

**Zoom Prayer Dates:**

**Sunday, January 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, and 28<sup>th</sup> 2024**

**@ 5:00pm**

**www.zoom.com**

**Click join meeting and enter meeting ID and Password**

**Meeting ID: 824 3673 6203**

**Password: 360519**

**Prayer will begin promptly at 5:00 pm, please log on by 4:55pm.**

**The outline below is suggested things that all youth can fast by week. There is one fasting item for seven (7) days. Please reach out to a youth advisor if you have any questions.**

**Week 1 Fasting Item (USE SOCIAL MEDIA POSITIVELY)**

Scripture: Colossians 3: 16-17

What if you were to creatively look at social media through this scripture and its' challenge to do EVERYTHING in the name of Jesus? Here are a few ways you could live out this challenge using social media: (SOCIAL MEDIA IS NOT ALWAYS BAD)

What if social media could be something that draws you closer to God and others if used in an intentional way?

What if instead of liking a post of someone that is hurting, you offered prayer to that person? What if you looked at the photos posted on Instagram and ask God to help you see His creation in a new way or see that person as God sees them?

Challenge: 1) Use social media properly and pleasing to God. 2) Pray Daily

**Week 2 Fasting Item (HEALTHY EATING & HEALTHY SNACKS )**

Scripture (s): Psalms 34:8 Psalms 119:103 Matthew 5:6 1 Corinthians 10:31

Let's replace those refined sugars with the refining Word of God, and exchange our sweets for healthy foods. May we taste and see that the Lord is good and wholesome and sweeter than honey to those that believe.

Challenge:

1) Replace sugary foods and snacks with nutritious foods/snacks. 2) Pray Daily

**Week 3 Fasting Item (WATCH TV SHOWS OR VIDEOS THAT SHARE THE GOSPEL)**

Scriptures: 1 Corinthians 6:12

Psalms 101:3

Matthew 6:22-23

Use television as an educational tool. News and weather reports have saved countless lives, and we have access to entertainment, sports, and information that can be helpful and uplifting. From a Christian standpoint, TV has been used to share the gospel to virtually every nation on earth, and countless lives have been changed through Christian television broadcasts.

Challenge: 1) Watch tv shows that will help you glorify God. 2) Pray Daily

***Weekly Meditation Scriptures:***

***Philippians 4:8; 4:13***

***Galatians 4:13***