

Consider fasting for a partial day or a full day until sundown, focusing on offering yourself to Jesus. If a full day is too much for your body or soul, start smaller. Skip breakfast and break the fast at lunch or 3 pm. Remember: The goal is to make fasting a part of your regular life, not try it once or twice, hate it, and never try it again. Start where you are, not where you feel like you should be.

A few basic tips

- Drink tons of water to stay hydrated.
- If medications hinder you from fasting, consider other things to abstain from like technology or sugar.
- If you normally drink coffee to wake up, you may want to still have coffee, but just have it black to avoid a caffeine headache. Coffee is 99.9% water and will not keep your body from entering the fasting state.
- The more time you can give to prayer and reflection, and the less busy you are that day, the better. Make it your goal to slow down the day you fast and be present to your body, and God, as much as you possibly can. You may want to find a park on your lunch break or take a few short walks throughout your day. Give as much attention to God as is doable.

Resist the urge to judge your experience. Release thoughts like, “I liked it; I disliked it.” “I felt close to God; I didn’t feel close to God.” Just let the experience of fasting be what it is, and offer it to God in love.

- If possible, do this together as a community (see dates above); this will help to encourage and enliven your weekly practice.
- Fast until sundown that day, then eat a simple meal in gratitude.
- Consider creating a fasting schedule to pray for specific topics and scripture during specific hours.
- In the time you’d normally be grocery shopping, cooking, eating, or cleaning, give yourself to prayer. Let your desire for food point you to Jesus as you open yourself to him.
- In your dedicated times of prayer, or each time a hunger pang comes, you may want to pray Romans 12:1-2, or simply, “God, I offer my body to you in worship. Please transform me.”
- As you go about your day — your morning commute, caregiving, email, errands — just enjoy God’s company and attempt to open your heart to him all through the day.

Excerpt from Practicing the Way *Fasting* study

WEEK 1

I, urge, then first of all, that petitions, prayers, intercession, and thanksgiving be made for all people. For kings and all those in authority that we may live peaceful and quiet lives in all godliness and holiness.

1 Timothy 2:1-2

Sunday 1/11	First Baptist Church physical, relational, emotional, and spiritually needs of our church community, our staff, our neighborhood. Unity & vision for our church in 2026
Monday 1/12 7AM-8AM	Our Cities and Counties local/state agencies, local missions & outreach ministries.
Tuesday* 1/13 11:30AM-12:30PM	Our State, and City Leaders Governor, State and local representatives, etc FASTING DAY (see bulletin for guidance)
Wednesday 1/14 11AM-12PM	Our National Leaders President, Congress, etc
Thursday 1/15 5PM-6PM	National/State Missions Baptist General Association of VA, etc
Friday** 1/16 4PM-5PM	International Missions For Example: Samaritans Purse, International Mission Board, the poor, the foreigner, the orphan & the widow FEASTING DAY (invite others to eat with you)
Saturday 1/17 9AM-10AM	Sunday Mornings Sunday Small Groups & Worship Services. People to be drawn to the light and love of Christ

FEASTING AND FASTING

*Fasting Days: Jan 13th, 20th, 29th

**Feasting Days: Jan 16th, 24th, 30th

PRAYER IN THE SANCTUARY

Our sanctuary will be open for prayer on the dates and times listed above. You're welcome to join us for a few minutes or the whole hour as we gather to pray.