

2024 All Church 7 Day Fast

Jan 20th - 27th

Beginning: Jan. 20th, 7 am - Jan. 27th, 7 am

Type of Fast:

“Spiritual Wakening & Deliverance”

In times past our fasts have been focused on what not to eat or what to eat. Even though we've had certain things to pray about, it always seems to come down to the food. True fasting is not only about turning down our plates, but it is also, about turning our Spirits toward God, to seek His wisdom and deliverance.

This Fast seeks to focus on Spiritual Wakening and Deliverance. 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 focus our attention on asking God to increase our faith and believe in 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 is that this will be a form of a Daniel Fast. (Fruit & Vegetables, no Juices, only water; with whatever supplement for protein you feel comfortable with.)

Although this is a 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 your involvement. Thank you for your faithfulness to our Church and our Savior! God Bless You!