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 8**th 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.3)

(1 Corinthians 12:1-27)	October 29, 2023
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Warning: Paul warned against the Spirit with only manifestation in the	Manifestation [φανέρωσις] phanerosis: Making something evident, what is invisible is
(Bible/Notes)	(Bible/Notes)
1st Fundamental – The three-in-one perspective; the of spiritual gifts, the within the church body.	Common good [συμφέρω] sumphérō: To bring together in place, to for the benefit of (Bible/Notes)
Gifts: Spiritual gifts from the Holy Spirit each disciple of Jesus to in the church body. (Bible/Notes)	3 rd Fundamental – The and of spiritual gifts is the Holy Spirit. (Bible/Notes)
Service: The service we do is unto Jesus our Lord, these describe a variety of activities taking place within the church for (Bible/Notes)	4 th Fundamental – God didn't create church bodies that have only function; biblical is only in Jesus Christ. (Bible/Notes)
Working [ἐνέργημα enérgēma]: The that God the Father brings about, from the gifts that are used in His service. (Bible/Notes)	Implication #1 – People who sit and watch as are the gifts the Holy Spirit has given them to make an difference. (Bible/Notes)
2nd Fundamental – The of spiritual gifts is to manifest the presence of the Holy Spirit in life for the good of in the church. (Bible/Notes)	Implication #2 – Those surrendered to serving within the church are, those who are not, remain the (Bible/Notes)