

CALVARY CHAPEL NAUGATUCK CHURCH FAST

FASTING FOCUS-

Fasting is a spiritual discipline designed to better connect us with God. It's all about aligning ourselves with God and what He really wants to do. As a church, we are fasting together in order to deepen our relationship with God as well as get in step with His PLAN and His PURPOSE for us during this coming year. Over the next 21 days, we will sacrifice one meal a day and focus on—reading the Bible, praying and journaling. The overall goal is to experience more of God in our lives, in our Church, and in our community. Remember, the idea is to be realistic not legalistic. Focus more on the details of connecting with God rather than the “right” words or methods. God wants your heart poured out to Him using whatever words that may entail.

FASTING FRAMEWORK-

Monday January 7 to Sunday January 27--- This is a type of “Daniel Fast” based on the 21 day length. This is located in Daniel 10. This is really a partial fast since we are removing one meal per day. If you have some kind of condition that will prohibit you from taking part in our fast, there are other options. You could choose to remove something from your daily routine (television, internet, sports, etc). The important thing to remember and realize is that the details are not as important as the heart and spirit behind the fasting. If you have a known medical condition, or you are pregnant or nursing then you may not want to take part in the food part of this fast but you may want to fast from something else. If you have any reservations at all please consult your doctor before beginning the fast.

FASTING FINEPOINTS-

During this 21 day fast you are committing to an abstinence from one meal of food per day (or some other type of daily sacrifice). During this time of food denial the idea is to “fill” yourself on God. The idea is to pray, bible read, and journal during your time of fasting. **PRAY-** in case you find yourself needing help on what to pray for there is a Prayer and Fasting Calendar to help with your prayer times should you need it. **BIBLE READING-** During this time you also will be committing to truly living out Jesus’ words “...man does not live on bread alone, but on every word that comes from the mouth of God.” **JOURNAL-** God is going to work in amazing ways if you choose to participate in this Fast. Many times after seasons of prayer and fasting come direction, blessing, and power. We can sometimes forget what and how God is working unless we journal it or write it down somewhere, that is why this is strongly encouraged to do during your fast.

—Circle-- **YES or NO**--- just rip this part off and place it in the offering box by **Sun 1/6** so that we know about how many will be taking part in this fast. No Names Needed.

January 2013 Fasting and Prayer Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7 You (guidance, direction, strength, comfort, etc)	8 Family (protection, salvation, wisdom, etc)	9 Friends (salvation, guidance, influence, etc)	10 Job (thankfulness, new, coworkers, strength etc)	11 Finances (stewardship, responsibility, love of, generosity, etc)	12 Thankfulness (for friends, family, provision, health, etc)
13 Calvary (protection, provision, pastor, families, Naugatuck, etc)	14 You (guidance, direction, strength, comfort, etc)	15 Family (protection, salvation, wisdom, etc)	16 Friends (salvation, guidance, influence, etc)	17 Job (thankfulness, new, coworkers, strength etc)	18 Finances (stewardship, responsibility, love of, generosity, etc)	19 Thankfulness (for friends, family, provision, health, etc)
20 Calvary (protection, provision, pastor, families, Naugatuck, etc)	21 You (guidance, direction, strength, comfort, etc)	22 Family (protection, salvation, wisdom, etc)	23 Friends (salvation, guidance, influence, etc)	24 Job (thankfulness, new, coworkers, strength etc)	25 Finances (stewardship, responsibility, love of, generosity, etc)	26 Thankfulness (for friends, family, provision, health, etc)
27 Calvary (protection, provision, pastor, families, Naugatuck, etc)	28	29	30	31		

**You could read the Book of John...If you read one chapter a day you will finish the Book of John during the Fast!*