



RESOLVE!

21 Days Of Fresh Spiritual Focus And Preparation

January 10 – 30, 2010

One of the most exciting spiritual adventures we can participate in is fasting. Over the years, I have been blessed by the spiritual impact of setting aside food for periods of time for the purpose of drawing close to God. Something good always happens when we take steps toward the Lord. Fasting is one of the steps the Bible teaches us take. It is a step He promises to reward!

As we begin 2010, I am asking our church congregation, those who are physically able to do so, to join us in a 21 day fast. As you will see below, there are a variety of ways to fast, but the key to a successful fast is to turn aside from some form of food while giving yourself to extra prayer and intake from God's Word.

Fasting brings huge spiritual rewards. Perhaps the breakthrough you need in your personal life, your marriage or family, your finances, your future is on the other side of these 21 days. I can assure you that something wonderful awaits you!

I also believe that God's power will be seen in the life of our church congregation as we dedicate ourselves to this special season of seeking God.

As a part of this time of fasting, we will be having special midweek prayer services. There will also be a special section on our website to provide you

with devotional thoughts and prayer themes as we work our way through the 21 days together.

Some of you may be saying, "*I could never fast for 21 days! Why even try?*" I would say to you, *you will never know if you don't try!* You may be surprised at the stamina and help God will give you. As I have fasted for extended times in the past, I have discovered that God gives supernatural grace. He sustains!

Give it a try! You may fast for 1 day, 1 meal per day, 1 week of the 3, or for the entire 21 days, or any number of days in between. Whatever you do will be a blessing in your life.

Below you will find a FAQ section about fasting, link information for a free download to some special teaching I did on fasting, and a health advisory note.

I am excited about what God is going to do in you and in us as we set aside this time of fasting and prayer!

A handwritten signature in black ink, consisting of a stylized 'D' and 'a' followed by a long horizontal line extending to the right.

Pastor Dale

What is a fast?

A fast is abstaining from food or drink for a period of time for spiritual purposes, goals and objectives. During the time of a fast extra attention is given to prayer, Bible study and meditation.

Why should I fast?

The downloadable teachings on our website www.resolveseries.com will provide specific answers to the benefits of fasting.

The key thing fasting does is draw us into a place of greater dependency on God and closeness to Him. In response to our active initiative in fasting, He draws near to us!

“Come near to God and He will come near to you ... ” -- James 4:8 (NIV)

The main goal of a fast is to connect with God at a deeper level. It is to increase our hunger for Him.

How do I fast?

In the Bible we find various kinds of fasts and lengths of fasts. Fasts can vary from 1 meal to 40 days. You can fast one type of food or all food, or some combination of foods. For example, Daniel followed a partial fast for 21 days that brought great spiritual breakthroughs in his life:

“At that time, I, Daniel, mourned for three weeks. I ate no choice food ... until the three weeks were over.” -- Daniel 10:2, 3 (NIV)

The decision as to what kind of fast you choose is yours. You may choose to fast one day a week, one meal a day, or in whatever way you feel led.

Simply ask the Lord for guidance, and if health issues are a concern, consult your doctor.

FAQ's about Fasting:

Free teachings on fasting:

Download at www.church-redeemer.org or www.resolveseries.com

Health Advisory:

If you are pregnant, taking medication or have any special health questions or concerns or a health condition that might be affected by fasting you should consult a physician before participating in this fast.

Please follow the advice of your doctor.