

# FALL FAST FALL FORWARD

## WHY THIS JOURNEY MATTERS

The Minor Prophets—twelve short yet powerful books—speak into seasons of collapse, confusion, and compromise. Though ancient, their voices still call out today. They don't just identify what's broken; they call us back to God through repentance, resilience, and restoration.

Through this series, we reimagine repentance not as a heavy burden but as a hope-filled skill we can grow in. Each prophet reveals how God meets us in failure—whether it's our own or someone else's—and offers us a path to healing and wisdom.

This 40-day reading plan invites you to cultivate repentance as a life-giving spiritual skill. These prophets show that God does not abandon us in our failures. Instead, He invites us to return—to fall fast and fall forward into His mercy and renewal.

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### THIS JOURNEY HAS TWO PARTS:

- 1. Fasting with Jacob's Well every Monday in August
- 2. Immersing ourselves in the wisdom of the Minor Prophets

Let your heart be opened and reshaped as you read, reflect, and fast in community.

# FASTING TOGETHER IN AUGUST

Throughout the month of August, we are inviting everyone at Jacob's Well to join us in fasting each Monday.

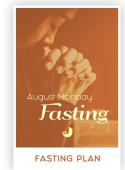
Fasting is a biblical practice that:

- Humbles us before God
- Aligns us with His purposes
- Invites His transforming presence into our lives

As we prepare to celebrate our 25th anniversary in 2026, we're seeking His vision for the future—together.

Pick up a Fasting Plan after service or download at:

JACOBSWELLCHURCH.CHURCH/FASTING



# PRAYERS FOR THE FASTING JOURNEY

The goal of fasting is to stop feasting on material food so we can feast on spiritual food. Prayer is a big part of this. We encourage you to lean into praying more during this fasting season.

#### A PRAYER FOR OUR FAST

Heavenly Father, As Jacob's Well approaches our 25th anniversary, we come before You with fasting and prayer, seeking Your guidance for the next stage of our journey. Grant us wisdom to impact future generations with Your love and truth. We humble ourselves in repentance, confessing our sins and seeking Your mercy and restoration. Open the hearts of those who do not yet know Jesus, drawing them to Your saving grace. Call back those who have wandered, restoring them to a vibrant faith in You. Break through spiritual barriers in our lives, free us from addictions and compulsions, and let our fasting be a pleasing offering to You. Unite us in intercession for our church, those who are sick, dying, in financial need, or facing injustice, asking for Your healing, comfort, provision, and justice. Strengthen our dependence on Your provision. Protect us from our enemies, both seen and unseen, and surround us with Your safety. Ignite a revival in our nation, guiding our leaders with Your wisdom and turning hearts to Your truth. May our fasting honor You and align us with Your will. In Jesus' name, Amen.

#### A MORNING PRAYER

Lord God, almighty and everlasting Father, You have brought me in safety to this new day: Preserve me with Your mighty power, that I may not fall into sin, nor be overcome by adversity; and in all I do direct me to the fulfilling of Your purpose; through Jesus Christ my Lord. Amen.

#### A PRAYER OF CONFESSION

Almighty God, my heavenly Father: I have sinned against You, through my own fault, in thought, and word, and deed, in what I have done and what I have left undone. For the sake of Your Son our Lord Jesus Christ, forgive me all my offenses; and grant that I may serve You in newness of life, to the glory of Your name. Amen.

### AN EVENING PRAYER

Watch, O Lord, with those who wake, or watch, or weep tonight, and give Your angels and saints charge over those who sleep. Tend Your sick ones, O Lord Christ. Rest Your weary ones. Bless Your dying ones. Soothe Your suffering ones. Shield Your joyous ones, and all for Your love's sake. Amen

# FASTING PRAYERS, CONTINUED ...

### A PRAYER FOR THOSE IN DIFFICULT TIMES

We hold before God:

- Those for whom life is very difficult;
- Those who have difficult decisions to make, and who honestly do not know what is the right thing to do.

#### We hold before God:

- Those who have difficult tasks to do and to face, and who fear they may fail in them;
- Those who have difficult temptations to face, and who know only too well that they may fall to them, if they try to meet them alone.

#### We hold before God:

Those who know that they can be their own worst enemies.

#### We hold before God:

- Those who have difficult people to work with;
- Those who have to suffer unjust treatment, unfair criticism, unappreciated work.

#### We hold before God:

· Those who are sad because someone they loved has died.

# OTHER POWERFUL PRAYERS

### THE LORD'S PRAYER

Our Father, who art in heaven, hallowed be Your name.

May Your kingdom come, and Your will be done, on earth as in heaven.

Give us today our daily bread.

Forgive us our sins as we forgive those who sin against us.

Lead us not into temptation, but deliver us from evil;

for Yours are the kingdom and the power and the glory forever and ever. Amen.

#### THE GLORIA

Glory to God in the highest, and peace to His people on earth. Lord God Heavenly King, Almighty God and Father,

we worship you, we give You thanks, we praise You for Your glory. Lord Jesus Christ, only Son of the Father, Lord God, Lamb of God, You take away the sin of the world; have mercy on us; You are seated at the right hand of the Father; receive our prayer. For You alone are the Holy One, You alone are the Lord, You alone are the Most High, Jesus Christ, with the Holy Spirit, in the glory of God the Father. Amen.

## THE APOSTLES' CREED

I believe in God. the Father Almighty. Creator of heaven and earth. and in Jesus Christ, His only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Marv. suffered under Pontius Pilate. was crucified, died and was buried: He descended into hell: on the third day He rose again from the dead; in fulfillment of the scriptures He ascended into heaven. and is seated at the right hand of God the Father Almighty; from there He will come to judge the living and the dead. I believe in the Holy Spirit, the Lord the Giver of Life. Who proceeds from the Father and the Son and with the Father and the Son He is worshipped and glorified. I believe in the holy universal Church, The communion of saints. The forgiveness of sins, The resurrection of the body, and life everlasting. Amen.

## **NOTES**

# REFLECTION QUESTIONS FOR FASTING & PRAYER

Spend time with these questions before and during the August Monday fasts, ideally in a quiet space with a journal or notebook. Reflect on each question, using the suggested scriptures to guide your prayers and thoughts. You might focus on one or two questions per week, aligning them with your fasting level (food or non-food). Let these reflections deepen your consecration, helping you "return to God with all your heart" (Joel 2:12).

intercede for J	te needs prayer for God's vision and guidance, and how can I lacob's Well's future? Pray for Jacob's Well's future and for the n of leaders (Psalm 78:4–7).
	r shortcomings do I need to confess to God, seeking His d restoration? Ask God to reveal areas in need of repentance
	ow who does not yet know Jesus, and how can I pray for their y for their salvation and openness to grace (1 Timothy 2:4).

4. Who has wandered from their faith, and how can I intercede for their return to Christ? Intercede for their return to Christ (Luke 15:4–7).					
5. What spiritual struggle or barrier do I want to experience a breakthrough in during this fast? Bring spiritual barriers before the Lord (Daniel 9:3).					
6. What addictions or compulsive behaviors do I need God's strength to overcome? Ask for transformation and freedom (Isaiah 58:6).					
7. How can my fasting be an offering that pleases God? Dedicate your fast as an offering of love (Matthew 6:16–18).					
8. Who in my community or church can I pray for to foster unity, and how can I contribute to it? Pray for reconciliation and peace (Joel 1:14).					



# REFLECTION QUESTIONS, CONTINUED ...

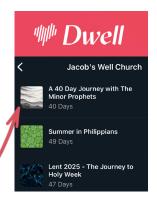
9. How can I grow in discipline and dependence on God through this fast? Seek increased trust and spiritual habits (Philippians 4:12–13).					
10. Who are the sick, dying, financially struggling, or facing injustice that I should pray for? Pray for comfort, healing, and provision (Psalm 82:3–4).					
11. How can I pray for protection from spiritual or physical enemies for myself or others? Ask God to cover and shield them (Psalm 91).					
12. What specific prayers can I offer for revival in our nation and its leaders? Intercede for leaders and spiritual awakening (2 Chronicles 7:14).					

# HOW TO ENGAGE THE MINOR PROPHETS

#### USE THE DWELL AUDIO APP

The Dwell Audio Bible App makes it easy to engage with God's Word throughout your day. As part of our church family, you can get a full subscription to Dwell completely free through Jacob's Well! It's our gift to you!. To get your free account, just visit: jacobswellchurch.church/dwell and follow our specific link to sign up. After your account is created, then load the app on your phone and log in. You'll see Jacob's Well Church on your Home and Me screens. Tap the featured content:

A 40-Day Journey with The Minor Prophets



### REFLECT AS YOU READ OR LISTEN

Take time to listen, respond in prayer, and journal along this journey.

## ASK KEY QUESTIONS ALONG THE WAY, LIKE:

- Who wrote this book?
- Who was the audience?
- What was the historical and spiritual context?

### WATCH BIBLE PROJECT VIDEOS

For context and themes, watch the Old Testament Overview Videos at: bibleproject.com/videos/collections/old-testament



#### Hosea

In the book of Hosea, God sends Hosea to Israel during the reign of King Jeroboam II to communicate God's despair over their perpetual idol worship and dependence on outside nations....



# BibleProject

#### Joei

The prophet Joel speaks about the Day of the Lord, a day when evil empires will be brought low and God's people will be finally delivered from corrupt human systems. Though Israel's sin is nev...

# FALL FORWARD

# DAILY READING PLAN: 40 DAYS WITH THE MINOR PROPHETS

Micah 5–7	Aug 24	Hosea 1–2	Aug 4
Nahum 1-2	Aug 25	Hosea 3-4	Aug 5
Nahum 3	Aug 26	Hosea 5-6	Aug 6
Habakkuk 1–2	Aug 27	Hosea 7–8	Aug 7
Habakkuk 3	Aug 28	Hosea 9-10	Aug 8
Zephaniah 1-2	Aug 29	Hosea 11-12	Aug 9
Zephaniah 3	Aug 30	Hosea 13-14	Aug 10
Haggai 1	Aug 31	Joel 1	Aug 11
Haggai 2	Sept 1	Joel 2	Aug 12
Zechariah 1-2	Sept 2	Joel 3	Aug 13
Zechariah 3-4	Sept 3	Amos 1-2	Aug 14
Zechariah 5-6	Sept 4	Amos 3-4	Aug 15
Zechariah 7–8	Sept 5	Amos 5	Aug 16
Zechariah 9-10	Sept 6	Amos 6-7	Aug 17
Zechariah 11-12	Sept 7	Amos 8-9	Aug 18
Zechariah 13-14	Sept 8	Obadiah	Aug 19
Malachi 1	Sept 9	Jonah 1–2	Aug 20
Malachi 2	Sept 10	Jonah 3-4	Aug 21
Malachi 3	Sept 11	Micah 1-2	Aug 22
Malachi 4	Sept 12	Micah 3-4	Aug 23

The Minor Prophets remind us that God is always calling His people back.

Let this 40-day journey be one of realignment and renewal—as we fall fast into repentance and fall forward into His grace.

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