



PRIEST LAKE COMMUNITY BAPTIST CHURCH
Fruitfulness through the Cross
Fasting & Prayer Guide - March 9th - April 3rd

Preparing for Resurrection Sunday

Why We Fast

- To draw closer to God.
- To surrender distractions.
- To prepare our hearts for Resurrection Sunday.
- To create space for spiritual growth.

What You May Choose to Fast

- Social media or digital entertainment
- Television or streaming content
- One meal per week (if physically able)
- Unnecessary spending
- Negative speech or complaining
- Any habit that competes with your spiritual focus

How to Pray During This Season

- Seek God daily in prayer and Scripture.
- Confess and repent where needed.
- Ask, 'Lord, what needs to die in me?'
- Pray for healing and renewal.
- Intercede for others.
- Prepare your heart for Resurrection Sunday.

Commitment: From now until Resurrection Sunday, I will fast _____ and commit to intentional daily prayer.



Spiritual-Discipleship Maturity Self-Assessment

Circle one number (1 = Not True Yet, 5 = Very True of Me) for each statement.

DISCONNECTED (Dead / Infant) Total Score: _____ (Add score from each line, Enter the Total Score)

I am not consistently connected to Christ or Christian community.

1	2	3	4	5
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I often feel spiritually stagnant, discouraged, or distant from God.

1	2	3	4	5
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I need stronger spiritual guidance and care.

1	2	3	4	5
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CONNECTED (Child) Total Score: _____ (Add score from each line, Enter the Total Score)

I have placed my faith in Christ and attend church regularly.

1	2	3	4	5
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I am connected to other believers but still growing in consistency.

1	2	3	4	5
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I tend to view church primarily as a place that meets my needs.

1	2	3	4	5
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CONTRIBUTOR (Young Adult) Total Score: _____ (Add score from each line, Enter the Total Score)

I actively look for ways to serve and meet the needs of others.

1	2	3	4	5
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I am growing personally and using my spiritual gifts.

1	2	3	4	5
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I have shifted from consuming to contributing spiritually.

1	2	3	4	5
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CONNECTOR (Parent) Total Score: _____ (Add score from each line, Enter the Total Score)

I intentionally disciple or mentor others.

1	2	3	4	5
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I recruit and encourage others to serve and grow.

1	2	3	4	5
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I lead with a Kingdom-first mindset and reproduce spiritually.

1	2	3	4	5
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The area with the highest score is, most likely, your current Spiritual Discipleship Maturity Level.
Pray about your next step to: Move from Disconnected to Connected, from Connected to Contributor, and from Contributor to Connector.