

On **Friday, February 2** and **Friday, February 16**, we are asking as many Canyon Church of Christ members who can to join with us for a voluntary **“Dawn-to-Dusk” Fast**. This is for the purpose of seeking God’s guidance in finding our new Senior Minister to replace Nathan Freeman. In simplest terms, we choose to fast during this time as a way of setting aside and dedicating to the Lord allotted time when we would normally be satisfying our own appetites. That time, instead, will be spent intentionally seeking the Lord’s will.

The Biblical subject of “Fasting” is quite involved, so this little article will not try to explain everything about it (see scriptures such as **Judges 20:26; 1 Samuel 7:6; 2 Samuel 12:16ff; Ezra 8:21-23; Matthew 6:16-18; Acts 13:2-3; Acts 14:23**, etc.).

The main purposes of Fasting involve **humbling oneself before God, repentance, and seeking God’s leadership and provision for the future**. We should be able to accomplish all of these things in the simple fasting exercise in which we’re asking the church to participate. Here are the simple guidelines:

- Eat prior to **6:00 AM** each of these days and do not eat again until that evening at **6:00 PM** or after.
- During the time you would normally prepare a meal or snack, spend time, instead, on prayer to God. Specifically ask God about providing the Canyon Church with a strong Senior Minister and pray for his family. Go back through the “40 Days of Prayer” book to find specific things you can pray to God concerning our potential Senior Minister.
- We are only asking that you withhold food and drink other than water. Please drink plenty of water throughout the day to stay hydrated. If you need to drink juice to help with problems such as low blood sugar then we understand.
- Please **do not** try to Fast if doing so would contribute to a medical problem (blood sugar, the taking of medications, etc.).

Of course, all Fasting is **voluntary**. The goal, however, is that we **set aside (i.e. make Holy) a dedicated time for prayer and meditation as we seek the Lord**. Should you choose to have a dedicated way to seek God that is different, then God bless you. Still, we hope a number of our members will take up this “Dawn-to-Dusk Fast” challenge. God will bless this church family if we will seek Him first!