

*Prayer & Fasting Guide  
Week 03*



# WEEK

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*“And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.” - Hebrews 19:24-25*

*We were never created to live life alone. In fact, one of the last things Jesus did while He hung on the cross was ensure His mother would be cared for and not have to live alone after He was gone. Jesus intentionally built community around Himself and everywhere He went. He knew the importance of being surrounded by people in order to navigate life’s highs and lows together.*

*The speed in which technology has advanced has created a culture where we can go days, weeks, and even months without needing to interact with people. We can have our groceries and meals delivered; we can work remotely; we can watch people’s life moments through social media without actually engaging with those life moments in person. We can*

even watch church from our couch. Since the release of smartphones, mental health concerns have [increased in children and young adults](#). The rate of adolescents reporting symptoms of major depression in a given year increased by 52% from 2005 to 2017. From 2009 to 2017, it grew by 63% in adults ages 18 to 25. This is attributed to the isolation that has occurred while having the illusion of being connected.

*Being connected to people takes work. It takes humility. It takes determination to build the community you are seeking!*

***If you want something different than you already have, you must be intentional about doing something different in order to get it. In terms of community, that includes being intentional about seeking out friendships with people that might be different from you. The fact is that healthy community and life-giving friendships cultivate a pathway for healing and growth that can't be found elsewhere. Is it hard sometimes? Of course! Just like anything else that's worth it, there's a cost. But if Jesus Himself prioritized this in His life – and we want to look like Him – we should too.***

*We never outgrow the need for community. Whether you're 15 or 55 or even 100, you still need community. There is always something to learn or even something*

*to teach. This year, make it a priority to get plugged into community. Find a Connect Group and show up! God has something new and exciting to unearth in you this year, and He wants to use community to play a big role in that.*

## **READ:**

*Acts 1:4-5, Acts 1:12-14, Acts 2:1-4*

## **REFLECT:**

- *Why do you think Jesus had them gather together while they waited?*
- *Why do you think prayer was one of the first things they did when they gathered in Jerusalem?*
- *When we gather with friends, how does our time differ from how they gathered? (Do we gossip, drink, have unhealthy conversations, etc)*
- *How can we be more intentional with the time we spend in community?*

## **PRAYER:**

*Father, thank You for community. Reveal to me the ways I have allowed technology to replace human connection. Help me to step out of my comfort zone and get plugged into a group this year. Prepare my heart to make new friends! Heal any place in my heart where I might have been previously wounded*

*by others. Give me a spirit of excitement to have new, God-ordained friendships! I ask that I leave this year with an abundance of new friends and a healthy community. In Jesus' name, amen.*

WEDNESDAY 03