

# FASTING TOGETHER

## VISION

We believe God's inviting our church to seek Him for breakthrough in our city and a move of His Spirit among the people of Fort Collins. Toward that end, we've set aside Mon 4/3 - Sun 4/9 for fasting and prayer. In the Bible we see people fasting (*not eating food for a period of time in order to heighten our hunger for the things of God*) in 3 main ways: a fast from food and only drinking water, a partial fast (*only drinking juice or only eating vegetables*), and an absolute fast (*fasting from all foods and liquids*). We also believe that abstaining from things such as media, though not true biblical fasts, carry a similar heart and can achieve many of the same results. Let's walk in expectancy as a people for all that God wants to do during this time of fasting.

Chris Mirabito  
LEAD PASTOR

## PLANNING YOUR FAST

- What are you fasting for? (*Check out the prayer on the back for help.*)
- When will you begin/end your fast?
- What will you fast from? Will you drink water only (a water fast), water and juice (a juice fast), or abstain from something else specifically?
- How will you schedule your time to make room for worship and prayer? (*You're invited to join us at the church offices for daily 12pm prayer times Mon - Fri and either of our 6:30am times on Thurs and Sun. 134 W. Harvard #1*)

## HOW TO PREPARE

- Resist the urge to have a final "food gorge" before you begin.
- Weaning yourself off of caffeine and sugar ahead of time makes the fast easier on your body.
- Guard your schedule and don't make tons of extra plans during the fast.
- These people should not fast: *women who are pregnant or nursing, people dealing with an eating disorder such as anorexia or bulimia, individuals with blood sugar problems such as hyperglycemia and diabetes, people taking heavy medications that require food. If you have a specific health concern, consult a physician before fasting.*



## PRACTICAL TIPS FOR YOUR FAST:

- Replace your eating times with reading your Bible, worship, and prayer.
- Get plenty of rest & drink plenty of water
- If you are doing a juice fast, make sure and only drink 100% juice. (Juice cocktails typically contain extra sugars) The more acidic juices like orange juice can be hard on your stomach. Apple juice is a good option.
- Most people experience headaches, hunger pains, irritability, etc. in the first stages of fasting. Your body is detoxing. This is normal. Keep going!

## BREAKING YOUR FAST:

- Don't overeat. Eat a small portion. Avoid fast food and heavy greasy food.
- Fruits and vegetables are the best foods to eat after a fast. Light soups are also good.
- The longer the fast, the more careful you need to be when breaking the fast. A good rule of thumb is one day of a specialized diet for every 5 days of fasting.

## CORPORATE PRAYER

Father, you say to pray, "Your kingdom come, Your will be done, on earth as it is in heaven." We ask right now for the kingdom to advance in Fort Collins. For righteous people and businesses in our city, would they prosper and find favor today. For the unrighteous in our city, would Godliness win the day and You reveal Yourself in each and every situation. We ask for Your will to be made known to Your church and it's people. In every area where the ways of heaven are not represented in our city, would they break forth today. Help us O Lord to show the fruits of the Spirit to those in need. We partner with you in prayer believing and knowing You do above and beyond what we can ask, think or imagine. Come God! Amen.

## SUNDAY, APRIL 9 DETAILS

As a reminder we will break the fast on Sunday, April 9th at City Park. Our service that day will be at 10:30am with a potluck to follow at 11:30am.

Connected to a Life Group? Ask your leader what to bring to the potluck.

Not Connected to a Life Group? Just bring something to share.

Questions? Email [info@antiochfc.org](mailto:info@antiochfc.org) or call 970-281-7757