## **A time to fast.**

###### **Matthew 9:15 - And Jesus said to them, "Can the wedding guests mourn as long as the bridegroom is with them? The days will come when the bridegroom is taken away from them, and then they will fast.”**

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###### **From Sept 20 to 30, 2017, we are inviting you to join fellow believers in ten days of fasting. The fast begins on sundown on September 20th and concludes at sundown on September 30th in alignment with our Jewish heritage.**

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###### **Fasting is one of the best ways to set yourself apart for a special season of seeking God. We don’t need to fast to receive grace from God, but it is one expression of faith that tangibly expresses our desire and desperation to encounter Him, be conformed to His image, and advance His Kingdom on the earth.**

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###### **Help! I've never fasted before**

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###### **Fasting can seem intimidating, especially if you have never done it before. However, fasting has been a normal Christian activity since the time of Christ. Fasting can be difficult at times, but the rewards spiritually and physically are definitely worth the risk and the effort. Fasting does not have to mean drinking only water in fact, there are many ways to fast.**

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###### **2 ideas for fasts that you may like you to consider for the 10 days of Prayer.**

###### **​-Water and Juice fast: Only water and fruit and vegetable juices**

###### **​-Daniel fast: no meat, no sugar, no animal products, no refined foods- a vegan fast**

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###### **In addition, you may want to take a media fast - abstaining from non-work related technology and from entertainment. This is a great complement to the other fasts and also an alternative for those who cannot fast from food.**

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###### **How Do I do this?**

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###### **Its easy! Here are some helpful guidelines to make this as easy as possible.**

###### **Begin on the evening of Sept 20th after your evening meal. End your fast around sundown on September 30th at the conclusion of The 10 Days of Prayer.**

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###### **Be clear with yourself. Decide in advance what you will do (Daniel fast, juice fast, media fast, etc.) and stick to it. Make it specific for yourself (Not eating Chinese food, drinking tea and coffee, checking Facebook, etc.) so that you’re not constantly wondering if you can do this or that.**

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###### **Wean yourself off of caffeine. Avoid the pain! Begin reducing consumption at least a week in advance to avoid headaches.**

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###### **Watch for ups and downs. In a fast, sometimes you feel great and sometimes you feel not so great. This is normal. Allow for extra time to rest and have grace for yourself and for others.**

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###### **Other Things to Consider**

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###### **Fasting is a voluntary discipline. You should enter into a fast of your own accord, not because of pressure from outside.**

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###### **Fasting is also best done in community. We strongly encourage you to fast with friends from your small group, local church, or prayer group during these 10 days. Meet periodically for prayer and check in on one another throughout.**

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###### **Children and pregnant or nursing mothers should not fast. If you’re taking prescription medications, please consult your health professional before entering into an extended fast. As a general rule, a Daniel fast is safer for diabetics or those on prescription medications.**

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###### **Please do your own research before you begin an extended fast. These following resources might be helpful...**

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###### **[www.billbright.com/howtofast/](http://www.billbright.com/howtofast/)**

###### [**www.daniel-fast.com**](http://www.daniel-fast.com)

###### [**www.ihop.org**](http://www.ihop.org) **Search: fasting guidelines**