

## Timeline for 3 All-Church Fasts

~~Sunday, October 9<sup>th</sup>~~ last meal by 2:00 pm, fasting starts at 5:00 pm and ends Wednesday, ~~October 11<sup>th</sup>~~ at 5:00 pm.

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

Sunday, December 3<sup>rd</sup> last meal by 2:00 pm, fasting starts at 5:00 pm and ends Wednesday, December 6<sup>th</sup> 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 Sharing the Gospel

~vs~

Surrendered to Sharing the Gospel...

(Pt.2)

Don Calvert

(Acts 16:25-34)

December 3, 2023

(Bible/Notes) \_\_\_\_\_

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**Spiritual Reality #1:** There is an \_\_\_\_\_ enemy, waging a real war against God's people; our enemy is doing everything in its power to \_\_\_\_\_ from \_\_\_\_\_ Jesus' Gospel message.

(Bible/Notes) \_\_\_\_\_

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**Spiritual Reality #2:** There is a spirit of \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_ that has infiltrated the hearts and minds of God's people when it comes to sharing Jesus' Gospel.

(Bible/Notes) \_\_\_\_\_

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**πνεῦμα pneúma / Πύθων Púthōn:** \_\_\_\_\_ spirit, a \_\_\_\_\_ who spoke through her.

Bible/Notes) \_\_\_\_\_  
\_\_\_\_\_  
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**κράζω [shouting] krázō:** To \_\_\_\_\_, to \_\_\_\_\_, outcries of the \_\_\_\_\_ possessed.

**Most High God:** \_\_\_\_\_ used of God by \_\_\_\_\_.

Bible/Notes) \_\_\_\_\_  
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**1<sup>st</sup> Step** – Never be more concerned about what the crowd thinks than what you know the \_\_\_\_\_ can do for those \_\_\_\_\_ by \_\_\_\_\_.

Bible/Notes) \_\_\_\_\_  
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**2<sup>nd</sup> Step** – Never count on hardship or a lack of hardship as a \_\_\_\_\_ of \_\_\_\_\_ from the \_\_\_\_\_ to share the Gospel.

Bible/Notes) \_\_\_\_\_  
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**3<sup>rd</sup> Step** – Every Gospel breakthrough will be met with unique \_\_\_\_\_ spiritual \_\_\_\_\_, remain \_\_\_\_\_-filled.

Bible/Notes) \_\_\_\_\_  
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**4<sup>th</sup> Step** – Don't \_\_\_\_\_ where Jesus calls you to go, you \_\_\_\_\_ His word and \_\_\_\_\_ His Gospel to others, regardless of your circumstances.

Bible/Notes) \_\_\_\_\_  
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**Implication #1** – When it comes to the Gospel God calls us to surrender; share the Gospel and \_\_\_\_\_ that in His \_\_\_\_\_ His \_\_\_\_\_ will follow.

Bible/Notes) \_\_\_\_\_  
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**Implication #2** – When God sends us somewhere to share His Gospel, be \_\_\_\_\_ to go, because He has \_\_\_\_\_ ready to \_\_\_\_\_.

Bible/Notes) \_\_\_\_\_  
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