



Throughout the Old and New Testaments, the men and women of God fasted and prayed in order to draw near to God. **As a church, regularly fasting and praying expresses our deep desire to humble ourselves before God and allow Him to guide us, personally and corporately.**

When we fast, we voluntarily choose to deny ourselves of something we love (food, or another thing if food is not appropriate for you) for something that we love even more (God). Biblical fasting always has to do with eliminating distractions for a spiritual purpose; it hits the reset button of our soul and renews us from the inside out. It also enables us to celebrate the goodness and mercy of God and prepares our hearts for all that God wants to do in and through our lives.

AS PART OF OUR EFFORTS TO INCREASE PRAYER AND FASTING ACROSS OUR SPIRITUAL FAMILY, YOU ARE INVITED TO JOIN IN OUR MONTHLY CORPORATE FAST. OUR MONTHLY CORPORATE FAST WILL GENERALLY BE HELD ON THE FIRST MONDAY OF EACH MONTH.

When John the Baptist's disciples asked Jesus, "Why do your servants not fast?" Jesus said, "when the bridegroom is gone then my servants will fast." Jesus was telling them that they were living in a time that He, the eternal bridegroom, was with them, but that He would be taken away from them (Matthew 9:14-15).

He introduced a fast for the Church motivated by a longing for Him to return and make the wrong things right as we partner with Him to bring the Kingdom on earth as it is in Heaven.

Remember, your personal fast should present a level of challenge, but it is important to know your body, your options, and (most importantly) to seek God in prayer and follow what the Holy Spirit leads you to do. The **Connection Point Fasting Guide** should be a helpful resource to you as you consider joining us.

2024 MONTHLY FASTING THEMES:

February 5 – 5 Solas

2 Timothy 3:16-17; John 1:1; Philippians 3:9; Romans 9:16; Habakkuk 2:14

- For the 5 solas (scripture, Christ, faith, grace, and glory) to be evident in our spiritual family
- *Church Events: Mens Puerto Rico Trip, Youth Winter Retreat*

March 4 – Holy Spirit Leadership

1 Corinthians 13:1-3, 13; Ephesians 4:2-6; James 4:7

- Anticipation for and surrender to the supernatural work of the Holy Spirit in the lives of our spiritual family
- *Church Events: College/YA Slovakia Trip, Easter Service*

April 1 – Christlikeness

Romans 8:29-30; 2 Corinthians 3:18; Colossians 3:10

- For the activity of Christ to become obvious in our spiritual family's lives
- *Church Events: Senior Conference, Youth Fine Arts, Kids Fun Arts*

May 6 – Generous Living

Matthew 6:33; 2 Corinthians 9:6-8; Hebrews 13:16

- For our spiritual family to make a difference in the Kingdom by using all of our God-given resources to bless others
- *Church Events: Poland Trip*

June 5 – Intentional Discipleship

Proverbs 27:17; 1 Corinthians 12; Ephesians 4:16

- Helping each other grow into mature followers of Jesus
- *Church Events: Youth Senior Serbia Trip; Mega Sports Camp*

July 1 - Authentic Community

John 17:22-23; Romans 15:7; Ephesians 4:13

- For our spiritual family to live fully devoted to God, His Word, and each other by sharing joys and struggles while speaking God's truth in love
- *Church Events: Youth Camp, Kids Camp, Youth Project Third*



2024 MONTHLY FASTING THEMES:

August 5 – Marriages and Families

1 Corinthians 13:4-7; Matthew 6:13

- For strengthening of the family units among our spiritual family
- *Church Events: Pastor's Kid Retreat*

September 9* – Multiplication

Zechariah 4:10; 1 Corinthians 3:5-7; Galatians 6:9

- Acknowledging that God is the source of all blessings and growth
- For the Lord to multiply our efforts, talents, and resources, enabling us to make a positive impact in our city
- *Church Events: 40th Anniversary Celebration*

October 7 – Ministry

Proverbs 3:5-6; Matthew 9:37-38; 2 Corinthians 5:20

- For Holy Spirit wisdom and discernment in leading areas of ministry we are involved in
- *Church Events: East Campus Plant*

November 4 – Missional Impact

Isaiah 40:31; Matthew 28:19-20

- For divine encounters in our work lives and neighborhoods to share the truth of Jesus
- For the strengthening of hearts, families, and ministries among the missionaries we support
- *Church Events: Kingdom Builders Conference, Youth Convention*

December 2 – Return of Jesus

1 Peter 4:7; 2 Peter 3:13; Revelation 22:20

- As we celebrate His birth, that our hearts will yearn for His return to the earth
- *Church Events: Christmas Services, Christmas Jubilee*

January 6 – Consecration

Romans 6:13-14; 1 Peter 1:15-16; 1 Peter 2:9; Hebrews 12:14

- For our spiritual family to pursue holiness in the coming year

