



**FEBRUARY 2023 - MONTH OF PRAYER & FASTING**

**FASTING**  
*Is Feasting*

**CONNECTING TO JESUS, SATISFIER OF OUR SOULS**

---

**WEEK 3 | FEBRUARY 12 - 18**

---

**THURSDAY PRAYER "FEASTS"**

**12:00 PM | FEBRUARY 16 & 23 | GUTHRIE BRYANT CHAPEL**



# FASTING

*Is Feasting*

*Feasting on God's people.  
Connecting with one another.*

---

Fasting is an opportunity to respond to God's grace through humbling ourselves before God's throne, prioritizing hunger for Jesus, His word, His people, and His work over the hungers of our lives and culture. Jesus said "Blessed are those who hunger and thirst for righteousness..." **(Mt 5:6)** and His grace invites us to "Seek first the Kingdom of God." **(Mt 6:33)**

**PLEASE JOIN OUR FPC FAMILY THROUGH A PERSONAL COMMITMENT BELOW & FOR PRAYER DURING LUNCH ON THURSDAY, FEBRUARY 16!**

This week I will respond to God's grace by fasting from\*: \_\_\_\_\_

This week I will respond to God's grace by feasting on Jesus through\*: \_\_\_\_\_

This week I will pray for these people who do not know Jesus or who desperately need to see the love and power of Jesus:

\_\_\_\_\_  
\_\_\_\_\_

*\*Ideas: Fast from something you normally do (Netflix, Instagram, watching a game...) to reach out to people who may be new to you (2-3 connections and encouragements would be amazing!). If you are bold, feast on the forgiveness Jesus has given you and His command to forgive others and seek reconciliation in a relationship that has grown cold or distant.*

