

Greetings Cornerstone Family,


James 4:8 says, "Draw near to God, and He will draw near to you" He has amazing things in store for us as individuals and for this great Ministry we call Cornerstone.

By starting this new year with a corporate fast, we believe that God will meet with each of us in a unique and memorable way. His presence grows greater and greater with each day of the fast. Without fail, He constantly and consistently shows up

We desire our time of Fasting and Prayer to provide flexibility, yet allow everyone to participate during the 21 Days. This will allow for maximum participation and still accomplish our commitment to God and to one another.

As we approach the new year, and as some have expressed the feeling of uncertainty, we are assured that our God is a very present help. Fasting and prayer are sure avenues to seek Him and we encourage you to participate for the **21 days from Jan 2-22**. What we do in faith, we can be assured that His will will be done in our individual lives, our Church and our Community.

We are offering three fasting options: **A Partial Fast, The Daniel Fast, or a Specific Refraining Fast.**

<u>PARTIAL FAST</u>	<u>DANIEL FAST</u>	<u>OTHER FAST</u>
FAST from 6:00 am to 6:00 pm OR From 6:00 pm to 6:00 am While Fasting: Water or juice only during those times 	Refrain from all: <ul style="list-style-type: none">❖ Salt❖ Sweetener/Sugar❖ Meat❖ Dairy products❖ Bread, Pasta, Flour, Crackers, Cookies❖ Oils❖ Juices, Coffee, Energy Drinks❖ Gum, Mints, Candy	Refrain from these options: <ul style="list-style-type: none">❖ Sweets❖ Snacks❖ Sodas❖ Alcohol❖ Eating Out❖ Spending❖ Social Media, TV, Internet Allowed: news or work-related content only

PRAYER CALL : MON & TUE 6:30 P.M., WED 6:30 A.M., Thu & FRI 6:30 P.M., SAT 8:00A.M.
716-427-1083 Access 364420#

DISCLAIMER: *Fasting is a personal decision that should be made at the discretion of the individual. If you have health concerns, pre-existing medical conditions (diabetes, hypertension, heart failure, etc.), pregnant or are under the care of a physician for any type of medical condition we encourage you to consult with your medical professional prior to committing to fast.*

The length of the fast should be dependent on three factors – 1.) Your health, 2.) God's leading, and 3.) Type of fast. USING WISDOM IS ALWAYS IMPORTANT IN FASTING.

James 4:8 says, "Draw near to God, and He will draw near to you." He has amazing things in store for us as individuals and for this great organization we serve. By starting this new year with a corporate fast, we believe that God will meet with each of us in a unique and memorable way. His presence grows greater and greater with each day of the fast. Without fail, He constantly and consistently shows up!

Corporately fasting in January, the first month of the year sets the tone and establishes the will of God for the entire year! "But seek ye first the kingdom of God and His righteousness, and all these things shall be added to you" (Matthew 6:33).

Fasting is a principle that God intended for everyone to enjoy. It's not a punishment; it's a privilege! By making fasting a way of life, you can get closer to God and grow in your spiritual walk like never before. Another reward of fasting has to do with our future. God has given our Pastor and The Cornerstone Ministry a vision of growth to serve the needs of this community. As we fast, let us pray for God's direction and guidance. Let us focus our faith on God, and he will show us how the vision can turn into a reality.

When we fast and pray corporately, not only will we see God work in Cornerstone, we will see godly changes in our home/family with prayers answered in incredible ways. We will see wisdom gained about challenging issues, and in it all, we will mostly appreciate that our desires become secondary to God's. It's all about putting Him first and letting our Lord lead the way all year long.

Fasting is a joy! It's only our flesh that complains, but the joy you can find in fasting can even show those around us how good and pleasant it is to serve God.

