

One Week

in the book of

Micah

Consider Fasting

- Replace one meal with a time of scripture reading and reflection
 - Why?
 - “Fasting is refraining from an activity – such as eating food – either totally or partially for a limited period of time. In the NT, fasting allowed an individual to engage in more concentrated spiritual activity, for example, prayer. Fasting is a means ordained by God to prepare the soul, body and spirit on occasions for all types of spiritual endeavors. For the Christian who loves God and wants to serve Him with all his heart, soul, mind and strength, fasting should be considered more a privilege than a duty.” – Terry Miethe
 - How
 - Choose which meal you will replace with a fast
 - Be sure to continue to drink liquids
 - Begin the fast with a time of prayer. Just as one says grace before eating a meal, begin your fast thanking God for the “meal” you are about to receive. In this case the meal is the book of Micah.
 - Read the assigned section of Micah
 - Underline the sections that grab your attention
 - Use a journal to write down your observations
 - Let the verses from Micah inspire your praying as you read
 - Close with a time of prayer thanking God for the “meal” you have received

Praying

- Let the verses from Micah inspire your praying
 - Examples:
 - 1:2 Hear, you peoples, all of you, listen, earth and all who live in it,
 - “God, help me listen to your voice as I read and as I pray”
 - 1:7 All her idols will be broken to pieces
 - “God, what are the idols in my life? What are the things that I treasure more than I treasure you?”

Questions to consider while reading Micah

- Which verse(s) caught my attention?
- Why did the verse catch my attention?
- What verses seem to apply to me, my attitudes and actions?
- Where do I find hope in the midst of my struggles?
 - Pay attention to the tension
 - Judgement and mercy

Reading Plan

- Monday: Read entire book in one sitting
 - Will take between 15-45 minutes
- Tuesday: Read Ch. 1-2
- Wednesday: Read Ch. 3-4
- Thursday: Read Ch. 5-6
- Friday: Read Ch. 7
- Saturday: Read entire book of Micah