



2024 FAST WITH A FOCUS: Faith, Family & Future

21 Day Fast Considerations

Starts: Sunday, January 14th Ends: Sunday, February 4th

Fasting is the deliberate abstinence (denying the flesh) for a period of time from some form of physical gratification.

Who Can Participate?

Everyone is encouraged to participate in this time of corporate fasting in some manner.

If you are under the care of a health professional, please consult with them before there is a change in your diet.

Ways You Can Participate

1. Total fast from food from 6 am – 6 pm daily and follow prescribed food guidelines (foods to eat) outside of total fasting hours.
2. If health reasons don't allow the total fast, you may eat at your regular mealtimes according to the prescribed food guidelines (foods to eat).
3. Totally fast from some "creature comfort" or habit that gratifies the flesh such as: TV, social media (internet, snapchat, X/twitter, Facebook, Instagram, etc.), smoking, drinking, gaming, video games, lottery, shopping for unneeded items, etc.

Limiting cell phone use is highly recommended.

Suggested Foods to Eat

Natural, healthy, fresh foods such as: whole grains, legumes, fruits & vegetables, seeds, nuts & sprouts, fish & poultry, honey, water, 100% natural juices, decaffeinated tea & coffee

Suggested Foods to Avoid

Fast foods, food containing preservatives or additives, refined foods, fried or high fat foods, beef & pork, soda pop, caffeine, refined sugar & sugar products (candy, desserts, etc.)

Daily Recommendations

Daily reading of God's Word (see daily readings in newsletter or your favorite devotional), prayer, meditation, and waiting before the Lord is a necessity during fasting. Spend time listening to praise and worship music, sermons, and biblical teachings. Pray as often as you can throughout the day. Try to remove yourself from the normal day to day distractions as much as possible and keep your heart and mind set on seeking and hearing from God.

