

WRCC HAMILTON NORTH 40 DAY CHALLENGE

JANUARY 15 - FEBRUARY 23

The Book of James talks about having a faith that works. As we study in this series, we desire to practice what we are learning. Fasting is a clear way to work out our faith and have a greater dependence on the Lord.

40 DAYS OF FASTING

Fasting is an opportunity to learn a deeper sense of dependence on God. When we fast, we give up something that is good in order to lean into God and allow Him to speak more directly to us. Over the next 40 days, we are going to fast from food for at least one 24 hour period. (If you have never fasted from food before, it may be wise to talk to your doctor before doing so.) Also, for the entire 40 day period, we are going to take a social media/media fast.

FASTING RESOURCES

CLICK HERE

Download a phone wallpaper as a reminder to fast from social media

Learn more about fasting with this Fasting Guide

CLICK HERE

40 DAYS OF PRAYER

Prayer matters. So much so that God has commanded us to pray. If we are to be obedient to His will, then prayer must be part of our lives. Prayer allows us to worship and praise the Lord. It also allows us to offer confession of our sins, which should lead to genuine repentance. Prayer even gives us the opportunity to present our requests to God. The Creator of the universe is also a loving Father who desires to spend time with us. He is personal, cares for us, and wants to commune with us through prayer. For the next 40 days, we want to be a praying people who are diligently leaning into the heart of God.

PRAYER RESOURCES

CLICK THE BOXES BELOW TO DOWNLOAD

[DAILY PRAYER APP](#)

[ONE MINUTE PAUSE APP](#)

40 DAYS IN THE WORD

We don't read scripture to simply check a box. This challenge is to be hearers and doers of the Word. God will use His word to begin to cast a vision for what you actually need to start doing in regard to humility, dependence, obedience, and repentance.

BIBLE READING RESOURCES

CLICK THE BOXES BELOW TO DOWNLOAD

[BIBLE APP](#)

[40 DAYS THROUGH THE GOSPELS](#)

[THE COMPASSIONATE HEART OF JESUS](#)