



# Corporate Fast Invitation

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We are officially inviting you to join our corporate fast on the first Mon, Tue, and Wed of February (that's Feb. 2-4). This fast is completely voluntary. However, we believe that this is an opportunity to experience God together. You can fast in many different ways. A few options are listed below for your convenience.

- 1. Skip a meal (or two) for a set time frame (also called intermittent fasting).**
- 2. Only fruits/vegetables and water (usually ideal for those carrying a heavy workload).**
- 3. No carbs, sugars, or pleasant foods.**
- 4. Only liquids (water, fruit juice, vegetable juice, broths, etc.)**
- 5. Water only (consult your doctor if you have pre-existing medical conditions that would make a water fast complicated).**

Feel free to mix and match according to your own inclination (considering your physical/medical condition). I certainly look forward to seeing God grow us together in this. Grace and peace to you

## **Fasting Journal**

We encourage you to detail what God is saying, illuminating, revealing throughout your fasting journey. Please feel free to write as much as you like. Here are some recommendations to write down:

- Scriptures that stand out to you during your reading.
- Prayers that you prayed during this time.
- Thoughts about the glory of Jesus, and the splendor His Holiness.
- Thoughts about God's jealous love for you (all of you).
- Thoughts of your longings for the return of Jesus.
- Dreams or visions that you have during this time.
- Any revelation that God gives you during this time.