

Fast Forward!

2024

21

Day Churchwide
Fasting & Prayer



JANUARY 8TH ~ JANUARY 31ST

And then Jesus told them,
“Go into all the world and preach
the Good News to everyone.”

Mark 16:15



GROWING OUT!

Purpose of Fasting:

Fasting is a spiritual discipline that better connects us with God. We aim to align ourselves with God spiritually and what He wants from our lives. As a church, we are fasting together to continually Grow Forward in our call to Kingdom work, Grow Stronger in our relationship with God, and GROW OUT into the community that we are called to serve and make an impact in the name of our Lord. It is my prayer that you will join us for 21 days, as we substitute our regular food intake, spending habits, social engagement through technology, and more with spiritual disciplines that help us better connect with and serve God such as reading the Bible, praying, journaling, community service projects, and daily service goals. The overall goal is to experience a desire for the presence of God. Focusing on God rather than the details of your daily diet or routines will help you discover the true blessings of fasting.



I want to encourage you to begin 2024 by journeying with us in this Church-wide fast. We will fast Monday, January 8 thru Wednesday, January 31st, 2024. 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

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Fastíng 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 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.



Alternative Fasts Besides Food:

When choosing something to fast from, it's important that it is meaningful to you. It is not necessarily what item you give up, but more about what that item means to you and how sacrificing time away from it reminds you of the need to stay focused on the Lord. For example, it might be a bigger sacrifice for you to give up a favorite TV Show or Technology, rather than food.

Television

If you find television to be a challenge for you, then giving up watching television for a certain time can be a meaningful shift.

Video Games

You may spend hours in front of the TV or computer with a favorite game. By giving up playing games, you can instead focus that time on God.

Social Media

Social media sites like Facebook and Instagram are a major part of daily life for millions. Most check into sites several times a day. By fasting from these sites, you can reclaim time to devote to your faith and your connection to God.

Cell Phone

Fasting your time on the cell phone or giving up text messaging may be a challenge, but every time you think about texting someone, you'll definitely remind yourself to focus on God.



Alternative Fasts Besides Food:

When choosing something to fast from, it's important that it is meaningful to you. It is not necessarily what item you give up, but more about what that item means to you and how sacrificing time away from it reminds you of the need to stay focused on the Lord. For example, it might be a bigger sacrifice for you to give up a favorite TV Show or Technology, rather than food.

Financial Fast

For 21 Days, you will refrain from any non-emergency or non-essential spending. An emergency (or essential item) is defined as food, hygiene, school supplies, cleaning supplies, and medicine/medical supplies only.

This includes:

- No going to the mall, retail establishments, online, or window shopping.
- No restaurant, carry out or delivery meals including fast food and coffee.
- No movies or purchasing gifts or gift cards.
- No credit card or debit card use. Use cash only.



Daily Devotional:

Day 1 - Jan 8 - Prayer Focus: Direction

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

Day 2 - Jan 9 - Prayer Focus: Understanding

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

Day 3 - Jan 10 - Prayer Focus: Wisdom & Faith

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

Day 4 - Jan 11 - Prayer Focus: Renewed Mind

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

Day 5 - Jan 12 - Prayer Focus: Balance

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

Day 6 - Jan 13 - Prayer Focus: Divine Purpose

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

SABBATH REST | Jan 14 (BREAK FROM FAST)

Day 7 - Jan 15 - Prayer Focus: Health

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

Day 8 - Jan 16 - 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 17 - Prayer Focus: Spiritual Gifts

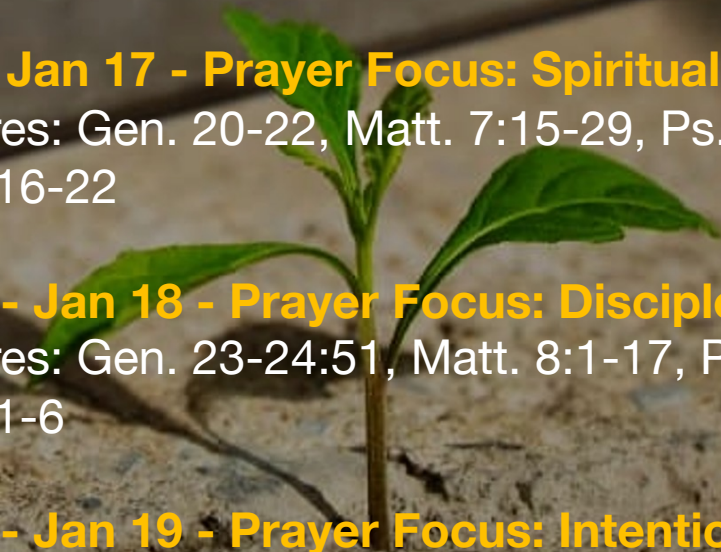
Scriptures: Gen. 20-22, Matt. 7:15-29, Ps. 9:1-12, Prov. 2:16-22

Day 10 - Jan 18 - Prayer Focus: Discipleship

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

Day 11 - Jan 19 - 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 20 - Prayer Focus: Families

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

SABBATH REST | Jan 21 (BREAK FROM FAST)

Day 13 - Jan 22 - Prayer Focus: Church & Community

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

Day 14 - Jan 23 - Prayer Focus: Evangelism

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

Day 15 - Jan 24 - 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 25 - Prayer Focus: Social Justice

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

Day 17 - Jan 26 - Prayer Focus: Church Universal

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

Day 18 - Jan 27 - Prayer Focus: Unity

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

SABBATH REST | Jan 28 (BREAK FROM FAST)

Day 19 - Jan 29 - 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 30 - Prayer Focus: School System

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

Day 21 - Jan 31 - 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 at 7:30pm during our 21-Day Fast for a brief encouraging devotional and prayer led by Pastor Holmes and LACC leaders.

Dial-In: 712-832-8330

Pin: 2206845#

GROWING OUT!



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 faith in God to GROW OUT into the community and make an impact on The Kingdom. With a closer relationship with God as my goal and Jesus Christ as my source of strength, I commit to *Fast Forward!*

Signed: _____ Date: _____

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LOUDON AVENUE CHRISTIAN CHURCH

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GROWING OUT!

"And then Jesus told them, "Go into all the world and preach the Good News to everyone."

Mark 16:15 (NLT)

