



THE FAME CHURCH-WIDE THREE-WEEK FAST

What is Spiritual Fasting?

Fasting is the practice of denying oneself food in order to concentrate on a relationship with God.

The Purpose of Spiritual Fasting

While many people fast to lose weight, dieting is not the purpose of a spiritual fast. Instead, fasting provides unique spiritual benefits in the life of the believer.

Fasting requires self-control and discipline as one denies the natural desires of the flesh. During spiritual fasting, the believer's focus is removed from the physical things of this world and intensely concentrated on God. Put differently, fasting directs our hunger toward God. It clears the mind and body of earthly attentions and draws us close to God. So, as we gain spiritual clarity of thought while fasting, it allows us to hear God more clearly. Fasting also demonstrates a profound need for God's help and guidance through complete dependence upon him.

Examples of Spiritual Fasting:

Old Testament

- Moses fasted 40 days on behalf of Israel's sin: Deuteronomy 9:9, 18, 25-29; 10:10.
- David fasted and mourned the death of Saul: 2 Samuel 1:12.
- David fasted and mourned the death of Abner: 2 Samuel 3:35.
- David fasted and mourned the death of his child: 2 Samuel 12:16.
- Elijah fasted 40 days after fleeing from Jezebel: 1 Kings 19:7-18.
- Ahab fasted and humbled himself before God: 1 Kings 21:27-29.
- Darius fasted in concern for Daniel: Daniel 6:18-24.
- Daniel fasted on behalf of Judah's sin while reading Jeremiah's prophecy: Daniel 9:1-19.
- Daniel fasted regarding a mysterious vision from God: Daniel 10:3-13.
- Esther fasted on behalf of her people: Esther 4:13-16.
- Ezra fasted and wept for the sins of the returning remnant: Ezra 10:6-17.
- Nehemiah fasted and mourned over the broken walls of Jerusalem: Nehemiah 1:4-2:10.
- The people of Ninevah fasted after hearing the message of Jonah: Jonah 3.



THE FAME CHURCH-WIDE THREE-WEEK FAST

Examples of Spiritual Fasting (continued):

New Testament

- Anna fasted for the redemption of Jerusalem through the coming Messiah: Luke 2:37.
- Jesus fasted 40 days before his temptation and the beginning of his ministry: Matthew 4:1-11.
- The disciples of John the Baptist fasted: Matthew 9:14-15.
- The elders in Antioch fasted before sending off Paul and Barnabas: Acts 13:1-5.
- Cornelius fasted and sought God's plan of salvation: Acts 10:30.
- Paul fasted three day fast after his Damascus Road encounter: Acts 9:9.
- Paul fasted 14 days while at sea on a sinking ship: Acts 27:33-34.

What Is The FAME Church-Wide Three-Week Fast?

We believe that fasting releases the anointing, the favor, and the blessing of God in the life of a Christian. We believe that God calls on a Christian Disciple to give, pray, and fast.

Our three-week fast begins **Monday, January 10th**, and ends on the last day of the month, **Monday, January 31st**. We will have a church-wide celebration of our season of prayer and fasting at our Tuesday evening Bible Study on February 1st at 7:00 PM.

How can I participate in the FAME Church-Wide Three-Week Fast?

Level One: No food for three weeks. Plenty of water and other liquids, such as juice or clear broth as needed.

Level Two: No food for an entire 24-hour period (one day), once a week for the three weeks of the fast.

Level Three: Consume no food between the hours of 6:00 AM and 6:00 PM every day for three weeks.