



DESTINY CHURCH

**GROWTH**

**2019**

**RESOLUTION**

**FASTING GUIDE**



**destiny**church

Partnering with People to Maximize their life in Christ!



# IGNITE

SUNDAY, 1/6 - FRIDAY, 1/11

## 2019 - CHURCH WIDE FAST AND PRAYER *"A week to ignite your spiritual life!"*

We finished 2018 strong, now let's IGNITE 2019 with a fiery start with our Church-Wide Fast from sun up to sun down the week of January 6th thru January 11th. This year our theme will be Full-Time. In the world of employment, you have different types of workers: part-time, full-time, and seasonal. Let's grow to the point where we are FULL-TIME followers of Christ. God promises when we get close to Him, He will get close to us!

### Options for Engagement

- Personal Prayer
- Not a Fan Bible Study (RightNow Media)
- Life Group Gathering (Friday)
- Spiritual Fast (Sun Up to Sun Down)

### IGNITE 2019 Church Wide Fast & Prayer Schedule @ Destiny

#### Sun, January 6<sup>th</sup>

- Destiny Leaders meet @ 1p
- RightNow Media Video study Not a Fan: Fan or Follower

#### Mon, January 7<sup>th</sup>

- Destiny Men meet @ 7p
- RightNow Media Video study Not a Fan: Follow Me

#### Tues, January 8<sup>th</sup>

- Destiny Women meet @ 7p
- RightNow Media Video study Not a Fan: What Must I Do?

#### Wed, January 9<sup>th</sup>

- ALL meet @ 7p
- RightNow Media Video study Not a Fan: Bury the Dead

#### Thur, January 10<sup>th</sup>

- RightNow Media Video study Not a Fan: Dead Men's Bones

#### Fri, January 11<sup>th</sup>

- Life Groups meet @ host homes to break the fast
- RightNow Media Video study Not a Fan: Decision Time

# CONVICTIONS

## ON A MISSION

**DEVELOPING** (MT. 28:19-20, COL. 1:9-10,28-29) **PEOPLE** (MT. 22:37-41)  
**TOWARD THEIR** (PHI. 2:11-13, JN. 15:5) **DIVINE DESTINY** (ROM. 8:28-30).

**Biblical Boldness:** We will boldly rely upon God's Word for our belief and practice in all areas. We believe that God's Word is totally true, reliable, and eternal even in an ever-changing society that craves relativism. We will not tickle ears but trust God to transform lives with His truth.

**Salvation Station:** We exist for the benefit of those who know Christ and those who do not have a relationship with Christ. We will do anything short of sin to reach people with the Gospel of Jesus Christ. To reach people no one is reaching, we must do what no one else is doing. We will not cater to personal preferences in our mission to reach as many people as we can with the truth of Jesus Christ. We are just as concerned about those beyond our walls as we are those within our walls. We also believe that the best context for a person to know Jesus Christ is a personal relationship.

**Development Depot:** We will partner with people so they can reach their full potential in Christ. Church is not about whom you know but how you grow. We will offer opportunities for you to become a fully devoted follower of Christ. We are committed to growing your spiritual life in the same way you are committed to raising your kids. We want to see you grow up in the faith.

**Lordship Loyal:** We will do it Christ way since He is Lord and knows what is best for our lives. We will happily live a life that seems upside down but is really right side up. We strongly believe that your next days can be your best days when you learn and live and believe that God is telling the truth in His word. We will give up the things we love to please Christ, whom we should love the MOST.

**Real Relationships:** We will love people even when they are unlovable. We believe there are many things you can do by yourself but growing spiritually is not one of them. We want to be contenders for the faith together rather than pretenders by ourselves. We want to be a church where no one travels alone. We believe everybody seems normal, until you get to really know them. We will love people even when we really get to know them! All of us would be a total mess if Christ did not give us the potential to be totally changed.

**Gigantic Generosity:** Our staff and church will go above and beyond to give sacrificially to the work of God in our city. We will give so much to our church, community, and cosmos that it makes them think we have an ulterior motive. We will water the world with the love of Christ, knowing that we will ultimately be watered as well. We truly believe it is more blessed to give than to receive.

**Worship Wow:** We will do all within our reach and resources to engage the whole person in worship. We place a disproportionate value on creating a worship experience that boldly celebrates Jesus and attracts people far from God. We will facilitate environments that effectively connect with our target audience. We will welcome the use of the arts to demonstrate the awesomeness of our Great God.

**Strategic Service:** We will equip people to be participators instead of spectators. We really believe that God has given every believer a spiritual skill set to contribute to His Kingdom. We will function as spiritual contributors not spiritual consumers. Mature believers know they exist to make a difference in the lives of others.

**Futuristic/Formidable Faith:** In order to dominate a city with the gospel of Jesus, we can't think small. We will set impossible goals, take bold steps of faith and watch God move. We will run to God with our greatest challenges instead of running away from God when life happens. We believe that speaking to your mountains in faith will cause the most impossible things in the world to become possible.

**Excellence:** We will always bring our A game. We will go the extra mile for the glory of Christ. We are committed to maxing out our lives everyday to demonstrate the glory of God. Simplicity enables excellence. We will always maintain a posture of learning. We seek to learn from everyone and incorporate a variety of influences into our methodology.

**Undeniable Unity:** We will passionately follow our Pastor as He follows Christ. We will live a normal Christian life by honoring unity. We will aggressively defend our unity and that vision. We will deal boldly and swiftly when disunity pierces our unity.



# OUR DREAM FOR DESTINY!

WE NEED GOD'S EMPOWERMENT!

**Imagine** a church where *life transformation* is the norm, rather than the exception.

**Imagine** a church where every believer is connected to a small group of other believers through *authentic relationships* growing together in Christ.

**Imagine** a church that is radically committed to spreading the *Good News* of Jesus Christ throughout the community and the world.

**Imagine** a church where all believers are equipped to be *fully functioning and contributing* members of the body of Christ.

**Imagine** a church where *families* are prized as the model Christ intended for them to be.

**Imagine** a church where *men & women* are able to fulfill their purpose and make an eternal impact for the kingdom of God.

**Imagine** a church where *Christian singles* are equipped to glorify God and maximize their privileged state in Christ.

**Imagine** a church where every believer is pursuing a passionate and *prayer-filled* love relationship with the creator of the universe—one that engages their heads, hearts, and hands.

**Imagine** a church where *real people* can find *real answers* to address *real issues*.

**Imagine** a church where *acceptance* is the standard; people are not judged by their circumstances, but by the wholeness of their identity in Christ.

**Imagine** a church where the *Bible* is highly regarded, explained, illustrated, and applied to all dimensions of believers' lives.

**Imagine** a church where believers are free to *worship* God in a dynamic and authentic manner.

**Imagine** a church where its members are characterized by the intentional and selfless *giving* of their time, talents, and treasures.

**Imagine** a church where believers are *mobilized* for local, national, and international service.

**Imagine** a church that is intricately involved in primary and secondary *education*.

**Imagine** a church where its members can rely on, respect, and follow *Spiritual Leadership*.

# ABOUT THE FAST

**What is fasting?** Fasting is a spiritual discipline taught in the Bible. It means to voluntarily deprive yourself of something for a time in order to give yourself more fully to God for increased closeness to Him. It is accompanied by an intensified time of prayer in pursuit of God. It usually means to fast from food, but in today's context the concept of fasting has broadened to include the abnegation of things that bring comfort or fleshly pleasure such as: TV, Internet, Facebook, computer and video games, alcohol, magazines, sweets, or anything that regularly takes up time that can be made available for God instead. We ask that you read and meditate over Isaiah 58, Matt. 6:16-18, and Matt. 9:14-17 before you start your fast.

**\*Important Note:** Fasting requires reasonable precautions. If you have any health concerns, please consult your physician prior to beginning your fast, especially if you are taking any medication, have a chronic condition, or are pregnant or nursing.

**When are we fasting?** We are fasting as a church family from Monday, January 7, 2019 until Friday, February 11, 2019. The preferred time of fasting is your evening meal if fasting food.

**Why are we fasting generally?** Fasting does not necessarily make you more spiritual, but it does position you to experience God more intimately when done with the proper motives.

## Why are we fasting corporately?

1. To enhance discernment of the Lord's presence in every aspect of our lives
2. To prayerfully seek God's guidance and direction for personal participation in the Capital Campaign
3. To actively participate in reaping God's harvest by sharing the Gospel of Jesus Christ and inviting people to Destiny Church

## Why are we fasting personally?

1. To experience intimacy with God (Matthew 6:14-18)
2. To seek God's guidance in decision making (Acts 13:1-3)
3. To seek God's protection and intervention (Ezra 8:21)
4. To repent and humble yourself before God (Nehemiah 9:1-3)
5. To mourn while in distress (Esther 4:3)
6. To intensify your focus on social justice (Isaiah 58)
7. To align your priorities with God's priorities (Luke 12:29-31)
8. To raise awareness to the disenfranchised (Isaiah 58)
9. To intercede for the needs of your community (Isaiah 58)
10. To seek spiritual strength to overcome temptation (Matthew 4:1-11)

# ABOUT THE FAST

**Why the Daniel fast?** The Daniel fast is a great model to follow and one that is extremely effective for spiritual focus, bodily discipline, and purification of the body and soul. It is probably one of the most commonly referenced fasts; however, within the Daniel fast there is room for broad interpretation.

In the book of Daniel we find two different times where the prophet Daniel fasted. Daniel 1 states that he only ate vegetables and water, and in Daniel 10, while the passage does not give a specific list of foods that Daniel ate, it does state that he ate no rich (or choice) foods, as well as no meat or wine. So based on these two verses, we can see that either of these, or combinations of the two, constitute a Daniel fast.

Again, it is important to mention that there is nothing inherently spiritual about one type of fast as opposed to another. The foundation of the Daniel fast is fruits and vegetables. Some starchy vegetables and dairy could be included, but that depends on the individual. Your goal should be to seek God in prayer about this and follow what the Holy Spirit leads you to do.

**What should you do before you go into a fast?** The primary prerequisite to fasting is to ensure that you have medical clearance from your physician prior to engaging in any fast from food. You still can participate in the fast in spirit even if your health and medications do not allow a traditional fast from food. In these instances, we recommend that you refrain from another activity and substitute that time with prayer and Bible reading.

## **What are some guiding principles for fasting?**

Fasting is not merely missing a meal or two. It is a time of intentional dedication and focus on the Lord—His voice and His will. Remove distractions so that He can have your undivided attention. Fasting increases the probability that we can discern God's voice in the midst of chaos. Benefiting from your fast

1. Meditate and read the Scriptures daily.
2. Repent of all known sins.
3. Intercede for the needs of your community.
4. Pray for the expansion of God's Kingdom work through you and your church.
5. Pray intentionally and purposefully.
6. Get rid of all the distractions.
7. Keep notes of the thoughts that come to mind.
8. Allow God to heal you in your broken places.

## **How to begin and break the fast well**

Depending on the type of fast you choose, it is very important to prepare your body ahead of time before beginning the fast. Take a week or so to transition into your fast; otherwise, you could get sick. For example, if you would like to go on a fruits and vegetables or juice fast, start eliminating meat, white grains, and refined sugars from your diet the week before. Also start to cut back quite a bit on dairy products and some of your caffeine intake.

# TYPES OF FASTS

**What are the different types of fasts?** As you prepare to fast, it is important to choose a fasting plan that works for you. While this section provides some general information about fasting, Destiny desires all who can participate in fasting to do so with at least the partial fast. But once again, you are free to choose any fast you like. There is nothing more inherently spiritual about one type of fast as opposed to another.

*The Bible describes four major types of fasting:*

**A Regular Fast** The regular fast is done by abstaining from all food, both solid and liquid, except for water. This is the type of fasting Judah's King Jehoshaphat called for when his country was confronted with invasion (2 Chronicles 20:3). The Lord defeated their enemies, and the men of Judah blessed the Lord (2 Chronicles 20:24-27). After the Babylonian Captivity, the people returning to Jerusalem prayed and fasted, asking God for His protection on their journey (Ezra 8:21). The Lord Jesus fasted during His forty days in the wilderness being tempted by Satan (Luke 4:2). When Jesus was hungry, Satan tempted Him to turn the stones into bread, to which Jesus replied, "Man shall not live by bread alone" (Luke 4:4).

**A Partial Fast** Another type of biblical fasting is the partial fast. The prophet Daniel spent three weeks fasting from certain foods. In Daniel 10, the prophet says, "I, Daniel, mourned for three weeks. I ate no choice food; no meat or wine touched my lips; and I used no lotions at all until the three weeks were over" (Daniel 10:2-3). Note that Daniel's fast to express his grief on this occasion only omitted "choice" food, and it also involved relinquishing the use of oils and "lotions" for refreshment. Today, many Christians follow this example and abstain from certain foods or activities for a short time, looking to the Lord for their comfort and strength.

**A Full Fast** Also mentioned in the Bible is the absolute fast, or the full fast, where no food or water is consumed. When Esther discovered the plan for all the Jews to be killed in Persia, she and her fellow Jews fasted from food and water for three days before she entered the king's courts to ask for his mercy (Esther 4:16). Another example of an absolute fast is found in the story of Saul's conversion. The murderous Saul encountered Jesus in His glory on the road to Damascus. "For three days he was blind, and did not eat or drink anything" (Acts 9:9). Immediately following that time of blindness and fasting, Saul dedicated his life to preaching Jesus Christ.

**A Sexual Fast** The Bible also mentions a sexual fast, although not by that name. In Exodus 19:15, the people of Israel were to prepare for their encounter with the Lord at Mt. Sinai, and part of their preparation was to abstain from sexual relations for three days. And in 1 Corinthians 7:5 Paul says that a married couple can mutually agree to abstain from sex for a short period of time in order to devote themselves to prayer. But then they are to "come together again so that Satan will not tempt you because of your lack of self-control."

The purpose of fasting is not to get God to respond as a genie in a bottle to grant our every wish. Fasting, whether it is regular, partial, absolute, or sexual, is a seeking after God's heart, all other blessings and benefits being secondary to God Himself. This is what sets apart biblical fasting from other religious and cultural practices around the world.

# FASTING TIPS

## Fasting tips

*Here are some other ideas that can help make your fasting experience more pleasant and impactful:*

- As you select your type of fast, make a fasting calendar that fits your plan. Determine what each day will look like.
- Keep your fridge and pantry stocked with the items you need. Being unprepared to fast sets you up to give in to temptation. Choose well when selecting products, stick to raw food as much as you can, and limit artificial ingredients.
- Make it a priority to attend church during our fast as much as possible. Being around other believers will encourage you to continue when fasting becomes difficult.
- If you get off track during the fast, don't get discouraged. Just get right back on track and keep going. God's mercies "are new every morning" (Lamentations 3:22-23). He wants you to finish, and He will give you the grace and strength to do so.
- Know why you are fasting and let that be your focal point. Hang up a quote, scripture, picture, or anything that will help keep you focused.
- Having a supportive team of people around you will help you get through it.
- Try to avoid being around areas of temptations when you first begin fasting.
- Spiritual fasts require lots of prayer, Bible reading, and dedication to the Word of God.
- Avoid fasting solely for weight loss. Oftentimes people will put on more weight after they fast.
- You may become irritable during the fast until your body adjusts. If this happens include this concern in your daily prayers.
- You may experience changes in bowel movements, urination, or for women, menstrual cycles.
- Be cautious if you consume protein drinks during certain fasts as they have a tendency to cause constipation.
- Carbonated drinks, milk shakes, and acidic fruits should be avoided. They can upset the stomach.



PARTNERING WITH PEOPLE TO MAXIMIZE THEIR LIFE IN CHRIST

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