

# 1Mosaic Church – 2025 FAITH FAMILY FAST / PRAYER & SCRIPTURE READING PLAN

## Jan. 13: Seeking God's Guidance

**Scripture:** Psalm 63:1

**Theme:** Fasting is a time to hunger for God and seek His presence earnestly.

**Reflection Prompt:** What distractions might be keeping you from fully seeking God? How can you prioritize Him during this fast?

## Jan. 14: Strength in Weakness

**Scripture:** 2 Corinthians 12:9-10

**Theme:** God's grace is sufficient; His power is made perfect in our weakness.

**Reflection Prompt:** In what areas of your life do you feel weak right now? How can you lean on God's grace for strength?

## Jan. 15: Humbling Ourselves

**Scripture:** 2 Chronicles 7:14

**Theme:** Humble yourself, pray, and seek God's face for healing and restoration.

**Reflection Prompt:** Are there areas of pride or self-reliance in your life that God is asking you to surrender?

## Jan. 16: True Fasting

**Scripture:** Isaiah 58:6-7

**Theme:** God's desire for fasting is to set people free and care for those in need.

**Reflection Prompt:** How can your fast extend beyond personal growth to bless others and reflect God's heart?

## Jan. 17: God's Provision

**Scripture:** Matthew 6:31-33

**Theme:** Seek first God's kingdom, and He will provide all your needs.

**Reflection Prompt:** What needs or worries can you entrust to God during this fast? How can you focus more on His kingdom?

## Jan. 18: Renewing the Mind

**Scripture:** Romans 12:1-2

**Theme:** Offer yourself as a living sacrifice and allow God to transform your mind.

**Reflection Prompt:** Are there thoughts, habits, or patterns in your life that need renewing? How can you surrender them to God?

## Jan. 19: Waiting on the Lord

**Scripture:** Isaiah 40:31

**Theme:** Those who wait on the Lord will renew their strength.

**Reflection Prompt:** How can you cultivate patience and trust in God as you wait for His direction or answers?

## **Jan. 20: Overcoming Temptation**

**Scripture:** Matthew 4:1-4

**Theme:** Jesus resisted temptation during His fast, relying on God's Word for strength.

**Reflection Prompt:** What temptations are you facing during this fast? How can Scripture equip you to overcome them?

## **Jan. 21: Drawing Near to God**

**Scripture:** James 4:7-8

**Theme:** Submit to God, resist the devil, and He will draw near to you.

**Reflection Prompt:** What steps can you take to submit more fully to God and resist distractions from the enemy?

## **Jan. 22: The Joy of the Lord**

**Scripture:** Nehemiah 8:10

**Theme:** The joy of the Lord is your strength during times of fasting and prayer.

**Reflection Prompt:** How can you focus on God's joy, even in the challenges of fasting?

## **Jan. 23: Walking in the Spirit**

**Scripture:** Galatians 5:16-17

**Theme:** Fasting helps us overcome the desires of the flesh and walk in the Spirit.

**Reflection Prompt:** What desires of the flesh is God calling you to surrender so you can walk more fully in the Spirit?

## **Jan. 24: God's Peace**

**Scripture:** Philippians 4:6-7

**Theme:** Present your requests to God with thanksgiving, and He will guard your heart with peace.

**Reflection Prompt:** What specific burdens or concerns can you bring to God today? How can thanksgiving shape your prayers?

## **Jan. 25: Abiding in Christ**

**Scripture:** John 15:4-5

**Theme:** Stay connected to Christ, the true vine, and bear fruit through Him.

**Reflection Prompt:** Are there areas where you feel disconnected from Christ? How can you abide more deeply in Him?

## **Jan. 26: God's Power in Prayer and Fasting**

**Scripture:** Matthew 17:20-21

**Theme:** Through faith, prayer, and fasting, mountains can be moved.

**Reflection Prompt:** What "mountains" in your life or community are you trusting God to move through this fast?