayer ([Luke 11:5-8](#), [Luke 11:9-13](#), [Luke 18:1-8](#)). In all three of these parables Jesus encourages an almost “bullheaded” persistence when it comes to prayer. Join us in praying that those who are lost may come to know the Lord, Jesus Christ.

## **Fasting**

God uses fasting to break through and to cause us to experience Him more intimately. It certainly is not something that comes naturally, but if you are willing, you can learn to embrace it and give it up to the Lord as an offering. We want to encourage you to consider fasting during the weeks leading up to Easter.

### Some suggested plans:

Week 1: March 31 - No Sweets (the whole week)

Week 2: April 7 - Vegetables Only

Week 3: April 14 - Liquids Only

-or-

Week 1: March 31 - One day fast (liquids only, 24 hours)

Week 2: April 7 - One day fast

Week 3: April 14 - One day fast

Of course, there are a lot of other ways to fast, but if you are able, we would encourage you to fast from food.