



MY REASON FOR FASTING:

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Circle the type of fast and how many days a week you will fast:

Meals: Breakfast Lunch Dinner All

Days: Sun Mon Tue Wed Thu Fri Sat

Fast: Fruits & Vegetables Juice Water Media

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21

I believe that God wants me to hunger for Him more than anything else in this world. He alone can satisfy the longings of my heart and I desire to be aligned with His Kingdom and His will for my life. I am fasting to ask God to change me, my family, my church and my city. I commit myself to this fast and God's plans and purpose for my life.

Signed:

Date:

WHY DO WE FAST?

New Life Community Church begins each year with a time of fasting and praying. The purpose of this is to take our focus off of our earthly concerns and listen to what God has for us as both a church and as individuals in the new year.

Fasting is Biblical. Prayer and fasting is practiced regularly through the Bible. We see God's people in both the Old Testament and New Testament pray and fast in order to seek God's face and what He is calling them to. Read more about this in Nehemiah 9, Esther 4, and Matthew 4.

Fasting is expected. Jesus, when asked why his disciples didn't fast, said that "the time will come when the bridegroom will be taken from them; then they will fast." (Matt. 9:15) Notice that Jesus doesn't say his followers *might* fast but they *will* fast. He leads us as His followers to do the same!

HOW SHOULD I FAST?

We have several ways to practice God's command for us to fast. Pray about which one He is challenging you to do.

- **Water only fast** – while on this fast, you refrain from eating any food and drink only water (no other liquids).
- **Juice fast** – while on this fast, you drink juice made from fresh fruits and vegetables rather than eating solid foods.
- **Daniel fast** – based on Daniel's desire to fast seen in the Bible, this fast consists of consuming mainly fruits, vegetables, and water. *Be sure to check with your doctor before beginning one of these fasts.*
- **Media fast** – with our growing dependency on media, we often do not allow for a time of disconnection or silence. Choose one of the following items to fast from: TV, News, Movies, Music, Radio, Social Media, Video Games.

HOW IS PRAYER DIFFERENT DURING A FAST?

Fasting is empty without the main component of prayer. When we pray during a fast, we set aside our physical concerns and diligently seek the heart of God through life-changing prayer. Replace your regular mealtimes with times of prayer and meditating on God's Word.

ADDITIONAL RESOURCES

Download our free New Life Chicago App from the App Store!



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