



## Fasting for the Lenten Season

For 2015, as a church, we are being called to – Renew, Reclaim, Restore, Reconnect – Renewing our relationship with God, Reclaiming our African heritage, Restoring justice and mercy, and Reconnecting to our community. During this Lenten season, as we are called to a church-wide fast, we should also be sure to take advantage of our Reset cards each Sunday for scriptural nuggets and a unifying prayer. Fasting is a spiritual discipline designed to deepen our relationship with Jesus Christ. We do not fast to lose weight; we fast to be empowered by Jesus Christ. In 2015, as we seek to Renew our relationship with God, God will reveal God's purpose and plan in your life if you dare fast, pray, study and learn the power of quiet time. Jesus had to steal away from the crowd and spend time with his Father in the mountains, to pray, study, reflect, meditate, and center his spirit. If fasting and prayer were the disciplines of Jesus, should not this be followed by us? Join with us this season and witness a breakthrough as we fast, pray, study, reflect, meditate and learn the power of quiet time. Question: i have never fasted before? Answer: Consult your doctor first!\* Fasting is not the removal of all food from your diet. Fasting is learning to discipline your mind, body and spirit to remove "something" you know hinders your ability to function at your highest capacity, from your life or diet. Question: is fasting biblical? Answer: Fasting is biblical. Throughout the Old and New Testaments, fasting was used by the people of God to prepare for a spiritual challenge, hear God's voice before making a major decision, and for removing destructive forces in your life.

### **Fast #1** - Fasting to confront destructive forces

- February 18 – February 24 Eat all your meals before 6:00 p.m.
- February 25 – March 3 Eat only two meals before 6:00 p.m. • March 4 – March 10 - Eat only one meal a day before 6:00 p.m.
- March 11 – March 17 Drink only juices, water and/or tea
- March 18 – March 24 Eat only fruits and vegetables before 6:00 p.m.
- March 25 – April 4 Slowly begin to add meat to your diet

**Fast #2** – The Daniel Fast (Taken from the book of Daniel). When Daniel was captured by the Babylonians, he asked of the Babylonians if he, along with Shadrach, Meshach and Abednego, could fast eating only fruits and vegetables so they would be prepared to confront the Babylonian king.

- February 18 – February 24 Eat all meals before 6:00 p.m.
- February 25 – March 3 Eat only two meals a day before 6:00 p.m.
- March 4 – March 10 Eat only fruits and vegetables before 6:00 p.m.
- March 11 – March 17 Eat one meal a day before 6:00 p.m., meat may be added. • March 18 – March 24 Eat two meals a day before 6:00 p.m., meat may be added
- March 25 – April 4 Eat three meals a day before 6:00 p.m.

**Fast #3** - Removing certain foods or items from your diet or life. One type of fasting is to remove certain foods from your diet, such as fried foods, sweets, sodas or refined sugar and/or flour. \*Please seek the advice of your primary care provider/doctor before beginning a fast that involves restricting food/calories and/or medication. Your doctor can help you design a fasting plan that protects your health and well-being. This is extremely important if you are pregnant or have a medical condition. Medical condition examples include, but are not limited to those who have a chronic disease such as diabetes, HIV/AIDS, hypertension, heart disease, cancer, inflammatory bowel disease, recent surgery, etc.