



**THURSDAY, JANUARY 4TH - WEDNESDAY, JANUARY 24TH**

**We will conclude the fast with REVIVAL services:**

**Sunday, January 21st @ 9am, 11am, & 2pm (Español)**

**Monday (1/22), Tuesday (1/23), and Wednesday (1/24) @ 6:45pm**

### **SPIRITUAL AND PRACTICAL ESSENCE OF FASTING**

***Fasting goes beyond abstaining from food; it's a spiritual journey into the heart of God's Presence.***

Supported by Scripture (Isaiah 58:6-8; Mark 9:29; Acts 13:2, 3) and modeled by Jesus (Matthew 4:2, 6:16; Mark 2:20), fasting is not about earning favor but about cultivating a deeper relationship with God. It's a "Kingdom Key" that opens doors to experiencing God's Glory and Power more profoundly.

#### **Fasting as a Pathway to God's Presence**

Through fasting, believers find themselves in a unique position to experience the Presence of God more intimately. It's a discipline that clears the spiritual clutter, allowing us to sense His Presence in a more tangible way. As we fast, our hearts and minds become more attuned to His voice and guidance.

#### **Experiencing God's Glory and Power through Fasting**

Fasting is not just a personal spiritual exercise; it's a conduit through which God's Glory and Power are manifested in our lives. As we deny ourselves physically, we become more open to the spiritual realities of His Kingdom. This openness leads to a greater manifestation of His Power in our lives, be it in healing, spiritual breakthroughs, or deepened understanding of His Word.

#### **Concluding the Fast with a Focus on God's Glory**

When concluding a fast, reflect on the experiences of God's Presence, Glory, and Power during the fasting period. Share these experiences with your community, encouraging one another in the continual pursuit of God.

We encourage all of Grace Woodlands to embrace fasting as a way to seek God's Presence, experience His Glory, and witness His Power in their lives. Although it may be challenging initially, the spiritual benefits of fasting are immense, leading to personal growth, spiritual discernment, and a stronger church community, all for the glory of God. In this perspective, fasting emerges not just as a practice of self-denial, but as a powerful means of connecting with God's Presence, experiencing His Glory and Power, and transforming our lives and our communities in profound ways.

# PRACTICAL CONSIDERATIONS

**Health and Safety:** Always consider your health and dietary needs, ensuring that your fast does not harm your physical well-being.

**Regular Prayer and Scripture Study:** Complement fasting with dedicated prayer and Bible study, seeking God's Presence in His Word.

**Seeking God's Glory in Personal and Communal Life:** Fast with the intention of seeing God's Glory manifest in your life and in the life of your church community.

The Bible makes it clear that fasting is effective, important, and that Jesus directed it as a part of the life of His church. As fasting purges the physical body of impurities, it also purifies the spiritual man rooting out what has been tolerated that is in opposition to the way of the Lord casting down everything that exalts itself against the knowledge of God.

There are different types of fasts. When deciding on a particular type of fast, we encourage you to seek God in prayer and follow what the Holy Spirit leads you to do. Practical considerations about a change in diet ought to be kept in view when fasting. (If you have questions about how to properly fast for your health specifics, please consult your physician.)

## COMMON TYPES OF FASTS

### **Complete Fast**

In this type of fast, you drink only liquids; typically water with light juices as an option.

### **Selective Fast**

This type of fast involves removing certain elements from your diet. One example of a selective fast is the *Daniel Fast*, during which you remove meat, sweets, and bread from your diet and consume water and juice for fluids and fruits, vegetables, and whole grains for food.

### **Partial Fast**

This fast involves abstaining from eating any type of food in the morning and afternoon. This can either correlate to specific times of the day, such as 6:00am to 3:00pm, or from sunup to sundown.

### **Soul Fast**

This fast is a great option if you have health issues that prevent you from fasting food or if you wish to refocus certain areas of your life that are out of balance. For example, you might choose to stop using social media or watching television for the duration of the fast and then carefully bring that element back into your life in healthy doses at the conclusion of the fast.

This can also be combined with a common food fast for a comprehensive time of fasting from the routines and habits of life.

*Practical wisdom recommends that a fast be concluded with a light meal to assist the body in resuming its digestive duties. Drinking lots of water during the fasting period can be very helpful as well.*