



January 11th, 2025 "Mourn, Fast, Pray"

-LOVE GOD—LOVE PEOPLE—SERVE THE WORLD-

Word for 2026—*The God of Heaven will help us succeed and we His servants will start rebuilding!*

✦ God places people where He wants to use them for His _____ and glory.

Nehemiah 1:4 gives us three things that will help jumpstart the rebuilding process: and these are; **mourning, fasting and praying.**

1. MOURNING: Express your _____ to God.

Psalms 6:1-9, Psalms 25:16-21, Hebrews 4:1-3.

2. FASTING: Focus your _____ on God.

Matthew 6:16-18

✦ The New Testament presents fasting as an encouraged practice, but not a strict _____.

Fasting is a valuable tool for spiritual growth, often practiced with prayer while seeking God's will.

3. PRAYER: Ask God for _____.

Prayer is how a person begins their journey with Christ, and it is prayer that will be the tool that purifies, strengthens, and directs that journey.

✦ When you go to God in prayer:

- Acknowledge who **God** is.
- Acknowledge who **you** are.
- Call on God's _____.
- Be specific about your _____.

Nehemiah 1:5-11, 1 Thessalonians 5:16-18

To pray without ceasing is all about maintaining a constant, conscious connection with God throughout the day.

James 1:2-4, 2 Corinthians 4:17-18, Romans 5:1-5

"it is crucial that we take those first steps, decide to take a stand in our lives, and begin to walk forward and rebuild."

Answers: hurt, heart, command, help, promises, requests.

***all verses were taken from the NLT unless otherwise noted.**