

Matthew 11:28-30 MSG 28-30 “Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.”

Rhythm of Prayer & Fasting

Prayer: _____ with God

Mark 1:35 (ESV) And rising very early in the morning, while it was still dark, he departed and went out to a desolate place, and there he prayed.

Acts 1:14 (ESV) All these with one accord were devoting themselves to prayer, together with the women and Mary the mother of Jesus, and his brothers.

Acts 2:42 (ESV) And they devoted themselves to the apostles’ teaching and the fellowship, to the breaking of bread and the prayers.

1. Make Prayer _____

2. Make Prayer _____

1 Thessalonians 5:16-18 (ESV) Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.

Challenge: Take your current prayer life and double it.

Fasting: Giving up something we want for something

Matthew 6:16 (ESV) And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward.

Acts 13:2-3 (ESV) While they were worshiping the Lord and fasting, the Holy Spirit said, “Set apart for me Barnabas and Saul for the work to which I have called them. 3Then after fasting and praying they laid their hands on them and sent them off.”

Types of Fasts

Soul Fast - A great option if you aren’t able to give up food. This is where you fast social media, secular music, movies, or anything else that takes up space in your soul.

Selective Fast - Giving up certain types of food. An example would be the Daniel fast; where Daniel gave up meats and sweets.

Partial Fast - Abstaining from eating any food for periods of the day (ex. not eating lunch, not eating from sun-up to sun-down, etc)

Complete Fast - In this fast you only drink liquids. Please consult your doctor.

21 Days of Prayer & Fasting

January 8-28. Noon Prayer Monday-Friday

Info Guide

Welcome

We're glad you're here! This Info Guide will help you learn how to get connected at Manna and share what is available to you at the service today. We hope you feel at home and enjoy your time with us.

What to Expect

During today's worship experience you can expect about a 65 minute service that will begin with approximately 20-25 minutes of worship, we will also have a brief time of announcements, followed by a 35-minute biblical and practical message delivered by our Pastor.

Connection Card

If you're a first-time guest, we would love for you to fill out a connection card. No one is planning to call you or come by your house—We just want to thank you for joining us today and let you know what is available to you here at Manna.

Free Gift

If it is your first time with us, we have a gift available for you in the lobby at the end of service— We simply want to give you a gift to thank you for being with us today!

Growth Track

If you want to learn more about Manna Church, who God has called you to be, and how you can make a difference, Growth Track is for you. It is a 4-week small group that meets the first four Sundays of every month. Childcare is provided and you can learn the times and locations at the info center in the lobby. We would love for you to take this step!

Manna Kids

We promise a clean and safe environment where children can experience and enjoy the love of Jesus. The Nursery/Preschool experience is available for kids 6 weeks through 5 years, and the Elementary experience is for children in kindergarten through 5th grade. We would love to have your child join us!

Manna Students

Manna Students meets weekly, at Manna Capital, Sunday afternoons at 12:00pm. We play games, fellowship, and grow together in our relationship with Jesus. Middle School and High School age both welcomed!

Small Groups

Life-change happens in the context of small groups. Get involved in one today! Visit our website for a list of small groups.
capitalarea.manna.church