

RENOVATION



FAST

HAPPY NEW YEAR

Isaiah 58

A three day fast from toxins is all it takes to give the human body a jump start. To jump start this new year, let us enter a three day fast from the toxins (and potential toxins) of life. Identify what is toxic in your life and fast from it from January 2-4. I am asking that the whole church would fast from the following:

Negative thinking and speaking of any kind

Mistreatment of your family/friends/church members/neighbors/strangers

Use of Social Media (Facebook, Instagram, Snapchat, Twitter, etc.) *Social media is not necessarily toxic; however, it has the potential to be so. Yet, you may need to participate in social media for your employment or for your business. If that is the case, please do your best to limit your activity on those platforms only for those business purposes.*

Food *Only fast from food as your physician and health conditions will allow. For example, if you need to eat food for the intake of your medicine or because your health condition requires so much caloric intake daily, then a fast from desserts, sweets or unnecessary snacks would be a suitable replacement.*

A fast is not effective without prayer. As a result, each day of the fast will have a prayer focus. Upon reading Isaiah 58, we will also discover that a fast is not just about what we give up; it also focuses on what we pick up. Isaiah strongly advises us to take on justice for our community. Therefore, I am asking that we do the following on our fast:

Day 1

- Prayer focus - Ask God what needs to be renovated within you for personal transformation. Be sure to journal about what you hear or sense in your prayer time.
- Think of how you can perform one act of service for your church member (calling or sending a card to a homebound member, giving a member a ride to church, etc.)

Perform this act during the week of January 7th.

Day 2

- Prayer focus - Ask God what needs to be renovated in your relationship for relational transformation. Be sure to journal about what you hear or sense in your prayer time.
- Think of how you can perform one act of service for a stranger.

Perform this act during the week of January 14th.

Day 3

- Prayer focus - Ask God what needs to be renovated in your work for vocational transformation. Be sure to journal about what you hear or sense in your prayer time.
- perform one act of service for your community (picking up litter from the street, reporting a crime, volunteering at your local shelter, etc.)

Perform this act during the week of January 21st.