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### 1) Why fast?

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It's a common practice for a disciple of Jesus.

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Matthew 9:14-15 NLT – One day the disciples of John the Baptist came to Jesus and asked him, “Why don’t your disciples fast like we do and the Pharisees do?” 15 Jesus replied, “Do wedding guests mourn while celebrating with the groom? Of course not. But someday the groom will be taken away from them, and then they will fast.”

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It's a necessary act for a follower of Jesus.

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Matthew 4:1-4 NLT

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Any time you plan on doing big things for God’s Kingdom, it should always start with a big first step, fasting.

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Fasting reminds us that we can actually go without the things we’re convinced we can’t live without, but we cannot live without what far too many believers commonly leave out, spiritual food.

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It's a romantic gesture for a lover of Jesus.

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Romans 12:1 NIV – Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.

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### 2) What are we fasting?

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We’re fasting our appetite for favorite choices.

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Proverbs 23:1-2 ESV – When you sit down to eat with a ruler, observe carefully what is before you, 2 and put a knife to your throat if you are given to appetite.

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We’re fasting access to outside voices.

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Acts 13:2 NKJV – As they ministered to the Lord and fasted, the Holy Spirit said, “Now separate to Me Barnabas and Saul for the work to which I have called them.”

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Fasting outside voices makes more room for His voice.

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His voice is the only one which succeeds 100% of the time.

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Isaiah 55:11 NLT

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### 3) What will happen as a result?

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You will learn self-control.

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Proverbs 16:32 NLT – Better to be patient than powerful; better to have self-control than to conquer a city.

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A determined “no” always makes room for a divine “yes”.

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We will be unified.

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Psalm 133:1 ESV – Behold, how good and pleasant it is when brothers dwell in unity!

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God will respond.

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Luke 18:1-8 NIV – Then Jesus told his disciples a parable to show them that they should always pray and not give up. 2 He said: “In a certain town there was a judge who neither feared God nor cared what people thought. 3 And there was a widow in that town who kept coming to him with the plea, ‘Grant me justice against my adversary.’ 4 “For some time he refused. But finally he said to himself, ‘Even though I don’t fear God or care what people think, 5 yet because this widow keeps bothering me, I will see that she gets justice, so that she won’t eventually come and attack me!’” 6 And the Lord said, “Listen to what the unjust judge says. 7 And will not God bring about justice for his chosen ones, who cry out to him day and night? Will he keep putting them off? 8 I tell you, he will see that they get justice, and quickly. However, when the Son of Man comes, will he find faith on the earth?”

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### 4) What are we fasting for?

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**WELCOME! OUR STRATEGY AT DPC: GATHER (GATHERINGS),  
GROUP (CONNECT GROUPS), GROW (GROWTH PHASES),  
GIVE (GIVING/GIFTING TEAMS, GO (OUTREACH)**

**SUNDAYS IN JANUARY - 9A + 11A  
MORE CONSISTENCY REFUSING  
TO GIVE UP**

Imagine a leaky faucet. Regardless of how hard you twist the knob, it still drips. One drop at a time. Incessantly - drip, drip, drip. The consistency becomes an annoyance pretty quickly. But put in the right environment and given enough time, that same dripping with that same consistency, can have an immense amount of power. That's how canyons are made. Not all at once, but through the power of consistency. Dripping isn't that exciting, but what it lacks in flash it makes up for in effectiveness. The habits that characterize consistent growth in Christ are much the same. In the end, we will find that consistency wins over excitement time and time again. Let's refuse to give up as we enter 2023!

**FRIDAY, JANUARY 20  
10P - 4A - ALL NIGHT PRAYER**

We know that prayer is like oxygen to the soul, yet there is nothing that takes more time to learn. Yet Jesus devoutly practiced it. 'Now it came to pass in those days that He went out to the mountain to pray, and continued all night in prayer to God (Luke 6:12).' God will breathe on this time together, and we invite you and your whole family to come out to a night that will forever be etched into our hearts! You do not have to stay the whole night, come whenever you desire and join us in worship and prayer!

**SUNDAY, JANUARY 1 - LAUNCH OF SPRING 2023  
CONNECT GROUPS**

Connect Group will be meeting all over the community January 1st! We would love for you to get plugged into a group and experience transformation through genuine relationships with other believers. Visit the Next Steps table for more information!

**THURSDAY, JANUARY 12 - 7P -  
9P - LAUNCH OF OUR WINTER  
SESSION OF GROWTH  
PHASES**

Sign up now at the Next Steps table in the lobby to join us for our Winter Session of Growth Phases. We can't wait to see all the Lord will do in and through your life this session!

**SUNDAY, JANUARY 15 -  
SATURDAY, JANUARY 21  
CHURCH-WIDE 7 DAY FAST**

A determined "no" always makes room for a divine "yes". Join us as we seek the Lord through a corporate 7 day fast!

**DID YOU KNOW YOU CAN GIVE VIA TEXT?**

Just text any dollar amount to 84321 to give. You will follow a quick, self-guided setup process to tie your mobile phone to our church, your donor account, and a payment source. After that, donating is as easy as sending a text!

**BE ON THE LOOKOUT FOR MORE OPPORTUNITIES TO SERVE  
OUR COMMUNITY IN THE UPCOMING WEEKS!**