

This week expect to be hungry! Turn each hunger pain into a prayer. Let God know that you are more hungry for Him than you are for food. Let God know your greatest desire is not to feed your stomach but to feed your spirit. Feast on the word of God! After forty days of fasting Jesus spoke the truth he learned by experience, "Man does not live on bread alone, but on every word that comes from the mouth of God" (Matthew 4: 4).

The Purpose of our Congregational Fast

Our purpose in this congregational fast is temple cleaning! Just as Jesus cleaned the Temple in Jerusalem by overturning the tables of the money changers we desire for Jesus to overturn anything in our lives individually and our congregation collectively that stands in the way of His Temple fulfilling His purposes. God has said, "My house will be called a house of prayer for all nations" (Isaiah 56: 7; Mark 11: 17). We are the Temple of God (1 Corinthians 3: 16). May we be a beautiful temple, useful in the serve of our Lord and King. We desire that Jesus Christ be our Lord and that He be the head of our church in reality and not just in name only. We desire that all impure motives, ungodly attitudes, selfish ambitions, deceitfulness, divisiveness, unholiness and anything else that stands in the way of Jesus truly having control be destroyed. We desire to be humble, open and honest in our pursuit of the truth of the Gospel. May our fast provide both a cleansing of our sinfulness and a filling of God's Holy Spirit.

Plan of Action

During your 24 hours of fasting please choose one of the following methods:

1. The Normal Fast is recommended for the majority of the congregation. This is total abstinence from all food and any "heavy" liquids (such as milk or milkshakes ;-). Drink plenty of water and perhaps some fruit juices.
2. The Partial Fast might be helpful for those who cannot participate in a normal fast. Under the partial fast, for instance, one might choose to eat only fruits and vegetables. For those who must eat their regular diet (such as those on certain medications or having certain medical conditions) plan to abstain from something you enjoy doing to devote that time to prayer. You may choose to fast from T.V., reading the newspaper or playing computer games.

Join Others in Prayer

Make sure you devote some extra time during your fast for prayer and meditation. We are encouraging people to sign up to let others know when you will be fasting. This way you can be an encouragement to others who are fasting on that day as well as join with them in prayer. Feel free to use the church building for this purpose if you would like. Just let the office know in advance. Read scripture together and prayer for the congregation. Pray for our ministers, elders, deacons, teachers and ministry leaders. Pray for our future. Pray for members by name. Always remember to thankful for what God has done for our church.

Anticipate a Reward

Jesus promises rewards for those who fast properly (read Matthew 6:17-18)! Expect blessings to come from the throne of God. Keep your eyes open to see how God is blessing and never fail to return thanks to Him.