

WHAT IS FASTING

Fasting is refraining from eating food for a period of time when a Christian seeks God for a specific reason. While neither Jesus nor the early church laid down rules for fasting, it was assumed that Christians would fast. Fasting can be public or private and can be practiced by individuals or a group.

WHY ARE WE FASTING

During February, we are seeking God's leadership and help for our Six In 6 – Part 2 capital stewardship campaign. As a congregation we need God to provide the resources so we can pay off the remaining debt on our church campus and facilities. Thus we are praying and fasting for God to perform a miracle and bless us with six million dollars in six years. As individual believers, we need God to show us His will for our three year faith commitment. We also need Him to meet our needs during the next three years.

SUGGESTIONS FOR HOW TO FAST

1. Begin the day with Bible reading and prayer.
2. Throughout the day, remember the purpose for the fast and pray about it whenever you have an opportunity. Think about what God is doing at FBC and your part in it.
3. Perform the activities you normally would on that day, unless you choose to get away for a day of spiritual retreat.
4. Although you will not eat during the fast, it is advisable to drink water or other liquids.
5. Use the time you would normally eat lunch and dinner to read the Bible and pray.
6. Make notes in a journal about things you sense God saying to you during the fast.
7. End the day with another time of reading scripture and praying. Then go to bed early because late evening is often a time we are tempted to snack.