

JAN  
1-21

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## WHY ARE WE FASTING?

We fast to focus on God. As simple as that sounds, the reality is that our lives are full of distractions. There are some weeks when checking off our to-do list feels next to impossible, let alone trying to focus on God and what He wants for our lives. During the 21 Day Fast, we intentionally put something down that has taken our attention in order to listen more intently to God's voice.

## WHAT IS FASTING?

A biblical fast is a chance to temporarily "say no" to the physical food of this world, in order to "say yes" to the spiritual food from the Holy Spirit. It's an invitation to discover how our appetite for eating or drinking is also tied to our appetites for things in our daily lives. So in fasting we remove physical food as a way to address the unhealthy relationships we might have to social, intellectual, spiritual or emotional food.

### 4 Type of Fasts

#### COMPLETE FAST

In this fast, you only drink liquids, typically water and/or light juices throughout the duration of the 21 days. Broth or soup may be considered as options.

#### PARTIAL FAST

In this fast, you abstain from eating any type of food in the morning and afternoon. Fast during specific times of the day, e.g. from sunset to sunrise.

#### SELECTIVE FAST

In this fast, you remove certain elements from your diet throughout the 21 days. The Daniel Fast is an example of abstaining from meat, sweets, or bread; drink water and juice, and eat a variety of fruits and vegetables.

#### SOUL FAST

This fast is common for anyone new to fasting food, those with health issues that prevent them from fasting food, or those wanting to refocus specific areas of life that are out of balance. Suggestions: abstain from engaging in social media, shopping, etc.

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# HOW TO START THE FAST?

1. Pray and ask God to help you discern what type of fast He would have you engage for the next 21 days. It's okay if what and how you are fasting is different from what others are fasting. We trust God to move in our lives, even if it's not identical to how He is moving in others'.
2. Invite somebody in your life to keep you accountable to your fast.
3. Name what you are believing that God will do in your life during this time of fasting. We encourage you to write it down in a journal.

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# HOW WILL WE FAST?

## Personal Rhythms

Follow the guide to devote yourself daily to prayer & fasting, using the various practices and rhythms to help you access the weekly focus from the sermon. Each day will consist of a posture, a passage, and a practice. The goal is to be present to God, allowing each prayer practice - journaling, intercession, and relinquishing - to invite you deeper into each posture.

## Family Rhythms

Every day of the fast collectively we'll take 10 minutes to pray at 10am. This is not the only time you can pray, but together in one spirit, we'll engage in the practice of prayer. Use #Fellowship10at10 to see how others are praying.

Every Wednesday morning at 7am we will gather at Morning Prayer on Zoom. Check out [madeforfellowship.com/prayer](https://madeforfellowship.com/prayer) for the link.

Jan	Posture	Point	Passage	Practice
Week 1				
1	GRATITUDE	My relationship with God, however simple or complicated it may feel at the moment.	Ps 118:1	Each day use a journal to create a list of 5-10 things you are grateful for. Once you finish your list, write a prayer of gratitude to God, thanking Him for what He has done despite what you wish it could look like.
2		The stage of life I'm in...however desirable or undesirable the circumstances.	1 Th 5:16-18	
3		The church family I am a part of.	Col 3:15-17	
4		The resources I have to steward...however small or great.	Ph 4:12-13	
5		My body and health...however confident or unconfident I may feel in it.	1 Co 6:19-20	
6		The shepherds & leaders in my life...however close or far they may be.	1 Ti 2:1-3	
7		The relationships I have in my life...however joyous or complicated they may be.	1 Ti 2:1	
Week 2				
8	INTERCESSION	The burdens of prodigals & skeptics who have questions about God.	Lk 9:10	Each day take time to offer supplications on the behalf of others who are struggling with the burdens of their unique realities.
9		The burdens of fractured and broken relationships, and my enemies.	Mt 5:43-44	
10		The burdens of the trafficked & exploited.	Jer 22:13	Write a simple prayer of what you want and hope for in the lives of the people of that day, and add a prayer of blessing to our partners who have been moved to action on their behalf.
11		The burdens of At-Risk Kids & Youth	Ps 10:17-18	
12		The burdens of those without housing.	Mt 25:35	
13		The burdens of those in prison.	Heb 13:1-3	
14		The burdens of the school system, education gap, breaking school to prison pipeline.	Pr 4:13	
Week 3				
15	RELINQUISHING	More love in my life to disrupt my fear and hatred.	1 Jn 4:18	Inhale: I'm full of God's love. Exhale: I don't have to fear anything.
16		More stillness in my life to disrupt my business and self-ambition.	Ps 37:7	Inhale: My hope is in God. Exhale: So I don't have to perform or strive.
17		More endurance in my life to disrupt my comfort.	Ja 1:12	Inhale: God's strength is in me. Exhale: So I can endure hard things.
18		More surrender in my life to disrupt my self-reliance.	Pr 3:5-7	Inhale: God sees more than I do. Exhale: So I can let go of my plan.
19		More generosity in my life to disrupt my selfishness.	2 Cor 9:6	Inhale: God has been generous with me. Exhale: So I let go of my scarcity.
20		More godliness in my life to disrupt my pride & ego.	Ps 51:10-12	Inhale: God you are so holy. Exhale: So I release my pride.
21		More radical faith in my life to disrupt my passivity.	Ac 4:13	Inhale: God's presence gives me boldness. Exhale: So I let go of what comes easy.