



December - Christmas Planning and Receiving God's Love

This month's fast will be an intermittent fast where you will abstain from food for 16 hours beginning on Thursday after dinner until Friday at lunch. So you're essentially skipping breakfast and snacks.

Please check in with [the group](#) as often as you can.

Thursday Evening (before going to bed) - Pray that God's peace would rest, rule, and abide in you during this Christmas season and always. Pray that the Holy Spirit will feel welcome in our temples ([2 Corinthians 13:1](#)).

Friday Morning Prayer - Pray that as one month ends and another one begins, you will trust the Lord to guide your steps. As the months pass, each challenge will grow easier as you learn to trust God more and rely on His strength ([Matthew 11:30](#)).

Friday Mid-Morning Prayer - Pray that this Christmas season will be filled with the love of Jesus. Pray that you will be mindful of keeping Christ at the center of all you do this season! ([Isaiah 9:6](#)).

Friday Lunch Prayer - Pray that the spirit of self-control will be present in all you do this Christmas. Pray that you will be mindful about nourishing yourself--body, mind, and spirit ([1 Thessalonians 5:23](#)).

Friday Afternoon Prayer (prior to breaking your fast) - Give thanks to the Lord for bringing you through this fast. Count it a privilege to draw closer to Him and to deny yourself, even for a short time. Pray that as you live each day this month that you would be mindful that the battle is the Lord's. You were not meant to struggle, to white-knuckle your way through, or to just get by. Declare that you will make the most of each day, recognizing that your time on this earth is fleeting ([Psalm 34:9](#)).