

Information on fasting...

Why we fast

Fasting means setting something aside so you can turn toward God.

During CONSECRATE, we will read Scripture and pray for 40 hours, and fasting is one way every one of us can take part. It doesn't earn anything from God or prove anything to anyone. It quiets the noise so you can listen. Pick the fast that fits where you are. A smaller fast kept with a sincere heart is better than a bigger one you can't keep.

Before you begin

No one is required to fast from food, and you can fully take part in CONSECRATE without doing so.

Talk with your doctor before a food fast if you:

- take medication, especially for diabetes or blood pressure
- are pregnant or nursing
- have a medical condition that affects eating or blood sugar
- have ever struggled with an eating disorder (choose a non-food fast instead)

Children and teens should not fast from food. They can join a social media or screen fast, or give up a treat. Stop any fast if you feel faint or unwell, and eat.

Ways to fast

Choose one, or combine two. Each is a way of giving up something you normally lean on and replacing it with prayer. (If you're not sure where to start, begin with a meal fast or a social media fast.)

• Regular fast

No food, only water, for as long as you set. Jesus said "when you fast," not "if" (Matthew 6:16-18). **This type should only be undertaken by healthy adults who have fasted before.**

• Partial fast (Daniel fast)

Give up certain foods and keep others. Fruit, vegetables, whole grains and water are the usual guide. A good first fast.

• Liquid fast

Juice, broth and water only. It's lighter than a regular fast but still needs care. Check with your doctor if you have any health concerns.

• Meal fast

Skip one or two meals and spend that time in prayer or Scripture. It's easy to fit into a work or school day, and it's the simplest way to begin.

• Social media fast

Log out, delete the apps, or silence notifications for the 40 hours. Every time you would have scrolled, pray instead. Anyone can do this, including teens and children.

• Screen and media fast

Give up TV, streaming, video games, news or podcasts. Use the time to read your Bible, listen to worship music, or sit quietly with your family.

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Praying while you fast

A fast without prayer is only a diet or a detox. Plan what you'll do with the time and attention you free up. Below are some suggestions to consider.

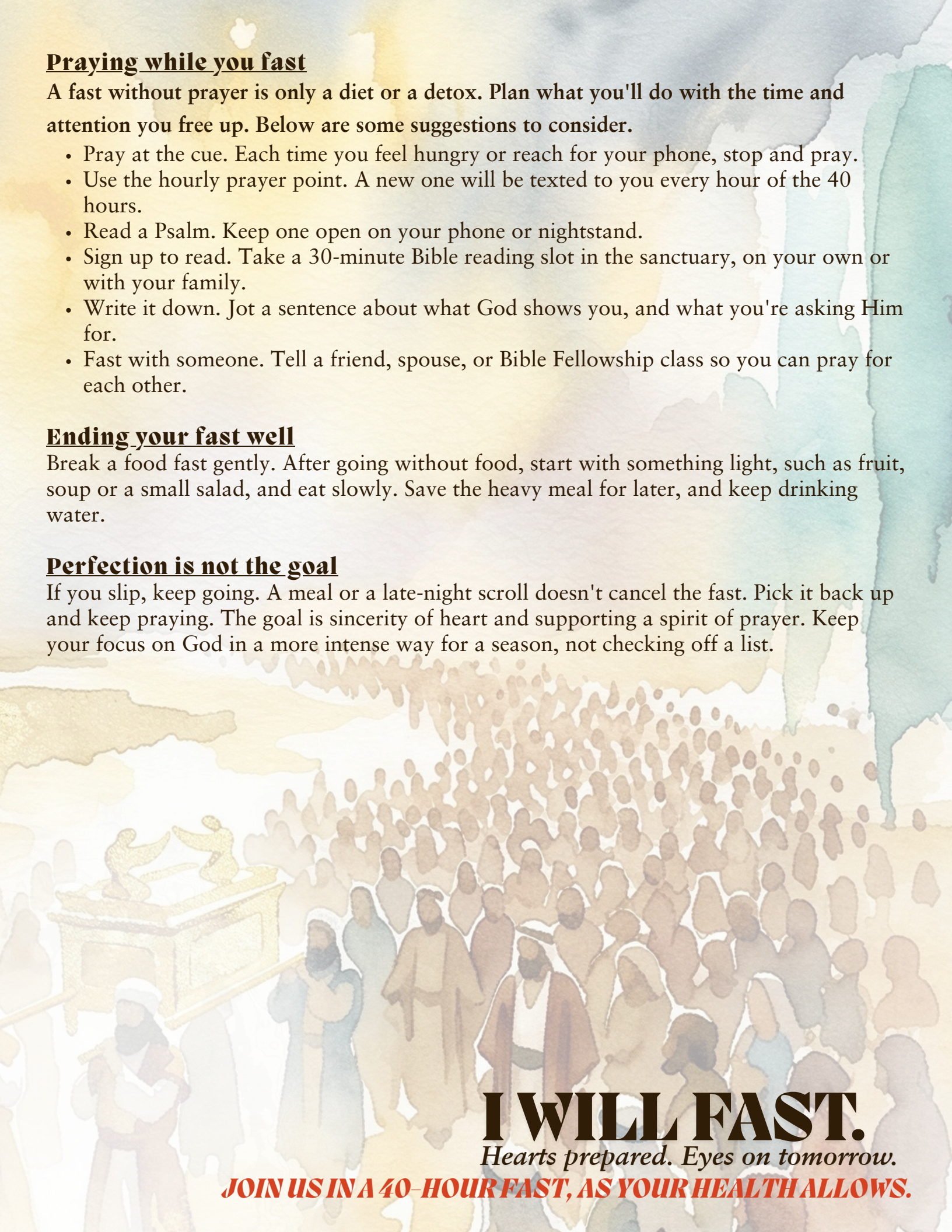
- Pray at the cue. Each time you feel hungry or reach for your phone, stop and pray.
- Use the hourly prayer point. A new one will be texted to you every hour of the 40 hours.
- Read a Psalm. Keep one open on your phone or nightstand.
- Sign up to read. Take a 30-minute Bible reading slot in the sanctuary, on your own or with your family.
- Write it down. Jot a sentence about what God shows you, and what you're asking Him for.
- Fast with someone. Tell a friend, spouse, or Bible Fellowship class so you can pray for each other.

Ending your fast well

Break a food fast gently. After going without food, start with something light, such as fruit, soup or a small salad, and eat slowly. Save the heavy meal for later, and keep drinking water.

Perfection is not the goal

If you slip, keep going. A meal or a late-night scroll doesn't cancel the fast. Pick it back up and keep praying. The goal is sincerity of heart and supporting a spirit of prayer. Keep your focus on God in a more intense way for a season, not checking off a list.



I WILL FAST.

Hearts prepared. Eyes on tomorrow.

JOIN US IN A 40-HOUR FAST, AS YOUR HEALTH ALLOWS.