

Who's Your One?

Start Here

What is Who's Your One?

Who's Your One is a church wide movement of prayer and fasting focused on unifying Faith Church to strategically pray for and bless our community, one person at a time.

When is it?

Sunday, March 22nd through Sunday, April 26th, 2020

Where is it?

This five day journey of prayer and fasting, followed by 30 days of prayer will take place wherever you are located day-in and day-out. This is not a big event; rather it is about mobilizing the church to pray for and bless our one in all of the places we live, work, and play each day.

How can I participate?

Simply follow the instructions provided on this sheet.

What are my Next Steps?

Before the Prayer and Fasting Begins

Any time before March 22nd

1. Choose Your Fast

Start by deciding how you will fast during the five-day prayer journey. There is a paper titled *Basic Guide to Fasting* that will help you get started located on the prayer table in the foyer.

2. Prepare

Next set aside some time to prepare your mind, body, heart, and family for this month long journey you are about to begin.

3. Fill out Your Who's Your One Card

Finally, take a moment to write one name on the prayer card in your bulletin, or the back prayer table. You can pray for any of one of your neighbors, coworkers, classmates, family members, and friends. You get to choose. If you want to pray for more than one person and this could include people who live near you and you need help learning their names, then simply sign up for a free account at www.blesseveryhome.com to receive a list of names, which are available to the public.

During the Prayer and Fasting

March 22nd through April 26th

1. Set Your Heart On God Each Day

Use the daily prayer guide, *Who's Your One*, provided on the prayer table, to set your heart on God each day.

2. Pray and Fast for the One on Your List Each Day

Use the daily prayer points, provided in *Who's Your One*, to guide you as you pray for your one each day.

3. Make life Better for the One on Your Prayer List

Look for practical opportunities throughout the month to make life better for the one you are praying for each day. Use the *Who's Your One* prayer guide to help identify simple ways that you can love and serve your one.