

# 21 CHURCH-WIDE FAST DAY

MONDAY

SUNDAY

JAN 3 - JAN 23



FASTING GUIDE

# OUR MISSION

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IT IS OUR MISSION TO  
CONNECT PEOPLE TO  
GOD, OTHERS,  
& THEIR GOD GIVEN  
PURPOSE

# BETTER

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The theme for our fast is a simple one. We desire to do and be better. God has graciously sustained us in difficult times, enlarged our territory, opened doors, blessed beyond measure, and given us countless victories.

Instead of just asking something from God, let's offer something to Him. We should give Him better praise, better service, better commitment, a better attitude, and so forth. Words alone cannot fully express our gratitude for all of his blessings. But words coupled with the right heart, sincere devotion, and renewed commitment will do just fine. This year let's do and be better.

# FASTING

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Fasting is a spiritual discipline. Disciplines are necessary in every area of our lives in order to maintain or increase effectiveness. Fasting, though not specifically commanded in Bible was recommended and even expected (Matt. 6:16–18).

Coupled with prayer fasting allows for a more sincere devotion to God (Dan. 9:3–5). It can accompany repentance (Joel 2:12–13). For many it is an act of dedication to God. Fasting is seen as petitioning God to bless His people with presence, favor, and power (Ezra 8:21–23).

# BENEFITS

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The question that naturally arises is, "Why should I care about fasting anyway; what are the benefits?" Fasting has physical and spiritual benefits. It allows us to refocus on God and be more sensitive to His voice. It creates more dependance on the Holy Spirit's power and not our own. It can increase the effectiveness of our prayers. It creates space in our lives for God to work. We become more mature believers as a result of fasting.

As a church we seek the power of the Holy Spirit to be evident. Our fast is an acknowledgment to God that we need Him if we are going to accomplish His will. We are expecting and depending on Him to move in our church.

# HOW

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How does some go about the process of fasting? Fasting primarily is seen as the act of abstaining from food for a specific period of time. People have taken the practice of abstaining and broadened it to other areas of their lives. For our 21 days you can choose from the following fasting methods.

Just know that this is a corporate fast for our entire church. Feel free to participate by choosing from one of these options.

# HOW

Absolute Fast: Drinking only liquids, in some cases the liquid is limited to water only.

Daniel Fast: Consists of eating no meat, bread, and sweets. The diet is comprised of fruits, vegetables, and grains.

Intermittent Fast: Skipping a meal or waiting until a specific time to eat. Giving yourself a window that is considerably smaller than your usual routine.

E Fast: Abstaining from or limiting time on devices and media.

Specific Items: Abstaining from specific food or actions for a designated period of time.

# January 3rd

## "A Better Connection with God"

From time to time we have restart our routers or devices. We have to reboot our phones for the newest update. We have to restart our computers in order to install certain applications. We even have to refresh webpages for any number of reasons. Performing these actions allows us to get the best performance from our hardware. It clears out the cache to allow for a stronger connection and better performance.

If electronics need a refresh, what about our souls? We should use this time of fasting and praying to connect better with God. We can hit the reset button. We can start fresh and receive more revelation and dive deeper into His presence. Today set your heart on Him and seek to know Him better. The emphasis of this week is to focus on a better connection with God.

# January 4th

"Devotion" (A heartfelt commitment to God that is marked by loyalty and dedication.)

*"Love the Lord your God with all your heart and with all your soul and with all your strength." (Deut 6:5)*

God's desires us to put Him first. During this time of fasting we should look at our routines, relationships, and resources. Is a wholehearted commitment to God evident in each of these areas? This was God's command to His people after richly blessing them and performing miracles on their behalf. Everything that pleases God will flow from a heart that is completely devoted to Him.

# January 5th

"Praise" (A celebration of God, whether individually or collectively.)

*"But you are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of Him who called you out of darkness into His wonderful light." (1Peter 2:9)*

Praise is the proper response to God. In order to strengthen our connection with Him our lives should be marked by moments of praise. We celebrate His goodness to only in His actions towards us but also His inherent attributes. Our connection to God is strengthened by responses of praise.

# January 6th

"**Worship**" (The honor we give God based on who He is and what He has done.)

*"And when they climbed into the boat, the wind died down. Then those who were in the boat worshipped Him saying, 'Truly you are the Son of God.'"*  
(Matt. 14:32-33)

Worship has to do with worth. What is God worth to you? It comprises our service and sacrifice. It is not just a response, but our duty. He alone is worthy. Who else can make the claims that our God can? Who else can match His ability? There is no one like Him! The God of our salvation is worth our worship.

# January 7th

"Hearing His Voice" (God speaks to us.)

*"Call to me and I will answer you and I will tell you great and hidden things that you have not known." (Jer. 33:3)*

God speaks to us. At times I am still overwhelmed by this simple but potent fact. The one who is omnipotent (all powerful), omniscient (all knowing), and omnipresent (transcends all limitations) invites us to converse with Him. He is willing to share hidden things with us. He unveils mysteries, plans, and our future when He speaks. He reassures us that we are His own. During this fast ask the Lord to speak to you.

# January 10th

## "A Better Connection with Others"

"A personal relationship with Christ," that is a statement we hear all the time. It is true but incomplete. God desires that we collectively serve Him. A church is not just one person but different people with diverse gifts and abilities. Often times people miss out on the blessing of community.

God is concerned with how we relate to one another. He expects us to act justly, show mercy to one another and walk humbly with Him (Micah 6:8). Our response to each other is just as important as our response to Him. There is no distinction. We cannot claim to love God and hate our brother, if so we are liars(1John 4:20). How can we claim a love for God while hating those who are made in His image?

# January 11th

"Evangelism" (Telling the good news of Jesus.)

*"Then they said to each other, 'What we are doing is not right. This is a good day of good news and we are keeping it to ourselves. If we wait until daylight, punishment will overtake us. Let's go at once and report this to the royal palace.'"*  
(2Kings 7:9)

Being satisfied with our own well being is not enough. God expects us to be conductors not insulators. The truths, blessings, and love that He has given to us should be shared. He expects us to share our testimonies with others. We have the awesome responsibility of letting people know there is a God who saves. We should spread this good news so people can share in our joy.

# January 12th

## "Relationships"

*"A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another." (John 13:34-35)*

Jesus gave the stamp of recognition to the disciples. The world will identify us as followers of Christ not by how we dress, sing, preach, or a myriad of other things we place value on. The recognition comes in our relationships. The authenticity of our faith is found relationships that are marked by love, forgiveness, patience, and bearing one another's burdens. Selfless and sacrificial love are undeniable signs that we belong to God. The motivation behind my love for others is not based on their actions, but on the love Jesus has shown to us. Does my love for others reflect God's love for me?

# January 13th

"Family" (A unit ordained by God for the comfort and protection of its members.)

*"Therefore I positioned men behind the lower parts of the wall, at the openings; and I set the people according to their families, with their swords, spears, and bows." (Neh. 4:13 )*

Our concept of family is usually limited to people in our immediate family, but it should be broader than that. People need a safe place to share, repent, confess, express their fears and doubts, receive both correction, and encouragement. We are all responsible for creating such an environment not just in our homes, but our church. Many people are new to this area. God has uniquely positioned us to be a safe place for those who are lonely and hurting.

# January 14th

"Unity" (Bringing in different pieces to make a whole.)

*"I appeal to you, brothers and sisters, in the name of our Lord Jesus Christ that all of you agree with one another in what you say and that there be no divisions among you, but that you be perfectly united in mind and thought." (1Cor. 1:10)*

Unity is challenging, yet extremely rewarding. There are certain victories that come from collaboration. What someone fails to do on their own can be accomplished with a team. Disunity can easily happen when personalities clash or certain gifts are not appreciated. Instead of being annoyed by our differences, we should celebrate how God has orchestrated each gift in the church to accomplish His will. There is a great reward for those of us who work together in the Spirit. Our differences don't make us deficient, they should make us dulcet in the presence of our God.

# January 17th

"Better Connection with Your Purpose"

*"Then God said, 'Let us make mankind in our image, in our likeness, so that they may rule over the fish in the sea and the birds in the sky, over the livestock and all the wild animals, and over all the creatures that move along the ground.'"*  
(Gen. 1:26-28)

God had specific reasons for creating humans. We are not a series of random mutations that unwittingly arrived at this step in the evolutionary order. He designed us to be like Him and with Him. We are made in the image of God. As His image bearers we express His character to the rest of creation. We have dominion, are relational, and should be just in our actions to the point that in our living we reveal to a watching world who our Heavenly Father is. Wherever we go we are His earthly representatives. Our purpose is defined by our creator.

# January 18th

"Who Does God Say We Are?"

*"Accept one another, then just as Christ accepted you, in order to bring praise to God." (Rom. 15:7)*

God's Word declares us to be many things. We are redeemed (Isa 44:22), His righteousness (2Cor. 5:21), part of the family (Eph. 1:5), saints (Eph. 2:19), new creations (2Cor. 5:17), and much more. The one that resonates most with me is accepted. God has opened Himself up fully to us that we may experience His presence. The enemy will choose to whisper words of condemnation, shame, guilt, and fear. But we know that is not what our heavenly Father says. We are not condemned, but accepted. We can walk boldly in our purpose knowing God is with us.

# January 19th

"To Prosper"

*"Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers " (3John 2)*

God's desire is for us to prosper. Walking in obedience produces something in our lives that surpasses what can be googled or purchased on Amazon. Walking in God's purpose generates a fruitful life that should be enjoyed. It brings about a well being that reaches and flows from our soul. We are able to see God's hand in every situation when our soul is prospering. We can see His plans being actualized in our lives and we trust His heart even when His hand is not evident.

# January 20th

"Bloom Where You Are Planted"

*"The Lord was with Joseph so that He prospered, and he lived in the house of his Egyptian master. When his master saw that the Lord was with him and that the Lord gave him success in everything he did, Joseph found favor in his eyes..."*  
(Gen. 39:2)

One of the biggest mistakes we make is looking for a place called "there." We have a misguided notion that we have to wait until things 'line up' before we start living in our purpose. What if God wanted to use you right now, right where you are? What if the job you don't like is the very place God wants to bless you and others through you? Joseph made the most of a horrible situation. As a result of Joseph's faithfulness the Lord continued to elevate him. Sometimes elevations is based on faithfulness at our current level. Are you making the most of every opportunity? If not you could very well be wasting God's purpose for your life.

# January 21st

"His Purpose vs. My Purpose"

*"In Him we were also chosen, having been predestined according to the plan of Him who works out everything in conformity with the purpose of His will."*

(Eph 1:11)

Ironically many of us have the concept of purpose wrong. We draw up plans bring them to God and ask Him to bless it. We make the mistake of viewing purpose as a self centered notion versus a God centered concept. Finding our purpose is rooted in our relationship with Him. Embracing God calls for denying of selfish ambition (Matt. 16:24). We must be willing to trust the plans of our creator over our own. We can experience purpose when we submit to God's plan for our lives.