

FAST

3 DAYS OF FASTING
January 22-24

SUN. Jan 21

5:00pm

- Online: Study With Staff Kickoff

MON. Jan 22

6:30am

10am & 2pm

6:30pm

- Prayer Gathering
- Online: Study With Staff
- Encounter Service

TUES. Jan 23

6:30am

10am & 2pm

6:30pm

- Prayer Gathering
- Online: Study With Staff
- Encounter Service

WED. Jan 24

6:30am

10am & 2pm

6:30pm

- Prayer Gathering
- Online: Study With Staff
- SOUP CELEBRATION

We want everyone at Hillside to participate...

January 22-24th: 3 Day Fast (choose one or more)

1. Fast all food, drinking water only for 3 days.
2. Fast all food, drinking broths, light soups, and smoothies during the three days.
3. Fast one meal or a collection of meals during the three days

Wednesday, January 24th at 6:30pm Soup Celebration!

It's a biblical tradition to celebrate with food, so after several days of dedicating ourselves to God through prayer and fasting, Hillside breaks the fast with soup.

You do not have to bring a soup, and you don't even have to fast to participate. All are welcome for God is at work among us!

1. Please register online and tell us you are coming. [REGISTER HERE](#)
2. Bring your soup hot & ready with a serving utensil a few minutes early.
3. Hillside will provide the rest - bowls, spoons, bread, drinks, etc.

Healthy Water-only Fasting

If you have not participated in fasting from food for more than 24 hours, here is a short description of how you can do it effectively: In the food fast, you eliminate all solid foods, drinking only liquids, but avoiding juices high in sugar. The goal is to stay healthy and hydrated yet keep your physical hunger because it increases spiritual hunger. It is important not to drink tap water or spring water because of the active minerals and chlorine because it may cause excessive hunger - it is best to drink distilled or bottled water. My personal favorite is a mixture of half bottled water and half Gatorade. This mixture creates the thirst for hydration without pumping high volumes of sugar into my body. Blending fresh fruit with a mixer or drinking natural fruit drinks is an option. Some even drink diet supplements, such as Boost or Ensure.

When fasting food, there is a simple rule: "drink non-enjoyable liquids." Be careful not to use drinking to replace the pleasurable full feeling of eating. Remember, physical hunger opens us up to greater spiritual hunger. Of course, you must consider your job and health when fasting for three days, so don't decide to push yourself beyond a healthy lifestyle. However, most people can easily go for three days without food when drinking a good amount of liquids (water). Simply put, seek the Lord. You fast to please God and not to please others or yourself. Ask God to lead you in what to drink, and fast with a good conscience toward God. ("*But he who doubts is condemned if he eats, because he does not eat from faith*" - Romans 14:23) Make sure you are comfortable with your fast in the presence of God and eliminate anything that convicts your conscience. God will often call you to fast (give up) other things along with food during this week (Movies, TV, Magazines, Coffee, etc.).

Don't be surprised when you experience being extra cold, having shorter patience, mood swings, or increased temptation in areas of weakness. Press into God - read more scripture, play a worship CD, or pray with friends. This is part of cultivating a right heart. God wants to meet with you; He will bring you through.