

	Resources	Weekly	Seasonally
<p>Fasting March 2 - April 20</p> <p>As we come to the end of practicing fasting together as a church, we wanted to give you some ideas for where to go from here. Remember, the goal is not to practice these disciplines for a few weeks and then leave them behind. We want to add them as tools in our spiritual tool belt that we will carry with us and use for the rest of our lives.</p> <p>We have broken down these suggestions into weekly and seasonal options. Do what is helpful to you in your relationship with the Lord and leave the rest behind.... but don't leave the practice behind. The goal is to find what works best in your life.</p>	<ul style="list-style-type: none"> When you fast, do not look somber as the hypocrites do... 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. (Mt. 6:16-18) Can the wedding guests mourn as long as the bridegroom is with them? The days will come when the bridegroom is taken away from them, and then they will fast. (Mt. 9:14-15) While they were worshipping the Lord and fasting, the Holy Spirit said, 'Set apart for me Barnabas and Saul...' Then after fasting and praying they laid their hands on them and sent them off. (Acts 13:2-3) Sermon Series:  	<ul style="list-style-type: none"> Fast from one meal Fast until sundown (missing breakfast and lunch) Fast for a full 24 hours (from dinner to breakfast two days later) Fast from one meal or more as a family 	<ul style="list-style-type: none"> Monthly: Fast with your community Monthly: Fasting one or more days Seasonally: Take a solitude day for prayer and fasting Seasonally: Fast from something you normally consume during an extended season Fast from something (dessert, caffeine, etc.) for an extended time