

FOCUS FASTING

“This kind does not go out except by prayer and fasting.” (Matthew 17:21)

In this season, we are committing as a church to pursue a lifestyle of fasting. Jesus’ example was that he was fasting before he was dealing with the issue. So we want to be prepared for dealing with anything that might come our way as a people/church. This is a new part of our community embracing a life like Jesus. This is what it looks like:

- **We are fasting 3 meals consecutively each week on Tuesdays as a staff. And we welcome you to join us! If you cannot fast meals, we encourage you to ask the Lord what is to be fasted. If you aren’t sure, we encourage you to fast from something you think might be distracting you from connecting with God and others.**
 - **If you cannot fast on Tuesdays, please choose a day that will be helpful for your schedule.**
- **We are fasting specifically for the sake of others. We are not fasting for our “demons” or our issues, we are fasting for the love of those who are in our lives. We encourage you to identify an issue you want to fast for to see change or for a person/family to see God move in their lives.**
- **Since we are fasting together as a community, it might be beneficial to partner in prayer with someone in the community to encourage our vision for the year of being in “one accord,” our hearts knit together.**
- **If you want to know more about fasting before you commit, please see our resources page online [here](#).**
- **Text FAST to 703.972.6688 to follow us on this journey and for periodic encouragement.**
- **Questions to ask yourself concerning fasting (adapted from Richard Foster)**
 - **Check your first reaction to the thought of fasting:**
 - Ugh
 - Hmmm
 - Wow!
 - Ok
 - Freedom
 - You have to be kidding
 - **How does Christian fasting differ from the hunger strike and health fasting?**
 - **Define the word fast for yourself. Use the below Scriptures to help you!**
 - Luke 4.1-13
 - Joel 2.12-13
 - Isaiah 58.1-7
 - Daniel 10.1-14
 - Nehemiah 1.4-11
 - Esther 4.12-17
 - Matthew 6.16-18
 - **What is the primary purpose of this fast for you?**
 - **How can fasting reveal what controls your life?**
 - **What is most difficult about fasting for you?**
 - **Determine special times of prayer during those fasting times and record anything you hear and learn from the Lord.**