



# 3 Day Fast & Prayer Retreat



**20  
25**

**MORNINGS // Email Encouragement with Video Link**  
**FRI. & SAT. EVENINGS // 6PM Guided Prayer at L!FE**  
**SUNDAY // 6pm Sharing & Soup at L!FE**

# DEAR CHURCH FAMILY,

You are invited to start 2025 by setting aside 3 DAYS for personal retreat with God, marked by prayer and fasting.

We believe God has more for us as a church and as individuals - more peace, more wholeness, more breakthrough, more transformation!

**To pursue more of God, let's choose less of other things.**

- Less food = more dependence on Jesus
- Less technology = more focus on Jesus
- Less busy = more rest in Jesus
- Less coping devices = more soothing from Jesus
- Less of the world = more heart space for Jesus

**Less is more!**

Our hope is that this booklet can serve as a guide for your 3 DAYS of dedication.

Grace & Peace,  
*Pastors Joe, Abi, Heidi, and Adalia*

# HELPFUL HINTS

\***PLAN AHEAD** for the 3 days, thinking of them as a personal retreat. Free up your schedule (as much as possible) of anything that will distract from your extra time with God, or will take more energy than would be wise for you to exert. Plan to get more sleep and drink more water than you typically do! You may want to begin to wean yourself off caffeine or sugar if you will be cutting those out. Let people know if you are taking a tech-detox and won't be using your phone/replying to them for a period of time.

## \***DECIDE ON YOUR FAST**

Decide now which type of fast or combination of fasting you'll choose. Consider what you'll need to have at home or might want to put out of sight.

It's important to not let what you eat or do not eat become the big focus of your fast. This is a time to disconnect enough with your regular patterns and habits in order to connect more closely to God. The aim is be less focused on food than you normally would be, and more focused on God than you normally would be. We are intentionally planning this fast over the weekend to give you the opportunity to engage in a more intense fast if possible.

Here are some options:

1. **Water Only Fast** – (Matthew 4, Luke 4, 1 Samuel 20) You will need to pace yourself and plan the rest of your schedule with an understanding that you will likely feel weak. You could also combine a water fast with a Daniel or juice fast.
2. **Daniel Fast** - Eat no meat, no sweets and no bread. Drink water and juice. Eat fruits and vegetables. (Daniel 1 & 10). \*Helpful website: [ultimatedanielfast.com](http://ultimatedanielfast.com)
3. **Liquid Fast** - A liquid fast is when no solid food is consumed and instead involves the intake of vegetable juices, broths, fruit juices and water.
4. **Partial Fast** - A partial fast could mean that you choose to fast one or two meals each day and then still give yourself perimeters for the meal/s you do eat (cutting out sweets or meats, etc.).



**planning**

**LESS**

What will you cut out entirely or reduce?

*Jot down your ideas for food, media, phone time, busy work, etc.*

**MORE**

What will you add to grow closer to Jesus?

*Jot down ideas for worship, Bible reading, prayer, movement, intake of water, books or movies you might engage with, etc.*

# FRIDAY JANUARY 3

## MORNING

How will I begin today? How does this day of devotion to God look different than my typical morning routine? What distractions will I set aside?

### LESS

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

### MORE

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

## AFTERNOON

At midday, what does it look like to pause and be with Jesus? What will I do that will bring refreshment to my soul?

### LESS

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

### MORE

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

## EVENING

As the day winds down, how will I lean in for deeper connection with Jesus? How will I end the day differently than I typically do? How will I enter into rest?

### LESS

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

### MORE

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

# SATURDAY JANUARY 4

## MORNING

How will I begin today? How does this day of devotion to God look different than my typical morning routine? What distractions will I set aside?

### LESS

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

### MORE

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

## AFTERNOON

At midday, what does it look like to pause and be with Jesus? What will I do that will bring refreshment to my soul?

### LESS

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

### MORE

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

## EVENING

As the day winds down, how will I lean in for deeper connection with Jesus? How will I end the day differently than I typically do? How will I enter into rest?

### LESS

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

### MORE

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

# SUNDAY JANUARY 5

## MORNING

How will I begin today? How does this day of devotion to God look different than my typical morning routine? What distractions will I set aside?

### LESS

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

### MORE

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

## AFTERNOON

At midday, what does it look like to pause and be with Jesus? What will I do that will bring refreshment to my soul?

### LESS

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

### MORE

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

## EVENING

As the day winds down, how will I lean in for deeper connection with Jesus? How will I end the day differently than I typically do? How will I enter into rest?

### LESS

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

### MORE

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

# RESOURCES

## Bible Plans/Engagement

**YouVersion.com** // Bible app with plans, devotions, more!

**The Bible with Nicky and Pippa Gumbel** // bible.alpha.org  
Reading through the Bible in a year, with teaching from Nicky

**TheBibleRecap.com** // A chronological Bible reading plan and short daily recap with Tara-Leigh Cobble

**DailyAudioBible.com** // The Bible read fresh daily, among friends



## Authors & Books

**Pete Greig** // How to Pray // How to Hear God // God on Mute

**Richard Foster** // Celebration of Discipline // Prayer

**Ruth Haley Barton** // An Invitation To Retreat // Solitude and Silence

**Strahan Coleman** // Beholding // Thirsting

**Alan Fadling** // An Unhurried Life

**Tyler Staton** // Praying Like Monks

**John Mark Comer** // The Ruthless Elimination of Hurry // Practicing the Way

**Tish Harrison Warren** // Liturgy of the Ordinary // Prayer in the Night

**Holly & Glen Packiam** // The Intentional Year & Journal

## Apps

**Lectio 365** // guided Biblical prayer focus for morning, noon, and night

**Pause** // options to do a plan, or use various lengths of pauses to breathe, pray and release everything and everyone to God

## Right Now Media

Our gift to you!  
Stream great life-giving content.



## Worship

Our 2025 Fasting Playlist  
is on Spotify:

