

FASTING

Vox Fasting Plan // January 2021

"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."

Matthew 6:16-18

Fasting is the self-denial of normal necessities in order to intentionally seek God in prayer. Fasting can expose how much we rely on our comforts. It provides an opportunity to lay down our natural appetites and come face-to-face with the hunger at the core of our being—our deep need for God. As we deny ourselves, fasting is a first step to the true nourishment found only in Christ.

Choose from one of these three fasting options:

1. Full fast from food.
2. Partial fast from food. This may mean certain foods or specific meal(s) each day.
3. Fast from all media and entertainment.

Practical tips for fasting:

- Fasting requires reasonable precautions. Consult your physician first, especially if you take prescription medication or have a chronic ailment.
- If you choose a full food fast, stay hydrated. Drink plenty of water and fluids.
- Limit your activity. Exercise only moderately.
- Expect some physical discomforts. You may have fleeting hunger pains, dizziness, or the "blahs." Withdrawal from caffeine and sugar may cause headaches. Physical annoyances may also include weakness, tiredness, or sleeplessness.
- Prepare yourself for temporary mental discomforts, such as impatience, crankiness, and anxiety.
- Expect results! If you sincerely humble yourself before the Lord, repent, pray, and seek God's face; if you consistently meditate on his Word, you will experience a heightened awareness of his presence. The Lord will give you fresh, new spiritual insights. Your confidence and faith in God will be strengthened. You will feel mentally, spiritually, and physically refreshed. You will see answers to your prayers.

This fast will begin on 1/18/21 at 8:00 AM and end on 1/24/21 at 8:00 AM.

Tips for this fast:

- Create a daily schedule. Begin your day with Jesus. At noon, return to God's Word. Maybe take a short prayer walk. In the evening, get alone with God for an unhurried time of prayer.
- Each day present yourself to God in fresh surrender. Worship, immerse yourself in Scripture, pray, listen, and journal.
- Use the Vox 2021 Prayer Calendar to pray for other specific needs.

FASTING