



Antioch Christian Church

2019 New Year Fast

Reset 2 Grow

21 Day Fast begins on Monday, January 7, 2019 at 7:00 a.m. 21 Day Fast ends on Sunday, January 27, 2019.

Pastor Tonya and I are so excited to begin this New Year with a season of 21 Days of Prayer and Fasting. Each January, we start off the year strong by setting aside 21 days to pray, fast and seek God. This is a great way to start the New Year in a fresh and powerful way. We are inviting everyone at Antioch Christian Church to join us in what we believe will be a personal time of transformation, revival and renewal. During this time, we will intentionally focus our heart with God's heart by slowing down our busy lives and setting aside quality time every day to spend time reading and meditating on the Word and hearing from God.

This is the season and the time for what God has spoken to manifest. Many people begin their relationship with the Lord excited yet sadly lose their passion sometimes and become distracted with life's issues. It's your time to reset through life's challenges so you can grow to your full potential (RESET 2 GROW).

During this fast, we believe our spirits will be revived, our souls will be edified, and we will receive clear divine revelation in order to maximize this season. We will pray, expand our capacity to believe God, and use our faith for a harvest of souls He has destined for Antioch to win and disciple as well as an outpouring of His spirit that will transform us unlike ever before. We will become salt and light greatly influencing our environments.

I want to encourage you to faithfully attend Sunday worship services and Wednesday Mid-Week Service. Being around other believers during this time will strengthen and encourage you should fasting become difficult. We encourage you to also make an effort to attend as we worship and study the Word of God together midweek.

We have put together some tips for you to assist you in preparing called Prayer and Fasting 101. Take a moment to review as you prepare to fast.

We look forward to hearing your testimonies of victory!

Blessings and Peace,

Senior Pastor Norris Q. McGill

Corporate Prayer Fasting Schedule

We would like to gain as much unity and power as a BODY during this fast, therefore, we are asking all those who can to fast according to this schedule.

If you take medication, please consult your doctor before participating fully in this part of the fast. If you cannot participate according to this schedule please find something else to fast such as television, social media, etc. Please remember our goal is to position us to hear more clearly from God and fasting is one of the ways to help us do that.

Week of January 7th:

Fast Monday, Wednesday, Friday: No meats and no sweets

Other days: No sweets

Week of January 14th:

Fast Monday, Friday: No meats and no sweets

Fast Wednesday: Liquids only

Other days: No sweets

Week of January 21st:

Fast: Tuesday and Thursday (liquids only)

Other days: No sweets

MY 21 DAY FASTING COMMITMENT

I commit to participate in our Church Corporate wide fast from **Monday, January 7, 2019** to **Sunday, January 27, 2019** (fast will conclude at the end of worship service).

My **purpose** for fasting is: _____

During this fast, I am **praying and believing** God for:

1. _____
2. _____
3. _____

_____ I will participate according to the Corporate Fasting Schedule.

_____ I am unable to participate in the Corporate Fasting Schedule; however, I will fast (type of fast you will do) _____.

MY SUCCESS PLAN:

1. I will find an accountability partner, someone who will encourage me when the temptation to quit arises. *Note: This person should be in agreement with your desire to complete the fast and a spiritually mature person who can encourage you with the Word. Ecclesiastes 4:12, "A threefold cord is not quickly broken". My accountability partner for this fast is*
_____.
2. I will set aside time every **morning** from _____ am to _____ am to praise God, read my Word and spend time in prayer.
3. I will set aside time every **evening** from _____ pm to _____ pm to praise God, read my Word and spend time in prayer.
4. I will NOT allow the enemy to accuse me or shame me should I fall short. I am determined to use this time to draw closer to the Lord. Remember, choose a fast that stretches you but also is one you can complete. No comparison, no competition, do what you can do for the Glory of God.



Be sure to keep a journal of your 21 days. Keep record of the day/date, the fast you're doing that day, your Bible reading, anything the Lord speaks to your heart.