

FASTING

You are invited to join us for 40 Days of Devotion
in preparation for the **New Day Vision**.

Times of prayer will be offered daily at 6AM at both the East and Smyrna-LaVergne campuses. Prayer will also be offered at 6PM daily at both locations except on Sunday and Wednesday evenings.

In Matthew 6:16, Jesus assumes that fasting will be part of our regular devotional practice. During our 40 Days of Devotion, we are calling for a weekly **24-hour fast every Tuesday evening starting at 6PM, lasting until Wednesday evening at 6PM**.

Here are some thoughts that may be helpful during your 40 days of prayer and fasting:

- 1.Start Small:** If you are new to fasting, start with just one meal and work your way up to a full 24-hour fast.
- 2.Make a Plan:** Fasting isn't just going without food. Plan for replacing mealtimes with prayer, study, and meditation.
- 3.Be Considerate:** Fasting is never an excuse to be unloving. Consider how your fasting will affect others.
- 4.Fast with Purpose:** Focus your fasting on the elements of the New Day Vision—making disciples here, near, and far.
- 5.Fast from Something Other Than Food:** If you have health concerns, consider fasting from TV or social media.
- 6.Focus on King Jesus:** Remember, without a Godly focus, it's not Christian fasting; it's just going hungry.