

# Fasting Guide

## WHAT IS FASTING?

Fasting is a spiritual discipline taught in the Bible, which helps our spiritual growth. Jesus expected His followers to fast and in the early church in Acts, the Disciples often fasted before making any important decisions.

Fasting is voluntarily to reduce or eliminate food intake for a specific time and purpose, humbling ourselves before God and feasting on Him instead. It is not about twisting God's arm, or a formula for getting through to Him, or punishing our bodies, rather it's about taking our eyes off the things of this world and focusing on God instead, demonstrating that we are serious about our relationship with Him.

Although fasting in Scripture is mostly fasting from food, there are other ways to fast. Anything you can temporarily give up in order to focus better on God can be considered a fast.

## PRACTICAL CONSIDERATIONS WHEN FASTING FOOD

- **If you have any medical conditions or are on any medication that you think could be affected by fasting, you should consult your GP.**
- Set aside ample time to be alone with the Lord and His Word. Why not use the time with God that you would have spent preparing food and eating it?
- It is important to drink plenty of fluid. Fasting is going without food, not without drink.
- Be careful about how much strenuous activity or driving you undertake when going without food.



*'No one pours new wine into old wineskins. Otherwise, the wine will burst the skins, and both the wine and the wineskins will be ruined. No, they pour new wine into new wineskins.'*

*Mark 2:22*

During this half week of Prayer and Fasting, we will be gathering in a variety of ways, online, at home, and outside, to continue to pray into 'What's next for New Life?' It's been helpful to read your feedback (thank you!), and over these three days we will be asking God what His 'new wineskin' means for us in the areas of **Wholeness, Worship, and Witness**. We'd like to encourage people to post prayers/pictures/words to our prayer page on 'trello'. See the weekly email on 11th September for details of how to do that. Alternatively, do contact the church office.

## Tuesday: Wholeness

- **MORNING**  
**Extra Base Camp Worship Video:** watch and worship on [YouTube](#) and [Facebook](#)
- **DAYTIME:**  
**Make contact** with one person or family from the church you haven't spoken to in while—by phone, email, text, video call or write a card or visit if appropriate. Be an encouragement and pray with or for them.
- **EVENING:**  
**7.30 pm Zoom Worship and prayer.** Join together on Zoom to worship and pray. Zoom details are in the church weekly email sent on 11th September.
- **CHILDREN'S ACTIVITY:**  
Each child/person will need a tube. You can decorate this if you like, but the object of the tube is to look through it and thank God for whatever you see. It could be an object or a person, it could even be a pet. Whatever you see through the tube say a prayer of thanks to God and then look again. See how many things you can thank God for.

## Wednesday: Worship

- **MORNING:**  
**Extra Base Camp Worship Video:** watch and worship on [YouTube](#) and [Facebook](#)
- **DAYTIME:**  
**Cafe Worship.** Meet one other person for coffee (In person or online). Share what God is doing in your life and pray for each other.

- **EVENING:**  
**7.30 pm Zoom Worship.** Join together on Zoom to worship and pray. Zoom details are in the church weekly email sent on 11th September.
- **CHILDREN'S ACTIVITY:**  
Can you find a wooden spoon, pan, tray, or musical instrument and join in with this song <https://www.youtube.com/watch?v=yMN8Z7wbIXY> ?

## Thursday: Witness

- **MORNING:**  
**Extra Base Camp Worship Video:** watch and worship on [YouTube](#) and [Facebook](#)
- **DAYTIME:**
  - a) Random acts of kindness.** Today go out and do something different for someone – Post a note through someone's door or put it on their car window. Send an email or letter to a friend. Take someone for coffee or pay for someone's drink in the line. Leave a prayer behind for the person clearing your table at a café. Let us share God's love in different ways today.
  - b) Walk to your door** – for those unable to join Zoom or a prayer walk – pray for those around you. As you walk to your front door, pray for your neighbours, pray for those who pass your house, pray for those working in your street. Maybe sit by your door so you can be a light shining in your location. Put a sign in your window to bless those who walk past. Take time today to be a witness where you are. There will be a pre-made sign for those who would like one.
  - c) Daytime Prayer walk** – in groups of up to 6 people, choose a location to pray for. Walk to this location and pray for the people inside.
- **EVENING:** choose either...
  - a) 7.30 pm Zoom prayer** – Join together on Zoom to worship and pray. Zoom details are in the church weekly email sent on 11th September.
  - b) Evening Prayer walks** – organise a walk with up to 5 other people socially distanced. Pray for schools, hospital, high street, council, churches, elderly homes etc...walk to these location/s and pray for those within them.
- **CHILDREN'S ACTIVITY**  
**Random Acts of Kindness**
  - a) Post a letter or note to a neighbour.
  - b) Help your mum or dad around the house.
  - d) **ZOOM** - after school Ignite zoom @ 4:30pm.