

**Rising Star Baptist Church**  
**Rev. Dexter B. Upshaw Sr., Pastor**

**2019 Awakening Fast**  
**Monday, January 14<sup>th</sup> – Sunday, February 3<sup>rd</sup>**



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January 13, 2019

Dear Awakening FASTER:

We pray that you will experience the presence and power of God in an extraordinary way as you commit yourself to Him over the next 21 days. May you be closer to God than ever before as you seek Him first.

The Awakening fast is designed to be flexible so that you can participate at any level. Whether you have done a 21-day season of prayer and fasting before, or if this is your first time, you can start where you are and experience what God has in store for you in a powerful way.

As you prepare for the next 21 days, think about why you are fasting. Is it for spiritual renewal, for guidance, for healing, for the resolution of problems, for special grace to handle a difficult situation, or for a major decision? Ask the Holy Spirit to clarify His leading and objectives for your Awakening fast. This will enable you to pray more specifically and strategically.

When praying, make your primary goal to know Jesus more and experience Him. Focus first on what's right about Him, such as His goodness and His greatness, and see everything else through that filter.

Finally, make time to pray daily. Don't overcomplicate this! Just talk to God. Have that place and time where you can seek Him every day. If you don't plan to pray, you won't. Our prayer for you over the next twenty-one days is that the Lord will give you fresh, new spiritual insights, that your confidence and faith in God will be strengthened, you will feel refreshed, your passion for God and His Word will be ignited, and that you will develop a hunger for His presence that is greater than ever before!

Praying expectantly with you,

*Rev. Dexter B. Upshaw Sr., Pastor*

Rising Star Baptist Church

# HOW TO PREPARE AND EXECUTE A SUCCESSFUL SPIRITUAL FAST

## WHAT IS FASTING?

There are two distinct models of fasting through Scripture: individual fasts and corporate fasts (or fasting in unified groups). The Awakening Fast is a corporate fast where we rally everyone together, challenge our comfort zones and celebrate our successes.

Fasting is essentially giving up food (or something else) for a period of time in order to focus your thoughts on God. While fasting, many people read the Bible, pray, or worship. Fasting is found throughout the Old and New Testaments of the Bible. Biblically, fasting is mentioned in both the Old and New Testament.

- In the Old Testament it was often a way of expressing grief or a means of humbling one's self before the Lord. In Psalm 35:13, David humbled himself with fasting.
- In the New Testament it was a means to grow closer to God through mediating and focusing on Him. In Matthew 4:1-2, Jesus went to the wilderness to fast for 40 days. In Matthew 6:16-18 we learn that we aren't to look somber while fasting so that it's not obvious to others when we are fasting. Throughout the New Testament fasting and prayer are often mentioned together. In Acts 13:3, 'they had fasted and prayed.' In Luke 2:37 a widow worshiped day and night fasting and praying."

In fasting we weaken our flesh and strengthen our spirit. If we fast without praying, though, we are simply starving ourselves and there is little spiritual value in that. We want to be sure we are building up our spirit man. Fasting is not limited to depriving oneself of just food, but electronics, news, magazines, social media, entertainment, and frivolous recreation – anything that boredom compels us to fill our lives with. Fasting is not penance to get God to be impressed with us; that is a man's dead attempt at religion. Fasting is simply denying our flesh so that our spirit man can feast on God.

### 5 Ways Fasting Can Change Your Life

- Fasting and prayer can help us hear from God.
- Fasting and prayer can reveal our hidden sin.
- Fasting and prayer can strengthen intimacy with God.
- Fasting and prayer can teach us to pray with right motives.
- Fasting and prayer can build our faith.

When we fast and pray, we are taking time away from a meal or an activity to devote our entire being to focus on God. We find we are more sensitive to the voice of God, more attuned to hearing what He has to reveal to us. Remember we are NOT propagating a weight-loss program, or a 21-day spa treatment for dietary purposes; we are challenging you to one of the most powerful events of your life! Really!!



Prepare

# SIX PHASES OF PREPARATION TO HELP SUPPORT AN AMAZING FASTING EXPERIENCE

## Phase 1 – Setting Fasting Goals

The way you start a thing will impact the way you finish a thing. Do you know why you are fasting? Where are you right now in your spiritual life? What could God do in and through you in these next 21 days if you simply set yourself apart to Him? If you could experience the deepest, richest and meaningful encounters with Christ during these 21 days, what would that look like to you?

In preparation for a spiritual fast it is a powerful thing to preset a small series of goals that you want to achieve. As a result, you will have prepared your heart to expect some things, and you will know when you have succeeded. You will have exact points to celebrate as you see your life glorifying God and God showing up with unforgettable encounters!

Below is a sampling of things you can mark to set your goals. You do not have to adopt these exact goals, but it is recommended that you make a clear list of goals that meet this same need.

During the 21-day Fast I will:

- Relentlessly pursue God, turning my full affections to Him for 21 days.
- Worship God the way He wants to be worshipped.
- Surrender my heart to God.
- Give God thanksgiving/praises.
- Exalt God in faith.
- Other: \_\_\_\_\_

What do I specifically desire from God, during and end result of the fast? Do I desire:

- Spiritual renewal
- To humble your heart before God
- Increased hunger/passion for Christ
- Guidance in decisions
- To receive a miracle/healing
- Financial breakthroughs
- Resolution of problems
- Special grace to handle a special situation
- Freedom from a habit or addiction
- Transformation in a part of your personality/character
- Increased wisdom in your life
- Restoration of a relationship
- Revelation of the Word in your understanding
- Salvation of a loved one
- Miracles for someone else
- Supplications for your church or her mission
- To be inspired with unforgettable encounters with God?
- Other: \_\_\_\_\_



While our primary focus is to humble ourselves, it is important to survey your life in advance to see what you would like to encounter transformations in during a fast. Setting objectives for the fast will enable you to pray more specifically and strategically. So, make this preparation a priority.

## Phase 2 – Commitment

Have you ever noticed that we actual DO the things we find stimulating? We love pursuing things that have no resistance to them. If it has immediate payouts and high rewards, we are “in!” If a goal is something, we like to do we just DO it! Unfortunately, some of the most important and productive things in our lives aren’t always stimulating, compliant, lavish and pleasurable; sometimes the things with the best long-term effects require disciplines. And disciplines require commitments.

Fasting commitments unlock the door to opportunities, to potential, to spiritual growth, to transformation and to miracle breakthroughs.

If we had no competing desires, threatening distractions, goal achievement would be so easy. Wouldn’t it be great if our greatest goals were so easy, we didn’t have to do anything at all to achieve them? Anything that encompasses Satan’s plans, or your flesh’s impulses, rarely seems to require a formal commitment for accomplishment. In fact, you find yourself drawn to rewarding and immediate pleasures, though it will cost you much more in the future. We don’t have to formally commit to overeat, be unkind, live selfishly, be greedy, to lust, to cheat, to steal, to gossip, etc.

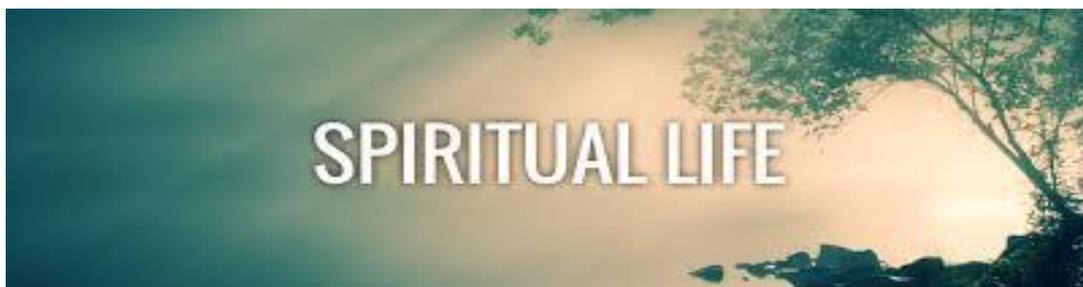
When it comes to formal commitments, writing things down in a clear and specific way has tremendous benefit to your neurological pathways. Your brain processes the following to be true:

1. Written words are the most authoritative form of communication.
2. Written words are the standard for legal documentation.
3. Written words are evidence of initiative.
4. Written words provide clarity and specification.
5. Written words provide the standard of disciplinary boundaries.
6. Written words provide a definitive purpose.
7. Written words provide accurate assessments of the journey’s progression.
8. Written words eliminate wasted activities and time investments.

Predetermine your fasting commitments before you start the fast. That may sound easy but there will always be surprise inconveniences that you didn’t foresee surfacing. These surprises can throw you off and discourage you. So, the quality of your preparations, assessing various possibilities that could disrupt your rhythms, should be addressed in advance.

Predetermine spiritual, dietary, physical, social and entertainment activities that you want to manage. One of the greatest strategic tactics that will align you for success is to eliminate as much indecision as possible. What you haven’t decided fully on, you are vulnerable to temptations in.

As you make clearly defined markers for boundaries your brain will release the appropriate hormones to help you succeed. Planning in advance with as much foresight as possible will prove invaluable to you.



### Phase 3 – Preparing for Spiritual Intensity

If a fast is only about removing foods and various entertainment/media, then it is better to term it a diet or a mental rest time. A true spiritual fast puts the emphasis on the spiritual. While you are decreasing physical things, you are simultaneously increasing spiritual things. When you starve a lion and feed a puppy eventually the puppy will have more power than the lion. That is a great metaphor for how we starve our flesh and renew our spirit, eventually giving us a level of spiritual sensitivity that is filled with power.

Predetermine how long of a fast you plan to commit to. You may choose to fast all 21 days using the Daniel Fast or you may choose to fast several days out of the 21 days, such as three or four days a week throughout the 21-day period. This is your personal decision and should be prayerfully considered as it applies to your circumstances. Keep in mind the length of your fast will not garner extra favor from God. God is already favoring you. Fasting is an exercise of the heart that gives you clarity before God.

It is important to choose ahead of time what type of fast, or what combination, you will pursue. Not only will this help with making the necessary preparations to implement your plan, but as you commit to a specific fast ahead of time and know how you're going to do it, you will position yourself to finish strong.

Here are some options and variations of fasts you can choose from. As you read over the information, please consider how it may or may not apply to your personal circumstances and convictions.

- Daniel Fast - In the book of Daniel, we find two different times where Daniel fasted, once in Daniel 1 and again in Daniel 10. Daniel 1 states that he ate vegetables and water, and in Daniel 10, while the passage does not give a specific list of foods that Daniel ate, it does state that Daniel ate no rich (or choice) foods as well as no meat or wine. Based on these two verses, we can see that either of these, or any variations in between constitutes a fast.
- Juice Fast - A juice fast is when no solid food is consumed and instead involves the intake of vegetable juices, fruit juices and water.
- Water Fast - A water fast is eating no foods and drinking no liquids except water for a period of time. Extreme precautions should be taken with a water fast and should be done under the direction supervision and monitoring of your physician.
- Entertainment and Media Fasting - One of the greatest impacts on the heart during a fast is to eliminate distractions. This may even have a bigger impact on your heart than eliminating foods. The definition of a "fasting distraction" is anything you instinctively engage to avoid boredom; these have a tremendous influence on the chaos of the heart. These are considered indulgences and should be trimmed back or eliminated completely for the 21-day period.
  - We encourage you to view the list of activities below and differentiate between those activities that will allow for bonding interactions with friends and family, and those activities that are designed to escape boredom in your individual life. Some of the items below will actually compel your heart to focus and rejuvenation, while others will distance you from it. Your flesh won't like this very much. We are addicted to the news, movies, social media, food, sugar, etc. Find areas where your "flesh desires" are most dominant and fast in that area. Remember that these commitments are yours and yours alone to choose.

<input type="checkbox"/> Internet surfing	<input type="checkbox"/> Television	<input type="checkbox"/> Newspapers
<input type="checkbox"/> Non-spiritual books	<input type="checkbox"/> DVDs	<input type="checkbox"/> Social Media
<input type="checkbox"/> Netflix, YouTube, Hulu	<input type="checkbox"/> Web Based News	<input type="checkbox"/> Magazines
<input type="checkbox"/> Electronic News apps	<input type="checkbox"/> Gaming Systems	<input type="checkbox"/> Secular Music
<input type="checkbox"/> Smartphone/Tablet games		

When most people start fasting, there is typically some level of discomfort. However, it is possible to get used to the fasting routine pretty quickly. You must learn to fast in a way that works for you. While any true fast does involve abstinence from food or at least certain types of food, typically, different fasting combinations work better for different people.

The goal to having a successful fast is all about finding what we like to call your Fast Stride, and that is different for everybody and can change depending on the season you are in. The best way to describe your Fast Stride is that it's the place where you feel light and spiritually in tune. Your mind is easily focused on God and spiritual things. You have an increased spiritual energy - you can feel the fast working. Just like runners know what their target pace is to see the rewards/benefits of their physical training, the Fast Stride is similar in a spiritual sense.

Finding your Fast Stride helps you choose both the type and length of fast. Let's say you choose to go on a Daniel fast (only fruits and vegetables). Should you eat beans? If you can eat beans and stay in your Fast Stride, go ahead. But for some people eating beans takes them out of the zone. Should you eat peanut butter? Maybe not. Peanut butter can be more of an indulgence, and many people struggle to stay in a Fast Stride while enjoying indulgences. Should you completely cut out caffeine? It depends. The great thing is, when you fast, your body automatically craves less caffeine. If you can stay in your Fast Stride with a little caffeine, great. If you are going on a longer fast and want to cut it out of your diet completely, that's great and radical too, so it is recommended. But ease yourself off and make it your goal to be completely caffeine free about two thirds of the way into your fast. If you drink coffee regularly, one of the worst mistakes you can make is too fast for one to three days and cut caffeine out abruptly and completely. Please don't do that or you will spend this time grumpy and in withdrawal instead of enjoying God's presence.

Some people can't stay in a Fast Stride eating any type of solid food, so they prefer all liquids. With today's protein drinks and juicing machines, it is so easy to get a healthy dose of all your nutritional needs even while taking in only liquids. Certain people can't do anything other than drink only water. If they eat a salad or drink a glass of juice, they get out of their zone or if they allow themselves to eat cantaloupe, they will end up eating twenty cantaloupes a day!

Find resources to maximize your spiritual experience such as quiet time devotionals, bible reading plans, a devotional meditation plan, and Church worship/Bible Study.

## **Phase 4 – Preparing Your Family**

Quiet, reflective time is an endangered species in our culture. For many families, every moment of life is filled with noise and activity, and “down time” is seen as emptiness, rather than richness and fullness. Silence is an acquired taste—especially if we've been on a steady diet of noise and activity. But once gained, quiet times, including devotions with God, will feed your family for a lifetime.

The importance of quiet time is something that our culture fails to respect. An over-emphasis on competition and social interaction leads to our lives to being over-scheduled with things that generally won't matter in 20 years. We are taught to avoid silence, solitude, and reflection - and therefore inadvertently - even the avoidance of intimate devotionals with God.

There are many respected and protected benefits in simple spiritual focus/quietness:

- To discover his/her own individuality before God
- To develop a healthy awareness of God and self
- To be empowered to follow his/her own spiritual passions
- To learn that he/she is worthy and capable of contentment without stimulation
- To develop his/her spiritual imagination
- To discover deep inner resources in God, for healing, inspiration and sufficiency

Think of the tools you will want to support your time with God and to create a family quiet time environment such as bible reading, prayer and journaling/note taking. This is where many folks give us. A little preparation would have given tremendous protection against this loss of transformational and unforgettable encounter opportunities.

Once the 21 days have been fulfilled, a new habit and family tradition emerges. After 21-days of Family Quiet Time Devotionals your whole family will adopt these as the new normal; the process will feel natural to continue forever. These principles will be with them for the rest of their days. This can be a catalyzing point in the history of your family.

## **Phase 5 – Preparing Your Pantry/Fridge**

It is very important to have fasting foods ready to go before the first day of the fast. The better prepped we are the more we have planned for success. Being unprepared to fast sets you up for sluggish execution and to give in to temptation. A simple slip up of preparation here could mean the beginning of emotional self-pity, sorrow and fasting remorse. Don't let yourself go to that place. Having available meals/snacks will help dramatically. Most people don't think about these situations as being spiritual, but truly the enemy will endeavor to work you over based on a lack of planning and execution.

### Frequently Asked Questions:

- What about prepared foods? Read the labels of all prepared foods. Remember the Daniel Fast is sugar-free and chemical-free. If you use any canned fruits, vegetables, packaged foods, or prepared sauces you must read the label to be aware about just what is in there.
- What about pasta? Make sure the label says whole grain pasta with no additives (watch for sugar). Whole grain pasta offers grams of protein per serving (3/4 cup of dried pasta).
- I know it says raw, unsalted nuts, but what about roasted nuts? The goal would be to stick to raw, unsalted nuts. But these are harder to find so in a pinch just make sure you get plain roasted, unsalted nuts with no preservatives.
- How do I get enough protein in my diet while on the fast? The following are protein-rich foods that are allowed on the Daniel Fast... almonds, sunflower seeds, lentils, quinoa, brown rice, split peas, whole grains, and tofu.
- What kind of peanut butter is allowed? First consider your hearts definition of indulgences. If you have a "green light" in your heart's conscience, a natural peanut butter with no additives (watch for sugars including molasses) is acceptable. Smucker's creamy natural peanut butter has nothing but peanuts in it.
- What about popcorn? Corn is listed in the vegetables to eat list. Consider your hearts definition of indulgences, following the "green light" in your heart's conscience.
- How can I identify whole grain foods? Typically, if the ingredient lists "whole wheat", "rolled oats", or "whole corn" as the first ingredient, the product is a whole grain food item. Another way to identify whole grains in the foods you eat is to look in the nutritional facts information and check if the food item contains dietary fiber. If it contains a significant amount, it most likely contains whole grains. "Wheat flour" is not a whole grain and therefore does not indicate a whole grain product.
- What about coffee? Coffee comes from a bean so it technically can be included. But then again, so does chocolate, which may not be the best choice for consuming during a season of denying your flesh. Coffee is left up to the discretion of each person. Consider your hearts definition of indulgences, following the "green light" in your heart's conscience. We certainly understand those who feel they need caffeine to get through the day (though we would like to see a shift to trusting that God's grace will supply what the caffeine once did).
- What about salad dressing? Olive oil and lemon or lime are an option. Raw Balsamic vinegar is an option also.

- Do I need to eat organic foods while on the fast? No, but it is suggested because organic foods are produced without the use of feed or fertilizer of plant or animal origin and without employment of chemically formulated fertilizers, growth stimulants, antibiotics, or pesticides.
- Where can I go out to eat? You can go anywhere and order cautiously, asking lots of questions to the wait staff, knowing ahead of time that you may be ordering a salad with olive oil and a baked potato with no extras.
- How much can I eat? As long as they are the appropriate foods, we are recommending eating until satisfied with no limits. Gorging seems to work against the fasting goals.

Prepare a list of foods needed and go to the grocery store and have fun.

## **Phase 6 – Tips**

Sometimes a small tip from someone who has fasted before can make all the difference in helping work through challenges.

1. What if I mess up? If you mess up, don't get discouraged. Just get right back on track and keep going. God's mercies "are new every morning" and keep in mind God love you, likes you and is pleased with you whether you ever fast or not. God wants you to fast for the benefits the spiritual exercise gives you.
2. What if I miss a quiet time? If you miss a quiet time, don't bet yourself up over it. Realize that you got distracted or chose not to have that time that day. Just start again. the longer you wait to start again, the harder it becomes to make it a regular habit.
3. If your quiet time is dry or difficult, try something new. You might change the Bible version, change your location, listen to the Bible on tape, or change your routine of reading and praying. Don't fall into the trap of a routine that becomes rote. God wants to spend time with you. Take a walk or find a new spot to sit.
4. Start where you are. It is important that you start where YOU are. The fasting principle is to exchange dependence on the natural for the spiritual; become radical with the principle itself. You can customize how that looks in your specific context. Remember you aren't competing against anyone else; you are simply depriving your flesh of its appetites while supercharging your spirit's sensitivities to God.
5. You should know that our brains are hard-wired so that when we have committed to a goal there are chemical hormones that rally in our neurological pathways to support our commitment. When we prematurely break that commitment, even if it is justified by circumstantial reasons, our brains deplete that chemical support making it more difficult to regain the resolve we previously had. Beware that this isn't a spiritual blowup worthy of condemnation; it is simply a biological condition that can be overcome.
6. It is very important to drink lots of water while fasting. Drinking about one hundred ounces of water per day will help to support your critical liver function. The liver is the filter for the body, so when you don't drink enough water, the liver doesn't function at its highest capacity.
7. To keep your energy up throughout the day, it is important to eat or drink every two and a half to three hours. If you go longer than that, you can experience an energy lull and be tempted to overstuff yourself at your next meal. Even if you're fasting on fruits and vegetables, overstuffing is never a smart thing to do.

8. It takes time to build your spiritual fasting muscles. If you fail to make it through your first few days, don't get discouraged. If you do experience setbacks, the good thing is you can strengthen your fasting muscles through repeated re-engagement; just like repetitions with weights at the gym. Your heart will find amazing new discoveries due to your faithfulness to keep re-engaging.
9. Create layers of boundaries and "what if" scenarios in advance so your body has guidelines and refusal perimeters. If you get a headache what will be your food modification response and how much will you respond with a spoon full of honey, etc.
10. Due to work environments some may want the entire fast to focus on a reduction/elimination of parts of our regular diets like sugar, flour, coffee, soft drinks, meat, etc.
11. Fasting with someone, or a group, allows for energized accountability. Accountable FOR rather than accountable TO. Accountable FOR expresses being around other believers who will encourage you to keep on going when fasting gets difficult.
12. Prepare to rest as much as possible. Even when you are planning to engage in a spiritual connection with Christ through Bible reading or praying, if you feel a need to sleep, allow yourself to do so. Set your heart's expectancy that when you awake, in those surfacing moments that transition to quite stillness, that you will set your affections softly on Him. In these moments of affection feel His good mood towards you and receive His overwhelming joy, peace and unfiltered love.
13. Refuse Fasting Guilt. Select your food items wisely. The key is to prepare a plan ahead of the fast, to not get legalistic about it, and to choose menu items well. If you're drinking fruit juices, try to go as natural as possible, and don't drink ones heavily processed and laden with sugar. Remember to not let food become the focus of your fast but make wise eating choices.
14. The Fasting "HUMP". When you go without food, after the first day your body will begin to cleanse itself and get rid of toxins. You may have body aches and pains. Many have said that the hardest days of fasting food are the second through the fifth days. It's a "hump" after which fasting should get easier. Expect some temporary discomforts such as impatience, crankiness and anxiety. You may have fleeting hunger pains, dizziness, or the "blahs." Physical annoyances may also include weakness, tiredness, or sleeplessness.
15. Fight for good attitudes. In Matthew 6:16, Jesus says, "When you fast, do not put on a gloomy face as the hypocrites do, for they neglect their appearance so that they will be noticed by men when they are fasting. Truly I say to you, they have their reward in full." Jesus exhorts us to avoid gloomy faces. As you contend for good attitudes, endeavoring to be stealth around those you live and work with, you will find your heart responding with increased contentment and Divine rewards.
16. Spiritual disciplines are not about trying to be good enough to gain God's favor and goodwill. Fasting is not a way to get extra credit, or to demonstrate to God how deeply we are committed to Him. All spiritual disciplines, including fasting, exist for our sake, not God's. They have value only insofar as they help us become transformed in God's presence. God doesn't act in our lives based on our merits. He moves upon the authentic nature of faith we intimately commune with Him in!
17. For many people a 21-day fast overlaps on the regular activities of life. Difficulties can emerge in areas of exercise routines, extensive physical activity and hard work-related responsibilities. With a reduced amount of proteins, carbs and sugars a person can feel depleted of energy, especially in the early days as the body is recalibrating to a new normal. Remember that you are covered by God's grace. God will show you what to do. His "yoke is easy" and His "burden is light" (Matt 11:30). His way will bring rest to your soul.



## FASTING FOOD OR DEVOTIONAL CALENDAR

Plan your fasting and devotional week.

- Use this calendar to choose what days of the week you will fast and what each day will look like.
- Use this calendar to choose what your daily devotions will be: Bible reading, journaling, meditation, worship, singing or declarations.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Day 14	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21



## **FASTING CHECKLIST**

- I have prepared myself for the Awakening Fast and I now know what it is and the impact it will have on my life.
- I am free from peer expectations as I enter this fast.
- I am aware that I am not competing against anyone else, nor am I trying to impress God, nor merit any favors from Him.
- I am prepared to fast at the pace/stride that God is leading me to.
- I will stretch outside my normal comfort zones as I relate for 21-days with food and entertainments.
- I have assessed my **Medical Condition** issues:
  - Will I need to consult a physician (on medication, have a chronic condition)
- I have assessed my **Nursing/Pregnant** issues:
  - Will I need a modified food fast while avoiding some indulgences like sweets and desserts?
- I have assessed my **Eating Disorder** issues:
  - Will I need to involve a therapist and an accountability partner, so I don't fast for wrong motivations or abuse the gift? Will I need to focus more on the entertainment indulgences than food?
- I have assessed my **Exercise, Activity and Hard Labor** issues:
  - Will I need to modify and trim back my typical work, activity and exercise routines? I am assessing my possibilities to benefit from fasting foods but still perform professionally at a high level.
- I have assessed my **Caffeine Detox Process** issues:
  - Will I need to prepare a detox process for my caffeine intake? What plan will I commit to so that my physical reactions are minimized and non-distracting?

### **Awakening Fast Celebration**

Super Sunday Tailgating Worship & Fellowship

Sunday, February 3<sup>rd</sup>

8:00 am – Set up

9:30 am – Sunday School

11:00 am – Worship

*You can choose to break your fast on this Sunday or complete the entire fasting day.*