

## Why Fast?

If you struggle to fast, you're not alone. Here are some things we want you to know and remember:

- Jesus fasted in order to deny himself and rely on the power of the Holy Spirit; what an awesome invitation for us to follow! However, this was after, not before, the Father spoke from Heaven declaring his love for the Son. (See Matthew 3:16-4:2)
- The application is this, like with any of the disciplines, we don't fast to get God's love. God won't love us more if we fast and he will not love us less if we don't. However, while God won't love us more, we will likely love him more! We don't want to treat God like he loves us for what we do; He loves us because of what Jesus has already done! Let's let God's love encourage us to pursue more of him.

## When To Fast?

### Fasting On A Regular Basis...

Fasting is designed to help us attune ourselves to God and be satisfied in Him. In that sense, fasting is always good to do and we should work to include it into our rhythms, maybe a meal a week, or a day a month, or fasting something for Lent. Why not take some time right now to put some fasts on your personal calendar for 2025?

### Fasting For Specific Reasons...

Outside of the general practice of fasting, the Bible gives us lots of examples of when fasting would be helpful. Here are a few examples:

- We Have Big Decisions / Need to Discern God's Will (*Acts 13:2-3, Acts 14:23*)
- When We Want to Cry Out to God for Intervention (*2 Chr. 20:3, Neh. 1:4*)
- When There Is a Sin That We Are Struggling With (*Joel 2:12-13*)
- When We Are Grieving (*2 Samuel 1:12*)
- When We Want to Stand with The Poor (*Isaiah 58:6-7*)

## Mark Your Calendars for These Church Fasts In 2025

January 21-22, 2025 - Church Wide Fast: *Join us for a two day fast to kick off 2025. We will be gathering from 6:30-7:30 PM to pray and worship together in the Sunday overflow room located in our office building (201 N 17<sup>th</sup> Street, Morehead City)*

October 8, 2025 - Advance Global Day of Fasting: *Join us in fasting and praying alongside Advance partner churches all over the world. More details to follow but mark your calendar now.*

## How To Fast?

For some of us, this will be the first time we've ever fasted. That's awesome! Here are some practical tips to help:

- Start small - maybe it's skipping a meal instead of a whole day.
- Remember to check food needs for any medications you are on.
- Communicate you are fasting with friends or family, as needed.
- Replace food with prayer and time in the Word, don't just not eat.
- Be careful not to overeat the night before or the day after.
- Journal things that you feel God is speaking to you about
- Consider different types of fasting too. Social media or phone use?

Remember why you're fasting in the first place! Listen to what David says...

*"A Psalm of David, when he was in the wilderness of Judah. O God, you are my God; earnestly I seek you; my soul thirsts for you; my flesh faints for you, as in a dry and weary land where there is no water. So, I have looked upon you in the sanctuary, beholding your power and glory. Because your steadfast love is better than life, my lips will praise you. My soul will be satisfied as with fat and rich food, and my mouth will praise you with joyful lips" Psalm 63:1-5 ESV*