

Sovereign Grace Church is dependent on God. He creates. He sustains. He saves and He empowers us. Everything we are and do depends on Him and (amazingly) He stands ready to do more than we can ask or imagine. This is sheer grace.

As a church, we want to posture ourselves as dependent. We want our activities and ministries to reflect our pursuit of God's help. It should show up on our calendars and in our meetings. It should influence how we make plans and how your pastors lead. Asking God for help should be our first impulse.

Fasting is one way we can do this. As a church (corporately) we can fast as a way of expressing our "hunger" for God. We can say "God, we want more of you." We can literally ache for God's work and grace. When we fast we are doing without something we love for the sake of expressing a greater love for God.

Where do we find fasting in the New Testament?

1. Jesus fasted. (Matthew 4:1-2)

*Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. And after fasting forty days and forty nights, he was hungry.*

2. Jesus assumed we would fast. (Matthew 6:26-18)

*And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you.*

3. The early church fasted. (Acts 13:3)

*Then after fasting and praying they laid their hands on them and sent them off.*

How do I fast?

1. The normal fast would include abstaining or limiting your consumption of food and drink. You can skip a meal, do without your cup of coffee in the morning, or do without food for the entire day (or longer). If you are unable to do this, consider abstaining from some other activity that will make you "ache" (ex. Wake up an hour or more earlier than usual).

2. Use your new found free time (like your lunch break) to pray. You might even want to do this with others you know are participating in the corporate fast.

3. Use every hunger pain as a reminder to pray. Thank God for the ache and pray continuously.