



2024 FAST WITH A FOCUS: Faith, Family & Future

...I proclaimed a fast, so that we might humble ourselves before our God and ask him for a safe journey for us and our children, with all our possessions....So we fasted and petitioned our God about this, and he answered our prayer. -Ezra 8:21-23

As we enter our 100th year of ministry, it is without question that God has blessed us to “Do a Good Work.” We have continued to serve because of the prayers, and sacrifices of those past and present who trusted God in faith. This year we FAST WITH A FOCUS, **Sunday, January 14th - Sunday February 4th.**

1. Fasting quiets your inner “self.”

This is the main thing we are called to do as Christians—deny ourselves and focus on God and others. Fasting teaches us to not seek immediate gratification. You are not going to die because you feel hungry.

2. Through fasting, you gain power over physical desires.

We are meant to control our physical passions with the use of our reason, and fasting is a practice in exactly that. If you can master your hunger, you can master your anger, lust, pride, and so on.

3. Fasting helps you grow in gratitude.

It’s hard to be grateful for food when we are constantly eating it and never truly experience hunger. We don’t even really enjoy food when we are eating very frequently. Fasting teaches us to appreciate food, but also many other blessings and pleasures in our lives.

4. When you fast, you can “offer it up.”

When Jesus went into the desert to pray, he fasted too. Prayer and fasting go hand in hand. You can offer up your fasting for yourself, for your marriage, for a friend, for the Church, or for some special intention. It’s powerful!

5. Through fasting, we gain strength to do hard things.

The practice of fasting teaches us to accept suffering that comes our way and be patient in it, because we know it will not last forever. It’s a discipline that teaches us to trust in God for our strength.

6. Fasting empties you and prepares you to receive God.

When we empty ourselves out physically, we become prepared to receive God’s grace, strength, love, and presence. Physical hunger is a physical manifestation of a spiritual hunger and longing for God. Fasting helps us to see this and practice being receptive to God in our “emptiness.”

Feel free to fast as you desire. If you are under the care of a health professional, please consult with them before there is a change in your diet. Fasting does not have to be exclusively from food. It can be from any activity that hinders one’s spiritual walk of faith. Fast and pray expecting God to hear, answer and act.

For further fast considerations reference the fast handout that may be obtained at the information table in the rear of the sanctuary or the church website www.trinity-baptist.com.