FREEDOM CHURCH
21–DAY FAST

INTRODUCTION

At Freedom Church, we believe the way you start a year spiritually determines how you will walk through it. A fast is not about earning God's favor — it's about creating space for God to move, speak, and transform our lives. For 21 days, we are committing ourselves as a church family to seek God wholeheartedly, slow down, quiet the noise, and pursue Him with intention and expectation.

This year's fast follows three themes, one for each week:

WEEK 1 — SEEK GOD
"Draw near to God, and He will draw near to you." (James 4:8)

WEEK 2 — KNOW GOD
"That I may know Him..." (Philippians 3:10)

WEEK 3 — MAKE GOD KNOWN
"Go therefore and make disciples..." (Matthew 28:19) Each week begins with a short encouragement video from our pastoral team and leaders, helping our church stay unified and focused as we press into the fast

WHY WE FAST

Fasting is one of the most consistent spiritual disciplines in Scripture. It sharpens our spiritual hunger, heightens our awareness of God, and breaks unhealthy attachments. Fasting reminds us that we depend on God more than anything else, and it opens our hearts to hear His voice clearly.

We fast to:

- Refocus our hearts
- Strengthen our spirit
- Grow in spiritual discipline
- Intercede for our families
- Seek God for direction in the new year
- Break cycles, habits, or patterns that need to change
- Create space for God to speak and move

HOW TO PARTICIPATE IN THE FAST

You can participate in any of the following ways. The key is not what you give up, but that your sacrifice is meaningful and helps you focus on God.

1. The Daniel Fast (Primary Option)
This is our main church-wide fast. In the Daniel Fast, you commit to:
• No meat
• No dairy
• No sweets
• No bread
• No processed foods • No caffeine (optional but encouraged) • Primarily fruits, vegetables, whole grains, nuts, beans, water It is simple, healthy, and deeply spiritual.

2. Alternative Fasting Options (For families with children, medical restrictions, or those new to fasting)

Option A — The Digital Fast
• No social media
• No unnecessary screen time
• No video games
• Only use your phone for communication Great for teens and families.

Option B — The Media Fast
• No TV, streaming, movies, or YouTube (except devotional content)

Option C — Partial Food Fast
• One meal a day
• No sugar
• No caffeine
• No fast food
• No snacks after 7 PM

Option D — Family Fast
Choose one thing each person will fast consistently for all 21 days.

Every option counts. Every sacrifice matters

FAMILY DISCIPLESHIP IDEAS DURING THE FAST

We want to make this 21-day journey meaningful for families:

- **Pray together every night** — even 3 minutes makes a difference
- Read the daily devotional out loud
- **Eat one meal together** each day when possible
- **Set house "quiet moments"** for Scripture, silence, or worship
- **Replace screen time with family worship music**
- **Pick a prayer target** (family salvation, breakthrough, healing, unity)
- **Memorize one verse a week together**

Fasting becomes powerful when families do it *together.*