

WE WANT TO INVITE YOU TO JOIN US!

At The Well we begin each new year by fasting for 21 days in the month of January.

Fasting in January is much like praying in the morning to establish the will of God for the entire day. When we put God first in our lives, in our families, in our finances – in everything – I believe that He will bless and multiply those areas. If we will pray and seek God and give Him our first and best at the beginning of the year, He will honor that sacrifice and bless our ENTIRE year!

If you are one of those people who sense that God has more for your life, take the first step and believe for more of Him.

Start the year off right and discover the rewards of putting God first! I look forward to hearing about what God will do in our lives and in our land as we seek Him together.

Make fasting a “lifestyle!”

Fasting is not just for the beginning of the year. Commit to fasting, prayer and giving throughout the year and watch as God releases His hand of blessing over your entire year. Make fasting a regular part of your life and see how He supernaturally opens doors for you.

There’s more to life...more to faith...more to you! God gives you the formula for success which boils down to two words: **God first!** That’s where God began. Look at your Bible. What are the very first words written?

“In the beginning...” Genesis 1:1.

“God first” is His priority that should rule every decision of our lives. In Matthew 6:33, Jesus tells us to hear His plan, receive His direction and His blessings. If you want success in your life, in your marriage, in your work, in your witness—putting God first is key.

God hears the cry of the oppressed and the unsaved. When God is our **first priority**, He can use us to help others. The words of Isaiah 58:6-14 give us insight into how significantly God views the power of fasting in fulfilling His kingdom purpose.

FAQ’S ON FASTING

WHY SHOULD I FAST? WHAT DOES THE BIBLE SAY ABOUT FASTING?

Here are some verses from the Bible that offer some insight to fasting and prayer!

1 TIMOTHY 2:1-2 – I urge you, first of all, to pray for all people. Ask God to help them; intercede on their behalf and give thanks for them. Pray this way for kings and all who are in authority so that we can live peaceful and quiet lives marked by godliness and dignity.

ROMANS 12:1 – And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice the kind he will find acceptable. This is truly the way to worship him.

MATTHEW 6:33 – Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.

ISAIAH 58:6 – No, this is the kind of fasting I want: Free those who are wrongly imprisoned; lighten the burden of those who work for you. Let the oppressed go free and remove the chains that bind people. Below are some of the common reasons why people fast.

Ask yourself these questions to help direct you as you begin to figure out how, what & why you should fast this new year!

Are you in need of healing or a miracle?

Do you need the touch of God in your life?

Are you in need of a fresh encounter?

Do you desire a deeper, more intimate and powerful relationship with the Lord?

Do you need to break away from hurts,

habits and hang-ups that have been holding you hostage?

Is there a friend or loved one that needs Salvation?

Do you desire to know God's will for your life?

HOW TO BEGIN

Start with a clear goal. Be specific and write it down. Why are you fasting? Do you need direction, healing, restoration of marriage, family or finances? Ask the Holy Spirit for guidance.

Preparing Spiritually

It's important to set your heart and spirit to prepare for the fast. Pray, confess your sins and ask the Holy Spirit to reveal areas of weakness. Forgive people who have hurt you. It's important to start the fast with a clear heart!

Deciding What to Fast

The type of fasting you choose is up to you. You could go on a full fast in which you only drink liquids, or you want to try another type of fast. Remember to replace that time with prayer, worship and Bible study. If you have any health conditions or are on any medications, you should consult a doctor before beginning a fast.

Deciding How Long

You may fast as long as you like. For our corporate fast we will do 21 days, but if you start late, don't worry about it! Be sure to pray about what God would have you do, and start slow if it's your first time.

What to Expect

When you fast you might experience headaches and irritability during withdrawal from caffeine and sugars. And of course- you will be hungry! Respond accordingly, limit your activity and exercise. Take time to rest. Remember, you are following Jesus' example when you fast. Spend time listening to worship music, praying as often as you can, getting away from normal distractions. Set your heart and mind set on seeking God's face.

Please pray about what type of fast God would have you do during this specific time.

HERE ARE SOME OF THE DIFFERENT THINGS THAT YOU CAN FAST:

Full Fast

Drink only liquids (you establish the number of days).

3-Day Fast

This fast can be a Full Fast, Daniel Fast or give up at least one item of food.

Social Media Fast

Giving up engaging on Social Media for a certain period of time. During the time you would be scrolling social media, you could instead worship, pray, read the Bible or engage with family and friends in a meaningful way.

These are just some of many different forms of Fasting that you can engage in during this time! Pray about what God has for you this season and respond.

Additional Scripture References for Fasting:

Matthew 6:16-18

Matthew 9:14-15

Luke 18:9-14

Relation to Prayer and Reading of the Word:

1 Samuel 1:6-8, 17-18

Nehemiah 1:4

Daniel 9:3, 20

Joel 2:12

The Daniel Fast

Eat no meat, no sweets and no bread. Drink water and juice. Eat fruits and vegetables. It's called the Daniel Fast because it's taken from the book of Daniel in the Bible.

Partial Fast

A partial fast is from 6:00 am to 3:00 pm or from sunup to sundown.

TV Fast

Giving up watching TV for a certain period of time. During the time you would be watching TV, you could instead worship, pray, read the Bible or engage with family and friends in a meaningful way.

Luke 2:37

Acts 10:30

Acts 13:2

Corporate Fasting:

1 Samuel 7:5-6

Ezra 8:21-23

Nehemiah 9:1-3

Joel 2:15-16

Jonah 3:5-10

Acts 27:33-37

Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.

Matthew 6:33

Remember that it is the attitude of a heart sincerely seeking Him to which God responds with a blessing (Isaiah 58, Jeremiah 14:12, 1 Corinthians 8:8). May God greatly bless you as you fast!

***Pastors Chris & Amber
Huffman***