**Fast Beginning Date: *January 20***

**Fast Weekly Day:  *Every Wednesday 6am-4pm***

**Once a month Weekly Fast: *Every 3rd Week of the Month Mon.-Fri 6am-4pm***

**What Does it Mean to Fast?** Fasting, according to the Bible, means to voluntarily reduce or eliminate your intake of food for a specific time and purpose. Fasting is part of learning to subdue your flesh, resist temptation and hear God more clearly.

**Why Do We Fast?**

* Jesus fasted to acknowledge His dependence and to gain spiritual strength through reliance on the Holy Spirit and God’s Word. He did this before He began His public ministry (Luke 4:1-2).
* Nehemiah fasted for confession, repentance and favor in the sight of the king to get permission to rebuild the walls of Jerusalem (Nehemiah 1:4).
* David humbled himself, asking God to intervene because of injustice (Psalm 35:13). In 2 Samuel 12:17-23, he fasted for healing and miraculous intervention.
* Mordecai and the Jews fasted upon hearing the news of Haman’s wicked plot for their extermination (Esther 4:3).
* The early church fasted while worshiping and committing their ministry to the Lord. They also sought the Lord through fasting for guidance and confirmation during the appointment of elders (Acts 13:2, 14:23).

**Fasting Benefits:**

* Revelation of our spiritual condition resulting in brokenness and change.
* Personal revival through the powerful moving of the Holy Spirit in our lives.
* Better understand the Bible by making it more vital and practical.
* Transforms prayer into a richer and more personal experience.

Fasting has always been a primary means of humbling ourselves before God both in the Old and the New Testaments (see Isaiah 58:5, Psalm 69:10, Matthew 23:12, I Peter 5:6, and James 4:8-10). Humility is an attitude of the heart, and fasting helps us to be humble.

**Things To Limit During The Fast:**

* Scrolling All Social Media Platforms – Post/Comment positive message and log off.
* Television Time
* Carnal Conversations & Negative People

**Things To Increase During The Fast:**

* Prayer Time / Meditation Time
* Reading / Studying The Word Of God
* **Showing Up For Bible Study, Prayer, & 11am Sunday Worship Service**

**Focus:** We will be intentional about examining the thoughts we have and the words we speak. The bible declares that life & death are in the power of the tongue. Throughout this fast we challenge you to be mindful of your words and to guard your thoughts from everything that exalts itself above the power of God.

**Scripture: Proverbs 18: 20-21** From the fruit of their mouth a person’s stomach is filled; with the harvest of their lips they are satisfied. The tongue has the power of life and death, and those who love it will eat its fruit.

**FOODS TO EAT ON A FAST**

**· All fruit** – fresh, frozen, dried, juiced, or canned.

· **All vegetables** – fresh, frozen, dried, juiced, or canned.

· **All whole grains** – amaranth, barley, brown rice, oats, quinoa, millet, and whole wheat.

· **All nuts & seeds** **such as**– almonds, cashews, macadamia nuts, peanuts, pecans, walnuts,

· **All legumes such as** – canned or dried; black beans, black-eyed peas, chickpeas

·  **Sweeteners** such as– agave nectar, artificial sweeteners, honey, molasses, raw sugar, syrups,

· **Beverages** –100% Fruit Juices, Natural Teas, & Lemonade

***Please Note: All approved food and drinks must be consumed***

***IN MODERATION!***

In honor of the numerous **birthdays/celebrations** within the fasting days, Cakes & Cookies are permitted for celebration purposes ONLY and must be eaten IN MODERATION) ***For example: Only 1 SLICE OF CAKE!***

**FOODS TO AVOID ON A FAST**

· All Meats, Seafood, & Sweets

· All leavened bread & yeast

· All deep-fried foods – corn chips, French fries, and potato chips.

· Beverages – alcohol, carbonated drinks, energy drinks

***FRUITS, VEGETABLES, & WATER ONLY!!!***

**Focus:** The Daniel fast is the type of fast that involves abstaining from a particular type of foods to awaken a spiritual hunger for God that may be dulled because of “desires for other things. We will focus on spending time in prayer and reading the word of God to fulfill our appetite. **Matthew 4:4** It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.

**Scripture for Week: Daniel 10:2-3** In those days, I Daniel was mourning three full weeks. 3 I ate no pleasant bread, neither came flesh nor wine in my mouth.