

19 DAY FAST

"Fasting is abstaining from food for a time in order to gain mastery of the physical realm and open us up to the spiritual. Christians have practiced fasting consistently through the ages as a way to get closer to God. Jesus simply assumed that His followers would fast and gave instructions on how to do it (see Matt. 6:16). He did not say, "If you fast, do not look somber as the hypocrites do. . . ." He said, "When you fast...". (Keith Drury).

Fasting and Prayer go hand in hand. We don't fast as another form of dieting, we fast to deepen our dependence on God and refocus our prayers on the will of God. You will get much more out of a fast if you have specific prayer plans of when you will pray, how you will pray, and what you will pray for.

Join us as we fast and pray for 19 days starting Tuesday, January 15th going through Sunday, February 3rd, specifically praying for the Grace/Truth sermon series.

TYPES OF FOOD FASTS

Partial Fast - You may consider giving up sweets, caffeine, coffee, carbonated beverages, or something similar for the fast. When you sense the craving for whatever you're giving up, stop and pray.

Fast one meal a day - Consider fasting over your lunch break for these 19 days, spending time in prayer during your lunch break rather than eating.

Daniel Fast - A Daniel Fast finds its roots in the book of Daniel from the Old Testament and is a commitment to a restricted diet similar to a vegan diet. Read more about the Daniel Fast here: <https://ultimatedanielfast.com>

Major Fast - Some may consider a liquid only fast for 19 days. Most people considering a major fast like this will have fasted before. Major fasts like this may require consultation with a medical professional.

FASTING TIPS

Prayer - The purpose for the fast is not to just deny yourself of food, but to fill that desire with your pursuit of God rather than food. Make a plan on when you will pray and what you will pray for. Elevate your current habits of prayer to a greater commitment.

Journaling - Keeping a prayer journal during your fast is a great way to keep on track and keep a record of the answers to prayer you witnessed.

Secrecy - Fasting is meant to be primarily between you and God. It doesn't mean you can't tell anyone, but the circle of people who know about your fast should be small. God doesn't want for your fast to be on display for all to see.

Fasting, not Dieting - While fasting does have healthy benefits for our body, the focus shouldn't be on meeting a particular health goal. Giving up a bad habit isn't fasting, it's wisdom.

Stick to the plan - When we make a voluntary vow to the Lord, we should keep that commitment. Make a plan that is realistic for you, then stick to the plan instead of giving up a few days into the fast.