

## What Fasting is about

Fasting is consistently portrayed in Scripture as one of the primary ways that we seek God and those blessings that he has promised to us if only we would ask<sup>1</sup>. Fasting is therefore feasting - delighting ourselves in the treasure that is God Himself!

It is something that God's people have always been doing, including Moses, David, Elijah, Esther and Daniel, and some of our early Church fathers like Martin Luther, John Wesley and Jonathan Edwards. Jesus encouraged fasting (Mat 6:16) and Paul fasted often (Acts 9:9).

It also wasn't just the individuals, in Acts 13 we read that the Church at Antioch was fasting together, which led to the Apostle Paul being commissioned for Missions!

**Thus whether an individual or a whole nation seeks a closer encounter with God, one of the ways they pursue Him is through fasting.**

It is important to note that fasting is not done with the aim of wresting some favours from God (it's not a hunger strike!), but more about increasing our spiritual awareness to what He may be saying or doing.

**Thus the means of fasting are not as important as the motive: It is never for selfish gain, but for the increase of his Kingdom rule whether in our own hearts, or the life of our larger community.**

The reality is that living in today's world means trying to hear the whisper of God above the noise of our busy lives: Media, People, Work Stress and all of our Lusts and Desires. Fasting silences these voices, and allows us to regain perspective: Jesus is King.

Remember: *"Man shall not live by bread alone, but by every word that comes from the mouth of God"* (Mat 4:4). Fasting makes this a reality, where we seek the word of God above every other voice in our lives.

## Why Fast now as a Church?

We have chosen the period between Ascension Day and Pentecost as our fasting period, since this is a symbolic period of waiting for the promise of God, which includes the fullness of the Resurrection life.

We have chosen the name 'Chrysalis' for this time, as it describes the period in the cocoon that transforms the worm to butterfly. We seek this same degree of radical transformation, that can truly come with an intentional pursuit of God.

## How to Fast

Fasting can take any form of depriving ourselves of an otherwise normal activity. This is most often food or drink, but can include any aspect of life that demands our physical attention, like the media or any of the other conveniences of modern life which have come to depend on.

<sup>1</sup> Sam Storms 'Practicing the Power: Welcoming the Gifts of the Holy Spirit in your life'

## How the Fast will work

Each of the days between May 26 - June 3 will include a different aspect of fasting. This is just to expose people to the various ways in which we can fast - it is not the only way! Therefore feel free to follow the guideline below, or adjust it to suit. Remember the emphasis is not on the means of the fast, but on the motive!

There is also a suggested Prayer Guide, highlighting various aspects of Church life that require prayer. Be sure to include prayer for your own spiritual journey, and for family and friends - Just be sure to Pray!

**Fasting without Praying is just an empty stomach!**

## Fasting guideline

**Fri 26 May:** Spending fast - go through the day without spending any money (may take some planning!). Instead give away what you may have spent.

**Sat 27 May:** TV Fast - no TV/Movies/DVD's for the day

**Sun 28 May:** Media fast - no internet/social media/Newspapers for the day

**Mon 29 May:** Delicacy Fast - no sweets / chocolates / delicacies / fast food

**Tue 30 May:** Coffee / Tea Fast - no hot beverages for the day

**Wed 31 May:** Water Fast - drink only water, no restriction on eating

**Thur 1 Jun:** Vegetable Fast - eat only vegetables/fruit, drink anything

**Fri 2 Jun:** Total Vegetable Fast - eat only vegetables/fruit, drink only water

**Sat 3 Jun:** Sunrise to Sunset Fast - no eating after sunrise or before sunset.

**Break the fast on Sunday 4 Jun (Pentecost Sunday)**

## Prayer guideline

**Fri 26 May:** Pray for our Children & Youth. Pray for these ministries at our Church, and the ministry workers. May we see a revival in this 'Next Generation', a rising up of passionate, committed and radical believers.

**Sat 27 May:** Pray for Young Adults and singles, that God would consolidate His will for them in this formative stage of their lives, and that they would use the opportunity these years present for His glory. Pray for this ministry at our Church, that we would be effective in reaching this generation.

**Sun 28 May:** Pray for Families, in particular for strong marriages and relationships. May relationships be healed, restored & sealed forever.

**Mon 29 May:** Pray for Parents, as they shoulder the responsibility of discipling their children. Pray for would-be parents, that God would grant them the desires of their hearts.

**Tue 30 May:** Pray for our Senior Citizens, that God's comfort will be with them, and that they may be a guiding light and solid rock of faith for generations to follow.

**Wed 31 May:** Pray for our Pastors, Elders & Church Staff. Pray that God would strengthen them in their leadership roles, empower them by His Spirit and encourage them with His presence.

**Thur 1 June:** Pray for the Financial Resources of our Church, that God will abundantly equip us for His work.

**Fri 2 June:** Pray for our 'Ends of the Earth' Missionaries, that God would open doors of opportunity for them, and that their seed sown would fall on good soil. Pray for their spiritual & physical protection, for provision, and for peace as they labour away from home.

**Sat 3 Jun:** Pray for our 'Through Edenvale' Ministries, as we try to impact our city with the Gospel. May Edenvale know we're here!

**Sun 4 June:** Pray for our Sunday gatherings, that we would witness the manifest presence of God, hear Him speak deeply to us, and experience his power in our midst.





# Chrysalis

TEN DAYS OF  
TRANSFORMATION

Thu 25 May - Sun 4 Jun