

*"As for you, go your way till the end. You will rest, and then at the end of the days you will rise to receive your allotted inheritance." ~Daniel 12:13 (NIV)*

Dear Bethesda Baptist Church Family,

As we begin this new year, we invite you to join our church-wide spiritual fast. This year, we are focused on Strength: Renewed, Repowered, Restored. Every Monday, we will fast by consuming **only fruits, vegetables, and water** from 5:00 AM to 5:00 PM. **Dates:** January 6th, 13th, 20th, and 27th.

### 2025 SPIRITUAL FAST DETAILS

- **Renewed | Monday, January 6<sup>th</sup>**  
We will focus on **strengthening** our connection with God and ourselves. We will cultivate spiritual practices that strengthen our relationship with God.
- **Repowered | Monday, January 13<sup>th</sup>**  
Fueled by the limitless power of God within you, this is about putting into practice ways to walk in divine **strength**.
- **Restored | Monday, January 20<sup>th</sup>**  
Returning to the person that God created you to be, before someone, someplace, or something gave you a reason to live beneath God's view of you.
- **Bethesda's Strength | Monday January 27<sup>th</sup>**  
Now that we have been restored individually, the last 7 days are about strengthening our church through collective prayer.

### ABOUT FASTING

Fasting is a powerful spiritual discipline, allowing us to seek God with intention, cleanse our hearts, and refocus our lives. Unlike dieting, fasting is about spiritual growth and deepening our relationship with God.

To guide you through the fast, remember the example set by Jesus: *"In the morning, while it was still very dark, he got up and went out to a deserted place, and there he prayed." (Mark 1:35)*

Here are three steps to strengthen your prayer life during the fast:

- **Have a Specific Time:** Set a daily appointment with God that works for you and keep.
- **Have a Specific Place:** Choose a quiet, distraction-free space to focus solely on prayer.
- **Have a Specific Plan:** Whether you journal, meditate on scripture, pray, or reflect on Biblical stories, make it personal and intentional.

Sincerely,

*Jonnel Green*

Rev. Dr. Jonnel R. Green  
Senior Pastor