

Week 1 Dec. 10-16

Three or four times this week skip lunch or just drink water for the week. Pray that God will give you new insights on the value of fasting.

Week 2 Dec. 17-23

Fast from, Sugar or Caffeine. Pray for freedom from strongholds in your life or someone close to you.

Week 3 Dec. 24-30

Fast from one meal every day or all snacking. Pray for thankfulness for all God's provisions starting with Jesus as Savior and Lord.

Week 4 Dec 31-Jan. 6

Daniel fast or no fast food restaurants. Pray that God will lead your family and our church in 2018.

Week 5 Jan. 7-13

Fast from two meals a day or Dinner and TV. Pray that will give you direction in regards to getting involved on some level of missions at The Ridge.

Week 6 Jan. 14-18

Pick one or two days to fast from food for 24 hours or give up dinner and ALL devices, no tv, phone, computer or social media from 5pm to 5am everyday. Pray for The Ridge's global mission effort and what you can contribute as a monetary pledge.