

Miracle of Faith Mennonite Church

SEEKING FOR BREAKTHROUGH – 7 DAY FAST

- a) Pastor Pascascio and our leadership team invite you to join us for a **7-day Fast** (September 23rd – September 30th). Fasting is a spiritual discipline designed to better connect us with God. It helps to deepen our relationship with God and aligns us to better hear from Him as we seek His direction for our church and our lives.
- b) The definition of a spiritual fast is to restrict food for a spiritual purpose. The point of fasting is to embrace a season of heightened consecration and focus on the Lord that our hearts may be tenderized and become more sensitive and better able to hear and receive from Him. When we fast, we are denying the desire of the flesh (physically and mentally) and bringing it under the control of the spirit-man as we position ourselves before God.
- c) We've attached some suggestions for spiritual disciplines you could select from to implement during your fast. If you already practice some of these spiritual disciplines, we encourage you to add one or two more during the fast. We're encouraging all to spend more time in prayer, worship, the Word (reading, studying, meditating, listening), and just time before God.
- d) In conjunction with the fast, we ask that you read three chapters of the Book of John each day. We're also asking that you set aside media and entertainment (unless it is entertainment that is overtly biblical), and use that time to spend time with God instead. This is a time of seeking Him.
- e) The week of the fast, we will come together in the sanctuary on Tuesday at 7:30 p.m. for corporate prayer; and again on Saturday at 7:00 p.m. for corporate prayer and worship. Please make every effort to attend.
- f) Pastor Pascascio will be preaching sermons concerning prayer and fasting the month of September leading up to the start of the fast. Those will also be accessible on the Sermons page of our website.

Who:

We are inviting our entire congregation and anyone else who desires to join us, regardless of what city you live in.

When:

Monday, September 23rd, 6 am: Begin the Fast.

Monday, September 30th at 6 am: Break the Fast.

Why:

To deepen our relationship with God and center ourselves on what God will direct us to do in our church and in our lives. Pray for your personal spiritual enhancement, your family, your personal needs (finances, health, etc.), the Church, and our ministry (Miracle of Faith).

How:

You are encouraged to use whichever method of food fasting you prefer. Attached you will find information regarding the Daniel Fast. This is a form of partial fasting that allows you to eat meals, but restricts the types of food that are included. Those on medication might prefer to use the Daniel Fast. A list of foods to eat and foods to avoid, and other details are also attached. ***If you have health concerns, please consult your doctor before beginning this fast.***