

What is Fasting?

Fasting is an amazingly powerful spiritual discipline. It is meant to partner with our prayer as a way of humbling ourselves and submitting to God. However, in the most basic definition, fasting is when one gives up food voluntarily for a set period of time, for spiritual purposes.

Why Fast?

There are many reasons to fast. It is a practice that was observed in the Old and New Testament. Even Jesus himself Fasted for 40 days in the desert. Fasting allows the Holy Spirit to reveal our true spiritual condition, enabling us to repent for sin and causing the Spirit to transform our lives. It can transform our prayer lives into a more fulfilling personal experience. These are all great reasons to fast, but we have a few specific reasons for our fast at this time.

1. Fasting gives us more time for our prayer. We can use the time we would normally be eating to spend time in communication with Jesus.
2. Fasting is something that God calls us to do. And it is to keep us humble in seeking God's will. (Ezra 8:21, Matthew 6:16-18)
3. Fasting has always been used along with prayer for Unleashing God's Supernatural power in the lives of his people. (Ezra 8:21-23, Isaiah 58:6)

What if I can't Fast? Or Fast for a whole day?

It's okay if you cannot fast or do so for an entire day. There are a few things to consider if you want to fast, but something may be preventing you from doing so.

1. If you cannot fast: If you have a health reason that you cannot join the fast we ask that you consider something else that you can give up in place of food. Some things you may be able to fast from can include: Social Media, Television, Video Games, etc.
2. Start small: Pick just one meal to skip each Wednesday and spend that time praying for God to work within your life and for Him to work through the One Six Eight network.
3. Remember, Fasting is a voluntary Spiritual discipline. It does not make somebody more or less holy for participating. It is simply our chance to honor God with our physical bodies as we seek His will.

What to focus on during your prayer time

- That our hearts would align with God's heart. That we worship first by loving God passionately, radically, holistically and by loving people with all of our lives.
- That we would have an unavoidable passion for God's mission to go reach others.
- That once we are connected with God, on mission, we can't help but begin to live in community.
- For missional communities to emerge in our neighborhoods and our networks.
- That every woman, man, girl and boy would have the opportunity to hear, see and experience the gospel.
- For generosity as we steward what God has given us.
- For gospel saturation in Omaha