

SEVEN DAYS OF

A · S · K

ASKING - SEEKING - KNOCKING

GUIDEBOOK  
2025

# THROUGHOUT THE WEEK

## PAUSED CHURCH ACTIVITY

Pause all regularly, weekly scheduled activities around church.

**Purpose:** Giving God our full attention as a whole community. Trusting that He is the one in control of our ministries

## FASTING

EVERYONE IN SOME WAY

**Purpose:** To seek God. It is not to be super-spiritual, nor to manipulate God into doing something for us. Therefore, it is important that we are careful to avoid all comparisons. The hope is that we are stretched to seek God with our whole heart, as each person discerns for themselves how their stretch should look.

Below are ways of fasting. We encourage each person to decide how the Holy spirit is leading them in this time of Fasting.

### MEDIA FAST

- Pause Social Media,
- Pause Movies,
- Pause all TV,
- Pause all Digital Entertainment all week.
- Pause reading the paper

**Purpose:** Giving God our full attention.

### FOOD FAST

- Daniel's Fast - fruits and vegetables only
- Fasting all food 1 day during the week,
- Fasting 1 meal per day all week,
- Fasting multiple days during the week.

**Purpose:** Repentance for the ways we look to physical things in life for sustenance & comfort, rather than looking to God.

## COOPERATIVE PRAYER & WORSHIP

6-8 PM Jan 2,3, 5-7 (Day 5 worship)

Come when you can, leave when you need to | Child care will be provided.

**Purpose:** To wait on the Lord together as a community. To spend time seeking his Kingdom. We know when we wait on the Lord he changes us from the inside out.

## SABBATH

Saturday, January 4 Take evening to slow down, pause routine

**Purpose:** Focused reliance on God. Our abilities to do things or work is provided by God, by taking time to rest we submit these parts of our life to Him.

## FAMILY CONNECT & TESTIMONIES

5:30 PM Day 7

We will break our fasting with family connect for dinner and gather around tables to share testimonies. All are welcome to participate even if you didn't come to pray.

**Purpose:** Share testimony about what God has done and is doing among us around circles. This will build up our faith and encourage us.

## SEVEN DAYS OF A.S.K

Modern life is saturated with noise and messages telling us who we need to be and how to find the good life. At Foursquare, our New Year's tradition is a week of Asking, Seeking, Knocking (A.S.K). For A.S.K. we set aside a week to slow down, silence the media, and seek the Lord. Seeking God through his word focuses and calibrates everything we do as believers.

During this week, we want to encourage everyone to meditate on a series of scripture passages. Structure, is often helpful, here are some guidelines for how to meditate.

- 1) Pray - ask the Lord to open the eyes and ears of your heart to his Spirit.
- 2) Read the passage slowly and then ask yourself: Does anything stand out or seem especially good or meaningful to you? If so, highlight or underline the part that stands out.
- 3) Read the passage a second time allowing the words and ideas to rest in your mind. If distractions enter your mind, simply return to the place you were reading.
- 4) Take a few minutes to focus on one or two lines that stood out to you. Read them over and over again; ponder what they mean and the possible implications of what you believe about the meaning.
- 5) Thank God for his word and ask him to bring it to mind through the day.
- 6) Use the reflection sections in this guide to right your take aways and for notes on meditations.

We pray blessings on you as you take time to seek God this week. On the next page there are instructions detailing the structure of this upcoming week.

## Luke 11:1-13 (NIV)

### Asking, Seeking, Knocking

- 1 One day Jesus was praying in a certain place. When he finished, one of his disciples said to him, "Lord, teach us to pray, just as John taught his disciples." He said to them, "When you pray, say:
- 2 " 'Father, hallowed be your name, your kingdom come. Give us each day our daily bread. Forgive us our sins, for we also forgive everyone who sins against us. And lead us not into temptation.' "
- 5 Then Jesus said to them, "Suppose you have a friend, and you go to him at midnight and say, 'Friend, lend me three loaves of bread; a friend of mine on a journey has come to me, and I have no food to offer him.' And suppose the one inside answers, 'Don't bother me. The door is already locked, and my children and I are in bed. I can't get up and give you anything.'
- 9 I tell you, even though he will not get up and give you the bread because of friendship, yet because of your shameless audacity he will surely get up and give you as much as you need. "
- 11 So I say to you: Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened. "Which of you fathers, if your son asks for a fish, will give him a snake instead? Or if he asks for an egg, will give him a scorpion? If you then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give the Holy Spirit to those who ask him!"

# REFLECTIONS



# Psalm 145 (NIV)

## A psalm of praise. Of David.

- 1 I will exalt you, my God the King;  
I will praise your name for ever and ever.  
Every day I will praise you and extol your name for ever and ever.  
Great is the Lord and most worthy of praise;  
his greatness no one can fathom.
- 4 One generation commends your works to another;  
they tell of your mighty acts.  
They speak of the glorious splendor of your majesty—  
and I will meditate on your wonderful works.  
They tell of the power of your awesome works—  
and I will proclaim your great deeds.  
They celebrate your abundant goodness and joyfully sing of your righteousness.
- 8 The Lord is gracious and compassionate, slow to anger and rich in love.
- 9 The Lord is good to all; he has compassion on all he has made.  
All your works praise you, Lord; your faithful people extol you.  
They tell of the glory of your kingdom and speak of your might,  
so that all people may know of your mighty acts  
and the glorious splendor of your kingdom.
- 13 Your kingdom is an everlasting kingdom,  
and your dominion endures through all generations.
- The Lord is trustworthy in all he promises and faithful in all he does.
- 14 The Lord upholds all who fall and lifts up all who are bowed down.  
The eyes of all look to you, and you give them their food at the proper time.  
You open your hand and satisfy the desires of every living thing.
- 17 The Lord is righteous in all his ways and faithful in all he does.  
The Lord is near to all who call on him, to all who call on him in truth.  
He fulfills the desires of those who fear him; he hears their cry and saves them.  
The Lord watches over all who love him, but all the wicked he will destroy.
- 21 My mouth will speak in praise of the Lord.  
Let every creature praise his holy name for ever and ever.

# REFLECTIONS



## Isaiah 58:13-14 (NIV)

### A Call to Sabbath Rest

- 13 “If you keep your feet from breaking the Sabbath and from doing as you please on my holy day, if you call the Sabbath a delight and the Lord’s holy day honorable, and if you honor it by not going your own way and not
- 14 doing as you please or speaking idle words, then you will find your joy in the Lord, and I will cause you to ride in triumph on the heights of the land and to feast on the inheritance of your father Jacob.” For the mouth of the Lord has spoken.

## Hebrew 4:9-11 (NIV)

### Enter In

- 9 There remains, then, a Sabbath-rest for the people of God; for anyone who enters God’s rest also rests from their works, just as God did from his. Let us, therefore, make every effort to enter that rest, so that no one will perish by
- 11 following their example of disobedience. For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.



# REFLECTIONS



## Isaiah 60:1-5 (NIV)

### The Glory of Zion

- 1 "Arise, shine, for your light has come,  
and the glory of the Lord rises upon you.
- 2 See, darkness covers the earth  
and thick darkness is over the peoples,  
but the Lord rises upon you  
and his glory appears over you.
- 3 Nations will come to your light,  
and kings to the brightness of your dawn.
- 4 "Lift up your eyes and look about you:  
All assemble and come to you;  
your sons come from afar,  
and your daughters are carried on the hip.
- 5 Then you will look and be radiant,  
your heart will throb and swell with joy;  
the wealth on the seas will be brought to you,  
to you the riches of the nations will come.

## John 4:35-38 (NIV)

### Jesus speaks to Disciples

- 35 Don't you have a saying, 'It's still four months until harvest'? I tell you, open your eyes and look at the fields! They are ripe for harvest.
- 36 Even now the one who reaps draws a wage and harvests a crop for eternal life, so that the sower and the reaper may be glad together. Thus the saying 'One sows and another reaps' is true.
- 38 I sent you to reap what you have not worked for. Others have done the hard work, and you have reaped the benefits of their labor."

# REFLECTIONS



## Colossian 1:15-23 (NIV)

### The Supremacy of Christ

- 15 The Son is the image of the invisible God, the firstborn over all creation. For in him all things were created: things in heaven and on earth, visible and invisible, whether thrones or powers or rulers or authorities; all things have been created through him and for him. He is before all things, and in him all things hold together. And he is the head of the body, the church; he is the beginning and the firstborn from among the dead, so that in
- 19 everything he might have the supremacy. For God was pleased to have all his fullness dwell in him, and through him to reconcile to himself all things, whether things on earth or things in heaven, by making peace through his blood, shed on the cross.
- 21 Once you were alienated from God and were enemies in your minds because of your evil behavior. But now he has reconciled you by Christ's physical body through death to present you holy in his sight, without blemish and free from accusation—if you continue in your faith, established and firm, and do not move from the hope held out in the gospel. This is the gospel that you heard and that has been proclaimed to every creature under heaven, and of which I, Paul, have become a servant.

# REFLECTIONS



# Matthew 28:16-20 (NIV)

## The Assignment

- 16 Then the eleven disciples went to Galilee, to the mountain where Jesus had told them to go. When they saw him, they worshiped him; but some doubted.
- 18 Then Jesus came to them and said, "All authority in heaven and on earth has been given to me. Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age."

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# REFLECTIONS



# Revelation 22:12-21 (NIV)

## Epilogue: Invitation and Warning

- 12 "Look, I am coming soon! My reward is with me, and I will give to each person according to what they have done. 13 I am the Alpha and the Omega, the First and the Last, the Beginning and the End.
- 14 "Blessed are those who wash their robes, that they may have the right to the tree of life and may go through the gates into the city. Outside are the dogs, those who practice magic arts, the sexually immoral, the murderers, the idolaters and everyone who loves and practices falsehood.
- 16 "I, Jesus, have sent my angel to give you<sup>[a]</sup> this testimony for the churches. I am the Root and the Offspring of David, and the bright Morning Star."
- 18 The Spirit and the bride say, "Come!" And let the one who hears say, "Come!" Let the one who is thirsty come; and let the one who wishes take the free gift of the water of life. I warn everyone who hears the words of the prophecy of this scroll: If anyone adds anything to them, God will add to that person the plagues described in this scroll. And if anyone takes words away from this scroll of prophecy, God will take away from that person any share in the tree of life and in the Holy City, which are described in this scroll.
- 20 He who testifies to these things says, "Yes, I am coming soon."  
Amen. Come, Lord Jesus.

The grace of the Lord Jesus be with God's people. Amen.



# REFLECTIONS



# How to Sabbath

## by John Mark Comer

We live in a cultural moment of restlessness. The unsatisfied desires of our human condition are exacerbated by the barrage of digital marketing from a consumption-oriented, consumer-driven economy. We have multi-billion dollar, multi-national industries hovering over our minds - via our devices - in an attempt to monetize our restlessness. But rest doesn't come from buying a product; it comes from Sabbath. A word that literally means stopping. The Sabbath is an entire day set aside to stop - stop working, stop wanting, stop worrying, etc.—and to simply rest in God's presence.

Most followers of Jesus (at least, in the modern, Western world) no longer practice Sabbath. This means many of us are missing out on one of the most life-giving practices of the way of Jesus, and arguably, one of the most important for our cultural moment.

Since this Practice is brand new for many of us, the goal of week one is to start with the basics: just set aside a 24 hour time period to rest and worship; mark a beginning and end time, each with a ritual of your own design; and spend the day in Sabbath delight. It sounds easy, but, like all good things, it takes practice. So be patient with yourself, with this Practice, and with God. Let yourself settle into the "rest for your soul" that Jesus has on offer.

### **Starting ideas:**

[Suggestion: Start Saturday night - Sunday Evening]

Here are a few ideas of how to begin the sabbath from both ancient tradition and modern practice:

- Light two candles (symbolic for the two commands in Exodus and Deuteronomy to "remember" and "observe" the Sabbath). Invite the Spirit of Jesus to come and give your home light, joy, love, peace, and rest.
- Pour a glass of wine (or grape juice for the kids or the straight edge). Pray a blessing over the drink and give thanks.
- If you have a family, this is where, traditionally, the father speaks a blessing over the children and the mother. If you're with roommates or friends, this can be a wonderful time to bless each other, with prayers like: May you be happy and full of joy. May the Lord lift up his countenance upon you and give you peace. May you find rest for your soul. Etc.
- Read a Psalm, sing a song, quote a poem, or pray a liturgy to center on God.
- Pray: ask the Holy Spirit bring a spirit of rest over your life and lead and guide you through the next 24 hours.
- If you begin at night, share a meal with your family or friends.
- If you begin in the morning, go to church and worship.

## What to do during the Sabbath

Fill your day with activities that are life-giving for your soul. Begin to distinguish between recreation and restoration. Begin to transition from entertainment, TV, social media, shopping, and going “out,” to activities that deeply connect you to Jesus and his rest.

Traditionally there are twelve activities that mark Sabbath practice:

- Lighting the candles
- Blessing the children
- Eating a meal
- Singing
- Worshipping with your Community
- Walking
- Napping
- Making love (if you’re married)
- Reading
- Spending time alone with God
- Spending time with family and friends
- Gratitude

This is not a “to do” list: there are no “to do”s on Sabbath! No oughts or shoulds. This is just a list of activities many people find restful and restorative.

Adapt your day to your personality, preference, stage of life, and however it is you connect with God: time in nature, walking your dog to the park, playing frisbee golf with your kids, getting lost in a good novel, etc. Just take the day to pamper your soul in God’s presence.

## Ending Ideas

- Take a slow, leisurely prayer walk around your neighborhood, nearby park, or nature reserve.
- Read a psalm.
- Share a meal with family and friends.
- Spend some time alone or with your family and friends in prayers of gratitude.
- Traditionally, the Sabbath ends by sitting on the floor, lighting a special havdalah candle, and sharing 1) the best part of your Sabbath, and 2) what you are looking forward to in the week ahead, passing around sweet smelling spices to savor the day, and ending with prayers of gratitude.

For more information- <https://practicthewayarchives.org/rest/part-one>