

JAN 17-23

# RESET

CHURCH-WIDE FAST



JANUARY 23

DINNER- ON- THE GROUNDS



Join us  
**February 7th**  
**@ 6:30pm**

**Upcoming Events**

- January 10 6:00pm Stewardship Meeting
- January 12 6:30pm Business Meeting
- January 17-23 Church-wide Fast
- January 23 12:00pm Dinner on the Grounds
- February 7 6:30pm ManUp

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## What is Fasting?

Matthew 6:16-18

Definition of Fasting:

A Christian's voluntary abstinence from food *for a spiritual purpose* -or-

A voluntary withdrawal for a specific period of time from food and/or drink, or other fleshly appetite, *for a spiritual purpose*

The purpose of fasting:

1. To strengthen \_\_\_\_\_
2. To seek God's guidance
3. To \_\_\_\_\_ grief
4. To seek deliverance or \_\_\_\_\_
5. To express \_\_\_\_\_ and turn to God
6. To humble oneself before God
7. To express \_\_\_\_\_ for the work of God
8. To minister to the needs of others
9. To overcome temptation and \_\_\_\_\_ yourself to God
10. To express love and worship to God

Jesus' instructions for fasting:

- The \_\_\_\_\_ command (v 16)
- The \_\_\_\_\_ command (vs 17-18)
- The \_\_\_\_\_ (vs 17-18)

Are you willing to \_\_\_\_\_ and \_\_\_\_\_ ?

"Fasting is a privilege and an opportunity to seek God's grace that is open to us as often as we desire."

-Donald Whitney