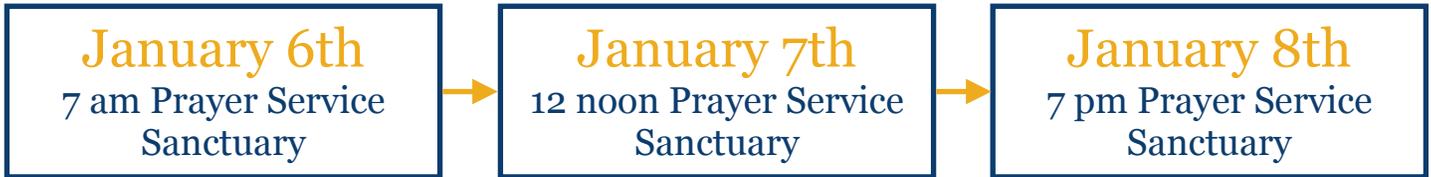


# Fasting MENU



TASTE AND SEE THAT THE LORD IS GOOD!



## APPETIZERS *Beginning the Practice* ENTREES *Continuing the Practice*

### 24-hour Fast: 6pm to 6pm

*We are inviting our church family to fast from January 6th - 8th. Those who discern the Lord leading them to this type of fast could do so from 6pm January 7th until 6pm January 8th.*

### 3-day Fast during daylight hours

*We are inviting our church family to fast from January 6th - 8th. Those who discern this type of fast could abstain from eating during daylight hours from January 6th - 8th.*

### Full-day Fast

*We are inviting our church family to fast from January 6th - 8th. Those who discern this type of fast could do so from their evening meal on January 6th until a morning meal on January 8th.*

### 3-day Fast

*We are inviting our church family to fast from January 6th - 8th. Those who discern this type of fast could do so from their evening meal on January 5th until the evening meal on January 8th.*

**FASTING** is a spiritual discipline taught by Jesus that has been practiced by his followers since the time of his ministry on earth. The LORD may use fasting in different ways with different people, but the practice generally has two purposes: to focus our whole selves in relating to God, and to expose the true condition of our hearts. For this reason, the practice of fasting is always accompanied by patient reading of the Word and ample time spent in prayer. Merely abstaining from food is not fasting; a purpose to seek the LORD in prayer and meditation on his Word sets fasting apart as a spiritual discipline that yields great fruit.

## THE WORD

*“Man shall not live by bread alone, but by every word that comes from the mouth of God.” - Matthew 4:4*

### Bible Resource Available:

The One Year Bible *ESV*

The Bible Project Reading Plans



The NT in 24 Weeks Plan



## DEVOTIONALS

*Daily devotionals can be very helpful to focus the mind and heart on a day of fasting. Consider these resources available at TWC:*

### Church-Wide Study:

Rejoicing in Christ by Michael Reeves

In the Lord I Take Refuge by Dane Ortlund (Psalms Devotional)

New Morning Mercies by Paul David Tripp