



## Corporate Fast

FEB 22 - APRIL 6 // 2012

February 19, 2012

### 1// FAST ONE THING

Fasting something that you drink, eat, or do daily (like sweets, coffee, TV, etc.). This needs to be something that 1) is a sacrifice and 2) you do/eat often enough to be a constant reminder to you that you are in a season of fasting. Have a verse of Scripture or a one-sentence prayer that you will say every time you desire the thing you are fasting.

In some traditions, Sundays are a "feasting" day where you can break from your fast. This allows Sunday to be a celebration day and for you to really enjoy whatever it is that you are fasting in moderation. You may choose to use this rhythm or to fast for the entire six weeks.

### 2//FAST FOOD WED.

That is fasting food, not fast food. We are fasting food during the day on Wednesdays. We will have Dority Hall\* open for those who would like to gather during the lunch break from 12-1PM every Wednesday. \*because of our Mother's Morning Out program, you will need to use the front doors- the ones by the church sign facing the road. If Wednesdays do not work in your schedule, choose another day.

### 3//EXTENDED FAST

We will end our Corporate Fast with a two and a half fast. This will be the Thursday and Friday before Easter. You will receive more instructions as we get closer.

#### Important points:

1. Have something specific you are praying about as you fast
2. Have someone specific that is praying for you and with you through the fast.

Look for resources and updates on the web: [www.jicc.us](http://www.jicc.us)

**Prayer and Fasting**

**Mark 2:18-22**

**John 4:34**

*Jesus said to them, "My food is to do the will of him who sent me and to accomplish his work.*

#### 1. Fasting is about being fed ("my food")

Practically, fasting does three things:

1. helps us discipline our flesh (1 Cor. 6:12, 9:24-27)
2. helps us to be in constant prayer (1 Thess 5:17)
3. helps us set aside time to pray

#### 2. Fasting is about being obedient ("is to do the will")

#### 3. Fasting is about being free ("of him who sent me")

**Isaiah 58:6-9**

**Romans 11:33-36**

**Fasting is not:** a way to twist God's arm

**Fasting is:** *from him through him to him are all things*

#### 4. Fasting is about finishing His work.

**Acts 13:1-3**

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#### Week 1 Prayer Focus:

Individually: Who is your "woman at the well"?

Corporately: Church Leadership. Please pray for the Pastors and Elders, Deacons, Staff and their families.

**1 Timothy 2:1-4**

*First of all, then, I urge that supplications, prayers, intercessions, and thanksgivings be made for all people, 2 for kings and all who are in high positions, that we may lead a peaceful and quiet life, godly and dignified in every way. 3 This is good, and it is pleasing in the sight of God our Savior, 4 who desires all people to be saved and to come to the knowledge of the truth.*