

Timeline for 3 All-Church Fasts

~~Sunday, October 8th last meal by 2:00 pm, fasting starts at 5:00 pm and ends Wednesday, October 11th at 5:00 pm.~~

Sunday, November 5th last meal by 2:00 pm, fasting starts at 5:00 pm and ends Wednesday, November 8th at 5:00 pm.

Sunday, December 3rd last meal by 2:00 pm, fasting starts at 5:00 pm and ends Wednesday, December 6th at 5:00 pm.

New Beginnings 3 Reasons For Fasting

1. Between you and God (Surrendering what keeps you from Him)
2. For your family / single life (Surrendering)
3. For the Church (Surrendering your time, resources and serving to build and advance His Kingdom through New Beginnings).

An all-church fast is the fast found in Joel 2:15-16 & Acts 13:1-2.

Fasting Instructions

The typical 3-day fast involves abstaining from all food, but **NOT** from water. Abstain from food but drink water and plenty of it. Our fasting length is **3 days**. If you are a coffee drinker, drink one cup per day to avoid headaches.

Cautions: Any fast that lasts **longer** than 72 hours must take into consideration **restarting the gut/stomach/intestines**. The longer the fast, the **slower the reintroduction of food must be**.

At the end of our 3-day fast, **DO NOT** eat a full meal -you could end up losing your meal in the bathroom. It takes 24 to 48 hours to reintroduce meats. Start slow and small with food and drink lots of water. Be careful NOT to eat rice, as it will swell in your shrunken stomach and cause a lot of pain.

***Every time you are hungry take a moment to stop and pray specifically for our 3 reasons for fasting. Each day will intensify the hunger and the times you pray will increase. Jesus said, "Man does not live on bread alone, but on every word that comes from the mouth of God." Matthew 4:4, (NIV)



Commitment ~vs~ Surrender

Committed to Serving ~vs~ Surrendered to Serving... (Pt.4)

Don Calvert (Ephesians 4:1-13) November 05 , 2023

Q #1 – _____ has Jesus called us to follow His example of _____?

(Bible/Notes) _____

Answer #1 – When we put on the towel (serving others) we begin to experience what is needed; the many little _____ of SELF and the _____ discovered in _____ Jesus' example.

Q #2 – _____ did Jesus _____ could happen to us if we entered in and Surrendered to Serving?

(Bible/Notes) _____

Answer #2 – The _____ of serving changes nothing; Jesus' promised _____ is experienced only when we _____ the serving.

(Bible/Notes) _____

ἀξιῶς [worthy] αξιῶς – Comparable life _____ to the _____ we follow.

(Bible/Notes) _____

Humility is always positional and means putting _____ first, _____, second, and _____, last.

(Bible/Notes) _____

Gentle is not a _____ it's connected to _____ under control.

(Bible/Notes) _____

Patient is long-tempered, self-restraint; holding back _____ toward another when you have _____.

(Bible/Notes) _____

Goal: All of Jesus' disciples must work diligently to maintain, guard, and manifest the _____ of the Holy Spirit within His church.

(Bible/Notes) _____

1st Foundational Truth – The _____ spiritual _____ that are to _____ all disciples of Jesus.

One Body – The body of Christ Jesus; _____ are His body the _____.

One Spirit – The church obeys the Holy Spirit who speaks the one _____ and _____ the church in unity.

One Hope – The church lives in the light of its One Hope; Jesus' _____ has ensured the _____ resurrection to eternal life.

One Lord – The church receives salvation and marching orders from _____; all others are _____.

One Faith – Jesus is the _____ of our faith and practice. He alone _____ His church.

One Baptism – All disciples _____ the command Jesus gave to be baptized; _____ baptism is the _____ mark of every disciple of Jesus.

One God and Father of all – This truth ties Jesus' church to its _____ heritage, the worship of only _____ God unites the church.

2nd Foundational Truth – Jesus' conquest and victory over sin and death, the _____ and _____ given to His church body, for the _____ of His kingdom.

(Bible/Notes) _____

3rd Foundational Truth – _____ foundational spiritual gifts, equipping _____ gifts and ongoing _____ gifts that are given to unify and build Jesus' church body.

(Bible/Notes) _____

4th Foundational Truth – Spiritual _____ is lived out as we _____ Jesus' truth and _____ His love within the church body.

(Bible/Notes) _____

Implication #1 – Truth becomes _____ if it is NOT made _____ by love; love becomes _____ if it is NOT made _____ by truth.

(Bible/Notes) _____

Implication #2 – It's hard to say you love Jesus if you don't _____ what He _____; Jesus is the groom, and He loves His _____, the _____.

(Bible/Notes) _____