GUIDE

7-DAY FULL FAST

VERSION 02

SUNDAY, NOVEMBER 15, 2026 -
SATURDAY NOVEMBER 21, 2026

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OVERVIEW



The purpose of this fast is to substitute physical sustenance for spiritual sustenance through replacing time and energy spent feasting on food with time and energy spent feasting on spiritual food in prayer and study of the word. We will be focusing on personal spiritual strengthening and development as well as our strengthening and development as a church family.

FULL FAST

No food, all beverages (except blended juices and food supplements) or only water. Spend extended times in worship, prayer, meditation and memorizing the word.

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CONSECRATION



7 Days of Consecration

CONSECRATION requires DISCONNECTION.

Disconnecting from TV, radio, newspapers, internet and social media will help you stay focused on your purpose for fasting. Taking time off and away from certain people and places during your fast can help you get the most benefit out of this precious time

CONSECRATION requires CONNECTION

You will need strong encouragement and accountability, so make special effort to partner with one or two persons. Spending times in worship, prayer, meditation and memorizing the word.

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Need more information?

Feel free to reach out to one of our pastors.

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