

Prayer and Fasting: Voluntarily going without food or other comforts to focus on prayer and fellowship with God.

The Heart of Fasting

- Fasting is a willing act/expression of consecration from you to God.
- God will not force you to fast. However, fasting is a practice He expects believers to engage in (Matthew 6:16a). When a fast is placed on your heart or presented before you as a part of a local body of believers, it is always your choice whether to participate. Fasting simply because someone said so and just going through the motions of the fast without a proper spiritual focus can merely be a glamorized diet.
- That is why the LORD says, "Turn to me now, while there is time. Give me your hearts. Come with fasting, weeping, and mourning." (Joel 2:12 NLT)
- When fasting, be sure you are focused on your mind and heart, growing closer to God, and seeking His heart and strategy for whatever you are fasting for.
- Additionally, are there issues in your life that you need to address? Are there needs in your family or ministry that can use special attention? Are you seeking healing? Do you feel oppressed financially? In preparation for this special time with God, examine your heart and detect any unaddressed sin. Scripture records that God always requires His people to repent of their sins before He will hear their prayers.

This document will outline Pilgrim's 2024 Corporate Fast. It will give options of what to fast from for your consideration, but please remember that you do not have to follow these suggestions as if they were the law. This fast is a personal experience between you and God. Read the criteria and guidelines of the fast below. Pray and let God lead you on how and what this fast looks like for you.

Pilgrim's 2024 Corporate Fast

How long are we fasting? Sunday, January 14, 2024, at Sunset until Sunday, February 4, 2024, at Sunset.

Guidelines

Week 1: Sunday, January 14th – Sunday, January 21st

We will withhold from eating: Sugar, Bread, and Red Meat. Additionally, limit social media and television consumption.

Week 2: Sunday, January 21st – Sunday, January 28th

We will withhold from eating: Sugar Bread, Red Meat, Chicken (Only Seafood). Additionally, limit social media and television consumption.

Week 3: Sunday, January 28th – Sunday, February 7th

We will withhold from eating: Bread, Sugar, Red Meat, Chicken, Seafood. Additionally, limit social media and television consumption.

Alternative Examples

A Dietary Fast

How can food keep you from being closer to God? Food doesn't necessarily keep you away from God; however, food can be a comfort that can be abused. When we can demonstrate discipline with our physical hunger, it gives the strength to show discipline with your spiritual/emotional hunger/cravings.

Dietary Fast Examples:

- No food, just liquid.
- No food during a designated period.
- A traditional Daniel fast.
- One meal a day.
- No meat.

A Fast from Comforts, Vices, Habits or Addictions

You've been saying for a while that you can stop anytime. This is a great time to start. Maybe it is something you enjoy beyond moderation. Maybe it is something you know is not suitable for you. Perhaps it is something you do, and it's keeping you from being productive.

Examples of comforts, vices, habits, or addictions to fast from:

- Sweets.
- Television.
- Social media.
- Alcohol and drugs.
- Smoking.
- Sinful sexual activity.

Please keep the following in mind when praying about your fast option:

- These are examples/options; you may start at one point and switch to another during the fast.

- You should adjust the level to accommodate your body and health concerns. Please be honest with yourself. A fast is not supposed to be a distraction; if your health conditions are keeping you from focusing on God and your time with Him, you may need to adjust your fast to be less strenuous on your health.
- However, if your chosen fast is not challenging, consider something a more significant sacrifice.
- Remember, what you will get out of this time is based on what you put into it. This consecration has to cost you something.
- Remember, fasting is not based on rules or what you can or cannot do. This document provides recommendations and guidelines, but you should trust your relationship with God to guide how this fast works specifically for you.

Resources for the Fast:

- Daily Devotions. PBC has provided a brief devotional for each day of the fast. The devotionals are intended to encourage, challenge, and assist you through this fast.
- Prayer Calls. These calls may be used to:
 - Discuss the devotional.
 - Share what God has been revealing to you.
 - Pray with and encourage one another.
- “Journal on your Journey.” We strongly recommend that you take the time to journal each day of the journey. What God may be revealing to you may be something you may need to refer back to later in the year. If you don’t have a journal, you can get an inexpensive notebook from a store OR download a journal app from the iOS or Android stores.

***Note: If you are currently under a physician’s care, please consult them prior to making any dietary adjustments.*