



ZOE
CENTER

21-Day **NEW YEAR FAST** **JANUARY 8-28, 2024**

A REINTRODUCTION TO FASTING

Isaiah 58:6-11 (ESV): ⁶ "Is not this the fast that I choose: to loose the bonds of wickedness, to undo the straps of the yoke, to let the oppressed go free, and to break every yoke? ⁷ Is it not to share your bread with the hungry and bring the homeless poor into your house; when you see the naked, to cover him, and not to hide yourself from your own flesh? ⁸ Then shall your light break forth like the dawn, and your healing shall spring up speedily; your righteousness shall go before you; the glory of the Lord shall be your rear guard."

INSTRUCTIONS FOR FASTING

- We will fast two days a week (of your choosing) for each week of the fast.
- On fasting days, we will eat no solid foods until 5pm.
- Preferably, drink water only, but if you go beyond water, stick to juice or tea with no added sugar.
- Substitute food with Scriptural meditation, prayer, worship and Scripture-based media.
- **PLEASE CONSULT YOUR DOCTOR** if you have questions about the impact of fasting on your health. If you have a condition that requires you to eat, consider creative ways to restrict the kinds of things you eat. You are not expected to violate common sense health practices.

INSTRUCTIONS FOR BIBLE READING

- **Read the Books of Genesis and Romans.** Follow our Bible reading plan to read Genesis and Romans over the next 21 days.

INSTRUCTIONS FOR PRAYER

- Commit to a scheduled time with God (at least 30 minutes) a day for the duration of the fast.
- The focus of your time with God should be prayer, but you are welcome to also spend that time in the Word. The two actually go together. Spending time in the Word is one of the ways we spend time with Jesus.
- Remember that prayer is as much about listening as it is about talking. Times of silence can be part of your devotion.
- Purchase a copy of *21 Days of Breakthrough Prayer: The Power of Agreement*.
- Commit to one of our prayer calls each week.