



You are invited to join us for an all church fast, beginning **Sunday Night, February 12**, after Sundown (The Start of a New Day in the Jewish Calendar). It is a 21 day fast. On Sunday, March 5th, we will have a church luncheon like we did last year to end the fast.

As Machele and I contemplated the calendar, we had to factor in several events, like the Super Bowl and the Steak N Study on the calendar. We want to start the fast on Superbowl Sunday, **after** the game.

1. From the Men! "What about Steak-N-Study?" Well, we certainly don't expect the men to have a salad and study, so the option we chose was to move it to **Monday**, March 6th for just that month.

2. What about other Calendar Events that involve Food? I would say have a combination of food choices that include vegetables as well as meats. Some may choose to fast a meal, others may fast from meat, others from sweets, etc. Whatever you do, don't focus on what other people eat or don't eat, it is between you and the Lord.

3. Why should I fast? Short answer. Jesus fasted and expected his followers to make it a practice. Fasting is a demonstration to the Lord that you are Hungry and Thirsty to seek out God. It is your sacrifice. You may seek the Lord for the unity and growth of the church. You may seek the Lord's will for a certain situation in your life. You could focus on healing.

4. What if I am taking medication or vitamin supplements. Continue with them. Jesus cares about your health and so do I. You should consult with your doctor if you want to participate but have health reservations. You could also fast over an action that you do regularly if you can't medically fast from food. For example, watching TV, or streaming movie channels, using your smart phone, etc. Just make sure it is a sacrifice.

5. Why are you calling the church to a corporate fast? So we can be united as a congregation and of one accord. I want to see God move in our church, I want you all to draw closer to the Lord and be sensitive to how the Spirit is leading. I am hoping you all will experience God stories.

TYPES OF FASTS

The Specialized fast: This is a fast where you sacrifice something you love to eat, love to drink, and / or an action that you may spend too much time doing, like social media or spending so much time on your phone.

The Prophet Daniel refused to eat the king's food, and instead only ate food that sprouted from the ground. No Meat. No alcohol. No potato chips. No sweet heavenly desserts and delicacies. You get the idea. He fasted from the king's specific foods, but not from eating food. If you recall, Daniel wanted to show the kingdom that he would be stronger and healthier than the rest. He focused on Vegetables, Fruits, Grains, Beans, and Water! Perhaps squeezed juices.

The Sunset Fast: This is a type of fast where you limit yourself to one meal a day after sunset. Try not to spend too much time on an elaborate meal (Like a Italian Daniel casserole). Instead, keep it simple, spend more time reading your Bible and Praying, than you do reading from a Betty Crocker Cookbook. Drink water and juices.

All-Day-Fast. This is a fast you go a whole day without eating. Only drinking water or natural fruit juice. Stay away from the sugary stuff. Better yet, squeeze your own! This is the most common fast in the Bible and involves real sacrifice that God will reward as long as you don't discreetly brag about it to everyone! Stay hydrated with water. Most people don't do this for forty days, unless you are Moses or Jesus, or Irene, supernaturally empowered by the Holy Spirit.

SUPPLEMENTAL QUESTIONS

- **Can I combine all three types of fasts?** Yes! That is what I will do. I am still praying about it, but most likely I will do 3 days of a specialized fast. 15 days of a sunset fast. 3 days of an All-Day-Fast. But that is not set in stone. I am just beginning to seek the Lord on the methods.
- **What if I have a bad day and cheat?** There is grace. Then remember that no one is to judge or condemn you because this is between you and the Lord. So, confess your sin, and like Jesus says, "Sin no more" The most important thing is you don't quit. Continue on from there.
- **How should I eat before and after my fast?** You should eat less and less on the final days leading up to the fast. You should make healthy choices. Don't do what I did on my first fast and consume a whole Domino's pizza. In short, you don't want to shock your digestive system.