



**STARTING JANUARY 8, 2023, WE ARE ENCOURAGING EVERYONE TO JOIN IN 21 DAYS OF INTENTIONAL BIBLE READING, FASTING, AND PRAYER.**

**SUNDAY, JANUARY 8: NEW LIFE**

**SUNDAY, JANUARY 15: NEW START**

**SUNDAY, JANUARY 22: CHAD VARGA**

**SUNDAY, JANUARY 29: NEW RELATIONSHIP**

**SUNDAY, FEBRUARY 5: NEW HABITS**

As we begin 2023, we know that God can and will make All Things New if we are willing to surrender and allow Him to transform our lives. As a church, we will journey through 21 Jump Start together in order to spend focused time in God's Word, powerful moments in prayer, and fast from the things in our lives that can so easily distract us. Visit [woosternaz.org/21-jump-start](https://woosternaz.org/21-jump-start) to access many helpful tools to assist you along this journey with us, including **DAILY DEVOTIONAL VIDEOS** and resources for the 21 Day Bible Reading plan called "All Things New" through the YouVersion Bible App. Let's join together as we establish healthy habits that will make positive, practical, and permanent changes to our lives as we begin the New Year!

The three categories below are the main areas we are encouraging you to fast from during these 21 days. We have provided some suggestions for specific things to fast from in each area. Spend some time in prayer, and then write down the specific thing(s) you are committing to fast.

**APPETITE**

- One meal a day • One day a week • Sweets & caffeine

**MY APPETITE FAST:**

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**ATTENTION**

- Social Media • TV & movies • YouTube
- Gaming • News Feeds

**MY ATTENTION FAST:**

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**ATTITUDE**

- Criticizing • Negativity • Complaining • Arguing

**MY ATTITUDE FAST:**

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**PRAY NOW MONDAY**

**JANUARY 9 AT 7:15PM • ONSITE & ONLINE**