

Fasting Options:

Full Daniel Fast - Eat all types of fruits/vegetables (raw or cooked). No meat, no sweets for the entire day.

Partial Daniel Fast - Eat all types of fruits/vegetables (raw or cooked). No meat, no sweets (*can add baked/broiled poultry/fish after 5:00 pm*)

Theme for our fast:

The theme for our fast is RESTORATION. The term "restoration" is applied through our faith and conviction that whatever areas in our life that have experienced suffering, lack, damage, etc. will now be followed by a period of restoration and will flourish under divine conditions that will ensure the realization of the original divine purpose for which it was created.

The biblical meaning of the word "restoration" is to receive back more than has been lost to the point where the final state is greater than the original condition. The main point is that someone or something is improved beyond measure. Unlike the regular dictionary meaning of "restoration" which is to return something back to its original condition, the biblical definition of the word has greater connotations that go above and beyond the typical everyday usage. Repeatedly throughout the Bible, God blesses people for their faith and hardships by making up for their losses and giving them more than they previously had before.

We are believing in restoration in 3 key areas:

Faith, Family, & Finances

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"The Year of Restoration"

2018 Fast Guide

Tuesday, January 2nd -

Monday, January 22nd



*Bishop Tejado W. Hanchell, Ph.D. - Senior Pastor
Elder Victoria Hanchell, Ed.D - Co-Pastor
Elder Nathan Munford, Assistant Pastor*



Focus scripture:

Isaiah 58:12 “And they that shall be of thee shall build the old waste places: thou shalt raise up the foundations of many generations; and thou shalt be called, The repairer of the breach, The restorer of paths to dwell in.”

The purpose of fasting:

While many people fast to lose weight, dieting is not the purpose of a spiritual fast. Instead, fasting provides unique spiritual benefits in the life of the believer.

Fasting requires self-control and discipline, as one denies the natural desires of the flesh. During spiritual fasting, the believer's focus is removed from the physical things of this world and intensely concentrated on God. Put differently, fasting directs our hunger toward God. It clears the mind and body of earthly attentions and draws us closer to God. So, as we gain spiritual clarity of thought while fasting, it allows us to hear God's voice more clearly. Fasting also demonstrates a profound need of God's help and guidance through complete dependence on him.

Examples of Old Testament Fasting

- Moses fasted 40 days on behalf of Israel's sin (Deuteronomy 9:9, 18, 25-29; 10:10).
- David fasted and mourned the death of Saul (2 Samuel 1:12).
- David fasted and mourned the death of his child (2 Samuel 12:16).
- Esther fasted on behalf of her people (Esther 4:13-16).
- Ezra fasted and wept for the sins of the returning remnant (Ezra 10:6-17).

Examples of New Testament Fasting

- Anna fasted for the redemption of Jerusalem through the coming Messiah (Luke 2:37).
- Jesus fasted 40 days before his temptation and the beginning of his ministry (Matthew 4:1-11).
- Paul fasted three days after his Damascus Road encounter (Acts 9:9).

MCHCWS New Year Fast

Our fast is from Tuesday, January 2nd – Monday, January 22nd. We fast at the beginning of the year to set our course for the entire year. We dedicate the first 21 days of the year as a sacrifice unto the Lord to ensure we are sensitive to the leading of the Holy Spirit. When we fast, we sacrifice food and other fleshly desires for a set time frame. However, we increase our spiritual regimen to substitute for the physical lack. We must have increased prayer, increased reading of the Holy Bible, increased Gospel music and sermons, while we decrease our intake of secular music, television, social media, alcohol, nicotine, etc.

Restoration Revival Services will be held every Tuesday during the fast: January 2nd, 9th & 16th at 6:30 pm

You may opt to fast using a variety of methods pertaining to your spiritual and physical needs.

**Please note, if you are on special medicine or have special dietary needs, adhere to those restrictions and sacrifice a food “want/desire” during this special fasting season.*

<u>Date</u>	<u>Fasting Day</u>	<u>Scripture Focus</u>
Tues., January 2, 2018	Fasting Day 1	Isaiah 58:12
Wed., January 3, 2018	Fasting Day 2	Joel 2:25-26
Thurs., January 4, 2018	Fasting Day 3	Mark 9:29
Fri., January 5, 2018	Fasting Day 4	Joshua 1:9
Sat., January 6, 2018	Fasting Day 5	Jeremiah 29:11
Sun., January 7, 2018	Fasting Day 6	Isaiah 51:1-6
Mon., January 8, 2018	Fasting Day 7	Matthew 7:7&8
Tues., January 9, 2018	Fasting Day 8	Isaiah 43:2
Wed., January 10, 2018	Fasting Day 9	Romans 8:18
Thurs., January 11, 2018	Fasting Day 10	Proverbs 3:5
Fri., January 12, 2018	Fasting Day 11	1 Corinthians 13:4-8
Sat., January 13, 2018	Fasting Day 12	John 11
Sun., January 14, 2018	Fasting Day 13	Psalms 115:14
Mon., January 15, 2018	Fasting Day 14	Luke 4:38-39
Tues., January 16, 2018	Fasting Day 15	Deuteronomy 8:18
Wed., January 17, 2018	Fasting Day 16	Proverbs 13:22
Thurs., January 18, 2018	Fasting Day 17	Deuteronomy 29:9
Fri., January 19, 2018	Fasting Day 18	Ecclesiastes 2:26
Sat., January 20, 2018	Fasting Day 19	Deuteronomy 28:6
Sun., January 21, 2018	Fasting Day 20	Malachi 3:10- 12
Mon., January 22, 2018	Fasting Day 21	Matthew 6:34

KEY	Prayer Focus is Faith (personal and local church)
	Prayer Focus is Family (personal and church family)
	Prayer Focus is Finances (personal and local church)