

IDEA:

Pray Fast Speak

A practical way to engage with social justice in our community is through prayer, fasting and advocating for justice.

Why:

Pray, Fast, Speak is a great initiative to engage with Jesus, to limit consumption and to speak up for those who have no voice.

1. Engage With Jesus: We encourage a small group to commit to pray and fast for 14 days.
2. Limit Consumption: One of the great things in practicing fasting is how it limits out consumption. Whether that be food, social media or other things, this initiative intentionally leads a group to discover how to discipline our consumption.
3. Speak Up: Through the prayer and fasting fortnight, we are encouraging small group participants to read, and speak up for those who have no voice.

How:

1. Plan: Decide as a small group when the 14 day initiative will begin and end. We recommend somewhere between 22nd November and 13th December.

2. Fast: Decide individually what you will fast from and share with the group. Some options of fasting include:

1. Certain choice foods
2. Meal times
3. Social Media
4. Coffee
5. The Daniel Fast

3. Pray: Bookmark or print off the [prayer guide](#) from the Discipleship Resource hub. Use this guide each day to pray intentionally into God's hearts for justice.

4. Speak: During the 14 days we encourage you to be actively learning and engaging with social justice issues and movements in the local community. We encourage:

- A. Contacting your local MP about a social justice issue you see the need for change, awareness or reform.
- B. Look at current petitions in regards to social justice and consider signing them.
- C. Raise conversations in your home, workplace and with friends about the ways we can speak up for those who have no voice.
- D. Use Social Media as a way to grow awareness for current issues that people can help change.
- E. Read and share different perspectives on different social justice issues and broaden your understanding of other people's views.

Time:

We encourage you to do this initiative for 14 days.

TIPS:

When participating in this initiative, spend time researching into different charities and movements that are making a difference in an area of social justice that you are passionate about. This will help you grow in an even greater awareness of what is happening in our community and world.

PRAY:

We are encouraging you to pray daily in the lead up, during and after this initiative. The end goal is not as important as what happens within during the process.

As you are doing the steps pray that God will help you hear his voice. Pray to God that he will help you think the way he thinks, sees the way he sees and feels the way he feels. Use the prayer guide each day.

