

2018 Fasting Guide

Fasting is a natural discipline that can bring supernatural results. Several people in the Bible including Moses, Elijah, Esther, Ezra, Job, David, Daniel, Peter, Paul and even Jesus fasted.

“This is the fast that I have chosen ... to loose the bonds of wickedness, to undo the heavy burdens, to let the oppressed go free, and that you break every yoke. Then your light shall break forth like the morning, Your healing shall spring forth.” – Isaiah 58:6

This fast is designed for individuals who have chosen not to participate in the food fast for those 18 and up.

This 18-day fast starts **Thursday, January 18th at 6am** and ends **Sunday, February 4th** following Sunday Morning Worship at Refiner’s Fire.

The fast is designed around areas that can distract from our time from God. So, while this fast will not focus as much on food, it will focus on things that we can sometimes prioritize over God. Each day will have a specific restriction as well as a Bible reading. You may read or listen to your Bible selection on the days they are listed.

Our prayer for you and all of Refiner’s Fire Youth is that this fast will draw you personally closer to the Lord and that it would help you begin to see God in a fresh new way while also drawing us all closer in unity as a church body. We are excited to see what God will do for us and through us along with our families, our friends and our classmates in this brand-new year. Happy fasting!

- Thursday, 1/18:** **Bible Reading, James Chapter 1**
6am-6pm – No social media (all forms)
6pm-6am – No carbonated or caffeinated drinks & no TV
- Friday, 1/19:** **Bible Reading, James Chapter 2 & 3**
6am-6pm – No carbonated or caffeinated drinks
6pm-6am – No carbonated or caffeinated drinks & no Netflix, YouTube or online video viewing
- Saturday, 1/20:** **Bible Reading, James Chapter 4 & 5**
6pm-6am – No videogames or online gaming
Carbonated drinks or caffeinated drinks allowed up to 16 ounces
- Sunday, 1/21:** **Bible Reading, 1 Peter Chapter 1**
6pm-6am – No secular (non-Christian) music
Carbonated drinks or caffeinated drinks allowed up to 16 ounces
- Monday, 1/22:** **Bible Reading, 1 Peter Chapter 2**
6pm-6am – No phone calls, video calls, or texting (unless required by parent or guardian)
Carbonated drinks or caffeinated drinks allowed up to 16 ounces
- Tuesday, 1/23:** **Bible Reading, 1 Peter Chapter 3**
6pm-6am – No social media (all forms)
Carbonated drinks or caffeinated drinks allowed up to 16 ounces
- Wednesday, 1/24:** **Bible Reading, 1 Peter Chapter 4**
6pm-6am – No secular (non-Christian) music
Carbonated drinks or caffeinated drinks allowed up to 16 ounces
- Thursday, 1/25:** **Bible Reading, 1 Peter Chapter 5**
6pm-6am – No Netflix, YouTube or online video viewing
Carbonated drinks or caffeinated drinks allowed up to 16 ounces
- Friday, 1/26:** **Bible Reading, 2 Peter Chapter 1**
6pm-6am – No TV
Carbonated drinks or caffeinated drinks allowed up to 16 ounces
- Saturday, 1/27:** **Bible Reading, 2 Peter Chapter 2 & 3**
Everything allowed and available with unlimited quantities all day.
Yes, you read that right. Enjoy.

- Sunday, 1/28:** **Bible Reading, 1 John Chapter 1**
6am-6pm – No carbonated or caffeinated drinks & no social media (all forms)
6pm-6am – No carbonated or caffeinated drinks & no videogames or online gaming
- Monday, 1/29:** **Bible Reading, 1 John Chapter 2**
6pm-6am – No phone calls, video calls, or texting (unless required by parent or guardian)
Carbonated drinks or caffeinated drinks allowed up to 16 ounces
- Tuesday, 1/30:** **Bible Reading, 1 John Chapter 3**
6pm-6am – No social media (all forms)
Carbonated drinks or caffeinated drinks allowed up to 16 ounces
- Wednesday, 1/31:** **Bible Reading, 1 John Chapter 4**
6pm-6am – No secular (non-Christian) music
Carbonated drinks or caffeinated drinks allowed up to 16 ounces
- Thursday, 2/1:** **Bible Reading, 1 John Chapter 5**
6pm-6am – No TV
Carbonated drinks or caffeinated drinks allowed up to 16 ounces
- Friday, 2/2:** **Bible Reading, 2 John**
6pm-6am – No Netflix, YouTube or online video viewing
Carbonated drinks or caffeinated drinks allowed up to 16 ounces
- Saturday, 2/3:** **Bible Reading, 3 John**
6pm-6am – No phone calls, video calls, or texting (unless required by parent or guardian)
Carbonated drinks or caffeinated drinks allowed up to 16 ounces
- Sunday, 2/4:** **Bible Reading, Jude**
At the conclusion of Sunday Morning Worship at Refiner's Fire, the fast ends.
You made it! High-five somebody!