

# Fasting Guide

MARCH 3RD-5TH



ask. seek. knock.  
Matthew 7:7

# TYPES OF FASTS

## Sunrise to Sunset

*Fasting one or two meals each day*

Example: Eating a normal breakfast and dinner, but fasting lunch and devoting the lunch hour to prayer.

## Partial

*Fasting specific food(s)*

Example: Not eating meat or sweets for the duration of the fast while setting aside extra time to pray.

## Full

*Water or liquids only*

Example: Consuming only water (maybe adding broths or juices) and devoting those mealtimes instead to prayer.



# March Prayer Focus

## The Murray Family

Each month, the KC staff is setting aside the first Monday-Wednesday of the month to fast and take certain prayer focuses to the Lord. This month, we want to invite the whole KC community into praying and fasting on behalf of the Murray family. Stephen and Audrey Murray are members of the Grace Gathering community and their children attend Blackhawk Christian School.

The Murray's have four children with a fifth on the way, due to arrive soon. In December, their son Beckett began having issues with seizures and then over the course of the next couple months was diagnosed with a rare condition called Rasmussen's Syndrome.

The road ahead of the Murray family is one that could be long, and have a lot of challenges and unknowns for their family. As we fast, we are praying and asking the Lord for a healing miracle. We are praying for doctors, nurses, and anyone else who may play a part in Beckett's care. We are also continuing to pray for the Murray's and their extended family as they embark on this journey together. You can read more about Beckett's story at [this link.](#)



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