



**GET IT
TOGETHER**

2018 “Get It Together” Fast Guide

BELOVED, I PRAY
THAT IN EVERY WAY
YOU MAY SUCCEED
AND PROSPER AND
BE IN GOOD HEALTH
[PHYSICALLY], JUST
AS [I KNOW] YOUR
SOUL PROSPERS
[SPIRITUALLY].

3 John 1:2 AMP

The purpose of this corporate fast is to become healthier physically, emotionally, and spiritually as one body so that we succeed in our assignments for 2018.

It's the start of a New Year and God is ready to do something new. Are you? If so, join us on a 21-day corporate fast! This is an opportunity to eliminate distractions, hit the reset button of your body, soul and spirit, and be renewed from the inside out. It's time to get it together!

What is your "it"? Is it your prayer life? Finances? Health? Business? Family? Whatever it is, it's time to get it together. Join us...we're going all in!

During our fast, we want to sacrifice and exercise discipline so we can move forward in the *new* God is doing. Fasting is not simply about abstaining from something pleasurable, but rather about focusing so we can seek God.

We are seeking God to help us:

- Achieve personal goals
- Develop discipline
- Build stronger families and communities
- Expand Zion's impact

We will begin praying and fasting on Monday, January 8 and end on Sunday, January 28. To participate, sign up [here](#). Invite your family, friends, and co-workers to join via social media #Zionfasttogether.

What is fasting?

Fasting is a commitment between you and the Lord. Fasting is a choice to purposefully, voluntarily, and temporarily give up something pleasurable in order to focus and grow closer to God. Fasting is intended to be a regular practice in a believer's life.

What does this fast entail?

During the next 21-days we invite you to fast with us. We invite you to **F**ocus, **A**bstain, **S**urrender, and **T**rust God so your heart is prepared for all God desires to bring into your life in 2018.

The fast will be divided into three weekly categories: Meals, Media, and Money. Feel free to tailor the fast based upon your unique circumstances.

*During this fast, and particularly in week one, please consult your physician if you have unique dietary requirements or medical conditions.

As we go through this fast, ask yourself: 'What will I fast from (or what sacrifice will I make) each week so that I become more whole (or have it more together) and achieve my goals in 2018?'

Week 1: Monday, January 8- Sunday, January 14

Category: Meals

Purpose: To build power over your cravings (1 Cor. 6:13)

Description: This week we're doing a food fast. We recommend abstaining from meats, sweets, and/or your favorite food item.

Week 2: Monday, January 15- Sunday, January 21

Category: Media

Purpose: To find life balance and develop inner peace (Col. 3:15)

Description: This week we're doing a media fast. We recommend abstaining from watching TV shows and movies, from listening to secular music, or from social media activity.

Week 3: Monday, January 22– Sunday, January 28

Category: Money

Purpose: To build our capacity to be good stewards of our resources and build trust in God's provision (Matt. 6:24)

Description: This week we're doing a financial fast. For seven days use cash only for all purchases. Do not use debit cards, credit cards, Google pay, or Apple pay. Limit your spending to essential items only.

How do I join the fast?

Sign up for the fast by completing our brief [online fast form](#). Signing up also provides accountability and allows us to help you stick to your commitment.

Prayer and Scripture

In order to get the most out of this fast, we will emphasize prayer and scripture. If you completed the fast form, we will send a weekly email with fast tips and other useful information on Mondays.

Fasting can be difficult. This is why we're doing this together. We invite you to call into the prayer line from 6:00 AM -6:30 AM. If you miss the call for that day, you can listen to the recording up to 24 hours after the call has ended.

The DIAL-IN number is: (712) 770-4160; code: 414027#.
The PLAYBACK number is: (712) 770-4169; code 414027#.

Fast Tips

Remember, the main purpose of this fast is to get closer to God, by spending more time with Him and in His Word as we start our new year.

- Be disciplined. Be intentional.
- Use your fasting time to focus more on God's word. Set time aside each day to connect with God through scripture and prayer.
- Partner up. Invite someone to join you in the fast. Share what God shows you.

