



## Fall 2024 Church Fast – September 16<sup>th</sup> to September 30<sup>th</sup>

There are no specific instructions for fasting in the New Testament. However, we know that Jesus fasted and His disciples also fasted. In fact, In Matthew 6:16 Jesus said “*when you fast...*”. Although there are no specific instructions about fasting, fasting should be a part of a Christian’s life. It is important to understand why we fast. First let’s clarify what fasting does and does not do. (Bible references: Matt 6:16, Acts 10:30, Col 2:15, 2 Cor 6:4-5)

1. **Fasting does not change God or make Him do something** – Many Christians try and manipulate God by fasting and doing other works. But God isn’t looking at us and changing His will based on our performance (thank you Jesus for that!). Our performance doesn’t change God or change His mind. His will is already laid out in His Word.
2. **Fasting does not defeat the devil** – Jesus defeated the devil for us at the cross. We don’t have to punish ourselves by not eating to get God to do something about the devil or help us defeat the devil. The devil is already defeated!
3. **Fasting does change you** – By not allowing yourself to eat or do something you enjoy, you are putting your flesh under. When we allow our flesh to dominate us, we will be led by our flesh. But the Bible teaches us to be led by the Spirit. Fasting helps us become more sensitive to the Holy Spirit by keeping our flesh under control.

### Fast Instructions

Since there are no clear specific guidelines in the Bible for fasting, we wanted to give some guidelines for those who may be new to fasting or even fasting for the first time.

- The fast will begin on September 16<sup>th</sup> and end on September 30<sup>th</sup>.
- Write down your purpose for fasting. What are some areas in your life where you need direction? Example: job, family, parenting, health, etc.
- Pick one item you are going to give up (not do or eat) during the fast. Examples: Sugar, Social media, TV, chocolate, video games. It needs to be something you normally would do so don’t fast broccoli if you never eat it. 😊
- At least once per week, skip a meal of your choosing. Instead of eating during that time, go away to a private quiet place/room where you can spend time with the Lord. Pray in your understanding, pray in the Spirit, read your Bible, and most importantly, spend time listening for that still small voice in your heart.
- Share your testimony on the MC app or MC website. Let’s celebrate together!