

CHURCH-WIDE FAST



Dear Church Family,

In a spirit of unity & solidarity we are fasting as a church for during lent (Feb 18 - Apr 3). The bible inspires us that there is power in unity (Genesis 11:6). And if you call Radiant your church home, let us be in solidarity through fasting and prayer for 40 days. (Sundays Excluded)

In losing something from our flesh, we gain something for our Spirit!

As we continue to pursue God's will for this community, I believe we must go deeper in our prayer life and willingly engage in the spiritual practice of fasting.

Below are four ways you can fast. Throughout the fast, feed your spirit with the following

scriptures and pray using the accompanying themes as a guide. I also ask that you pray for your pastor, our leadership team, & servant leaders as we continue to seek God's strength. Amen.

**May you shine in the Lord's heart as you shine in mine,
Pastor Mike Thomas**

- **Fast option #1** - 6am to 6pm no food, water only
- **Fast option #2** - Daniel Fast (rf. Daniel 1), no meat, sugar, sweets, processed foods, alcohol
- **Fast option #3** - Media Fast, no secular entertainment, no social media; exception is media related to your vocational work, the news, worship service, or any media used to edify the believer (eg. virtual life groups, worship music, etc)
- **Fast option #4** - No food for 24 hours, water only, every Wednesday & Friday

40 DAYS · 20 SCRIPTURES · 4 THEMES OF PRAYER

Feb 18 - Feb 28

Prayer Theme

PURIFICATION

- Romans 12:1-2
- Titus 2:11-13
- Colossians 3:5-10
- Philippians 4:8-9
- Psalm 51:10-12

Mar 2 - March 12

Prayer Theme

ELIMINATION

- 1 John 2:15-17
- Philippians 4:11-13
- Proverbs 15:27
- Matthew 6:16-18
- Matthew 6:31-34

March 13 - Mar 25

Prayer Theme

TRANSFORMATION

- Ecclesiastes 3:1-8
- Acts 3:19-21
- Matthew 5:14-16
- Proverbs 3:7-8
- 1 Thessalonians 5:14-18

Mar 26 - April 3

Prayer Theme

APPLICATION

- Psalm 37:23-24
- Psalm 1
- Ephesians 5:22-26
- 1 Corinthians 9:24-27
- Revelations 7:9-10