



SEEK

A CALL TO PRAYER & FASTING

An Invitation

In times of examination, discernment, and desperation, God calls His people to pray and fast. From Moses to Esther, Israel to the New Testament Church, the power of prayer and fasting opened the windows of heaven and the ears of His followers to hear God more clearly. This is an invitation to CCF to join together as we SEEK our God in Heaven.

SEEK, A call to prayer and fasting, is a 3-week congregational commitment to seek His kingdom, His righteousness, and the priorities of God. The challenge set before you will test your faith and will, bringing you closer in your walk with God, and your relationship to Him.

The purpose of this time is to bring passion, purpose, and perspective to your daily walk with Christ. The duration of SEEK is Monday, March 16th to Friday, April 3rd. The lunch fast will be every day and a challenge to take the time you would eat (approximately 30 minutes) and replace it with a time of Bible reading and prayer. In addition, SEEK is a call to turn off all forms of social media from March 16th to Friday, April 3rd. This booklet will help you focus and encourage you during this time. In the back of the booklet is an FAQ for you to better understand how SEEK works.

In Matthew 6:33, Jesus says, “But SEEK first the kingdom of God and His righteousness, and all these things shall be added to you.” (NKJV) This verse is the core idea and inspiration for our call to pray and fast. The word ‘seek’” holds the amazing command to, “continually keep on SEEKING.”

Commitment

For many Christians, the idea of prayer and fasting is either foreign and unusual or completely overwhelming. Living in a first-world country with boundless restaurant and grocery options (and seemingly unlimited availability), the denial of food and accompanying hunger will feel physically uncomfortable and even mentally and emotionally straining. The challenge will be difficult, but the rewards will be great.

In the back of this booklet are a list of questions and answers regarding fasting and prayer. We encourage you to read through them.

Below is a commitment and promise to fulfill this call to serve as a reminder of your decision and an inspiration during this time. This commitment is between you and the Lord, and we encourage you to approach this exercise with both seriousness and sincerity.

Lunch Fast

I, _____ (Name) commit to participate in SEEK, A Call to Prayer and Fasting, for the duration of the appointed days and times. I commit to redeeming the lunch time or mid-day mealtime afforded to me to read, pray, and SEEK God's face.

Social Media Fast

I, _____ (Name) further commit to participate by avoiding and suspending time on social media platforms during SEEK, A Call to Prayer and Fasting.

Signature: _____

Date: _____

SEEK His Kingdom

Week I- Introduction

Each week of SEEK there will be a different emphasis on Matthew 6:33. This week the emphasis will be placed on SEEKING His Kingdom.

The focus will be on our priorities, His Lordship, our faithfulness, our submission, and our commitment. Our memory verse this week will be Matthew 6:33, ““But seek first the kingdom of God and His righteousness, and all these things shall be added to you.”

The first few days of SEEK may be your hardest. The change in your food schedule, the necessary focus for prolonged periods of prayer, and the difference you will see, feel, and experience in your life and world will impact you in ways you probably didn't imagine.

Remember the goal! The goal of SEEK is for you to SEEK HIM!

As you spend time in prayer each day, consider, “...His Kingdom come, His will be done, on earth as it is in Heaven.” Matthew 6:10

Week I - Day I

Monday - March 16, 2026

SEEK FIRST the Kingdom of God

To “seek” means to strive for, desire, or urgently pursue. It commands a continuous, habitual, and daily lifestyle of prioritizing God’s kingdom above material concerns.

Memory Verse: “But seek first the kingdom of God and His righteousness, and all these things shall be added to you.” Matthew 6:33

Devotional: Today as we begin three weeks fasting and praying, we begin with these words of Jesus, “Seek first the kingdom of God and His righteousness.” This week we will spend our time pondering and praying based on Christ’s Sermon on the Mount (Matthew, chapters 5-7).

Jesus says that you, as a follower of Jesus Christ are “the salt of the earth and the light of the world.” Salt purifies and preserves. Light illuminates and brings revelation. You represent Christ, Who Himself is the Light of the World (John 8:12).

Reading for Today: Matthew 5:13-16

Reflection

1. Ask God to show you how you can be salt and light to your family, friends, people at work, and neighbors. We live in a dark world that needs the light of Jesus Christ.
2. Pray for those in your sphere of influence who desperately need to come to faith in Jesus Christ.
3. Begin a prayer list with the names of your lost relatives and friends. Begin today to pray for them every day.

Week I- Day 2

Tuesday – March 17, 2026

SEEK FIRST the Kingdom of God

Memory Verse: “But seek first the kingdom of God and His righteousness, and all these things shall be added to you.” Matthew 6:33

Devotional: Jesus says we are to love our enemies. How is this possible? It is easy to love those who are kind to us. It is easy to love people we like. It is not easy to love those who treat us wrong and who treat us as enemies. How can we possibly do this? Paul shows us the answer in Galatians 5:22-23, “But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law.”

We, believers in Christ, have the Holy Spirit indwelling us. We already possess the ability to love our enemies. Yes! It is possible, as we seek first the kingdom of God and His righteousness.

Reading for Today: Matthew 5:43-47

Reflection

1. Pray for God to open your mind and heart to understand that His Holy Spirit is present within you to obey the words of Jesus and live as He lived.
2. Think of someone that you really don't like. Ask god to show you how to love them as Christ does.
3. Remember love is not liking. Liking someone depends upon circumstance. Loving someone is a volitional decision regardless of circumstance.

Week I - Day 3

Wednesday – March 18, 2026

SEEK FIRST the Kingdom of God

Memory Verse: “But seek first the kingdom of God and His righteousness, and all these things shall be added to you.” Matthew 6:33

Devotional: Earthly treasure is always temporary. No matter how well we may think we are doing, we must realize that whatever the world has to offer is only temporary. It can be gone in a moment. However, believe it or not, how we manage and use our earthly wealth is an indicator of where our priorities lie.

Jesus reminds us, “Where your treasure is, there your heart will be also” (Matthew 6:21). If we seek first the Kingdom of God, then our priorities will be Kingdom minded.

Reading for Today: Matthew 6:19-21

Reflection

1. As you pray today, ask God to show you how you can honor Him with your finances.
2. SEEK someone that you can help financially today. Do so without any expectation of being recognized for it.
3. Ask God to reveal any changes you may need to make in your attitude toward earthly treasures.

You may be surprised at the true freedom this brings.

Week I - Day 4

Thursday – March 19, 2026

SEEK FIRST the Kingdom of God

Memory Verse: “But seek first the kingdom of God and His righteousness, and all these things shall be added to you.” Matthew 6:33

Devotional: Jesus tells us no one can serve two masters. We cannot serve God and mammon (money). We need to consciously make the decision to not allow money to become our master.

If our concern is that our needs won't be met, Jesus urges us to learn from God's other creatures. He speaks of God providing for the birds of the air and lilies of the field.

He reminds us that we cannot add anything to our physical stature by worrying about it. He then concludes His argument by saying, “Therefore do not worry.... For your heavenly Father knows that you need all these things” (Matthew 6:31-32). Instead of worrying we need to first seek the kingdom of God and His righteousness before we seek anxiety.

Reading for Today: Matthew 6:24-34

Reflection

1. To keep yourself from worrying today, make a list of what you are thankful for. Keep the list and add to it as time goes on.
2. Today, ask God to show you what He wants you to do for His kingdom. No task for God is too small or too big.
3. Thank God for what is truly important.

Week I- Day 5

Friday – March 20, 2026

SEEK FIRST the Kingdom of God

Memory Verse: “But seek first the kingdom of God and His righteousness, and all these things shall be added to you.” Matthew 6:33

Devotional: As we seek first the kingdom of God, how do we evaluate whether what someone is teaching is true to the Word of God. Jesus says false prophets come in sheep’s clothing, but who are actually raving wolves. How do we know. Jesus says, “You will know them by their fruits” (Matthew 7:16). Is the fruit of their teaching bearing pure, godly fruit? Sooner or later false teachers are exposed. Do not be disheartened by false teachers. Seek first the kingdom of God and His righteousness and you will not be easily deceived by false teachers.

Reading for Today: Matthew 7:15-20

Reflection

1. As you pray, ask God to give you discernment to recognize true or false teaching.
2. Plan to have a schedule of regular Bible reading. A good study Bible can help you have a plan for reading through the Bible in a year. Ask someone you trust what would be a good study Bible for you.
3. Begin keeping a journal for your daily Bible reading and prayer time.
4. Find a good Bible study to join.

Week I - Days 6 & 7

Saturday & Sunday – March 21 - 22, 2026

SEEK FIRST the Kingdom of God

Memory Verse: “But seek first the kingdom of God and His righteousness, and all these things shall be added to you.” Matthew 6:33

Devotional: In our last Bible reading for the week, we come to the end of Jesus’ Sermon on the Mount. He declares that anyone who hears His sayings, His sermon on the Mount, and does them is like a man who builds his house upon a rock.

When the storms of life come, and they will, this man’s house (his life) will stand. Note the key is to not only here the words of Christ but also to do them. A lot of people read or hear Christ’s words, but they do not do them. To hear and not do His words is like reading directions for building something but not doing it. Simply hearing or reading does not get the job done.

Reading for Today: Matthew 7: 24-29

Reflection

1. When you hear the sermon this Sunday, ask yourself, “How can I put the teachings into practice?”
2. Then find a way to put the truth into practice at home and at work.
3. Then let us know next week how your week went.
4. Prayer and fasting is spiritual preparation for outworking the principles of Kingdom living in your world.

Remember, “Seek ye first the kingdom of God and His righteousness, and all these things shall be added unto you.”

SEEK His Righteousness

Week 2 - Introduction

Congratulations!

You made it to your second week of SEEK! Be encouraged to keep going! This week we will focus on some OUTWARD signs of Christ's inner workings within our lives.

As we SEEK His righteousness, the call goes out to practice gratitude, connection, confession, resilience, humility, and abundance.

Our memory verse is a reminder that the standard of righteousness is impossible for us to attain, but with God all things are possible!

1 John 3:7 - "Little children, let no one deceive you. He who practices righteousness is righteous, just as He is righteous."

Week 2 – Day 8

Monday – March 23, 2026

SEEK Gratitude

Memory Verse: "Little children, let no one deceive you. He who practices righteousness is righteous, just as He is righteous." 1 John 3:7

Devotional: Gratitude is more than a simple "Thank You." Gratitude, has been called "the secret of life," "the most passionate transformative force in the universe," and "the key that opens all doors." Where would you currently place the importance and practice of gratitude in your life? How do you treat others? How do you see your circumstances?

How do you see God? Thinking about most people's answers, it sounds like we could all benefit from a gratitude revival. I encourage you to acknowledge that there is good in life, celebrate that good, give thanks to whom the good came from; both God and the people who He has used in your life.

Reading for Today: "Rejoice always pray continually, give thanks in all circumstances, for this is God's will for you in Jesus." 1 Thessalonians 5:12 – 28

Reflection

1. As you pray for a gratitude revival, think of the people who brightened your day by giving a simple, "Thank you."
2. Write down 5 things that you are grateful for today and thank God and those around you for those things.

Week 2 – Day 9

Tuesday – March 24, 2026

SEEK Connection

Memory Verse: "Little children, let no one deceive you. He who practices righteousness is righteous, just as He is righteous." 1 John 3:7

Devotional: We live in a time where technology allows us to be connected to the whole world through cell phones, digital technology, and social media. We can have a video conference overseas, instant email responses from across the country, and real time conversations via chat and text. Even as all these tools are available to us, we are simultaneously experiencing an epidemic of loneliness.

Our world and culture are trying to push us to stay in our homes, rooms, and safe spaces, but Scripture speaks, from the very beginning, about the essential nature of genuine connection and community in our life. We see that God values connectedness as we first meet Father, Son and Holy Spirit in Genesis 1. Shortly thereafter it is declared that it was not good for man to be alone. God never intended for the Christian walk to be one of constant solitude and only virtual community. When was the last time you went to a church event other than a Sunday service? Church, we are better when we are living life together.

Reading for Today: Acts 2:42-47 & Proverbs 27:17

Reflection

1. Pray about who you can connect with at church.
2. Pray for whom you can invite to church.
3. Look for opportunities to make a big church small as you get involved in a ministry or a small group. What do those opportunities look like

Week 2 – Day 10

Wednesday – March 25, 2026

SEEK Confession

Memory Verse: "Little children, let no one deceive you. He who practices righteousness is righteous, just as He is righteous." 1 John 3:7

Devotional: Let's talk about shame. In the very first book of the Bible, right after the Creation story, we are introduced to deception, sin, and consequences. "Then the eyes of both of them were opened and they knew they were naked and they sewed fig leaves together and made themselves coverings." Genesis 3:7

Adam sinned...Adam experienced guilt, and the fear of exposure brought shame. This should have led Adam to confess; but instead, Adam hid and covered his shame with fig leaves which didn't work.

People carry around the burden of shame every day. Perhaps more so in church...the pattern remains the same: we sin, we feel guilt, shame, and then we hide. That burden eats at us as we fear being exposed. But God gave Adam a chance to come clean (except for "that woman you gave me thing.") He and Eve became the first to experience forgiveness. Today the answer is the same, release guilt and shame through the practice of confession. John wrote: "if we confess our sins, he is faithful and just to forgive us from all sin and cleanse us from all unrighteousness." 1 John 1:9

Reading for Today: Psalm 51

Reflection: David prayed, "Search me Oh God and know my heart," as David invited God to do a full spiritual examination on him. Today in your prayers ask God to search you; to dig in deep and help you release the burden of any guilt or shame that you've been carrying by confession and pray, "Lord, lead me in the way of everlasting." Psalm 139:24

What do you need to need to bring to God through confession?

Week 2 – Day 11

Thursday – March 26, 2026

SEEK Resilience

Memory Verse: "Little children, let no one deceive you. He who practices righteousness is righteous, just as He is righteous." 1 John 3:7

Devotional: Most professional sports present an award to the "Comeback Player of The Year." It's usually presented to the player who followed a statistically terrible year with a great year, or a player who overcame serious injury and returned to form.

Perhaps there is no greater comeback story in the Bible then that of Simon Peter. Peter's last night with Jesus was a total disaster, he slept when he should have been watching and praying, he jumped the gun by cutting off Malchus' ear, and lastly, he denied he even knew Jesus, not once but three times with cursing. But God pursued Peter and after an attempt to return to his former life, he recognized Jesus on the beach, jumped in the water, and finally headed in the right direction. Jesus then had a "come to Jesus meeting," with him and Peter went on to great things. Aren't you glad we have a God who allows us to bounce back?

Reading for Today

"Lord you know all things; you know I love you." John 21:15-19

"Jesus said to him, feed my sheep." John 21:17

Reflection

1. Think about a time you may have drifted in the past...How was life when you removed Jesus from the throne of your heart? Write out how that looked.
2. If you have drifted away from God or know someone who has, pray that the God who loves "Bounce backs" would pursue and restore.

Week 2 – Day 12

Friday – March 27, 2026

SEEK Humility

Memory Verse: "Little children, let no one deceive you. He who practices righteousness is righteous, just as He is righteous." 1 John 3:7

Devotional: Humility has been called the defining characteristic of Jesus Christ who left Glory, took on a human body, to ultimately die, rise again, and ascend to the Heavens sealing our salvation.

A few thoughts on humility

- Pride is the opposite of humility, it was pride that took Lucifer down.
- Humility enriches our spiritual life, whereas pride blocks spiritual growth.
- Matthew 18:3-4 Jesus tells us to become like little children.
- Humility is recognizing one's small place in the grand scheme of God's creation, while valuing the beauty and significance of that which is greater.

Reading for Today: Philippians 2:1-11 & Ephesians 4:2

Reflection

1. Pray that God would help you fight off worldliness and put on Christ. When you put on Christ you put on humility.
2. Consider the faith and humility of a child. How can you be more like a child in regard to faith and humility?

Week 2 – Day 13 & 14

Saturday & Sunday – March 28 - 29, 2026

SEEK Abundance

Memory Verse: "Little children, let no one deceive you. He who practices righteousness is righteous, just as He is righteous." 1 John 3:7

Devotional: "The thief does not come except to steal and to kill, and to destroy. I have come that they may have life, and that they might have it more abundantly." John 10:10

Over the past week we've examined different areas of our life to enable us to live out the life abundantly offered in Christ Jesus our Lord. The opposite of abundance is lack and scarcity, which lead to fear and destruction. As we seek to live out John 10:10, we recognize that we have an enemy who comes to steal, kill and destroy, but there's good news! "Greater is He that is in you than he that is this world." 1 John 4:4.

Reading for Today: John 10: 7-15

Reflection

1. We've talked about gratitude, connection, confession, resilience, humility. Which day spoke to you the most this week? Where did God convict you the most?
2. What parts of your life are you living abundantly? What parts of your life are you living in scarcity and fear?
3. What Memory Verse stuck with you this past week the most?

Remember when we live out the life abundant, transformation takes place in our life, and the good news of the Gospel is seen by others!

SEEK His Promise

Week 3 - Introduction

It's WEEK 3!

You've probably come to discover some personal realizations and discoveries about hunger, spiritual need, and how much your earthly appetite drives and controls your life, schedule, and thoughts.

As our core verse, Matthew 6:33, calls us to SEEK His kingdom (week 1) and His righteousness (week 2). Now we come to the promise of the words of Jesus. "But seek first the kingdom of God and His righteousness, AND ALL THESE THINGS SHALL BE ADDED TO YOU." Matthew 6:33

This week we will focus on this final phrase and then we will begin to prepare for Good Friday. This brings us to our memory verse for this week from Luke 9:23: "And he said to all, "If anyone would come after me, let him deny himself and take up his cross daily and follow me."

By the end of the week, you will be prepared and ready to join us at CCF this Friday, 7pm as we finish our call to SEEK Him and FIND ourselves at the foot of the cross.

Week 3 – Day 15

Monday – March 30, 2026

SEEK His Promise

Memory Verse: “If anyone would come after me, let him deny himself and take up his cross daily and follow me.” Luke 9:23

Devotional: When you started to SEEK in this call, did you think you were going to make it? Maybe it sounded impossible...missing lunch for 14 days (so far) and turning off the attraction, temptation, and allure of social media seemed unlikely to happen.

Today, the promise of Matthew 6:33 has been fulfilled in YOUR life! You didn't starve, did you? You didn't lose all connection to the world as you suspended your time on Facebook and Instagram, right?

Instead, as you have taken time to SEEK the Lord, I hope you FOUND the words of Jeremiah 29:11-13 in your heart and mind, “For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call on me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart.” Jeremiah 29:11-13

Reading for Toda: 2 Corinthians 4:7-18

Reflection

1. How has God fulfilled promises in your life during SEEK?
2. Find three promises in Jeremiah 29:11-13 and write them in your notes.

Week 3 – Day 16

Tuesday – March 31, 2026

SEEK Provision

Memory Verse: “If anyone would come after me, let him deny himself and take up his cross daily and follow me.” Luke 9:23

Devotional: The word ‘NEED’ is our focus today. Clearly, we live in a culture and environment where the words ‘need’ and ‘want’ have become blurred together. The denial of food for lunch and the suspension of your social media consumption during SEEK has hopefully shown you that God is your sustaining strength and He is the focus of your faith.

So many times, in denial or circumstances that cause us to be without, we find our sole focus to be on that item, object, or event. Jesus reminds us that as we SEEK Him first, all the other things (Matthew 6:25-32) will be taken care of! As you focused on God, seeking His face, and committing to prayer, ‘all these things’ have been taken care. Our God is Jehovah Jireh, our provider!

Reading for Today: Matthew 6:25-34

Reflection

1. How have you seen God provide for you during SEEK?
2. How do you feel after being off social media for two weeks?

Week 3 – Day 17

Wednesday – April 1, 2026

SEEK Persistence

Memory Verse: “If anyone would come after me, let him deny himself and take up his cross daily and follow me.” Luke 9:23

Devotional: As we shift our focus to Good Friday and the cross, your reading today is the prayer of Jesus in the garden. Jesus prays for strength and divine intervention from His heavenly Father. The disciples wait for Him, but the night air, confusion, and grief are all too much. They succumb to heavy hearts, heavy eyes, and fall fast asleep. The words of their master and teacher awake them, “Couldn’t you men keep watch with me for one hour?” he asked Peter. “Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak.” (vs 40-41)

It’s possible through this time in SEEK that you had some hard days in prayer. Trying to stay focused, clear-minded, and self-controlled, you may have felt like a superball was bouncing around your head. You may have had a big blank for thought or you were just too tired to pray. Whatever the case, don’t give up! Keep praying!

Reading for Today: Matthew 26:36-46

Reflection

1. Read the prayers of Jesus again. What stands out to you?
2. Consider a place in your life where you are struggling right now. Can you pray, “Your will be done”?

Week 3 – Day 18

Thursday – April 2, 2026

Whom do you SEEK?

Memory Verse: “If anyone would come after me, let him deny himself and take up his cross daily and follow me.” Luke 9:23

Devotional: As Jesus is approached in the garden by Roman soldiers and the chief priests, He asks them, ‘Whom do you SEEK?’ (vs 4). In a display of power and authority, the soldiers are driven to their knees by the identity and declaration of the Messiah – Son of God, Son of Man. It is only when Jesus yields in sacrifice and willing submission that He is arrested by the military and religious mob.

As you SEEK God’s face and presence, are you willing to sacrifice your will, want, and ways? Are you willing to submit to His command and call? In Philippians 2:10-11, Paul declares, “...that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue acknowledge that Jesus Christ is Lord to the glory of God the Father.”

Today the choice is yours: EVERY knee will bow. Will you bow in worship and humility or conviction and humiliation?

Reading for Today: John 18:3-9

Reflection

1. Where in your life do you find it difficult to bow before Jesus?
2. Take time today as you pray to actually KNEEL in prayer before Him, submitting your will, want, and ways.

Week 3 – Day 20

Saturday – April 4, 2026

You did it!

The fast is over and we are so proud of you fulfilling your commitment to God and this church! The darkness of Good Friday will give way to the light and hope of Resurrection Sunday tomorrow! We invite you to join us tomorrow morning (9am and 11am) as we celebrate the empty tomb, the risen savior, and the hope of the world!

As you reflect upon your time in SEEK, we encourage you to take time and write out your experience. How you're feeling now about prayer, about fasting, about social media, and about your relationship with God.

As always, we are here for and with you! If you need help, guidance, counsel, or just someone to pray with, our staff is here for you! Email us at ccf@4thelord.org and we will connect with you!

Reflection

1. During this time what have you found to be helpful as you restructured your time and attention to be focused on God?
2. What days were the hardest for you and did they get easier for you overtime?
3. What Scripture reading or Memory Verse kept you going through this time?

FAQs

Listed below we have compiled some FAQs regarding the practice of prayer and fasting. If you have further questions, please feel free to email us at ccf@4thelord.org, call our office at 410-798-1413, or connect with a ministry leader or Pastor.

What am I fasting from?

The call is to fast from LUNCH each day (March 16-April 3) and social media for the entirety of March 16 – April 3. This means replacing your normal diet and time allotment at lunch and replace it with bible reading and prayer and avoiding viewing, posting, and engaging with all social media platforms.

Can I still drink water?

Yes! We recommend staying hydrated and healthy during this time.

What if I have a medical condition or other issue that disallows me from fasting?

We absolutely understand there are specific conditions that exist that prevent fasting. We encourage you to meet those needs and still commit to the 30 minutes of reading and prayer.

What should I read?

Each day this booklet* will have a devotional, reading, and reminder of the weekly memory verse. *We suggest no more than 10 minutes of reading, yielding 20 minutes of prayer.

What if I don't want to fast on the weekends or I want to make my own schedule for this?

Everyone must individually come before God and decide on their personal commitment. This isn't a contest and there is no place for comparison or commentary about others.

Wait...you want me to turn off my social media from March 16-April 3?

Actually, yes. The power, draw, and distraction of social media attraction and addiction has impacted and infiltrated the church and our lives more than we realize. Although some might decide to only physically fast certain days, we are calling for a TOTAL FAST from social media. We suggest that you create a post on March 15 explaining your departure and return on April 3. This might also be a tremendous way to share your faith with your digital circle upon your return!

Should I tell people I'm fasting?

Tell as few people as possible. Jesus reminds us that even our best efforts can become points of pride if we announce them before others. On another note, don't let your spouse make you lunch every day and waste it! There will be some obvious exceptions. The point is that this is about you and God, not a show or demonstration for others.

Can I still check my email and texts?

Yes. This isn't about cutting off communication with family, friends, loved ones, and work obligations. This is a discipline and intentional removal from the posts, controversies, video shorts, and endless ads that dominate our time and minds.

Did I just find another 30 minutes to keep working?

No. The call to prayer and fasting is not simply about the denial of food and social media while you keep working. It is exchanging that time (and money) spent by focusing on God in prayer and reflection.

What if I accidentally eat something or forget?

You failed. Try again the next year. Just kidding! God loves you and He knows your heart is to seek Him during this time! Resume your fast and remember that God is seeking you as you are seeking Him!

Where are some verses I can read about regarding fasting and prayer?

Nehemiah 1:4-11, Isaiah 58:1-12, Ezra 8:23, Matthew 6:16-18, Mark 9:14-29, Acts 13:1-3

Got other questions?

If you have further questions, please feel free to email us at ccf@4thelord.org, call our office at 410-798-1413, or connect with a ministry leader or Pastor.