



An Invitation to Fast Together

Friday, October 25, 2024

We invite you to join us on Friday, October 25th, for a day of fasting as a church family. This is a time to seek God more intentionally, realigning our hearts with His and reflecting on the grace we've received through Jesus Christ. Fasting is a powerful spiritual practice that helps us set aside distractions and focus entirely on the One who gave everything for us. As we fast together, let's fix our eyes on Jesus, asking ourselves how we might live in response to His great love and sacrifice.

The Heart of Fasting

Fasting is not simply about abstaining from food or other comforts—it's about creating space for God to work in our hearts and reminding us of our dependence on Him. At its core, fasting humbles us before God and invites us to reflect deeply on what Jesus has done for us, responding with willing hearts as we offer our lives back to Him in worship and gratitude.

Some principles to keep in mind as we fast:

- **Dependence on God** – Fasting reminds us that we do not live by bread alone, but by every word that comes from the mouth of God (Matthew 4:4). It is an opportunity to set aside our cravings and turn to God as our source of sustenance.
- **A Time for Reflection** – Use this time to reflect on what has taken a place of higher importance in your life than your relationship with God. Is there something you rely on more than Him? Fasting gives us a chance to re-prioritize and fix our eyes on Jesus, the author and finisher of our faith (Hebrews 12:2).
- **A Spirit of Prayer** – As you fast, spend extra time in prayer. Fasting without prayer is just going hungry. Use this day to pour out your heart before God, seeking His guidance, His will, and His presence in your life.

You are welcome to join in fasting from food, but if that is not an option for you, consider fasting from anything that distracts you from your relationship with God. Here are some alternatives:

- Your phone (social media, entertainment apps)
- Caffeine or sugar

- Unnecessary spending
- Television/Streaming Services
- Time-consuming activities

Join Us for the Sowing in Grace Prayer Night

On the evening of our fast, we invite you to join us for the **Sowing in Grace Prayer Night**. The GRC sanctuary will be open from 5:00 PM to 9:00 PM for a special interactive and reflective prayer experience, featuring various prayer stations throughout the room. This will be a meaningful time of seeking the Lord, and we encourage you to explore the stations either before or after worship, which will begin at 7:00 PM.

We have also prepared a dedicated section for children, so the whole family can participate in this night of prayer. Whether you come early or stay later, we look forward to sharing this time of worship and reflection as we come together to seek God's presence and grace.