

## FAST DIRECTIVES

**Mark 10: 29 - 30** *“And Jesus answered and said, Verily I say unto you, There is no man that hath left house, or brethren, or sisters, or father, or mother, or wife, or children, or lands, for my sake, and the gospel’s, But he shall receive an hundredfold now in this time, houses, and brethren, and sisters, and mothers, and children, and lands, with persecutions; and in the world to come eternal life.”*

**Isaiah 58: 6** *“Is not this the fast that I have chosen? To loose the bands of the wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?”*

**G**od honors our faithfulness and commitment to Him, and the fast is an excellent way to reverence God and to show Him our diligence and devotion. The fast is like a seed and everything that we give up for the Gospel, God will send the maximum return to us!

This year, you have the opportunity to choose from three types of fasting methods. Choose your fast in prayer and with careful consideration of your personal physical needs and challenges. They have been color-coded to help you remember your choice:

**Blue: no sweets, no fried foods, no junk food, no sodas**

**Red: meat and normal beverages on Wednesdays and Sundays only, limited starches, no fried foods or sweets**

**Purple: fruits and vegetables, beans, water, you can add meat (not fried) on Sundays and Wednesdays , no starches, no fried foods or sweets**

Under no circumstance should you ever get full on a fast. Only eat until you are almost satisfied and then stop - so that, God might be glorified in our bodies and in our spirits which belong to Him.

I also want to encourage everyone to exercise twice per week by walking, jogging, running, or stretching. These times of exercise will be great opportunities to meditate over some of the things that God is revealing to you during the fast. The fast is also a great way to begin and continue a lifestyle of health and fitness.

*If you have questions, contact your Deacon or Small Group Leader.*