

FIRST DAY FAST



WHEN?

On the first day of each month, we set aside 24 hours to fast and pray. Specifically, we consider the previous month, day by day, praying in gratitude for all that God has done. Secondly, we look ahead to the coming month, praying that we may join God in His work, seeking and saving those that are lost.

WHY?

God deserves more gratitude than we could ever express. Additionally, in prayer and fasting we surrender our control of everything to Him. Our desire is that God is glorified and that His power is seen in such a way that we can never take credit because of our own skill and aptitude.



BE PREPARED

- Use a journal in order to look back from month to month and see how God has been working
- Open up some time slots throughout your day to pray and write down all that you're grateful for as well as faithful dreams for the coming month.

KEEP GROWING

We are works in progress. Don't be discouraged if your day doesn't go perfect. Strive to grow each month. Make adjustments as necessary and move ahead.



"I HAVE COME SO THAT THEY MAY HAVE LIFE,
AND HAVE IT IN ABUNDANCE"
-JESUS

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LOOKING BACK IN GRATITUDE



LOOKING AHEAD