

# 30 Days of PRAYER & FASTING

Pastor Dan and Phil are inviting you to join them in getting this year started off right! We want to make sure we are listening to the Lord and tuned to His voice in our lives. We are inviting you to do the same. Join us for **30 days of prayer and fasting**. Here are some suggestions that you can put into practice for the next 30 days:

**1 Pick something to fast from.**

Maybe a meal or a type of food, or an activity, a habit, or perhaps you have another idea, but decide to give it up and instead during that time spend it focusing on the Lord.

**2** Join us for **Early Morning Prayer** from 6:30am-7:00am Thursdays at OCF in the church

**3** We will finish our 30 days of prayer and fasting on Sunday February 10 with a **Healing and Wholeness Service** at 6pm at OCF.

Please come join us for any or all of these activities.

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