**Fresh Start**

Resetting RAM:

Flushes out all the random, unimportant, temporary data that is bogging down your device.

(Mark 1:35)

“Very early in the morning, while it was still dark, Jesus got up, **left** the house and went off **to a solitary place, where he prayed**.”

(Luke 5:16)

“Jesus **often withdrew** to lonely places and prayed.”

1. **Disconnect** from **distractions**.

(Mark 1:12)

“At once the Spirit sent him out into the wilderness, and he was in the wilderness forty days, being tempted by Satan.”

**Fasting:** going without, to give greater attention to spiritual matters.

1. **Defeat** temptations **deception.**

(Matthew 14:13)

“When Jesus heard what had happened, he withdrew by boat privately to a solitary place.”

1. **Refresh** through **recovery**.

**21 Day of Prayer and Fasting:**

* 21 day reading plan
* Wednesday night prayer gathers (6pm)
* Fasting plan
* Daily prayer
* Disconnect from distractive habits/activities