

2025 CALVARY CHAPEL NAUGATUCK CHURCH FAST

FASTING FOCUS

Fasting is a spiritual discipline designed to better connect us with God. It's all about aligning ourselves with God and what He really wants to do. As a church, we are fasting together in order to deepen our relationship with God as well as to get in step with His PLAN and His PURPOSES for us during this coming year. Over the next 21 days, we will sacrifice at least one meal a day and focus on—reading the Bible, praying and journaling. *The overall goal is to sacrificially and intentionally position ourselves to hear from God.* Remember, the idea is to be realistic not legalistic. Focus more on the details of connecting with God rather than the “right” words or methods. God wants your heart poured out to Him using whatever words that may entail.

FASTING FRAMEWORK

Sunday January 5 to Saturday January 25 -This is a type of “Daniel Fast” based on the 21 day length. This type of fast is located in Daniel 1:12,10. Daniel ate only water and vegetables and some will do the exact same thing for this fast. ***Our church family will commit to at least a partial fast of removing one meal per day.*** If you have some kind of condition that will prohibit you from taking part in our fast, there are other options. You could choose to remove something from your daily routine (television, internet, sports, etc). *The important thing to remember and realize is that the details are not as important as the heart and spirit behind the fasting.* If you have a known medical condition, or if you are pregnant or nursing then you may not want to take part in the food part of this fast but you may want to fast from something else. If you have any reservations at all please consult your doctor before beginning the fast.

FASTING FINE POINTS

During this ***21 day fast you are committing to at least an abstinence from one meal of food per day (or some other type of daily sacrifice)***. During this time of food denial the idea is to “fill” yourself with God. The idea is to pray, bible read, journal, and look to take steps of faith during your time of fasting. **PRAY**- in case you find yourself needing help on what to pray for there is a Prayer and Fasting Calendar to help with your prayer times should you need it. **BIBLE READING**- During this time you also will be committing to truly living out Jesus’ words “...man does not live on bread alone, but on every word that comes from the mouth of God.” We have a [Church Wide 1 Year Bible Reading Plan](#) if you are interested. There are also many [YouVersion Bible App Plans](#) that you can join in on too if you’d like. **JOURNAL**- God is going to speak and work in profound ways and journaling is an excellent way to intentionally record those times. Many times after seasons of prayer and fasting come clarity, direction, and power. We can sometimes forget what and how God is working unless we journal it or write it down somewhere, that is why this is strongly encouraged to do during your fast.

January 2025 Fasting and Prayer Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5 You <i>(guidance, direction, strength, faith, etc)</i>	6 Family <i>(protection, salvation, wisdom, etc)</i>	7 Friends <i>(salvation, guidance, influence, etc)</i>	8 Job <i>(thankfulness, new, coworkers, boss etc)</i>	9 Finances <i>(stewardship, responsibility, generosity, etc)</i>	10 Thankfulness <i>(for friends, family, provision, health, etc)</i>	11 Calvary <i>(protection, provision, leadership, families, Naugatuck, etc)</i>
12 You <i>(guidance, direction, strength, faith, etc)</i>	13 Family <i>(protection, salvation, wisdom, etc)</i>	14 Friends <i>(salvation, guidance, influence, etc)</i>	15 Job <i>(thankfulness, new, coworkers, boss etc)</i>	16 Finances <i>(stewardship, responsibility, generosity, etc)</i>	17 Thankfulness <i>(for friends, family, provision, health, etc)</i>	18 Calvary <i>(protection, provision, leadership, families, Naugatuck, etc)</i>
19 You <i>(guidance, direction, strength, faith, etc)</i>	20 Family <i>(protection, salvation, wisdom, etc)</i>	21 Friends <i>(salvation, guidance, influence, etc)</i>	22 Job <i>(thankfulness, new, coworkers, boss etc)</i>	23 Finances <i>(stewardship, responsibility, generosity, etc)</i>	24 Thankfulness <i>(for friends, family, provision, health, etc)</i>	25 Calvary <i>(protection, provision, leadership, families, Naugatuck, etc)</i>
26 CHURCH LUNCH!!	27	28	29	30	31	