

SEVEN DAYS OF

A · S · K

ASKING - SEEKING - KNOCKING

GUIDEBOOK
2026

THROUGHOUT THE WEEK

PAUSED CHURCH ACTIVITY

Pause all regularly, weekly scheduled activities around church.

Purpose: Giving God our full attention as a whole community. Trusting that He is the one in control of our ministries

FASTING

EVERYONE IN SOME WAY

Purpose: To seek God. It is not to be super-spiritual, nor to manipulate God into doing something for us. Therefore, it is important that we are careful to avoid all comparisons. The hope is that we are stretched to seek God with our whole heart, as each person discerns for themselves how their stretch should look.

Below are ways of fasting. We encourage each person to decide how the Holy spirit is leading them in this time of Fasting.

MEDIA FAST

- Pause Social Media,
- Pause Movies,
- Pause all TV,
- Pause all Digital Entertainment all week.
- Pause reading the paper

Purpose: Giving God our full attention.

FOOD FAST

- Daniel's Fast - fruits and vegetables only
- Fasting all food 1 day during the week,
- Fasting 1 meal per day all week,
- Fasting multiple days during the week.

Purpose: Repentance for the ways we look to physical things in life for sustenance & comfort, rather than looking to God.

COOPERATIVE PRAYER & WORSHIP

6-8 PM Jan 2, 4-7 (Sunday the 4th worship)

Come when you can, leave when you need to | Child care will be provided.

Purpose: To wait on the Lord together as a community. To spend time seeking his Kingdom. We know when we wait on the Lord he changes us from the inside out.

SABBATH

Saturday, January 3 Take evening to slow down, pause routine

Purpose: Focused reliance on God. Our abilities to do things or work is provided by God, by taking time to rest we submit these parts of our life to Him.

FAMILY CONNECT & TESTIMONIES

Thursday January 8th 5:30 PM Day 7

We will break our fasting with family connect for dinner and gather around tables to share testimonies. All are welcome to participate even if you didn't come to pray.

Purpose: Share testimony about what God has done and is doing among us around circles. This will build up our faith and encourage us.

SEVEN DAYS OF A.S.K

Modern life is saturated with noise and messages telling us who we need to be and how to find the good life. At Foursquare, our New Year's tradition is a week of Asking, Seeking, Knocking (A.S.K). For A.S.K. we set aside a week to slow down, silence the media, and seek the Lord. Seeking God through his word focuses and calibrates everything we do as believers.

The theme for this year's ASK is **Praying with Scripture** and we have picked out seven sections of scripture to meditate on, pray through and use as a guide for prayer.

- 1) Pray - ask the Lord to open the eyes and ears of your heart to his Spirit.
- 2) Read the passage slowly and then ask yourself: Does anything stand out or seem especially good or meaningful to you? If so, highlight or underline the part that stands out.
- 3) Read the passage a second time allowing the words to interface with the needs and opportunities of your life. For example with a Psalm you might use it as a guide to help you thank God for specific things your own life. Or for a pray by the apostle Paul, you might pray his words with your self and others you know in mind.
- 4) You may choose to rewrite the passage using it as a template and adapting it with your own specific needs and thanksgiving.
- 5) Thank God for his word and ask him to bring to it to mind through the day.
- 6) Use the reflection sections in this guide to write your take aways and for notes on mediations.

We pray blessings on you as you take time to seek God this week. On the next page there are instructions detailing the structure of this upcoming week.

Matthew 6:9-13 (NIV)

Matthew 6:9-13

⁹"This, then, is how you should pray:

" 'Our Father in heaven,
hallowed be your name,

¹⁰your kingdom come,
your will be done,

on earth as it is in heaven.

¹¹Give us today our daily bread.

¹²And forgive us our debts,
as we also have forgiven our debtors.

¹³And lead us not into temptation,
but deliver us from the evil one.

for yours is the kingdom and the power
and the glory forever. Amen.

REFLECTIONS



Ephesians 1:17-23 (NIV)

¹⁷ I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better. ¹⁸ I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people, ¹⁹ and his incomparably great power for us who believe. That power is the same as the mighty strength ²⁰ he exerted when he raised Christ from the dead and seated him at his right hand in the heavenly realms, ²¹ far above all rule and authority, power and dominion, and every name that is invoked, not only in the present age but also in the one to come. ²² And God placed all things under his feet and appointed him to be head over everything for the church, ²³ which is his body, the fullness of him who fills everything in every way.

REFLECTIONS



Psalm 16:5-11 (NRSV)

⁵ The Lord is my chosen portion and my cup;
you hold my lot.

⁶ The boundary lines have fallen for me in pleasant places;
I have a goodly heritage.

⁷ I bless the Lord who gives me counsel;
in the night also my heart instructs me.

⁸ I keep the Lord always before me;
because he is at my right hand, I shall not be moved.

⁹ Therefore my heart is glad, and my soul rejoices;
my body also rests secure.

¹⁰ For you do not give me up to Sheol,
or let your faithful one see the Pit.

¹¹ You show me the path of life.
In your presence there is fullness of joy;
in your right hand are pleasures forevermore.

REFLECTIONS



Psalm 19 (NIV)

¹ The heavens declare the glory of God;
the skies proclaim the work of his hands.

² Day after day they pour forth speech;
night after night they reveal knowledge.

³ They have no speech, they use no words;
no sound is heard from them.

⁴ Yet their voice goes out into all the earth,
their words to the ends of the world.

In the heavens God has pitched a tent for the sun.

⁵ It is like a bridegroom coming out of his chamber,
like a champion rejoicing to run his course.

⁶ It rises at one end of the heavens
and makes its circuit to the other;
nothing is deprived of its warmth.

⁷ The law of the Lord is perfect,
refreshing the soul.

The statutes of the Lord are trustworthy,
making wise the simple.

⁸ The precepts of the Lord are right,
giving joy to the heart.

The commands of the Lord are radiant,
giving light to the eyes.

⁹ The fear of the Lord is pure,
enduring forever.

The decrees of the Lord are firm,
and all of them are righteous.

¹⁰ They are more precious than gold,
than much pure gold;
they are sweeter than honey,
than honey from the honeycomb.

¹¹ By them your servant is warned;
in keeping them there is great reward.

¹² But who can discern their own errors?

Forgive my hidden faults.

¹³ Keep your servant also from willful sins;
may they not rule over me.

Then I will be blameless,
innocent of great transgression.

¹⁴ **May these words of my mouth and this meditation of my heart
be pleasing in your sight,
Lord, my Rock and my Redeemer.**



REFLECTIONS

Colossian 1:15-23 (The Message)

¹⁵⁻¹⁷ We look at this Son and see the God who cannot be seen. We look at this Son and see God's original purpose in everything created. For everything, absolutely everything, above and below, visible and invisible, rank after rank after rank of angels—everything got started in him and finds its purpose in him. He was there before any of it came into existence and holds it all together right up to this moment. And when it comes to the church, he organizes and holds it together, like a head does a body.

¹⁸⁻²⁰ He was supreme in the beginning and—leading the resurrection parade—he is supreme in the end. From beginning to end he's there, towering far above everything, everyone. So spacious is he, so roomy, that everything of God finds its proper place in him without crowding. Not only that, but all the broken and dislocated pieces of the universe—people and things, animals and atoms—get properly fixed and fit together in vibrant harmonies, all because of his death, his blood that poured down from the cross.

REFLECTIONS



Philippians 4:4-7 (NIV)

⁴ Rejoice in the Lord always. I will say it again: Rejoice! ⁵ Let your gentleness be evident to all. The Lord is near. ⁶ Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

1 Corinthians 13:4-8 (NIV)

⁴ Love is patient, love is kind. It does not envy, it does not boast, it is not proud. ⁵ It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. ⁶ Love does not delight in evil but rejoices with the truth. ⁷ It always protects, always trusts, always hopes, always perseveres.
⁸ Love never fails.

REFLECTIONS



Ephesians 3:14-21 (NIV)

¹⁴For this reason I kneel before the Father, ¹⁵from whom every family in heaven and on earth derives its name. ¹⁶I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, ¹⁷so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, ¹⁸may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, ¹⁹and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God. ²⁰Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, ²¹to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.

REFLECTIONS



How to Sabbath

by John Mark Comer

We live in a cultural moment of restlessness. The unsatisfied desires of our human condition are exacerbated by the barrage of digital marketing from a consumption-oriented, consumer-driven economy. We have multi-billion dollar, multi-national industries hovering over our minds - via our devices - in an attempt to monetize our restlessness. But rest doesn't come from buying a product; it comes from Sabbath. A word that literally means stopping. The Sabbath is an entire day set aside to stop - stop working, stop wanting, stop worrying, etc.—and to simply rest in God's presence.

Most followers of Jesus (at least, in the modern, Western world) no longer practice Sabbath. This means many of us are missing out on one of the most life-giving practices of the way of Jesus, and arguably, one of the most important for our cultural moment.

Since this Practice is brand new for many of us, the goal of week one is to start with the basics: just set aside a 24 hour time period to rest and worship; mark a beginning and end time, each with a ritual of your own design; and spend the day in Sabbath delight. It sounds easy, but, like all good things, it takes practice. So be patient with yourself, with this Practice, and with God. Let yourself settle into the "rest for your soul" that Jesus has on offer.

Starting ideas:

[Suggestion: Start Saturday night - Sunday Evening]

Here are a few ideas of how to begin the sabbath from both ancient tradition and modern practice:

- Light two candles (symbolic for the two commands in Exodus and Deuteronomy to "remember" and "observe" the Sabbath). Invite the Spirit of Jesus to come and give your home light, joy, love, peace, and rest.
- Pour a glass of wine (or grape juice for the kids or the straight edge). Pray a blessing over the drink and give thanks.
- If you have a family, this is where, traditionally, the father speaks a blessing over the children and the mother. If you're with roommates or friends, this can be a wonderful time to bless each other, with prayers like: May you be happy and full of joy. May the Lord lift up his countenance upon you and give you peace. May you find rest for your soul. Etc.
- Read a Psalm, sing a song, quote a poem, or pray a liturgy to center on God.
- Pray: ask the Holy Spirit bring a spirit of rest over your life and lead and guide you through the next 24 hours.
- If you begin at night, share a meal with your family or friends.
- If you begin in the morning, go to church and worship.

What to do during the Sabbath

Fill your day with activities that are life-giving for your soul. Begin to distinguish between recreation and restoration. Begin to transition from entertainment, TV, social media, shopping, and going “out,” to activities that deeply connect you to Jesus and his rest.

Traditionally there are twelve activities that mark Sabbath practice:

- Lighting the candles
- Blessing the children
- Eating a meal
- Singing
- Worshipping with your Community
- Walking
- Napping
- Making love (if you’re married)
- Reading
- Spending time alone with God
- Spending time with family and friends
- Gratitude

This is not a “to do” list: there are no “to do”s on Sabbath! No oughts or shoulds. This is just a list of activities many people find restful and restorative.

Adapt your day to your personality, preference, stage of life, and however it is you connect with God: time in nature, walking your dog to the park, playing frisbee golf with your kids, getting lost in a good novel, etc. Just take the day to pamper your soul in God’s presence.

Ending Ideas

- Take a slow, leisurely prayer walk around your neighborhood, nearby park, or nature reserve.
- Read a psalm.
- Share a meal with family and friends.
- Spend some time alone or with your family and friends in prayers of gratitude.
- Traditionally, the Sabbath ends by sitting on the floor, lighting a special havdalah candle, and sharing 1) the best part of your Sabbath, and 2) what you are looking forward to in the week ahead, passing around sweet smelling spices to savor the day, and ending with prayers of gratitude.

For more information- <https://practicthewayarchives.org/rest/part-one>

THROUGHOUT THE WEEK

JAN 2 FRIDAY

Prayer at Church 6-8 pm

JAN 3 SATURDAY

Sabbath -Rest

JAN 4 -7 SUN - WED

Prayer at Church 6-8 pm

JAN 8 THURSDAY

Soup Dinner and Testimonies

5:30 -7:30 pm