



Discipleship
Series

EASTER FAST

April 2nd - 9th
- 2023 -



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WHAT IS A FAST?

Fasting is a total or partial denial of food and/or drink accompanied by refocusing your heart and mind toward Jesus.



Why Should We Participate in a Fast.

Fasting allows us to deny our physical needs and focus on our spiritual needs. Fasting allows us to become vulnerable in a way that we have to depend on God. We can draw closer to God and seek His guidance in times of extreme need. When we fast, we have an issue on our heart that must be dealt with





DOES THE BIBLE TELL ME TO FAST?

Fasting is practiced in both the Old and New Testament. The Bible has never commanded us to stop, but has actually encouraged followers of Jesus to continue the practice of fasting.

FASTING TIPS

- Don't tell people that your fasting. Jesus wants your fast to be between you and God.
 - If you drink coffee, begin to wean off of it a few weeks before the fast, or at least ease off using sugar and creamer.
 - Make sure to purposefully set aside time for prayer and devotional during the fast. If you are not praying or studying the Bible, then your just going to be hungry and the fast is pointless.
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EXTREME NEED

When we look at the lives of Biblical heroes, we see men and women who were willing to admit that they were not in control of their various situations. David fasted because his son was ill. Ezra fasted in preparation to confront the Israelites over their sinfulness. Queen Esther fasted to prevent the genocide of the Jewish people within her land. Paul fasted in repentance for the lives of the Christians that he took or imprisoned. An extreme need is something that only God can help, and that will look different to each person.



A WEEK OF PRAYER:

The focus of a fast is not health or healthy eating. It is a Spiritual practice that will improve your walk with God and give you a unique time to cast your anxieties on Jesus. A fast allows us to deny our physical needs for our spiritual needs. When you fast, you will bring an extreme need to Jesus. Whether it's an issue of health or sin that you cannot overcome, you will bring it to Jesus during this fast to pray over. Through-out this week you'll focus on Jesus through devotionals, Bible study and prayer. On Friday and Saturday of the week you will spend the majority of the day in prayer and study. The church will be open as a prayer chapel for you to come to. We will have several planned devotional periods through-out the day at the church to help guide you through the day.

HOW TO EAT THIS WEEK:

For the entire week we will be eating unprocessed foods only. These foods will be 100% natural, home-made foods. We recommend only plant-based meals if you are able to do so, however, nothing should be processed. That means no fast-food or restaurant food. All food should be prepared at home for the entire week. A great way to understand processed foods is to look at sugar and sodium levels. Processed foods will have added sugar or extremely high amounts of sodium.

Only drink water rather than sodas or tea; black coffee is allowed without creamer or sugar. Friday and Saturday are water fast days. Do not eat or drink anything on these days except water. On Sunday morning you may continue your eating habits as you did before the week began.



We will update our website through-out the week with devotionals and videos. If you need help with anything or have questions, please reach out to the contacts on the first page. We are here to help you however we can.

