



A CALL TO FAST

The Office of Biblical Diversity has provided this guide for individuals and churches moved to fast and pray for biblical diversity. Those of us who practice this discipline regularly know the importance of fasting and the power we can spiritually acquire individually and institutionally.

For those who may not be knowledgeable about fasting, please understand that fasting is the voluntary withdrawing from food, drink or other fleshly appetites for a specified time.

Read Isaiah 58

There are three types of fasts: 1) **The Normal Fast** — this fast is no food, only liquids like water or juice, for one to three days to start; 2) **The Partial Fast** — this fast is good for people with diabetes, hypoglycemia or some other condition that precludes a normal fast. In the partial fast, you omit certain foods for a while; and 3) **The Absolute Fast** — during this fast, nothing is consumed at all — no food or liquids. This fast is only for short periods.

The Office of Biblical Diversity invites districts, local churches and those who are spiritually inclined to fast for a) racial harmony in our country; b) a fresh outpouring of the Holy Spirit upon this land; c) signs, wonders and miracles among us as believers; d) racial justice for the marginalized and disenfranchised in our communities; e) a fresh anointing upon pastors for wisdom, knowledge and courage to preach the whole counsel of the gospel; and f) a crusade to **stop the hate, violence and racial division** in our churches, communities and country.

The Office of Biblical Diversity suggests that you select one of the above concerns and fast accordingly. Please use the my fasting purpose log as a commitment during your fast and to keep you focused. Remember, fasting is ultimately between you and God, and it gets God's attention when it is done with sincerity in heart.

MY FASTING PURPOSE LOG

My purpose for fasting is:

Who will I invite to fast with me?

I will commence my fast on:

Begin date: _____ Time: _____ End date: _____ Time: _____

I believe that God is the only answer to my request and that prayer without fasting is not enough to get the answer I need. Therefore, by faith, I am fasting because I need God to work in this situation. God being my strength and grace being my guide, I commit myself to this fast.

My signature: _____