

How Do We Fast?

Fasting is an intimate expression from you to God. Because of this, we invite you to seek God what is the appropriate fast for you in this season.

Your fast may involve food. It could be water or liquids. It may be skipping a meal daily or weekly. It may mean abstaining from a certain food. It may be a Daniel fast:

I ate no choice food, no meat, or wine touched my lips

Daniel 10:3

It may be a fast from social media or other distractions.

Fasting from something is only a part of the practice of fasting. It is also a time when we are more intentional to focus on God.

Draw near to God, and he will draw near to you.

James 4:8a

Be intentional to spend additional time in God's word, in prayer, in worship, and in serving others.