

CHURCH WIDE FAST

21 DAYS & BEYOND

Medical Concerns & Other Fasting Options.

The main purpose of Fasting is to shift our focus completely towards God instead of fulfilling our personal fleshly desires. It's about becoming more like Jesus and more dependent on the Holy Spirit. The fast you choose is between you and God. *Please consult with your medical professional if you have a health concern that needs to be addressed, if you are pregnant, nursing, taking medication, or have a medical condition.* Whatever type of fast you choose; God will honor your sacrifice.

The Daniel Fast

As a congregation we are doing a 21-day Daniel Fast. The Daniel fast is basically no meat or bread, primarily fruits and vegetables, and nothing but water or fresh juice to drink. This fast is about so much more than what you choose to eat or not eat. You are fasting for spiritual gain, not physical loss! Allow your fast to be guided by your heart and not your gut.

Other Options

If you are unable to participate in the Daniel Fast, please consider what things you can Fast from that create barriers to shifting your focus completely towards God. This list of items that create barriers could include:

- Social Media
- Television
- Sweets
- Alcohol
- Social outings; or
- Anything that distracts you from drawing closer to God through scripture and prayer.

If you need help with planning for this fast, please email the church at info@christccatz.org