



# COMING SOON



**MAR  
6-8**

Women's Weekend

**APR  
24-26**

Men's Weekend

**OCT  
16-18**

Worship in the  
Wilderness

Tugaloo State Park

**21 Days of prayer and fasting**

**We have an opportunity to begin the year together in reverence and hope. It is a chance to renew, revive and re-align our hearts, souls and minds alongside each other other.**



**WHY?**



Now the one sown among the thorns—this is one who hears the word, but the worries of this age and the seduction of wealth choke the word, and it becomes unfruitful.  
-Matthew 13:22

Others are sown among thorns; these are the ones who hear the word, <sup>19</sup> but the worries of this age, the seduction <sup>b</sup> of wealth, and the desires for other things enter in and choke the word, and it becomes unfruitful.  
-Mark 4:18–19.

As for the seed that fell among thorns, these are the ones who, when they have heard, go on their way and are choked with worries, riches, and pleasures of life, and produce no mature fruit.  
-Luke 8:14



"WE ARE DROWNING IN  
INFORMATION, WHILE  
STARVING FOR  
WISDOM."

– HARVARD BIOLOGIST  
E. O. WILSON









# Purposes of fasting and prayer in the Bible

- Repentance
  - Nehemiah 9:1-3
  - Joel 2:12-14
  - Jonah 3:5-7
  - 1 Samuel 7:2-6
- Urgent Request
  - Esther 4:16
- Mourning
  - 1 Chronicles 10:12
  - Nehemiah 1
- To seek God
  - 2 Chronicles 20:1-30
  - Daniel 9:3
- Preparation/ Wisdom/ Guidance
  - Matthew 4:2
  - Acts 13:1-2

# Fasting in the bible

- JESUS Expected IT: MT: 6 & 9
- Private & Personal
  - 2 Sam 12:23
  - Daniel 9
- Communal
  - Nehemiah 9
  - Esther
  - Acts 13



# Warnings about Fasting

- Isaiah 58
- Zechariah 7
- Luke 18:9-14

# What does fasting and prayer produce?

- Conviction
- Repentance
- Obedient heart
- Clarity

# 21 day fast specifics

- **Food fast**

- Full

- Choose specific times throughout the 21 days to do a complete food fast

- Partial

- Choose some specific foods to completely fast from (Daniel Fast)
    - Choose a specific time to fast each day (i.e- no food from sunup to sundown)

- **Reclaiming Time**

- Abstain from social media
  - No Television, movies, etc
  - Video Games
  - Internet scrolling
  - Various activities that waste time

# Instead:

- Personal spiritual examination
- Bible study/ reading
- Prayer
- Find ways to serve people
- Hospitality
- Cultivate new habits and daily rhythms
- What else?

# What will this time together produce?

- Cultivate a repentance for any indifference to the spiritual and material needs of our community
- Re-align our priorities, money and time to reflect God's values
- Cultivate an awareness of those in bondage and the poor and needy amongst us
  - Requires healthy small groups (knowing and being known)
  - Am I involved enough to even be obedient to God's values?
  - We are God's instruments of provision & grace to our world



ABOUT

ALPHA OMEGA

LISTEN

BLOG

RESOURCES

WATCH

GIVE

CONTACT

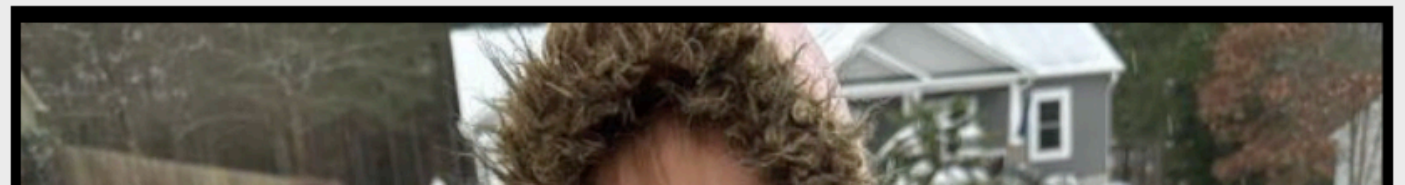


# CLEMSON FOOTHILLS CHURCH



START YOUR JOURNEY

NEW





**This season isn't meant to fill 21 days to the rim, rather to plot a new course for the year. Begin new habits that are aligned with God's values and provision**



**Leave room for  
growth and maturity**