

## // Introduction

We are taking time as a church over the next 40 days to prepare our hearts for what God has in store this year by fasting, praying, & digging deeper into God's Word.

We believe that doing so, positions us a church body & as individuals to hear the voice of God more clearly & to bring us to a place of complete & total surrender; recognizing He is our source in everything.

*"If my people, who are called by my name, will humble themselves & pray & seek my face & turn from their wicked ways, then I will hear from heaven & will forgive their sin & will heal their land." - 2 Chronicles 7:14*

## // Things to Pray for

### **Dependence on God**

For a greater dependance on Him & the recognition that He is our source & provision for everything.

### **Sphere of Influence**

For salvation, health, & provision for those in your sphere of influence including friends, family, & co-workers.

### **Eastside Church**

For staff, the congregation, finances, provision, new building, Back Creek Christian Academy & Charis Bible College.

### **Our Country**

Wisdom for federal, state & local government officials.



## // How to Participate

### 1. Prayer

Be committed to pray every day for the next 40 days. Remember that prayer is an exchange between us and our loving Father, it is not about us getting our way with God, but about God having His way in us. (Matthew 6:9,10) We will be emailing you weekly over the 40 days with prayer points & scriptures.

### 2. Fasting

We believe a true, Biblical fast is when you fast food. It might be a meal, several meals, or a period of days without meals. Ask the Holy Spirit what it is you need to fast. Maybe it's all food, coffee, sugar or maybe even meat. Ask & respond with a heart that says, "Father, I want you & nothing else." Fasting is about the condition of the heart (Is. 58:5-11) & seeking God's face in place of your "daily bread" to sustain you.

It is important to point out that consecration is different than fasting, but has value & can be done during this time as well. Maybe it is choosing to push pause on an activity you love such as sports, TV, or social media. Again, ask the Holy Spirit to guide you into what the "ask" is for you.

### 3. The Word

Spend time reading & listening to His Word. We have a Bible reading plan available online or in paper format for you if you are looking for a place to start. His Word is alive & active & if you are willing He will show you great & mighty things!

## // Practical Tips for Fasting

Although fasting is primarily a spiritual discipline, it begins in the physical realm. You should not fast without specific physical preparation. If you plan on fasting for several days, you will find it helpful to begin by eating smaller meals before you abstain altogether.

Resist the urge to have that "last big feast" before the fast. Cutting down on your meals a few days before the fast will signal your mind, stomach, & appetite that less food is acceptable.

Some health professionals suggest eating only raw foods for two days before starting a fast. It is also recommended weaning yourself off caffeine & sugar products to ease your initial hunger or discomfort at the early stages of your fast.

Headaches & a general feeling of weakness are usually from dehydration. We are used to drinking a certain amount of water in a day, but we forget the foods we eat also provide fluids. During a fast you should try to drink at least 1/2 your body weight in ounces of water.

### Breaking the Fast

Experts agree that "breaking the fast" is the critical phase of fasting. While your body is in the resting mode, your stomach shrinks & your intestines become idle, so solid food must be re-introduced very slowly.

### Drink Lots of Fluids

Continue drinking lots of fluids. Re-introduce food by eating small meals or raw or pureed foods. Avoid foods high in protein, fats, or sugars initially. Then begin to re-introduce your normal diet slowly.

### Important

In spite of the absolute safety & benefits of fasting, there are certain persons who should never fast without professional supervision, including but not limited to people with the following characteristics:

- Prone to anorexia, bulimia or other eating disorders
- Weak or anemic
- Thin or emaciated
- Tumors, bleeding ulcers, cancer, blood diseases or heart disease
- Chronic problems with kidneys, liver, lungs, heart or other organs
- Diabetes, hyperglycemia or other blood sugar issues
- Pregnant or nursing