

**2024 All Church 7 Day Fast
May 13th to 20th**

Beginning: 7am on May 13th to 7pm May 20th

Type of Fast:

“Healing, Salvation & Restoration”

In times past our fast have be focus on what not to eat or what to eat. Even though we’ve had certain things to pray about, it always seem to come down to the food. And true fasting is not only about turning down our plates, but it is also, about turning our Spirits towards God, to seek HIs wisdom and deliverance.

This Fast seeks to focus on Healing, Salvation & Restoration. As We seek to believe God for Miracles in the coming year. We recognize that these come through prayer and fasting. **Joel 2:12-13 (NKJV)** ¹² *“Now, therefore,” says the Lord, “Turn to Me with all your heart, With fasting, with weeping, and with mourning.”* ¹³ *So rend your heart, and not your garments; Return to the Lord your God, For He is gracious and merciful, Slow to anger, and of great kindness...*”

As we fast and pray, we need to repent of any unconfessed sin in our lives and repent from any conduct that does not reflect the character of God or display our obedience to Him. Then we are to focus our attention on asking God to increase our faith to believe Him for the Miracles we expect Him to perform in our lives. As the father in **Mark 9:23-24 (NKJV)** pleaded: ²³ *Jesus said to him, “If you can believe, all things are possible to him who believes.”* ²⁴ *Immediately the father of the child cried out and said with tears, “Lord, I believe; help my unbelief!”*

Our food restriction will be a form of a Daniel Fast. (Fruit & Vegetables, no Juices, only water; with whatever supplement for protein you feel comfortable with.) For those who feel led to do a total fast, no food only fluids, that is between you and the Lord.

Although this is an all Church fast, I’m only asking those who are willing to participate. Between now and then, I encourage you to pray about your participation and let God lead in your involvement.

We launch our fasting time on May 13th during our 7:14am Pray Focus & Devotion time with a word and prayer, and we will end our fast during the 7pm Monday Night Prayer Hour.

God Bless You! and thank you for your faithfulness to our Savior and to our Church!