



AUTHENTIC CHURCH WIDE

# FAST 365

FAST

AUTHENTIC 2023



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# LETTER FROM OUR PASTORS

I know 2023 is going to be a year of new release. Each year, when it's time to start our church wide fast, my flesh begins to fight, but this year my spirit is stronger than ever as I perceive supernaturally what is to come. Don't let your flesh talk you out of what the Holy Ghost is about to release into your life and family. The entire year will be changed based on these next 14 days. Remember, the most profound moments might happen after the fast.

Let's trust God in the process.

Our faith is about to grow.

We love you. Let's do this together!

*Pastors Mac and Liseth Shirley*



# INTRO TO FASTING



Fasting is setting aside physical food for a spiritual purpose. With prayer as the center, fasting is a time of powerful, spiritual seeking and cleansing. It is not about proving discipline or earning something, but instead about pouring out and positioning the spirit to lead our entire life and body.

**GOD IS MOVING**

# WHAT

# IS FAST

# 365?

More than a decade ago, God put the dream of Fast 365 on Pastors Mac and Liseth's hearts, and it's been transforming lives ever since. As you participate in Fast 365, you are calling the year blessed by laying the first part of the year before the Lord as a faith offering.

We believe you will never be the same because of these next 14 days of fasting.

# THREE FASTS TO CHOOSE FROM

WATER ONLY  
WATER AND JUICE  
DANIEL FAST

## DANIEL FAST GUIDE

### FOODS I WILL EAT:

FRUITS  
VEGGIES  
WHOLE GRAINS  
NUTS + SEEDS  
LEGUMES  
WATER  
REAL FRUIT JUICE  
SMOOTHIES

### FOODS I WON'T EAT:

MEAT AND ANIMAL PRODUCTS  
DAIRY PRODUCTS  
SWEETENERS  
LEAVENED BREAD  
FRIED FOODS  
CAFFEINE:  
COFFEE, TEA  
ENERGY DRINKS

# WHAT TO DO WHILE *F*ASTING:

WORSHIP  
JOURNAL  
PRAYER

READ SCRIPTURE  
TIME WITH GOD AT EVERY MEAL SLOT  
SERVE OTHER PEOPLE

# WHAT NOT TO DO WHILE *F*ASTING:

COMPLAIN  
WATCH TV AND MOVIES  
MINDLESS SCROLLING  
BRAG ABOUT FASTING  
TRY TO EARN SOMETHING FROM GOD

# DAY 1

FAITH > FOOD

*John 4:34*

We are drawing near to God in a powerful way. We are telling our flesh that faith is more important than anything else. Without faith, it's impossible to please God, but with faith, mountains are moved! We are sowing seeds of faith today that will move mountains in 2023 and the years to come.



# DAY 2

## TRUE PURPOSE

### *Isaiah 58*

The results of Fast 365 this year will be seen for decades to come. Future generations will enjoy new blessings and new spiritual pathways because of obedience on days like today. Let's remember though, the purpose of fasting is drawing near to the Father. We aren't performing to earn, that's religion. We are entering new realms of nearness (James 4:8) to God as we choose his presence even before we choose a basic need we have to survive: food. Today, while we're fasting and setting needs aside, go out of your way to sense someone else's needs. Clean a bathroom, pick up trash that you didn't have to, or buy someone's drink. When we love others, we love God. (Matthew 25:45)



# DAY 3

## WORDS MATTER

*Proverbs 18:21*

By now, we've all had a few "hangry" moments. Don't worry - God's grace is sufficient. Still, let's open our eyes to what's really happening; the junk inside us is coming OUT. These aren't reactions because we are hungry. This is the flesh and sinful nature being exposed through seeking God in a powerful way. Let's take note of "what's coming out" so that we can grow from it. We can't run from it, rather let's give it to our God. The quickest way to cancel these behaviors is through how we speak. You have the power to change your entire day by choosing your words wisely. Speak life today and let your flesh be further put away.



# DAY 4



## *Ephesians 3:20*

God will do exceedingly, abundantly more than we can think, ask, or imagine. Day 4 is a new day. It doesn't matter how many "mess ups" we've had in days 1-4. Keep seeking God. Keep choosing Him above everything, including food. Watch the Holy Ghost exceed our greatest expectations! Power will come on you like never before to do abundantly more.



# DAY 5

## *Luke 24:45*

By now, much of what was hiding on the inside of us has been poured out so that we are empty and ready to receive the fullness of what God has for us. We need to make sure our spiritual eyes and mind are open so we can see and hear in the spiritual realm.

Power is proof that our eyes are open.

### SAY THIS PRAYER TODAY:

Lord, thank you for opening my eyes so I can see. Thank you for clothing me with power. Today I will hear God like never before and see his hand at work more than ever before.



“Unless the Lord builds the house, the builders labor in vain. Unless the Lord watches over the city, the guards stand watch in vain. In vain you rise early and stay up late, toiling for food to eat— for he grants sleep to those he loves.”

*Psalms 127:1-2*

# DAY 6

Ask yourself today,  
*What am I building?*

Then ask yourself a very simple question,  
have I talked with Jesus about what  
I'm building?

Remember, when he is the one building our jobs, our family, our ministry, our dreams, our finances, then they are blessed. If not, we will experience over exertion of energy and a house that is half built that will crumble under pressure.



# DAY 7

## TODAY

*Psalms 118:24*

Today is a new day.

Today is the day the Lord has made.

Today is the day to rejoice.

Let's not wait until everything looks and feels the way we want. Let's rejoice today!

No matter what our circumstances may seem, there is reason to rejoice.

This is the day to put joy into action. As we do, we will experience ALL that God has planned for us today.



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READ THIS SCRIPTURE AND BELIEVE THAT  
YOU WILL HEAR FROM GOD

**ORD**

**EAKING**

# DAY 8

## GOD STRENGTH

### *2 Chronicles 16:9*

The Lord is looking for someone to send strong support to this very moment. Will it be us? Will his eyes see us doing what is right so he can send his power upon us?

God is looking for people to bless today. He lacks nothing and is ready to pour it out into the lives of his children. When our hearts are turned completely to Him, God moves on our behalf.

So get ready.  
Here it comes!



# DAY 9

## TRANSFORMED

*Romans 12:1-2*

We are past the halfway point of the 14 days of fasting. God is transforming us to stand out and stand above.

I declare you are renewed and our spirits are made new. We are experiencing a complete transformation. No longer will we conform to what is around us, rather we will cause what is around us to change by the power of the Holy Ghost. We are thermostats, not thermometers. Thermometers tell you what the temperature is, but thermostats CHANGE the temperature to what they are set to.



# DAY 10

## DISCIPLINE

### *1 Corinthians 9:24-27*

Discipline is being increased in our body this very day. Things we struggled with before, we have already overcome. We are running the race (after the presence of God) to win a prize (eternal riches). We are not living aimlessly; we are on mission to change the world. This fast is bringing new revelation of what has been distracting us from God and now we will see with clarity what matters most. Let's run the right race this week!



# DAY 11

**DON'T RUSH IT**

## *Proverbs 28:20*

We don't want to hurry God. Our job is to be faithful. To faithfully seek. To faithfully fast and pray. To faithfully serve. To faithfully give. To faithfully praise.

When we stay faithful, we will abound in blessing. We don't need to hustle to get rich or focus on the things we need or want. Simply be faithful and watch God pour out his blessing on your life. His timing is perfect, and if God don't give it, we don't want it!



# DAY 12

# MULTIPLY

*Matthew 14:16-21*

Our God is a God of multiplication. With God, one seed doesn't result in one plant. It results in 30, 60, and 100 times more!

There is power in this promise. The power is more in our hands than we may realize. When Jesus fed more than 5,000 with only a few fish and loaves, the miracle multiplied as the disciples handed out the food. Read it and see. When we handle what we've been handed, God multiplies! When we look at what we have and decide it's not enough, people around us will starve - spiritually and physically.

What have you been handed that God is ready to multiply?



# DAY 13

## *What comes next?*

We have spent two weeks being emptied of what is natural in preparation to live in the supernatural in 2023. Let's be aware now as we end the fast what we are first putting in us as the base layer. Some things we stopped doing so far this year need to stay dead as new ways come alive in us.

The Lord has always impressed on me the importance of what I do after I end a time of fasting. Let's continue to be quick to seek God and slow to take back previous ways of life.



# DAY 14

## *Hebrew 13:6*

We are set up for 2023!

This will be the greatest year we've ever had. Really! We have fasted and sought God. We have seen miracles, signs, and wonders clearly, and it's only the start.

When God is helping us, no one can stop us.

Our hearts are strengthened by the grace of God, not by food. Our fuel is faith. Our promise is grace. We are positioned to take new ground. We are the church—strong together under God so that the gates of hell will not prevail in the metroplex.

In 14 days of prayer and fasting, you found nearness to God many have never known. Now it's time to go tell them!



# VISION

THE LORD WILL SPEAK TO HIS PEOPLE

# FOR

THE LORD WILL SPEAK TO HIS PEOPLE

# 2023



**EQUIP  
THE  
SAINTS**

*Authentic 2023*