

### Timeline for 3 All-Church Fasts

~~Sunday, October 8<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.1)

Don Calvert (1 Corinthians 15:1-11) November 26, 2023

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

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**Gospel Challenge:** Will you allow Jesus' gospel message that was examined by prophets and is looked at by angels to change your \_\_\_\_\_, by \_\_\_\_\_ it and \_\_\_\_\_ it first to your own life?

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

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εὐαγγέλιον [Gospel] euaggélion: \_\_\_\_\_ good news, \_\_\_\_\_ the good news about \_\_\_\_\_.

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

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**1<sup>st</sup> Reality** – Anything that causes you to \_\_\_\_\_ the Gospel message in your life, you should cease \_\_\_\_\_ it \_\_\_\_\_.

(Bible/Notes) \_\_\_\_\_  
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**2<sup>nd</sup> Reality** – The Gospel message has the power to save and transform \_\_\_\_\_, but holding the word of God \_\_\_\_\_ can return you to a state of \_\_\_\_\_.

**Πιστεύω (Faith) pisteúō / εἰκῆ [Vain] eiké:** To believe something is \_\_\_\_\_, but now is \_\_\_\_\_ and without \_\_\_\_\_.

(Bible/Notes) \_\_\_\_\_  
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**3<sup>rd</sup> Reality** – The content of the Gospel message comes from the Scriptures, but the \_\_\_\_\_ importance of His Gospel message is \_\_\_\_\_ only when we \_\_\_\_\_ it.

(Bible/Notes) \_\_\_\_\_  
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**4<sup>th</sup> Reality** – The acceptance of the Gospel has the power to radically change the course of anyone’s life; even those who are \_\_\_\_\_ for \_\_\_\_\_ and \_\_\_\_\_.

**ἔκτρομα (abnormally born) éktrōma:** A birth that is \_\_\_\_\_ of a mother who miscarried because of \_\_\_\_\_ done to her, the infant has some \_\_\_\_\_.

(Bible/Notes) \_\_\_\_\_  
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**Implication #1** – Whenever any good work, no matter how worthy it was, got in the way of the Gospel message of grace, Jesus and the apostles ceased it \_\_\_\_\_... \_\_\_\_\_?

(Bible/Notes) \_\_\_\_\_  
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**Implication #2** – Being surrendered to sharing Jesus’ Gospel is \_\_\_\_\_ by our \_\_\_\_\_ willingness to build relationships with those who need to \_\_\_\_\_ His Gospel message of salvation.

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