

CHURCH WIDE FAST

21 DAYS & BEYOND

WHY SHOULD WE FAST?

DURING HIS TIME ON EARTH, Jesus taught His disciples the principles of the Kingdom of God for their daily lives. But His teachings weren't just for the twelve disciples or for the multitudes of people who gathered to hear Him speak. The lessons and directions Jesus provided were also meant to guide you and me today.

God gave us a pattern for victory for release, restoration, and reward. In Matthew 6, Jesus gave us specific direction on how to live as a child of God. That pattern addressed three specific duties of a Christian: Giving, Praying and Fasting. Jesus said, "When you give" ... " . . . when you pray" ..." ... when you fast." He made it clear that fasting, like giving and praying, was a normal part of Christian life.

The Son of God fasted because He knew that renouncing the natural invokes the supernatural! There are some miracles and promises that can only be released that way. How much more should fasting be common practice in our lives? According to the words of Jesus, it is the duty of every disciple, every believer, to fast. When addressing the Pharisees as to why His disciples did not fast, Jesus replied, "Can you make the friends of the bridegroom fast while the bridegroom is with them? But the days will come when the bridegroom will be taken away from them; then they will fast in those days" (Luke 5:34-35). "Then they will fast."

Jesus didn't expect His disciples to do something He hadn't done. Jesus fasted, and according to the words of Peter, Jesus is our example in all things (see 1 Peter 2:21). "A disciple is not above his teacher, but everyone who is perfectly trained will be like his teacher" (Luke 6:40).

As you read through the resources we have provided on fasting, you will find out more about the "why" and "how" of fasting. We believe that you'll find that fasting is not as daunting as you may think. God's fasting principles allow you the flexibility to take care of your job and duties while still making a sacrifice to honor Him.

For this church wide fast we are encouraging the church body to consider doing a Daniel Fast. If you are unfamiliar with the Daniel Fast, It is a Fast that asks you to change the way you eat during the Fast to eliminate all meat and bread, and adopt a diet that is primarily fruits, vegetables and nuts. The Fast also asks that you drink only water or fresh juice.

Fasting requires sacrifice and discipline. Don't lose heart if you find it to be a battle. God knows our weaknesses. If you mess up, don't throw in the towel, just pick up and move on! Fasting can become easier as you make it a private discipline in your life. Once you make the decision to fast, even if it is just for one day, God sees the desire of your heart. He will provide you with the grace to endure and see the breakthroughs you need come to pass. We only have one life to give to God; let's get control of our bodies and go for God with the best we have!