



## RESET JANUARY 2025

Join us for a new year RESET—a time to rest, refocus, and reconnect with God.

Our focus for Reset is simple: to pause from the busyness of life, draw closer to God, and prepare our hearts for the year ahead. Through intentional rest, prayer, worship, and fasting, we seek to align ourselves with His plans for 2025.

### Reset Schedule

- **Sabbath Sunday** | January 5, 2025
  - We dedicate the first Sunday of the year to rest. There will be no service this Sunday, allowing our church family to take a break, reflect, and reconnect with God from home.
- **Morning Manna** | January 11th, 18th, 25th | 9:00 AM
  - Join us in person or online for an hour of prayer, devotion, and worship as we seek God together each Saturday morning.
- **Noonday Prayer** | Weekdays (Monday-Friday) at 12:00 PM
  - Join us via Zoom for powerful prayer at noon. Take a moment in the middle of your day to reset and refocus on God.
  - Zoom Info - Meeting ID: 821 0176 4629; Passcode: 900073; Phone: 1 646 931 3860
- **Tuesday Night Prayer Calls** | Tuesdays at 7:00 PM
  - Men's Prayer Call: A time for men to gather in prayer and accountability.
    - Meeting ID: 859 2806 5131 Passcode: 622530 Phone: 1 646 931 3860
  - Women's Prayer Call: A time for women to intercede and encourage one another.
    - Meeting ID: 604-509-0868 Passcode: 808338 Phone: 1 646 931 3860
- **Reset Services** | Sundays, January 12th, 19th, and 26th at 11:00 AM
  - We will gather in person as a church family to worship, pray, and prepare for the year ahead.
    - January 12: "We Build"
      - A Vision Casting and Prayer Service as we prepare for our future impact. We will pray over the building after service.
    - January 19: "We Serve"

- Explore how God has called each of us to serve in His kingdom. We will sign up for serve teams after service.
- January 26: “We Belong”
  - Focus on being part of God’s family and building deeper connections. We will have intentional time to build community after service.

## Fasting Plan: January 5th - 25th, 2025

As a church, we are fasting for the first 21 days of the year to seek God’s direction, renewal, and power. Choose one of the following plans based on your personal goals and health considerations:

- Option 1: Daniel Fast
  - Eat only fruits, vegetables, whole grains, legumes, nuts, and seeds.
  - Avoid meat, dairy, processed foods, sugar, and caffeine.
- Option 2: Intermittent Fast
  - Fast daily from 6 AM to 6 PM (or 8 AM to 2PM or a time frame that is a sacrifice but works better for you).. Drink water during the fast and eat a light meal in the evening.
- Option 3: Social Media/Entertainment Fast
  - Abstain from social media, TV, and unnecessary screen time. Spend the time in prayer, Bible study, or serving others.
- Option 4: Custom Fast
  - Choose something meaningful to fast from (e.g., coffee, sweets, specific meals). Replace the time spent on these activities with spiritual practices.

## Daily Devotionals (January 5th - 25th)

Start each day with a Scripture, reflection, and prayer focus:

### Week 1: Renewal

- **Day 1: Lamentations 3:22-23** - Reflect on God’s mercies being new every morning.
- **Day 2: Isaiah 43:19** - Ask God to do a new thing in your life.
- **Day 3: Romans 12:2** - Pray for transformation and renewal of your mind.
- **Day 4: Psalm 51:10** - Seek a clean heart and renewed spirit.
- **Day 5: Matthew 11:28-30** - Rest in Jesus.
- **Day 6: Philippians 4:13** - Strengthen your faith in God’s power.
- **Day 7: Psalm 23:1-3** - Meditate on God’s provision and restoration.

### Week 2: Reconnection

- **Day 8: John 15:5** - Focus on abiding in Christ.
- **Day 9: Hebrews 10:24-25** - Commit to community and encouragement.
- **Day 10: James 4:8** - Draw near to God in prayer.
- **Day 11: Matthew 6:33** - Prioritize God’s kingdom first.
- **Day 12: Psalm 63:1** - Seek God earnestly.

- **Day 13: Proverbs 3:5-6** - Trust in the Lord's direction.
- **Day 14: Colossians 3:1-2** - Set your mind on things above.

Week 3: Recommitment

- **Day 15: 2 Corinthians 5:17** - Embrace being a new creation in Christ.
- **Day 16: Joshua 24:15** - Declare your commitment to serve the Lord.
- **Day 17: Galatians 2:20** - Live by faith in Christ.
- **Day 18: Philippians 1:6** - Trust God to complete the work He started in you.
- **Day 19: Psalm 37:4-5** - Delight in the Lord and commit your ways to Him.
- **Day 20: Ephesians 2:10** - Walk in the good works God has prepared for you.
- **Day 21: Isaiah 40:31** - Wait on the Lord and renew your strength.

This January, let's commit as a church family to rest, seek God's face, and embrace the new things He has prepared for us in 2025. Let's Reset Together

For questions or more information, visit The Spot, our website [[ctac513.org](http://ctac513.org)] or email us at [info@ctac513.org](mailto:info@ctac513.org).

"Behold, I am doing a new thing; now it springs forth, do you not perceive it?" – Isaiah 43:19