

MAKING SPACE FOR GOD

January 10-31

WHAT ARE WE DOING?

As we journey into 2021 let's do something quite simple: open our hearts to the plans Jesus desires for us. We want to experience God by slowing down to allow Him to reset us with his desires and plans. We want to take 21 days as a congregation to seek God's heart with our whole heart. We want to make space for God by eliminating and reducing those things (fasting) that distract and consume us.

HOW TO PARTICIPATE

There are three ways you can participate - specific information is on the back page

- + Food Fast: Eliminate or reduce meals, sweets, carbs, alcohol, or whatever you choose.
- + Negativity Fast: Eliminate or reduce sources of negativity that cause strife and division.
- + Digital Fast: Eliminate or reduce digital sources that consume our time and selves.

THINGS THAT MAY HELP YOUR FAST

- + Partner with someone – Ask God if you should partner with someone during your fast to read through scriptures together and encourage each other.
- + Ask the Holy Spirit to fill you with His thoughts and words. (Psalm 19:14).
- + If you have never fasted before, begin slowly with a short time period or try different aspects of fasting. Keep at it and persevere.
- + Our Conversations podcast has episodes related to fasting (episodes 10, 11 & 12)

CELEBRATE AND SHARE

We will celebrate with communion during the Sunday, January 31 service at 10:00 am and thank God for helping us make space in our lives.

We would like you to share what God may be communicating through our individual and corporate time of fasting and listening. If God is moving in your life or at Wayzata Free, please share via email at heretothere@wayzatafree.org or leave a voicemail at 612.504.7725.

QUESTIONS?

Contact Andrea Hebeisen | Pastor of Prayer & Worship Programming
andrea.hebeisen@wayzatafree.org | 763.473.9463

“Speak. I’m your servant, ready to listen.”

- 1 Samuel 3:10

WHAT IS A FOOD FAST?

Skip a meal, several meals, eliminate or reduce sweets, carbs, alcohol, etc..

Why do it?

When you experience hunger for food, focus instead on hungering for God and take time to pray and seek Him to sustain you. Fasting in the Bible refers specifically to limiting food intake to seek God's wisdom (Acts 14:23), prepare for ministry (Mt. 4:1-17), to worship (Luke 2:37), etc.

Actions to Take

Decide what food you would like to eliminate or reduce and for what period of time.

Learn More: Listen to our Podcast on Wayzata Free Conversations (Episode 12)

Coaching: If you would like to go deeper into prayer around fasting food contact Andrea Hebeisen at andrea.hebeisen@wayzatafree.org

WHAT IS A NEGATIVITY FAST?

A reduction or elimination of negative thoughts, speech and actions.

Why do it?

The Bible calls for renewing the mind (Romans 12:2), better thoughts and speech (Proverbs 18:21) and peace (Philippians 4:6-7).

Actions to Take?

Share with others and ask them to help you recognize negativity. Once you are finished with your fast, evaluate what was helpful for you to keep a part of your daily life and what areas of life you may need to stay away from?

Learn More: Listen to our Podcast on Wayzata Free Conversations (Episode 11)

Coaching: If you would like to go deeper into prayer around negative emotions contact Andrea Hebeisen at andrea.hebeisen@wayzatafree.org

WHAT IS A DIGITAL FAST?

A reduction or elimination of digital device usage. You choose what you would like to reduce! Maybe you want to watch less TV? Less News Media? Or more intentionally use your Email?

Why do it?

God calls us to be diligent stewards of our time. Many digital devices cause us to mindlessly scroll through news, emails or social media rather than spend the time to go deeper with Him.

Actions to Take?

Ask yourself if an app or digital habit is producing the kind of character God desires? Am I using this as an escape? Is this interrupting my quiet time or prayer with God? You may choose to delete some applications, remove notifications, schedule phone-free activities.

Learn More: Listen to our Podcast on Wayzata Free Conversations (Episode 10)

Coaching: Reach out to Chase at headrickchase@gmail.com. He would love to help you discover how your devices are consuming you and develop a plan for your digital fast.