

Lebanon Presbyterian Church

DAYTIME FASTING GUIDE

Introduction:

As Lebanon Presbyterian Church embarks on this season of pastoral transition, we are inviting our members to engage in a collective spiritual practice to seek God's guidance, wisdom, and favor. Fasting, coupled with prayer, has been a longstanding tradition in the Christian faith, providing a powerful means to draw nearer to God. This Daytime Fasting Guide is designed to offer practical instructions, reasons for fasting, and biblical insights to accompany you on this intentional journey of seeking God's face through sacrificial devotion.

IMPORTANT NOTE: It is recommended that you consult your doctor before attempting to participate in a fast.

I. Basic Instructions:

• **Choose Your Type of Fast:**

- Daniel Fast: Abstain from meats, sweets, and treats. Consume fruits, vegetables, rice, and beans.
- Partial Fast: Refrain from solid food during daylight hours, consuming only liquids such as water and juice, and having a light dinner at night.
- Full Fast: Drink liquids only for a set period of 1-3 days (consult with your physician before starting a full fast).

• **Plan Your Prayer and Devotional Time:**

- Set aside specific times for prayer and Bible reading during the fasting period. Daytime fasts usually last from morning to afternoon or dinner.
- Choose a quiet and peaceful space where you can focus on seeking God's presence.

• **Stay Hydrated:**

- For all types of fasting, ensure you drink plenty of water throughout the day to stay hydrated.

II. Reasons for Fasting:

• **Spiritual Focus:**

- Fasting allows us to shift our attention from the physical to the spiritual, cultivating a heightened awareness of God's presence.
- Fasting is ultimately about God and your focus should be on Him.

• **Spiritual Breakthrough:**

- Fasting can be a catalyst for spiritual breakthroughs, breaking strongholds and barriers in our lives.
- Spiritual Discernment:
- By abstaining from worldly distractions, fasting opens our hearts and minds to discern God's will with clarity.

• **Corporate Unity:**

- Participating in a collective fast fosters unity within our church body, as we join together in seeking God's guidance for our pastoral transition.

III. Biblical Insights and Scriptures:

• **Scriptures for Reflection:**

- Matthew 6:16-18: Jesus' teachings on fasting emphasize the importance of sincerity and seeking God's approval rather than human recognition.
- Joel 2:12: "Even now," declares the Lord, "return to me with all your heart, with fasting and weeping and mourning."

• **Daniel's Example:**

- Daniel 10:2-3: Daniel's fasting was accompanied by mourning, seeking the Lord's wisdom during a time of spiritual intensity.

- **Christ's Expectation:**

- Matthew 9: 14- 15: Jesus affirmed the practice of fasting for His followers, expecting that they would fast.

- **Prayer and Fasting:**

- Acts 13:2: The early church engaged in prayer and fasting when making significant decisions, seeking God's guidance.

IV. Insights and Encouragements:

- **Intentionality in Sacrifice:**

- Fasting is not about mere self-deprivation but intentional sacrifice for a spiritual purpose.
- Use the time you would spend on meals for focused prayer and meditation.

- **Focus on your LPC Family**

- Use this time to focus on the prayer prompts for LPC's interim time of pastoral transition.

- **Deeper Connection with God:**

- As you deny yourself physically, open your heart to God, inviting a deeper connection through prayer and reflection.

- **Flexibility and Grace:**

- Be flexible in choosing the type and duration of your fast, allowing room for individual circumstances.
- If health concerns arise during fasting, consider modifying your approach and consult with a physician.

- **Celebrating Breakthroughs:**

- Use the conclusion of your fast as an opportunity to celebrate breakthroughs, answered prayers, and a renewed spiritual perspective.

Conclusion:

Lebanon Presbyterian Church, as we embark on this pastoral transition, let us unite in purposeful fasting and fervent prayer. May this intentional sacrifice draw us closer to God, seeking His will and guidance for our church's future. In the spirit of unity, let us encourage one another, share our experiences, and celebrate the collective journey of seeking God's face during this interim time.

As you embark on this Daytime Fasting journey, remember the words of Jeremiah 29:13, "You will seek me and find me when you seek me with all your heart." May this season of fasting be a time of profound spiritual encounters, divine revelations, and a deepening connection with our Heavenly Father.