



January 2018 – Preparing for Gods Provision

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

choose to do another fast such as a 6:00 am-6:00 pm. If so, please adjust the prayer schedule accordingly.

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

Wednesday Evening (before going to bed) – Pray that you will start each month with passion and determination, and focus giving thanks to God for leading you each and every month. Pray that you will understand God's purpose as you align with His will (Exodus 9:16)

Thursday Morning Prayer – Pray that as you move forward from month to month, you would understand the spirit of contentment (*Philippians 4:13AMP*). Pray that you would cease striving and lean on the Lord as you do what He has called you to do and learn to leave the rest to him.

Thursday Mid-Morning Prayer – That you will consecrate this year to the Lord. That this year will be a year like no other. Declare that you will be focused, purpose-driven and attuned to the Holy Spirit's prompting.

Thursday Lunch Prayer – Pray that you will learn to make the most of each day. That you will carve out time to work your priorities and leave the rest to God. Pray that your health will remain a priority as you glorify God in your body. ([Psalm 90:12](#) and [1 Corinthians 6:20](#)).

Thursday 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](#)).