

“...We do not know what to do, but our eyes are on you.” (2 Chronicles 20:12)

“But seek first His kingdom and His righteousness, and all these things will be given to you as well.” (Matthew 6:33)

Family, things are not the way they should be. NOTHING is working in the relationship between law enforcement and our community. The system we have created is not producing the outcome we desire for law enforcement, and especially not for our communities of color. Things must change. Things have to change. In the past we have fasted as a church family for our vision, among other things. THIS fast is for our country in this moment. Our sisters and brothers of color are in great pain and are very fearful, and law enforcement is anxious. However, the issues of our country extend far beyond the relationship between law enforcement and communities of color. So join us as we fast and pray that (1) communities of color would begin to experience signs that they are living in a more just society, (2) policies would change to build this more just society, and (3) the body of Christ in Fresno would be reconciled and unified in our pursuit of God’s “just” Kingdom on earth as it is in Heaven.

FASTING:

As we commit to participate in a season of community fasting, we need to know the “why” and “what” behind the Christian practice of fasting. But first, let’s start with what fasting isn’t.

What fasting ISN’T

- **Fasting isn’t a hoop we go through to “get something”.**

If our fasting is not for God, it has already failed. “Physical benefits, success in prayer, the enduring with power, spiritual insights - these must never replace God as the center of our fasting.” (Richard Foster) God doesn’t need our fasting, we need GOD!

- **Fasting isn’t a feat or show to persuade God to love us more.**

Fasting is not a display to God of how serious we are in requesting something from God or doing something for God, it comes from a strong desire to submit whole selves, body and soul, to God.

God is love (1Jn. 4:16) and so will never love you more than he does RIGHT NOW! Fasting isn’t about convincing God to love or favor us, God has already made up his mind about you, and the evidence Jesus on the cross. That is how much God loves you. Fasting is about removing anything you’ve put between yourself and THAT love.

What fasting IS?

“Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever.” (1 Cor. 9:25)

“As bodily food fattens the body, so fasting strengthens the soul” (St. Basil the Great)

- **Fasting is about surrender**

Fasting comes from a desire and commitment to **submit our whole selves to God** (Romans 12:2, James 4:7) and to live, not according to the flesh, but according to the spirit. (Romans 8:13)

Your body is NOT bad, and anything you might fast from (entertainment, food, shopping, etc...) is not bad in itself. We need these things to live healthy lives. But when we fast we are choosing

to recommit those things to God, and say that it is God, and only God who sustains us. Our minds might know this, but try telling that to “the flesh” and you’ll see why we fast!

- **Fasting reveals what controls us.**

“I have the right to do anything’—but I will not be mastered by anything.” (1Cor. 6:12)
 We don’t know the power of the things that control us until we try to give them up.
 Fasting can reveal the areas of our lives we haven’t given to Christ’s lordship. It can also make us irritable enough to expose other areas of our lives God wants us to hand over.

- **Fasting together brings us together in one Spirit.**

By committing to set aside this time to fast as a community, we are all positioning ourselves to be open to God in new ways as a church. Jesus prayed fervently for the unity of his people in John 17. Jesus also said; “By this everyone will know that you are my disciples, if you love one another.” (John 13:35). If we commit to seeking God together, we can open ourselves to let God make us the kind of community that will shine like a light to the world. The kind of community with a life that could only come from the Spirit of God.
 The only question is “will you let God?”

Here are the details to our specific fast:

3-DAY LIQUID “JUSTICE FAST”

DATE	PRAYER POINT	FOCUS SCRIPTURE
September 25	Justice For Communities of Color	Matthew 5:1-16
September 26	Policy change that will support a more just society	Ephesians 6:10-18
September 27	Unity & Reconciliation Among the Body of Christ in Fresno	Luke 11:1-13

JUSTICE FAST DETAILS

FEAST ON:	FAST FROM:
Prayer, Scripture reading, worship, and other spiritual disciplines	Unwholesome movies, social media sites, entertainment, etc.
Water, 100% Fruit Juice	All alcohol, sodas, caffeinated drinks
Fruit or Veggie Smoothies (all natural, no sweeteners added)	All Food (meats, breads, dairy, etc.)