



Days Of  
**Prayer & Fasting**  
March 24th - April 13th

**WWW.SKYLINE.CHURCH**  
**FACEBOOK :: FB.COM/SKYLINECHURCH**  
**INSTAGRAM :: @SKYLINEOFALLON**



## How do I participate in 21 Days of Prayer and Fasting?

Great question! The goal of this church-wide event is for each of us to connect with God deeper than we ever have before. We will seek Him through fasting, praying, and reading His Word.

We are providing you a 21 Day prayer and scripture guide. Simply create time to read, pray, and seek God each day. Remember, we don't have to do this, we GET TO do this. Below you will find some information on how to incorporate fasting into your pursuit of God.

## What's a Fast?

Traditionally, fasting is the practice of abstaining from food and most drinks for a period of time. That time is then replaced with prayer. However, this practice isn't limited to food. People also give up things in their lives that distract them from God.

Here are non-food things people commonly fast from:  
Social media, Technology, Television, Smoking, Alcohol, Specific social activities

## How Do You Fast?

The point of fasting is to temporarily give up something that consumes a great deal of your time or focus. Instead of engaging in that activity, you focus your time and energy on God in prayer. Use the cravings and desires that come as reminders to turn your attention back to God and allow God to fill the spaces.

As a church, we are fasting so that God will help us reorder our lives, grow in our faith, and move in our church in a powerful way so that God can use us to impact our families, our workplaces, our community and ultimately the world.

## Ways to Fast

**Choose a day or days to:**

- fast from all food and drink except for water
- fast from all food but liquids
- fast from a meal or two

If your doctor recommends you not abstain from food, try another type of fast.

**Choose a period of time (a day, week, 21 days, etc.) to:**

- fast from sugar or coffee or sodas
- fast from TV or movies
- fast from social media
- fast from radio on your commute

This is by no means a comprehensive list. Pray about something you could give up that would create more time to spend with God.

## What Fasting Isn't

Fasting isn't a means by which individuals judge their own spirituality against those in a community. It's not a measuring stick of how spiritual a person is or isn't. It's not a requirement nor is it an item on a checklist of how to be spiritual.

It's not about giving up something you love only to replace it with something that's almost as good. It's about going without something you love in order to create space in your life and a hunger for God.

## What Fasting Is

It's a commitment to spend time with God. It's a means of seeking God's guidance and evaluating your own life in light of the Bible.

This spiritual discipline is about your relationship with God. Imagine for a moment that you've willingly chosen to give up your most prized activity for your spouse or a friend. What would happen if you spent that time focused solely on that person? What would it do for your relationship?

*Excerpt from: How To Do a Biblical Fast by Sheri Onishi*

**Matthew 6:16-18 ESV**

**16** "And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward. **17** But when you fast, anoint your head and wash your face, **18** that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you.