
PRACTICE:

Prayer & Fasting

2021

FORMATION IN THE WAY OF JESUS



DISCOVERY
CHRISTIAN CHURCH

This year we have a simple resource for our Practice of Prayer and Fasting. Our primary invitation to you is to explore these Practices in a fresh way. Here are a three simple examples:

- **First, fast from one meal a week (lunch is a great meal to start with) and use that time to focus on praying for a specific thing (justice, peace, right relationships, etc).**
- **Second, set an alarm on your phone for a time each day where you can spend 5 minutes praying for Discovery.**
- **Third, if you are feeling more ambitious spend a whole day in prayer and fasting this month. Offer that day to God as an act of worship, again, using the time to pray however you feel led.**

In addition, check out last year's Prayer and Fasting resources for more ideas and inspiration. There are also a bunch of great books referenced there that are worth your time.

Download the pray-as-you-go app.

Join the Contemplative Prayer group that will be meeting on Mondays this quarter.