

Preparing for the Fast **Matthew 6:1-18; Ephesians 6:10-18**

What is a fast?

“The voluntary denial of an otherwise normal function for the sake of intense spiritual activity.” Richard Foster

Purpose of our Fast:

To seek God without distraction in an attempt to know Him better and see His glory shine in our lives and our community.

Being Prepared

Expect Physical Difficulties:

- You're hungry
- You're frustrated with the people around you because you're hungry!
- When you make a drastic change to what you eat, your body will respond in different ways.
- You can expect it to be difficult
- But, your body will adjust and you will make it through the 21 days.

Expect Spiritual Difficulties:

- First few days of every fast, Holy Spirit will point out things that you need to deal with in order to be completely connected to the Father.
- Truth is, you can't live in sin and seek God with all your heart at the same time.
- Therefore, there will be a time of repentance and dealing with sin that must be removed in order to connect with God during the fast.

Expect the Enemy to be against you:

- When you seek the Lord as you will be for these 21 days you can expect that the enemy will be working against you.
- Read Ephesians 6:10-18 and ask the Lord to wrap you in His armor and protect you from anything that the enemy may try to distract you from seeking Him.

Preparations to make before the fast begins:

Make sure you understand the goal.

Check your heart for any wrong attitudes.

Pick and prepare your plan.

- Three Choices Plan – one food item, one media item, and one personal

- Daniel Fast – You can find more information about this fast on this site.
- Total Fast

*Make sure you purchase whatever food items you will need BEFORE the fast begins on Sunday. The fast will be much more successful if you are prepared in advance.

Truth about your plan:

The effort and sacrifice you put into your plan will determine the growth that comes out of it for you. Make a real sacrifice and you'll see amazing growth.

21 Days of Connection

“Connecting to God Through Prayer and Fasting”

Event:

21 Days of Connection is a community wide prayer and fasting event from January 7th – January 28th, of 2018.

Purpose:

To come together as Believers throughout our community through prayer and fasting to connect with God and to see Him Redeem our Cities for His Glory!

Focal Passage:

Acts 1:14 The Early Church was “Devoted to Prayer”

Message Titles:

January 7th – Acts 4:24-31 “United by Prayer”

January 14th – Acts 10-11 “Directed by Prayer”

January 21st – Acts 12:5 “Protected by Prayer”

January 28th – Acts 13:3 “Commissioned by Prayer”

Daily Prayer:

We will meet together on weekdays for the 21 days from noon – 1:00PM to pray together. This will usually be at the Well at West Rome because of the central location but could also move to strategic locations throughout the city during our fast.

Devotional Guide:

There will be a Daily Devotional Guide that will follow along with the sermons. These will be available for you to distribute in printed or digital form so that your people can follow along each day.

Types of Fast:

Daniel Fast

Three Things Fast

Full Fast

Final Day Celebration:

On January 28th, time to be determined, we will have a united service to celebrate what God has done through our fasting and praying in all of our churches. We hope that you’ll make it a priority to be a part of this event to celebrate the unity of the family of God here in Rome.