



Good Shepherd Lutheran Church
GOD. SERVE. LOVE. COMMUNITY.

2020 Churchwide Fast for the Lenten Season

“Jesus, full of the Holy Spirit returned from the Jordan and was led by the Spirit in the desert, where for forty days He was tempted by the devil. He ate nothing during those days, and at the end of them He was hungry.” (Luke 4:1-2)

As we prepare for our churchwide Lenten Season Fast, please keep in mind our theme for this year – **“Developing Disciples from Generation to Generation”** (Matthew 28:18-20). Fasting is an ancient spiritual discipline designed to deepen our relationship with Jesus Christ. We do not fast to lose weight; we fast to become empowered by Jesus Christ. Fasting and prayer strengthens our faith, increases discipline, unlocks spiritual power, and prepares us to do fruitful ministry.

As we enter this Holy Season, we encourage you to be intentional about fasting, praying, studying, and learning the power of quiet time, just as Jesus spent time with his Father, praying, studying, reflecting, meditating, and centering his spirit. Please join with us this season and witness a breakthrough, as we fast, pray, study, reflect, and meditate together and wait to be filled by the power of the Holy Spirit. This year, we want to fast and pray for restored vision, particularly in the area of discipleship: (1) Am I being discipled? (2) Who am I discipling? Is it working? and (4) How can my discipleship be improved?

Question: I have never fasted before, what should I expect?

Answer: Consult your physician first!* Fasting is not the removal of all food from your diet. Fasting is learning to discipline your mind, body, and spirit to remove “something meaningful” you know hinders your ability to function at your highest capacity, from your life or diet.

Question: Is fasting biblical?

Answer: Yes, fasting is biblical. Throughout the Old and New Testaments, fasting was used by the people of God to prepare them for a spiritual challenge, hear God’s voice before making a major decision, and for removing destructive forces from their life.

Question: What should I pray for?

Answer: There are a number of things you can pray for during this fast. GSLC is joining together every Wednesday at 12 noon to pray together as a church family. In addition to your regular prayers and the four questions pertaining to discipleship listed above, here are some additional items you can incorporate into your daily prayer time:

- Pray for Good Shepherd Lutheran Church, that join will increase and add to our church
- Pray for Pastor McGowan and Church Council/Leadership
- Pray for Bishops Eaton and Curry and Churchwide ELCA Leadership

Fast #1: Fasting to confront destructive forces

- February 26th- March 3rd | Eat all meals before 6:00 p.m.
- March 4th – March 10th | Eat only two meals a day before 6:00 p.m.
- March 11th- March 17th | Eat only one meal a day before 6:00 p.m.
- March 18th – March 24th | Drink only juices, water, and/or tea.
- March 25th – March 31st | Eat only fruits and vegetables before 6:00 p.m.
- April 1st- April 7th | Slowly begin to add meat to your diet

Fast #2: The Daniel Fast (Taken from the Book of Daniel).

When Daniel was captured by the Babylonians, he asked of the Babylonians if he, along with Shadrach, Meshach, and Abednego, could fast eating only fruits and vegetables so they would be prepared to confront the Babylonian king.

- February 26th- March 3rd | Eat all meals before 6:00 p.m.
- March 4th – March 10th | Eat only two meals a day before 6:00 p.m.
- March 11th- March 17th | Eat only fruits and vegetables, before 6:00 p.m.
- March 18th – March 24th | Eat one meal a day before 6:00 p.m..
- March 25th – March 31st | Eat two meals a day before 6:00 p.m.
- April 1st- April 7th | Eat three meals a day before 6:00 p.m.

Fast #3: Removing certain foods or items from your diet or life.

One type of fasting is to remove foods from your diet, such as fried foods, sweets, sodas, or refined sugar and/or flour. You can also fast from the use of technology and/or social media, outside of work related involvement. You can also engage in a weekly financial fast, to save and/or invest money. The money saved can be added to your tithes and offerings.

**Please seek the advice of your primary care provider/doctor before beginning a fast that involves restricting food/calories and/or medication. Your doctor can help you design a fasting plan that protects your health and well-being. This is extremely important if you are pregnant or have a medical condition. Medical condition examples include, but are not limited to those who have a chronic disease such as diabetes, HIV/AIDS, hypertension, heart disease, cancer, inflammatory bowel disease, recent surgery, etc.*