

CHURCHWIDE FAST 2025

SEVEN DAYS OF FASTING & FOCUS



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Start: Sunday January
12th 6:00 PM

End: Sunday, January
19th 6:00 AM

PRAYER & FAST FOCUS

A Place the Cares: Establishing a community influenced by our faith in Jesus Christ that reflects welcomes all as He did.

Person: We will be intentional about spiritual self-care that is inclusive of mind, body and soul.

People: We will be intentional about displaying the love of Christ through actions that reflect the scripture to feed the hungry, clothe the naked, heal the sick, drink to the thirsty, shelter to the homeless and ministry to the youth and elderly.

Place: We will be a welcoming place for the “whosoever will” to worship God freely in spirit and truth.

SCRIPTURE FOCUS

“And the King will answer them, ‘Truly, I say to you, as you did it to one of the least of these my brothers, you did it to me.’”

“Then he will say to those on his left, ‘Depart from me, you cursed, into the eternal fire prepared for the devil and his angels. For I was hungry, and you gave me no food, I was thirsty, and you gave me no drink, I was a stranger, and you did not welcome me, naked and you did not clothe me, sick and in prison and you did not visit me.’ Then they also will answer, saying, ‘Lord, when did we see you hungry or thirsty or a stranger or naked or sick or in prison, and did not minister to you?’ Then he will answer them, saying, ‘Truly, I say to you, as you did not do it to one of the least of these, you did not do it to me.’”

Matthew 25:4-45

Do not forget to show hospitality to strangers, for by so doing some people have shown hospitality to angels without knowing it.
Hebrews 13:2

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.

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. 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.

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

- Total fast from food from 6 am – 6 pm daily and follow prescribed food guidelines (foods to eat) outside of total fasting hours.
- 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).
- 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.

SUGGESTED DIET

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.)