

Watch "Does Fasting Help?"

Watch a 5-minute video by Dr. Charles Stanley for a fresh overview. Go to YouTube and search "Does fasting help (Ask Dr. Stanley)?"

(<https://www.youtube.com/watch?v=spSNcaatQc0>

Watch "What Is The Purpose Of Fasting?"

This is a 6-minute video by Dr. Donald Whitney, a professor at Southern Seminary. It's part of a series called Honest Answers, episode 26. Go to YouTube and search the above title.

(<https://www.youtube.com/watch?v=Szq34U6tWIM>)

Watch "How Can I Improve My Prayer Life?"

In this 6-minute video, Dr. Donald Whitney, a professor at Southern Seminary, helps us understand how to use scripture to improve our prayer life. Go to YouTube and search the above title.

(https://www.youtube.com/watch?v=pXXAQW_5vGs)

Watch "Pray Big" Interview With Alistair Begg

To watch an interview of Pastor Begg, go to YouTube and search: "Watch Alistair Begg Discuss How To Pray Like The Apostle Paul."

(https://www.youtube.com/watch?v=wEkSWH2_yM4)

Read: ONE DESIRE Brief Fasting Resource

This is an article by Richard Wagner in which he briefly highlights a variety of reasons to fast. Find this at the Welcome Center desk.

Read: ONE DESIRE Extended Fasting Resource

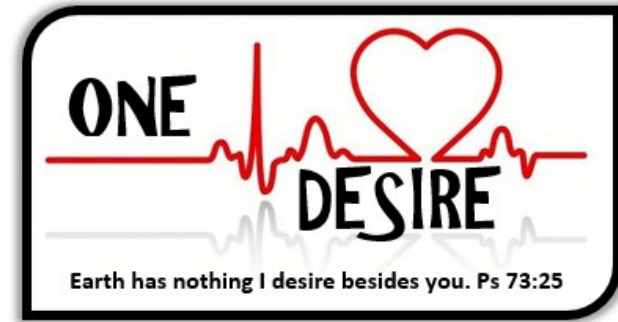
In this more extended resource you read about:

- 7 Basic Steps To Successful Fasting and Prayer
- How To Begin Your Fast
- While You Fast
- Breaking Your Fast
- 6 Vital Questions About Prayer

You can find this at the Welcome Center desk.

Note: If you have questions about prayer and fasting which are not covered in these resources, please feel free to email them to the church office and we'll do our best to direct you to additional resources or answers.

Our 2025 14-Day Prayer & Fast



January 12th - 26th

Our 2025 Theme & United Prayer

Increase Our Zeal!

“Do not be slothful in zeal, be fervent in spirit, serve the Lord.” -Romans 12:11

“O Lord, give us ONE DESIRE: Make our hearts beat as one with yours.

INCREASE OUR ZEAL...for your glory and the impact of our L3 L.I.F.E..”

“Therefore, prepare your minds for action;

be self-controlled; set your hope fully on the grace to be given you

when Jesus Christ is revealed.” - I Peter 1:13

Preparation is the expression of our conviction that something is important.

I used to teach my kids that anything of worth, takes work. That's true of life in general and equally true as we prepare for a season of fasting.

Preparation for your time of fasting will position you for a more meaningful experience. As I Peter 1:13 encourages us, prepare your minds, prepare your heart and prepare your body. Before hand, spend time with the Lord asking Him to help ready your life for the upcoming **ONE DESIRE Fast**.

Take time to prepare your heart, mind and body by using the following checklist :

- Have I prayerfully asked God to reveal how and when I'll fast?**
 - Have I filled out my anonymous Proclamation Card?** (*Bring it with you to the Kick Off and Proclamation service on Sunday Jan. 12th.*)
 - Have I invited a few others with whom to partner in prayer?**
 - Have I written out or posted our WOL ONE DESIRE United Prayer ?**
- “O Lord, give us ONE DESIRE. Make our hearts beat as one with yours. Make us One People, with One Purpose & One Prayer: Thy Will Be Done.”*
- Have I checked out the fasting resources and links?**
 - Have I planned in my calendar to attend our Sacred Prayer Gatherings?**
 - Jan. 15th (Wed.) **6:30-7:30 pm** (In the Prayer Room/Sanctuary)
 - Jan. 19th (Sun.) **9:00 am ABF Hour** (In the Fellowship Hall)
 - Jan. 22th (Wed.) **6:30-7:30 pm** (In the Prayer Room/Sanctuary)
 - Jan. 26th (Sun.) **12:30 pm** Church Wide Potluck
 - Does the office have my email for any daily communications?**

Sundays—Sacred Prayer Assemblies

In the Old Testament, it wasn't uncommon for people of Israel to be called together for a sacred assembly before the Lord. This was a time of worship, confession, prayer and petition. In the book of Acts, we again see the pattern of God's people gathering together for prayer and worship.

In keeping with this, if you're not otherwise involved serving in a ministry at these times, we are calling WOL to three Sacred Prayer Assemblies:

- Jan. 15th (Wed.) **6:30-7:30 pm** (In the Prayer Room/Sanctuary)
- Jan. 19th (Sun.) **9:00 am ABF Hour** (In the Fellowship Hall)
- Jan. 22th (Wed.) **6:30-7:30 pm** (In the Prayer Room/Sanctuary)

Prayer Partners or Groups

Over these 14 days, we encourage each of you to partner up with others for prayer in one of two ways. If you prefer a smaller context, you can invite one or two others to join together as **Prayer Partners**, at times and locations of your mutual choosing. **Prayer Partners** may choose to pray together in person, over video or phone. It's completely up to you. Or, if you feel so led, you might consider inviting a group of people to gather at your home, work place, restaurant, etc. as a **Prayer Group** through the two week fast.

With either option, we encourage you to commit to praying together a least 2 times through the 14 day prayer and fast. You might even consider kicking things off the week prior to the start of the fast as a way of supporting one another's preparation. Again, you are free to mutually determine the times, locations and means of gathering.

When we fast we're saying, "Lord, I desire your glory more than food. Lord, I need your guidance, power & strength more than food."