

INVITATION TO THE 3 DAY FAST

We want to invite you to join us for three days, starting Monday through Thursday of Holy Week. The goal is simple: to come face to face with the reality, that we need more Jesus in our lives! We are going to live on less of what we deem essential, so that we can focus on that which truly fills us up... JESUS! This is an opportunity for you and me as God's People to focus on feeding and sustaining ourselves through prayer and trusting in HIS promise rather than anything else. Fasting may or may not be new for you, but it is nothing new for God's People! The discipline of fasting is recorded in Nehemiah, Esther, and the book of Acts. Jesus himself fasted, going without food for 40 days at the beginning of His ministry (Matthew 4:1-11).

The suggestion is that you begin after dinner on Monday and end at dinner on Thursday night you join me and others at Christ Little Rock in a solid food fast. A solid food fast is where one chooses to drink juice and water, but not to eat any solid foods. In place of meal times, this booklet will provide you with nine short devotions to serve as a guide for prayer. This is a great time to talk and listen to God. If you or your family is facing a big decision or dealing with a struggle, allow this time to be a time of asking, listening and wrestling with God's will and direction! As your body "tells" you that it is hungry, allow that hunger to point you back to God in prayer, study, and listening. Whole families are encouraged to take part in the fast, although school age children should simply take part in a partial fast – where only certain foods and drinks are avoided, for example soda, sweets, etc.

We will plan to break our fast on Thursday at 6:30 pm. We will come together for a short time of worship, prayer, the Lord's Supper, where we will tangibly embrace and celebrate all that God has given to sustain us!

I will be praying for you as you go on this journey. May it make you hungry for something greater than food.

Pastor John

P.S. If you have medical concerns, please see the tips offered on the following page

HEALTH CONSIDERATIONS AND ALTERNATIVES

- Fasting should be done under the supervision of a physician if you have any medical problems or take any medications
- Avoid high sugar content drinks (i.e. Sodas) and drink the lower acid fruit juices (i.e. not orange juice) diluted with water.
- Drink 8-10 glasses of water per day.
- Strenuous labor or exercise is not recommended while fasting.
- It is advisable to slowly wean yourself off sugar and stimulants (coffee, cigarettes, alcohol) for a week or so prior to starting the fast.
- Alternatives
 - o Partial food Fast
 - Eliminate certain foods
 - Sweets
 - Meats
 - Bread
 - o Daniel Fast
 - Eat no meat, no sweets and no bread.
 - Drink water and juice
 - Eat fruits and vegetables
 - o Partial day Fast
 - No food from sun up to sun down.
 - o Non-food Fast
 - TV, computer, social media, phone, etc

WHY FAST PT. 1

MONDAY NIGHT (AFTER DINNER LAST MEAL)

“Never be lacking in zeal, but keep your spiritual fervor, serving the Lord. Be joyful in hope, patient in affliction, faithful in prayer.” (Romans 12: 11-12)

How close to God are you? I mean, genuinely if you could put your relationship on a scale from 1-10 where would you land?

The reason I'm asking isn't to discourage you but to show you that there is always room to grow!

I mean, if you are anything like me you read the Romans verse above and realized “I could do all of those things WAY better.” When was the last time you had zeal in your spiritual life that was measurable? Are you always patient in hope, joyful in affliction, and faithful in prayer? The answer is no, you aren't, and neither is anyone else. Fasting is a discipline that has been practiced since the time of Jesus and yet somehow today we overlook it as an archaic form of torture. Fasting is a tool that helps us to seek the face of God, put the distracting “priorities” of life in their place, and experience what it feels like to fully RELY ON GOD!

My prayer for you is that this fast, regardless of the type, is something that draws you closer to God in your spiritual walk.

Journal:

Through this fast I am expecting.....

Prayer: God, today I am full of the things of this world. I pray this meal we've just finished is the last time I completely rely on the needs of the flesh, and as I embark on this fast that the needs of my soul are fulfilled in You and Your presence!