

# The Seventh Episcopal District Vibrant Church Initiative

*Bishop James B. Walker, Presiding Prelate*

*“Catch the Vibe”*



Thursday, November 3, 2022

Greetings Seventh Episcopal Clergy and Lay,

With the guidance of our Presiding Prelate, Bishop James B. Walker, the Carolina Region and New York Washington Region Board of Evangelism and Missions, invite you to an Episcopal District corporate time of prayer and fasting over these next four weeks. For those who are able to participate, let us unite with our Presiding Prelate, Bishop James B. Walker along with the Presiding Elders of the Carolina and New York-Washington Regions.

Therefore, as you pray and as the Holy Spirit leads you, we ask that you incorporate this prayer and fasting scriptural focus guide throughout this time. In addition, we are including a Basic Fasting Guide for your convenience to reference if you so desire.

Remember, we want to “Catch the Vibe,” so let us not miss the “Move of God,” during this time of prayer and fasting!

**Rev. Angela D. Brown,**  
**Carolina Region Board of Evangelism & Missions Director**

**Rev. Zachary Mullens,**  
**New York-Washington Region Board of Evangelism & Missions Director**

# The Seventh Episcopal District Vibrant Church Initiative

*Bishop James B. Walker, Presiding Prelate*

*“Catch the Vibe”*



## A Basic Fasting Guide

*“When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.”(Matthew 6:16-18)*

The goal of fasting is intimacy with God and clarity in hearing His voice. Biblical fasting always has to do with eliminating distractions for a spiritual purpose; laying down the pleasures of earth to take up the pleasures of heaven. It also enables us to recognize the goodness of God and align our hearts with His.

Your fast should present a level of challenge, but it is very important to know your body, your options, and most importantly, to seek God in prayer and follow what the Holy Spirit leads you to do.

***\* Please be advised that fasting requires reasonable precautions. Consult your physician first, especially if you take prescription medication or have a chronic ailment. Some persons should never fast without professional supervision.***

## Complete Fast

**In this type of fast, you drink only liquids, typically water with light juices as an option. It is important to drink much more water that you usually do during the day.**

This fast is not for the ‘spiritually elite,’ mostly because that’s not a thing. This is for anyone that is medically able. Still, if you are new to fasting food we would suggest you check out the Daniel Fast and Partial Fast to get acquainted with this discipline.

# **The Seventh Episcopal District Vibrant Church Initiative**

*Bishop James B. Walker, Presiding Prelate*

*“Catch the Vibe”*



## **Daniel Fast**

**In this type of fast you remove meat, sweets, and bread from your diet and consume water and juice for fluids and fruits and vegetables for food.**

This is also called a ‘selective fast.’ Most people choose this type of fast during corporate fasts.

## **Partial Fast**

**This fast is sometimes called the “Jewish Fast” because in scripture the Jewish people would often not eat from “sun up to sun down,” and involves abstaining from eating any type of food in the morning and afternoon.**

Another example of a partial fast is choosing to abstain from food for a certain meal. For example, maybe you could choose to fast breakfast and lunch but still have dinner with your family.

If you are new to fasting food, we would suggest starting with this one and maybe fasting one meal a day.

This is also the type of fast that is most sustainable as you incorporate the discipline into your lifestyle beyond the 21 days you do as a church.

## **Soul Fast**

**This type of fast helps to restore and refocus areas of our lives that are out of balance or something that may consume too much of our time. For example, you might choose to stop using social media, watching television, special series etc., for the duration of the fast and then carefully bring that element back into your life in healthy doses at the conclusion of the fast.**

# The Seventh Episcopal District Vibrant Church Initiative

*Bishop James B. Walker, Presiding Prelate*

*“Catch the Vibe”*



This is not to say that any of these things are “bad,” but to remember that they do not run your life. You can sacrifice it and instead of scrolling through Instagram you can choose to pray and seek God.

The word ‘fast’ in Hebrew literally mean to ‘close the mouth’ so scripturally we hold that a fast involves not partaking in food or certain types of food for a period of time. Still, not everyone is able to do this medically. If you have health issues that prevent you from fasting food this is a great option. If you are able to fast food, you could also consider pairing a food fast with a soul fast.

## **Ideas for Children, Youth & Teens:**

- \*Don’t eat the last bite of your food at each meal and then pray again at the end of your meal for the less fortunate.
- \*Choose 3 days/week to Pray the Lord’s Prayer while doing sit ups.
- \*Make a vow to stop complaining or being negative.
- \*Do 20 jumping jacks while praying for someone else.
- \*Choose 3 days not to eat any candy or gum.
- \*Do not use technology for one hour a day but pray during that time. (School time does not count)
- \*Give some clothes away & pray who to give them to and then give thanks for being able to give.

## **Fasting changes things!**

**We KNOW that you will see fruit no matter what type of fast you choose to engage in.**