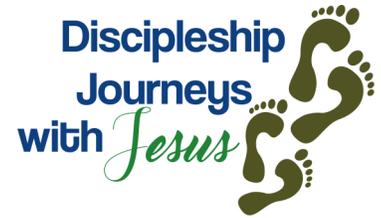




## Invitation to Fasting and Prayer January 1-22, 2022



**Would you prayerfully consider joining us in a time of fasting and prayer for these Big Holy Audacious Goals (BHAGs)?**

### 2022 Goals

**Goal 1: Release all New Testament Journeys (Quarters 1-4) in 22 languages.** Currently, we have Quarter 1 translated into 12 languages. An additional 10 languages are in the translation or design phase. **Journey Translation Fundraising Goal: \$76,000**

**Goal 2: Hold 222 Partnership Trainings worldwide.** The Partnership Training is a one-day event where we motivate and instruct Christians in the importance and details of disciple-making. We have a team of Ambassadors who are equipped to do this training, so the potential is expanding rapidly. Online platforms have become a cost-effective way of training. However, there are still countries that need to be visited to hold onsite training. The goal is to visit at least 7 countries in 2022. **Partnership Training Fundraising Goal: \$65,000**

**Goal 3: Release Partnership Training Materials in 22 languages.** We thank God for the final release of the Partnership Training Materials (version 5)! These will be available for translation and design for Partnership Trainings worldwide soon. **Partnership Translation Fundraising Goal: \$44,000**

**Goal 4: Grow the Partnership Team to 222 staff members (volunteer).** There is a great eagerness to create disciples once people understand the need and the DJJ resources available. The DJJ global Partnership Team currently consists of 1 Zonal Representative, 3 Regional Coordinators, 19 Ambassadors, and 3 Assistants. In each Partnership Training, we offer the opportunity to join the DJJ team. **Partnership Team Growth Fundraising Goal: \$24,000**

**Goal 5: Open 22 new countries with at least an Ambassador.** These new countries will be in addition to the 8 countries we already have open. Through Partnership Trainings, this goal can be reached in 2022. **Open New Countries Goal: No additional cost. (The cost of this goal is covered in Goals 2-4)**

**Goal 6: Increase our Headquarters Team to 22 volunteer staff members.** To accomplish all of these God-sized goals, we need to grow our staff. Please continue praying for our top needs in staffing. **Increase Headquarters Team Fundraising Goal: \$100,000**

### Why the Discipline of Fasting and Prayer?

**Fasting is taught repeatedly in Scripture, in both the Old and New Testaments.** Yet we, as disciples, ignore it for many reasons: it is hard, it requires a lot of discipline, it is not a "command," we are not sure why it is necessary or how we should do it.

## Here are some of the most important reasons to practice fasting:

1. **It is biblical.** Fasting is biblical as seen Acts 13:2, 14:23, and so on.
2. **To be like Jesus.** What would Jesus do? One answer is that He would fast. He fasted for 40 days without food. That fast launched His ministry. (See New Testament Quarter Journey 3, Jesus' Journey to Temptation.)
3. **To focus on God.** Fasting without prayer can be merely legalism—trying to impress God with our sacrifice, or worse, trying to impress others. The purpose of fasting is to set aside food (or some other pleasure) to focus on God. We replace hunger for food with a desire for God. It is good to fast for answers to prayer, no doubt. But God knows what we want or need before we even ask. The real purpose of prayer is to build our relationship with God. And the whole purpose of fasting is to focus on prayer, so we develop our relationship with the Lord. Answered prayer is a bonus. By the way, the immediate result Jesus got after fasting 40 days was a head-on encounter with the devil!
4. **Mortification of the flesh.** I [Dr. Mark Alan Williams] like the old term “mortification.” It means to kill, signifying conquering our bodies. A by-product of fasting is that we practice self-discipline in healthy ways.

## Some practical suggestions:

1. **Pick** what you will fast from; it could be food, electronics, activities, or anything that distracts you from an intentional time of prayer and worship.
2. **Set** a day and time to start your fast. Prepare your mind by praying and finalize your plan by putting it on your schedule. **We will be starting on January 1st, so prepare to join DJJ on that date.**
3. **START!** Just do it!
4. **Spend** time in prayer as you fast. The goal is to replace eating or some other practice with time in prayer.
5. **Seek** a place where you are least likely to be distracted. Ask God to open your eyes to understanding, draw you closer to Him and transform you as you apply the discipline of fasting and prayer.

## Fasting Guidelines

### 1. Types of Fasting:

You can fast from all food, certain kinds of food or liquids, unnecessary pleasures, unhealthy distractions, and so on. Choose what works well for you.

### 2. The Overall Goal:

The overall goal is not self-deprivation but to seek the Lord in prayer. Self-denial should be a call to prayer. Time saved should be used to pursue the Lord in prayer, Scripture, and meditation.

### 3. Caveats:

The Evil One doesn't want you to do this and will create barriers, internal and external. If you fast from food, don't expect this fast to be a weight loss plan.

### 4. Accountability:

It will be helpful to have a fellowship and accountability partner. This person is someone you can share about what God is doing, your struggles, breakthroughs, what you are learning, and so on. When you send notify us of your commitment, you will be added to an email group and will receive a daily encouragement email from DJJ.

### 5. Pray. In addition to praying through the 2022 Goals, you can pray with us:

a. **By using the DJJ Prayer Calendar.** To make sure you are receiving it, sign up on the website: [djjministry.org/about-us](http://djjministry.org/about-us)

b. **By joining the DJJ Prayer & Advisory Team.** Meeting to pray monthly via Zoom. To join us, please email [service@djjministry.org](mailto:service@djjministry.org).

