



New Beginnings

FELLOWSHIP CHURCH

2024 Fall Fasting Guide Monday, October 14, 2024 - Friday, November 22, 2024 40 Days of Praying and Fasting

Our 40-Day Corporate Fast begins *October 14th and goes through November 22nd*. We will follow the Daniel's Fast from **8:00am -5:00pm Monday - Friday** with a break on Saturday and Sunday. The church will be reading, *Jesus the High Road Leader*, by John C. Maxwell & Chris Hodges. The book can be purchased on Amazon.com. In addition, each member is asked to develop and pray over their FRANC list (Friends, Relatives, Acquaintances, Neighbors, Co-Workers).

WHAT IS FASTING?

In the Old Testament, fasts were frequently called forth by leaders of a congregation during critical and despairing times (Jeremiah 26:9, Joel 1:14, Daniel 1:8). In the New Testament, Jesus' earthly ministry is preceded by 40 days of prayer and fasting (Matthew 4). Likewise, in the early church, Christians would couple prayer and fasting as a means to hear from God, especially before making important decisions (Acts 13:2; 14:23). Fasting is an opportunity for Christians to practice the fruit of self-discipline, by abstaining from personal pleasure and fixing their entire attention on God. Although many people will choose to abstain from food during their fast, food is not the only means of fasting. Believers can choose to abstain from anything that can potentially serve as a distraction in their pursuit of seeking God.

HOW TO FAST?

Before embarking on a fast, participants should prepare themselves mentally, physically, and spiritually. Keep in mind that fasting is not a form of dieting, and all participants should consult their primary care physicians before making any changes to their diet. We also suggest preparing your meals in advance, in order to maximize and focus your time and energy. Remember, the objective of fasting is not only to eliminate things from your daily routine, but also to replace them with prayer. If you usually eat breakfast at a certain time of the day, spend that time in prayer instead. If you normally watch TV when you get home from work, consider replacing that activity with reading the word of God. As you fast, it is important to be consistent. However, if you break your fast or even miss a few days, don't beat yourself up or give up. Rather, get right back to your fasting objectives. Remember, the objective isn't to be perfect, the objective is to be transformed.

The Daniel Fast is a spiritual fast based on two biblical accounts of the Prophet Daniel (Daniel 1:15-16, Daniel 10:2-3). In the first biblical account, Daniel, Shadrach, Meshach, and Abednego, underwent a ten-day "fast" in order not to defile themselves with the King's choice meats that went against their dietary restrictions. Instead, they ate vegetables and drank water. At the end of the ten days, they looked healthier and more fit than the other men who ate from the King's choice foods. In the second biblical account, the

Prophet Daniel underwent 21 days of fasting in order to receive an interpretation for a vision he received. Daniel refrained from eating meat and drinking wine. As a result, at the conclusion of his 21 days of fasting, he received a message from an angel that interpreted his vision. In both biblical accounts, Daniel undergoes a fast in order to hear and remain true to his God. The purpose of the Daniel Fast is not to mimic Daniel, but rather to seek, focus, and depend on God.

During our Daniel Fast, we will develop and focus on our FRANC list. A FRANC list is a list of people in your life who you want to see come to Jesus, grow in Jesus and go with Jesus.

Your FRANC list:

Friends: _____

Relatives: _____

Acquaintances: _____

Neighbors: _____

Co-workers: _____

- **WEEK 1:** *This week devote yourself to God by praying and reading His Word for at least 30 minutes a day. In addition, please read Chapter 1 of the book, **JESUS the HIGH ROAD LEADER**. Begin praying that those on your **FRANC** list will come to know Christ as their personal Savior. Also, pray how you can **BLESS** them during this 40 day FAST.*

- **WEEK 2:** *This week devote yourself to God by praying and reading His Word for at least 30 minutes a day. In addition, please read Chapter 2 of the book, **JESUS the HIGH ROAD LEADER**. Please pursue to help your **FRIENDS** on your **FRANC** list take another step toward Jesus. Please use the **BLESS** practices this week with your **FRIENDS**:*
 - *Begin with Prayer: for and with your friend(s) that do not have a personal relationship with God*
 - *Listen: ASK QUESTIONS, including about their spiritual story*
 - *Eat: Show hospitality and build the relationship*
 - *Serve and Ask for Help: Care for them, let them care for me*
 - *Share my Story and the Good News of Jesus: Invite Response*
 - *Ask them if they want to receive Jesus as their personal Savior*

Sinners Prayer

Dear Jesus:

I know I have sinned and that my sin separates me from You. I am sorry for my sin. I believe you died on the cross for me so my sins can be forgiven. I believe you rose from the dead and is alive. Please forgive me. I ask you to come into my life and be my Lord and Savior. I will obey you, follow you, and honor you. In your name, Jesus, I pray.

Amen

- **WEEK 3:** *This week devote yourself to God by praying and reading His Word for at least 30 minutes a day. In addition, please read Chapter 3 of the book, **JESUS the HIGH ROAD LEADER**. Please pursue to help your **RELATIVES** on your **FRANC** list take another step toward Jesus. Please use the **BLESS** practices this week with your **Relatives**:*

- - *Begin with Prayer: for and with your relative(s) that do not have a personal relationship with God*
 - *Listen: ASK QUESTIONS, including about their spiritual story*
 - *Eat: Show hospitality and build the relationship*
 - *Serve and Ask for Help: Care for them, let them care for me*
 - *Share my Story and the Good News of Jesus: Invite Response*
 - *Ask them if they want to receive Jesus as their personal Savior*

Sinners Prayer

Dear Jesus:

I know I have sinned and that my sin separates me from You. I am sorry for my sin. I believe you died on the cross for me so my sins can be forgiven. I believe you rose from the dead and is alive. Please forgive me. I ask you to come into my life and be my Lord and Savior. I will obey you, follow you, and honor you. In your name, Jesus, I pray.

➤ **WEEK 4: This week devote yourself to God by praying and reading His Word for at least 30 minutes a day. In addition, please read Chapter 4 of the book, JESUS the HIGH ROAD LEADER. Please pursue to help your AQUAINTANCES on your FRANC list take another step toward Jesus. Please use the BLESS practices this week with your Acquaintances:**

- *Begin with Prayer: for and with your acquaintances that do not have a personal relationship with God*
- *Listen: ASK QUESTIONS, including about their spiritual story*
- *Eat: Show hospitality and build the relationship*
- *Serve and Ask for Help: Care for them, let them care for me*
- *Share my Story and the Good News of Jesus: Invite Response*
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➤ **WEEK 5: This week devote yourself to God by praying and reading His Word for at least 30 minutes a day. In addition, please read Chapter 5 of the book, JESUS the HIGH ROAD LEADER. Please pursue to help your NEIGHBORS on your FRANC list take another step toward Jesus. Please use the BLESS practices this week with your Neighbors:**

- *Begin with Prayer: for and with your neighbor(s) that do not have a personal relationship with God*
- *Listen: ASK QUESTIONS, including about their spiritual story*
- *Eat: Show hospitality and build the relationship*
- *Serve and Ask for Help: Care for them, let them care for me*
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➤ **WEEK 6: This week devote yourself to God by praying and reading His Word for at least 30 minutes a day. In addition, please read Chapter 6 of the book, JESUS the HIGH ROAD LEADER. Please pursue to help your Co-Workers on your FRANCO list take another step toward Jesus. Please use the BLESS practices this week with your Co-Workers:**

- *Begin with Prayer: for and with your co-workers that do not have a personal relationship with God*
- *Listen: ASK QUESTIONS, including about their spiritual story*
- *Eat: Show hospitality and build the relationship*
- *Serve and Ask for Help: Care for them, let them care for me*
- *Share my Story and the Good News of Jesus: Invite Response*
- *Ask them if they want to receive Jesus as their personal Savior*

Sinners Prayer

Dear Jesus:

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