

# Fast Forward!

2023

21

Day

Church Fast

January 9<sup>th</sup> ~ February 1<sup>st</sup>



16 "I pray that from his glorious, unlimited resources he will empower you with inner strength through his Spirit. 17 Then Christ will make His home in your hearts as you trust in Him. Your roots will grow down into God's love and keep you strong."

Ephesians 3:16-17

# Purpose of Fasting:

Fasting is a spiritual discipline to better connects us with God. The aim is to spiritually align ourselves with God and what He wants from our lives. As a church, we are fasting together in order to Grow Stronger in our relationship with God and to prepare ourselves to embrace God's plan and purpose for us in the coming year. It is my prayer that you will join us for 21 days, as we substitute our regular food intake with spiritual disciplines that help us better connect with God such as reading the Bible, praying, and journaling. The overall goal is to experience a genuine hunger for spending time with God. When you Focus more on the details of connecting with God than the details of your daily diet, you will discover the true blessings of fasting.



I want to encourage you to begin 2023 by journeying with us in a Church-wide fast. We will fast Monday, January 9 thru Wednesday, February 1st, 2023. Fasting in January is much like praying in the morning to establish the Will of God for your entire day. I believe that if we pray and seek God and give Him our first and best at the beginning of the year, He will honor the sacrifice and bless our ENTIRE year! Remember, fasting should never bring harm to the body. If you have concerns, be sure to consult your healthcare provider before beginning the LACC Fast or making any major dietary change.

Grace,

*Pastor Anthony L. Holmes, Sr.*

Senior Pastor, Loudon Avenue Christian Church

# Fasting Options:

**1. THE WIDOW'S FAST - 1 Kings 17:12**

Fasting so that other's needs will be met.

**2. THE DANIEL FAST - Daniel 1:12-20**

Fasting for good health and obedience towards God.

**3. THE SAMUEL FAST - 1 Samuel 7:1-8**

Fasting to win people to Christ and petition God to pour Himself out on Mankind.

**4. THE JOHN THE BAPTIST FAST - Matthew 3 & Luke 1:15**

Fasting for a stronger testimony and influence.

**5. THE SAINT PAUL FAST - Acts 9:9-19**

Fasting for wisdom and insight from God.

**6. THE EZRA FAST - Ezra 8:21-23**

Fasting to solve problems and seek protection.

**7. THE DISCIPLES FAST - Matthew 17:20-21**

Fasting to break addictions.

**8. THE ESTHER FAST – Esther 4:16**

Fasting for protection from the enemy.



# Fasting Options Cont.

**Option #1:** Abstain from all foods and drinks.

***Focus:*** For wisdom and Insight from God. (St. Paul Fast)

**Option #2:** Fruits and Vegetables Only. ***Focus:*** For good health and obedience towards God. (Daniel Fast)

**Option #3:** Abstain from all sodas and sweets; Natural sweeteners and fruits are okay. ***Focus:*** To solve problems and seek protection from the evil one. (Ezra & Esther Fasts)

**Option #4:** Abstain from all types of fried foods and breads. ***Focus:*** To win people to Christ, Fasting so that others needs will be met; for stronger testimony and influence. (Samuel, Widows and John the Baptist Fasts)

**Option #5:** Abstain from meats and sweets. ***Focus:*** Fasting to break addictions and every yoke. (Disciples and Elijah Fasts)

**\*You may choose to fast during a certain time period each day or to Fast by abstaining from certain foods and/or activities.**



# SUGGESTED FOOD GUIDELINES

**WHOLE GRAINS:** Brown Rice, White Rice

**LEGUMES:** Dried Beans, Lima, Northern, Garbanzo, Pinto, Red, Black, Kidney, Great Northern, Navy, Split Peas, Lentils, Black-eyed Peas

**NUTS:** Almonds, Peanuts, Pecans, Sunflower Seeds.

**FRUITS:** Apples, Apricots, Avocado, Applesauce, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries, Cranberries, Currants, Dates, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Nectarines, Kiwi, Lemons, Limes, Mangos, Mandarin Oranges, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangerines, Watermelon.



# SUGGESTED FOOD GUIDELINES

**VEGETABLES:** Artichokes, Asparagus, Beets, Broccoli, Brussel Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chill Peppers, Collard Greens, Corn, Cucumbers, Dandelion Greens, Eggplant, Endive, Garlic, Ginger Root, Green Beans, Kale, Leeks, Lettuce, Mixed Vegetables, Mushrooms, Mustard Greens, Okra, Onions, Parsley, Peas, Potatoes, Popper, Pumpkin, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet Potato, Tomatoes, Turnips, Watercress, Wax Beans, Yams, Zucchini.

**LIQUIDS:** Spring water, Distilled water, 100% All-natural fruit juices, 100% All-natural vegetable juices.

**OILS:** Herbs; Olive Oil; Salad Dressings: Vinaigrette (Homemade using Vinegar, Olive Oil and Herbs), Homemade French & Italian.

**SWEETENERS:** Honey, Maple Syrup.



# Daily Devotional:

## Day 1 - Jan 9 - Prayer Focus: Direction

Scriptures: Gen. 1-2, Matt. 1-2:12, Ps. 1:1-6, Prov. 1:1-6

## Day 2 - Jan 10 - Prayer Focus: Understanding

Scriptures: Gen. 3-4, Matt. 2:13-3:6, Ps. 2:1-12, Prov. 1:7-9

## Day 3 - Jan 11 - Prayer Focus: Wisdom & Faith

Scriptures: Gen. 5-7, Matt. 3:7-4:11, Ps. 3:1-8, Prov. 1:10-19

## Day 4 - Jan 12 - Prayer Focus: Renewed Mind

Scriptures: Gen. 8-10, Matt. 4:12-25, Ps. 4:1-8, Prov. 1:20-23

## Day 5 - Jan 13 - Prayer Focus: Balance

Scriptures: Gen. 11-13:4, Matt. 5:1-26, Ps. 5:1-12, Prov. 1:24-28

## Day 6 - Jan 14 - Prayer Focus: Divine Purpose

Scriptures: Gen. 13:5-15, Matt. 5:27-48, Ps. 6:1-10, Prov. 1:29-33

## SABBATH | Jan 15

## Day 7 - Jan 16 - Prayer Focus: Health

Scriptures: Gen. 16-18:15, Matt. 6:1-24, Ps. 7:1-17, Prov. 2:1-5

## Day 8 - Jan 17 - Prayer Focus: Finance & Provision

Scriptures: Gen. 18:16-19, Matt. 6:25-7:14, Ps. 8:1-9, Prov. 2:6-15

## Day 9 - Jan 18 - Prayer Focus: Spiritual Gifts

Scriptures: Gen. 20-22, Matt. 7:15-29, Ps. 9:1-12, Prov. 2:16-22

## Day 10 - Jan 19 - Prayer Focus: Discipleship

Scriptures: Gen. 23-24:51, Matt. 8:1-17, Ps. 9:13-20, Prov. 3:1-6

## Day 11 - Jan 20 - Prayer Focus: Intentional Living

Scriptures: Gen. 24:52-26:16, Matt. 8:18-34, Ps. 10:1-15, Prov. 3:7-8

# Daily Devotional:

## **Day 12 - Jan 21 - Prayer Focus: Families**

Scriptures: Gen. 26:17-27, Matt. 9:1-17, Ps. 10:16-18, Prov. 3:9-10

## **SABBATH | Jan 22**

## **Day 13 - Jan 23 - Prayer Focus: Church & Community**

Scriptures: Gen. 28-29, Matt. 9:18-38, Ps. 11:1-7, Prov. 3:11-12

## **Day 14 - Jan 24 - Prayer Focus: Evangelism**

Scriptures: Gen 30-31:16, Matt. 10:1-23, Ps. 12:1-8, Prov. 3:13-15

## **Day 15 - Jan 25 - Prayer Focus: Poverty/Food Deserts**

Scriptures: Gen. 31:17-32:12, Matt. 10:24-11:6, Ps. 13:1-6, Prov. 3:16-18

## **Day 16 - Jan 26 - Prayer Focus: Social Justice**

Scriptures: Gen. 32:13-34, Matt. 11:7-30, Ps. 14:1-7, Prov. 3:19-20

## **Day 17 - Jan 27 - Prayer Focus: Church Universal**

Scriptures: Gen. 35-36, Matt. 12:1-21, Ps. 15:1-5, Prov. 3:21-26

## **Day 18 - Jan 28 - Prayer Focus: Unity**

Scriptures: Gen. 37-38, Matt. 12:22-45, Ps. 16:1-11, Prov. 3:27-32

## **SABBATH | Jan 29**

## **Day 19 - Jan 30 - Prayer Focus: Global Health Crisis**

Scriptures: Gen. 39-41:16, Matt. 12:46-13:23, Ps. 17:1-15, Prov. 3:33-35

## **Day 20 - Jan 31 - Prayer Focus: School System**

Scriptures: Gen. 41:17-42:17, Matt. 13:24-46, Ps. 18:1-15, Prov. 4:1-6

## **Day 21 - Feb 1 - Prayer Focus: Government**

Scriptures: Gen. 42:18-43, Matt. 13:47-14:12, Ps. 18:16-36, Prov. 4:7-10



# Daily Encouragement:

Join us every evening during our 21 Day Fast at 7:30pm  
For a brief encouraging devotional and prayer led by  
Pastor Holmes and LACC leaders.

Dial-In: 712-832-8330

Pin: 2206845#



# Things To Remember While You Fast:

- 1. Fasting Is Personal:** Choose a fast that best fits you and will help grow your relationship with God!
- 2. Fasting is Spiritual:** The goal is not simply to remove food from your diet or activities from your life, but rather to add intentional moments of prayer, scripture reading, meditation, and service to your daily walk with The Lord!
- 3. Fasting Is Challenging:** Anytime we seek to grow closer to God, there will be opposition from the enemy. Do NOT feel like you're alone! Prayer Is Important as well as leaning on fellow believers. Remember...***WE GROW TOGETHER!!!***
- 4. Fasting Is Worth It:** Our growing relationship with God is only the beginning, the reward we receive from faithfully trusting God while fasting is an even greater blessing.



# My Fast Covenant:

During my fast, I will be praying for: \_\_\_\_\_

I will begin fasting: \_\_\_\_\_ and end on \_\_\_\_\_.

I believe that God is the only answer to my prayers and that fasting will help my relationship with God **GROW STRONG**. With a closer relationship with God as my goal and Jesus Christ as my source of strength, I commit to *Fast Forward!*

Signed: \_\_\_\_\_ Date: \_\_\_\_\_



LOUDON AVENUE CHRISTIAN CHURCH

# Growing Strong!

2023

- 16 "I pray that from his glorious, unlimited resources he will empower you with inner strength through his Spirit.
- 17 Then Christ will make His home in your hearts as you trust in Him. Your roots will grow down into God's love and keep you strong."

Ephesians 3:16-17

