

**January 8-28, 2024**



— *twenty-one days of* —  
**PRAYER & FASTING**

As a church family, we'll be praying and abstaining from certain food and drinks (modified to you) for 21 days.

(For example: No fast food, sodas, fried foods, alcohol, etc.)

**What is a Spiritual Fast?** In most cases a spiritual fast is avoiding food as you focus on prayer for a period of time. This can mean refraining from snacks between meals, skipping one or two meals a day, abstaining only from certain foods or drinks, or a total fast from all food for an entire day or longer.

For medical reasons, some people may not be able to fast from food altogether. In which case, they may choose to abstain only from certain foods, like sugar or chocolate, or from something other than food.

**What Fasting is not:**

Fasting is never to be a public display of spirituality—it is between you and God alone. To be clear, it's not something to discuss with others to either receive pity or in a bragging manner.

It is also not meant to isolate ourselves from a spouse... it is appropriate to be in agreement if you are avoiding foods, the Apostle Paul even says not to avoid sexual intimacy **EXCEPT** for fasting (yes I bolded that) Lol. 1 Corinthians 7:5.

**\*\*Do not stop any medications without consulting with your physician.**

Prayer and Fasting go together. You can pray without Fasting, but you cannot Fast without praying.

During this time, as a church, we will pray and fast throughout the day for the vision of ReIgnite Church.

Join us as we pray in one accord for the following:

- Find a church building that we can call home.
- Church-wide impact as we grow – We are in this together.
- Spiritual healthy families within our church.