

Hello everyone.

On January 6 we will begin our corporate 10 days of prayer and fasting. This period of prayer and fasting is designed to prioritize our relationship with God and focus our attention on what matters most.

While scripture does not require that we fast, scripture does reveal the importance of fasting. In the Old Testament, fasts were frequently called by leaders of a congregation during critical and despairing times (Jeremiah 26:9, Joel 1:14, Daniel 1:8). In the New Testament, Jesus' earthly ministry is preceded by 40 days of prayer and fasting (Matthew 4). Likewise, in the early church, Christians would couple prayer and fasting as a means to hear from God, especially before making important decisions (Acts 13:2; 14:23). Fasting is an opportunity for us to practice the fruit of self-discipline, by abstaining from personal pleasure and fixing their entire attention on God.

Although we're accustomed to abstaining from food during our fast, food is not the only means of fasting. Believers can choose to abstain from anything that can potentially serve as a distraction in their pursuit of seeking God. Remember, the objective of fasting is not only to eliminate things from your daily routine, but also to replace them with prayer. For example, if you are eliminating a meal at a certain time of the day, spend that time in prayer instead. If you normally watch TV when you get home from work, consider replacing that activity with reading the word of God. As you fast, it is important to be consistent. However, if you break your fast by accident or even miss a day or two, don't beat yourself up or give up. Rather, get right back to your fasting objectives. Remember, the objective isn't to be perfect, the objective is to be transformed.

Let us use this experience of fasting to restore our focus and revive the power of prayer in our lives.

Praying with hope,

Pastor H. Wilkie