

MEET UPS

THIS WEEK'S PRACTICE...

Today in your Meet Up:

1. Put away your phones or any other distractions, and get into a comfortable, but alert position.
2. Invite Holy Spirit to come...
3. Spend two minutes in silence

Today, Marce was speaking from Daniel chapter 1, where Daniel made a choice to be different (holy) from the Babylonian society all around him.

He made a choice not to eat or drink from the King's table because he didn't want to defile himself, he wanted to keep himself pure. James says something similar, look up James 1 verses 26 and 28 take a few minutes to write those verses out in your own words, share what you've written.

If James and Daniel are right what would keeping yourself from being defiled or polluted look like for you (maybe don't share with the group).

WEEKLY PRACTICE

Ask God in your time building Altars what he would like you to fast (sacrifice) during our week of prayer and fasting.

The week of prayer and fasting is from Monday 1st until Sunday 7th of March.

Praying for 30 minutes at 06:30, 12:30 and 19:30

Culminating in an in-person prayer meeting in State Hall on Sunday evening.