

# CHURCH-WIDE FAST



Dear Church Family,

In a spirit of unity & solidarity we are fasting as a church for lent-specifically, February 23-April 3. The bible inspires us that there is power in unity (Genesis 11:6). And if you call Radiant your church home, let us be in solidarity through fasting and prayer for 40 days.

**In losing something for our flesh, we gain something for our Spirit!** I believe this will be a catalytic year for Radiant. As we prepare to move into a permanent space, remain connected in the final stages of COVID, and stand on the verge of a new season and chapter, I believe we must go deeper in our prayer life and willingly engage in the spiritual practice of fasting.

Below are three ways you can fast. Throughout the fast, feed your spirit with the following scriptures and pray using the accompanying theme as a guide. I also ask that you pray for your pastor, our leadership team, & staff as we continue to seek God's strength as I seek to lead well and we all seek to serve you for His glory. Amen.

May you shine in the Lord's heart as you shine in mine,  
Pastor Mike Thomas

- **Fast option #1** - 6am to 6pm no food, water only
- **Fast option #2** - Daniel Fast (rf. Daniel 1), no meat, sugar, sweets, processed foods, alcohol
- **Fast option #3** - Media Fast, no secular entertainment, no social media; exception is media related to your vocational work, the news, worship service, or any media used to edify the believer (eg. virtual life groups, etc)

## 40 DAYS · 20 SCRIPTURES · 4 THEMES OF PRAYER

February 23 - March 4

Prayer Theme

### PURIFICATION

- Romans 12:1-2
- Titus 2:11-13
- Colossians 3:5-10
- Philippians 4:8-9
- Psalm 51:10-12

March 5 - March 14

Prayer Theme

### ELIMINATION

- 1 John 2:15-17
- Philippians 4:11-13
- Proverbs 15:27
- Matthew 6:16-18
- Matthew 6:31-34

March 15 - March 24

Prayer Theme

### TRANSFORMATION

- Ecclesiastes 3:1-8
- Acts 3:19-21
- Matthew 5:14-16
- Proverbs 3:7-8
- 1 Thessalonians 5:14-18

March 25 - April 3

Prayer Theme

### APPLICATION

- Psalm 37:23-24
- Psalm 1
- Ephesians 5:22-26
- 1 Corinthians 9:24-27
- Revelations 7:9-10