

Whole Thirty 30 Days toward Spiritual Wholeness



What is the Whole Thirty Challenge?

Those who wish to participate will join the challenge by listing their name on the challenge board or opting in via the app. Those who join up will commit to the following over the next 30 days:

- 1) **Read and pray every day:** 30 minutes or more preferred timeframe, but anything is better than nothing, so start somewhere and build from there.
- 2) **Practice Sabbath every week:** Take one day a week for physical and spiritual rest. This is a day to cease working, striving, and accumulating in exchange for engaging in relationship with God, family, and others. It is more than watching Netflix all day, it is a break to engage with God through time away from that which occupies our normal schedules. One aspect of this is prioritizing weekly worship with your church family. Plan hikes, game nights, fun things to look forward to, meeting God in these moments.
- 3) **Fast 3xs over the 30days:** Fasting is a way to remind ourselves of our dependence on God. Often our human tendency is to find our satisfaction in other places besides God. Fasting reminds us that God is what our body, mind, soul, and spirit need the most. Jesus when he fasted, said "Man does not live on bread alone, but on every word that comes from the mouth of the father." Fasting is a great way to seek God through prayer and scripture while taking a set break from food. You can do these days in one stretch or 3 different days throughout the month.
- 4) **Keep up with the Whole Thirty sermons:** Each week in February we will be speaking into the topic of wholeness through four key messages: The Source of Wholeness, The Path of Wholeness, The Pace of Wholeness, and the Fruit of

Wholeness. If possible attend in person, but if you must miss a week catch up at axischurch.com.

- 5) **On-Site Prayer**-As an additional option, we will be encouraging people to set aside specific time as individuals or with others to pray on-site in the worship area at Axis. A prayer board will be set up in the back where prayer requests, and celebrations of what God is doing or saying throughout the month will be documented and can be prayed over. There will be a log onsite for you to sign-in when you have been here so we can see how many hours we log as church. Our goal is 300 onsite hours of prayer.

What should I read?

We are not prescribing a set reading plan as there are countless to choose from online and in Christian bookstores. When looking for a plan, we do recommend one that is firmly grounded in scripture. If you would like help picking one, please reach out.

Here are a few you may consider via the Bible App (YouVersion):

- The Sauce-Prayer and Fasting
- Essential Scripture for 30 Days
- For Those New to Faith: "Where do I begin Getting to Know Jesus"

**If you expect to continue on after this month you may consider:

- The Bible Recap
- One Story that Leads to Jesus

**The E.A.T methodology is also one we are partial to regardless of what scripture you are reading. See the Axis App Elementary Discipleship Tab under "The Bread" for more on this.

HeReadsTruth (<https://hereadstruth.com/>)

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Also have lots of great reading plans that are very biblically grounded.

How should I pray?

There are lots of ways to pray. See this month as the beginning of, or reigniting of, a conversation with a close companion. God desires to dialogue with us. He invites us, even challenges us, to come to him in prayer. Remember the goal of prayer is not to get what we want, it's about communion and intimacy with God. As we will find out, the things we truly want actually flow from relationship with him.

For those who like structure, we will have prayer books (A Field Guide to Daily Prayer) available - one per family.

Additional can be purchased [here](#).

Also, please see our Elementary Discipleship Methodology on Prayer “The Voice” on the Axis App.

How will you benefit from opting in to the challenge?

While arriving at Wholeness might seem a bit ambitious for 30 days, God can accomplish a lot in 30 days when we humble ourselves, and seek him above all else. The major benefit is taking that next step in pursuit of Him.

We will also add everyone who opts in to our group thread on the Axis App where we will encourage one another, share resources and scripture, etc.

Last but certainly not least, you will receive a sticker that says: I completed the Axis Whole Thirty. If that doesn't seal the deal, I don't know what will!

What are some additional resources to help me understand Sabbath better?

<https://bibleproject.com/explore/video/sabbath-video/>

<https://bibleproject.com/blog/keeping-the-sabbath-is-it-still-relevant-to-christians-today/>

<https://bibleproject.com/podcast/restless-craving-rest/>

What are some additional resources to help me understand fasting better?

<https://www.thenivbible.com/blog/biblical-fasting-why-when-how-and-how-not-to-fast/>

<https://www.cru.org/us/en/train-and-grow/spiritual-growth/fasting/biblical-fasting.html>

<https://www.biblestudytools.com/bible-study/topical-studies/what-exactly-is-fasting-all-about.html>