



**January 11 - January 31,
2021**

This year's fast will begin on Monday, January 11th. We will break our fast on Consecration Sunday, January 31, 2021.

First Baptist Church of Vienna 21-Day Fast

Fasting Guidelines:

- Days 1-11: Refrain from eating fried foods, sweets, bread and meat (fish is permitted). Days 12-21: Refrain from eating all meat (including fish), sweets, bread and fried foods.

A message from Pastor Walton



Dear First Family,

Grace and Peace! I am excited, as I hope you are, to say goodbye to 2020 and embark on a new year of ministry. As we continue to press forward, I believe it is important for us to set aside a time of corporate fasting and prayer.

Once again, we have set aside time to quiet the distractions in our lives in order to draw nearer to God. It is my prayer that every member will commit to this fast, or some other form of fasting, so that we might begin this new year of ministry with a common vision.

Before embarking on this, it is imperative that you seek God's will for you in this matter. It is also important to consult with your physician. Remember, without prayer and meditation, we aren't fasting, we are simply dieting. I pray you will make it a priority to join us each day for **corporate prayer**, to read our **daily devotional readings**, and spend **quiet time** with the Lord.

In Anticipation,
Pastor Walton

What is a Fast?

Biblical fasting is refraining from food for a spiritual purpose. The type and length of the fast you choose is between you and God. Ask God first if you should fast, and if so, how. If the fast becomes a dreary, religious burden or a competition with others, then perhaps you should not fast at this time.

God sees your heart (your motives) and He wants you to enter into this or any fast to seek Him, to honor Him, and to draw closer to Him. Once you've determined that it is right for you to fast, make a commitment to the Lord of exactly what and how long you will fast. Expect God to bless your earnest yearning to grow closer to Him.

How ever you decide to fast, each day should include scripture reading and prayer to make your fast meaningful.

Preparing to Fast

First, Prepare Yourself Spiritually

The very foundation of fasting and prayer is repentance. Here are several things you can do to prepare your heart:

- Confess every sin that the Holy Spirit calls to your remembrance and accept God's forgiveness (1 John 1:9).
- Seek forgiveness from all whom you have offended, and forgive all who have hurt you. (Mark 11:25; Luke 11:4; 17:3,4).
- Begin your time of fasting and prayer with an expectant heart (Hebrews 11:6); also expect spiritual conflict. (Gal. 5:16,17).

Then, Prepare Yourself Physically

Consult your physician first, especially if you take prescriptions or have a chronic ailment. A few days before the fast, begin eating smaller meals. Likewise, plan to break the fast slowly; don't break the fast with a huge meal or too many foods that had been eliminated.

Devotional Readings

Day 1	Matthew 6:16-18
Day 2	Exodus 34:28
Day 3	Ezra 8:21-23
Day 4	Joel 2:12
Day 5	Matthew 9:14-15
Day 6	Psalms 66:19
Day 7	Job 22:27
Day 8	Mark 11:24
Day 9	Romans 8:26
Day 10	Colossians 4:2
Day 11	Hebrews 5:7
Day 12	James 5:16
Day 13	1 John 5:14
Day 14	Romans 12:12
Day 15	Hebrews 4:14
Day 16	Matthew 6:6
Day 17	Jeremiah 29:12
Day 18	Jeremiah 33:3
Day 19	Luke 6:27-28
Day 20	Psalms 18:6
Day 21	Philippians 3:13-15

Join us Monday -
Friday at 6:00 a.m. &
12:00 noon for prayer.

Prayer Call Line:
605-313-511
Access Code: 291598

Join us for worship:
Sundays @ 10:00 a.m.
Wednesdays @ 7:00 p.m.