

# FIRST: Easter Weekend Fast

## Easter Weekend Fast

Beginning at sundown on Good Friday (April 18th), after our Good Friday service, we will enter into a corporate fast from food until sunrise on Easter Sunday (April 20th). This fast is a way to fix our eyes on Jesus and reflect on the depth of His sacrifice, the weight of our sin, and the triumph of His resurrection.

Throughout Scripture, fasting is a practice that humbles us before the Lord, increases our dependence on Him, and strengthens our prayer life. As we deny ourselves physically, we are reminded of the greater spiritual hunger that only Christ can satisfy.

*"But he answered, 'It is written, 'Man shall not live by bread alone, but by every word that comes from the mouth of God.'"* (Matthew 4:4, ESV)

## Why Fast on Easter Weekend?

Easter is the greatest celebration of our faith—the resurrection of Jesus Christ! By fasting from sundown on Good Friday to sunrise on Easter, we symbolically enter into the sorrow of Jesus' suffering and the longing of waiting for His victory. Then, as the sun rises on Easter morning, we break our fast together in joy, celebrating the empty tomb and the new life we have in Him.

Fasting is about seeking God with our whole hearts. As you fast, when hunger arises, let it be a reminder to pray. Bring your needs before the Lord, intercede for others, and ask Him to reveal Himself in deeper ways.

*"Then you will call upon me and come and pray to me, and I will hear you. You will seek me and find me, when you seek me with all your heart."* (Jeremiah 29:12-13, ESV)

## A Few Important Notes:

- If you have medical conditions or dietary restrictions, please be wise and do not fast from food in a way that would be unhealthy for you. Instead, consider fasting from something else meaningful.
- Stay hydrated—drink plenty of water throughout the fast.
- Use hunger cues as prayer prompts—whenever you feel tempted to eat, take that moment to pray and lean into God's strength.
- Remember, this is not about perfection, but about pursuing God wholeheartedly.

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## FAQs on Fasting

### 1. What if I've never fasted before?

That's okay! Fasting is a spiritual discipline, and God honors every step of obedience. Start with prayer, stay hydrated, and use moments of hunger to seek Him.

### 2. Can I drink anything while fasting?

Yes! You are encouraged to drink water throughout the fast. If needed, herbal tea or broth can help sustain you.

### 3. What if I physically cannot fast from food?

If fasting from food is not possible due to health reasons, consider fasting from something else that takes up significant space in your life (e.g., social media, entertainment, caffeine, etc.).

### 4. How should I break my fast on Easter morning?

We encourage you to begin with a simple meal and take time to praise God for His faithfulness and the joy of the resurrection!

### 5. What if I accidentally eat something during the fast?

This is not about legalism. If you eat, don't let shame creep in—just refocus your heart and continue in prayer.

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## Scriptures for Study on Biblical Fasting

- **Matthew 6:16-18** – Jesus teaches about fasting with the right heart.
- **Joel 2:12-13** – A call to return to God with fasting and repentance.
- **Isaiah 58:6-9** – The kind of fasting that pleases God.
- **Acts 13:2-3** – The early church fasted before making important decisions.
- **Nehemiah 1:4** – Nehemiah fasts and prays for his people.
- **Daniel 9:3** – Seeking God through fasting, prayer, and repentance.

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As we take this journey together, let's anticipate the power of God moving in our hearts, our church, and our community. Let's fast with expectation, pray with boldness, and celebrate with joy as we fix our eyes on Jesus—our Risen King!